



FIRST SPICE *Mixing Company (Canada) Ltd.*
Manufacturing Chemists to the Food Processing Industries

Printed: 10/20/2020

Nutritional Analysis

CODE: JBS10690A

NAME: *J.B.HAM/GARLIC SAUSAGE SEASONING BINDER & CURE

Amount in 100 grams, edible portion

PROXIMATE:

Water	g	7.22
Food Energy	kcal	256.99
Energy From Fat	%	7.70
Protein (N X 5.35)	g	10.99
Total lipid (fat)	g	0.86
Carbohydrate, total	g	52.61
Sugar	g	12.62
Fiber	g	2.34
Ash	g	28.35

MINERALS:

Calcium	mg	100.10
Iron	mg	2.84
Magnesium	mg	14.96
Phosphorus	mg	78.53
Potassium	mg	254.04
Sodium	mg	10,186.84
Zinc	mg	0.19

VITAMINS:

Ascorbic Acid	mg	0.33
Thiamin	mg	0.32
Riboflavin	mg	0.36
Niacin	mg	3.60
Pantothenic acid	mg	0.05
Vitamin B 6	mg	0.05
Folacin	mcg	66.43
Vitamin B 12	mcg	0.20
Vitamin A	IU	6.08

LIPIDS:

Fatty acids:		
Saturated, total	g	0.06
Trans Fatty, total	g	0.00
Monounsaturated, total	g	0.04
Polyunsaturated, total	g	0.02
Cholesterol	g	0.54