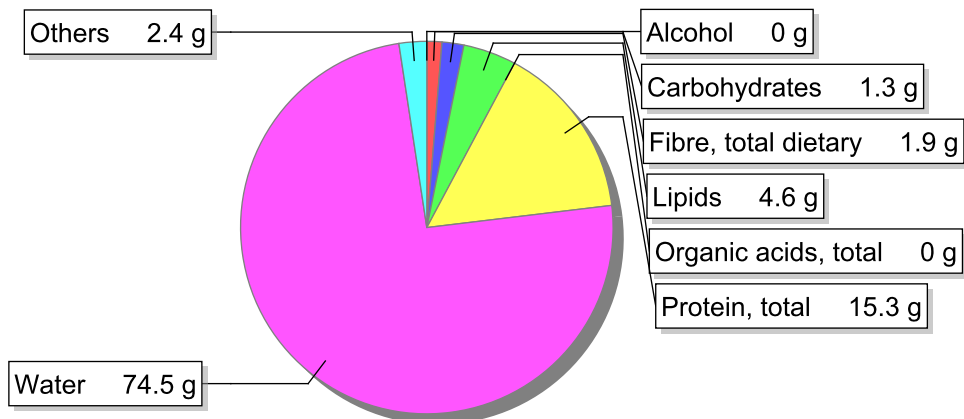


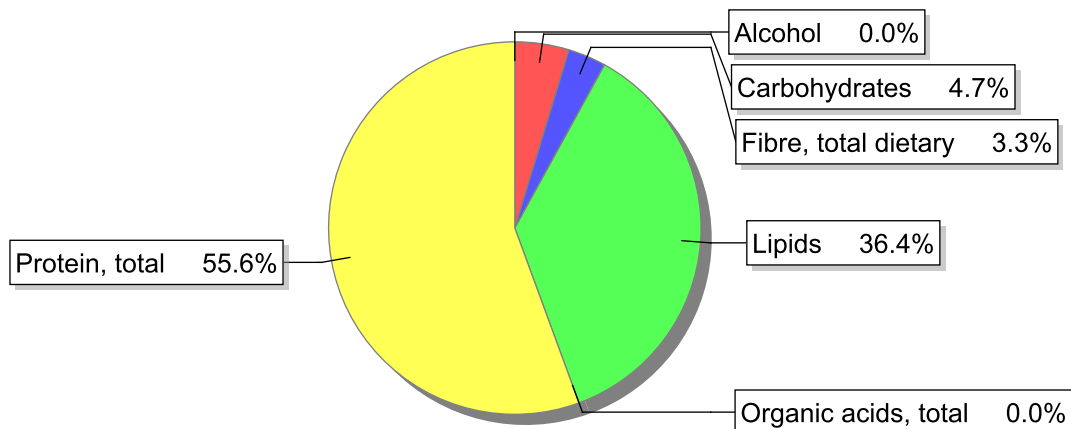
Food

Name: Ham, cooked, pork
Group: Meat and meat products, fowl and game meat
Subgroup: Sausages and delicatessen products
Edible Part: 100%
Code:
FoodEX2 Code: A023K

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	111	kcal	
energy kJ, total metabolisable	466	kJ	
fatty acids, total saturated	1.5	g	
fatty acids, total monounsaturated	2	g	
fatty acids, total polyunsaturated	0.7	g	
fatty acid 18:2 n-6 cis,cis	0.55	g	
fatty acids, total trans	0	g	
sugars, total	1.3	g	
salt	2.3	g	

Name	Value	Unit	Source(s)
starch, total	0	g	
protein, total	15.3	g	
alcohol	0	g	
water	74.5	g	
organic acids, total	0	g	
cholesterol	64	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0.16	mg	
thiamin	0.32	mg	
riboflavin	0.13	mg	
niacin, preformed	3.5	mg	
niacin equivalents, total	6.4	mg	
niacin equivalents from tryptophan	2.9	mg	
vitamin B-6, total	0.24	mg	
vitamin B-12	1.1	µg	
vitamin C	0	mg	
folate, total	2	µg	
iodide	3	µg	1138
sodium	940	mg	
potassium	330	mg	
calcium	11	mg	
phosphorus	270	mg	
magnesium	16	mg	
iron, total	0.7	mg	
zinc	1.4	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB