

Basic Report 07964, Frankfurter, meat and poultry, cooked, grilled

Report Date: September 18, 2019 07:40 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 frankfurter 48g
Proximates			
Water	g	53.90	25.87
Energy	kcal	302	145
Protein	g	10.67	5.12
Total lipid (fat)	g	26.43	12.69
Carbohydrate, by difference	g	5.24	2.52
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	2.85	1.37
Minerals			
Calcium, Ca	mg	118	57
Iron, Fe	mg	1.15	0.55
Magnesium, Mg	mg	12	6
Phosphorus, P	mg	192	92
Potassium, K	mg	387	186
Sodium, Na	mg	1079	518
Zinc, Zn	mg	1.27	0.61
Vitamins			
Vitamin C, total ascorbic acid	mg	19.2	9.2
Thiamin	mg	0.049	0.024
Riboflavin	mg	0.154	0.074
Niacin	mg	3.058	1.468
Vitamin B-6	mg	0.057	0.027
Folate, DFE	µg	9	4
Vitamin B-12	µg	0.67	0.32
Vitamin A, RAE	µg	32	15
Vitamin A, IU	IU	107	51
Vitamin E (alpha-tocopherol)	mg	0.45	0.22

Nutrient	Unit	1 Value Per100 g	1 frankfurter 48g
Vitamin D (D2 + D3)	µg	0.7	0.3
Vitamin D	IU	27	13
Vitamin K (phylloquinone)	µg	0.2	0.1
Lipids			
Fatty acids, total saturated	g	8.218	3.945
Fatty acids, total monounsaturated	g	10.723	5.147
Fatty acids, total polyunsaturated	g	5.882	2.823
Fatty acids, total trans	g	0.237	0.114
Cholesterol	mg	85	41
Amino Acids			
Other			
Caffeine	mg	0	0