



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

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Nutritional Analysis

CODE: SS30660A

NAME: *HEADCHEESE SEASONING NO MSG

Amount in 100 grams, edible portion

PROXIMATE:

Water	g	3.26
Food Energy	kcal	152.22
Energy From Fat	%	26.26
Protein (N X 5.35)	g	3.09
Total lipid (fat)	g	3.05
Carbohydrate, total	g	29.86
Sugar	g	19.40
Fiber	g	4.53
Ash	g	60.78

MINERALS:

Calcium	mg	134.50
Iron	mg	2.15
Magnesium	mg	36.70
Phosphorus	mg	63.09
Potassium	mg	139.58
Sodium	mg	23,251.55
Zinc	mg	0.60

VITAMINS:

Ascorbic Acid	mg	2.06
Thiamin	mg	0.06
Riboflavin	mg	0.05
Niacin	mg	0.48
Pantothenic acid	mg	0.01
Vitamin B 6	mg	0.01
Folacin	mcg	1.73
Vitamin B 12	mcg	0.00
Vitamin A	IU	589.48

LIPIDS:

Fatty acids:		
Saturated, total	g	0.18
Trans Fatty, total	g	0.00
Monounsaturated, total	g	0.80
Polyunsaturated, total	g	0.30
Cholesterol	g	0.01