



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

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Nutritional Analysis

CODE: SF37180A

NAME: *HAM SAUSAGE SEASONING BINDER CURE NO MSG

Amount in 100 grams, edible portion

PROXIMATE:

Water	g	7.35
Food Energy	kcal	250.87
Energy From Fat	%	7.72
Protein (N X 5.35)	g	10.50
Total lipid (fat)	g	1.18
Carbohydrate, total	g	50.83
Sugar	g	11.85
Fiber	g	2.73
Ash	g	30.19

MINERALS:

Calcium	mg	103.67
Iron	mg	3.44
Magnesium	mg	17.97
Phosphorus	mg	79.20
Potassium	mg	195.99
Sodium	mg	10,945.69
Zinc	mg	0.21

VITAMINS:

Ascorbic Acid	mg	2.34
Thiamin	mg	0.32
Riboflavin	mg	0.35
Niacin	mg	3.56
Pantothenic acid	mg	0.05
Vitamin B 6	mg	0.05
Folacin	mcg	65.44
Vitamin B 12	mcg	0.19
Vitamin A	IU	1,328.24

LIPIDS:

Fatty acids:		
Saturated, total	g	0.13
Trans Fatty, total	g	0.00
Monounsaturated, total	g	0.06
Polyunsaturated, total	g	0.04
Cholesterol	g	0.53