



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

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## Nutritional Analysis

**CODE:** JBS10580A

**NAME:** \*J.B.SPECIAL HICKORY BEEF STICK SBC

Amount in 100 grams, edible portion

**PROXIMATE:**

Water	g	5.53
Food Energy	kcal	201.87
Energy From Fat	%	6.41
Protein (N X 5.35)	g	4.68
Total lipid (fat)	g	0.80
Carbohydrate, total	g	44.33
Sugar	g	6.26
Fiber	g	2.32
Ash	g	44.30

**MINERALS:**

Calcium	mg	48.24
Iron	mg	3.25
Magnesium	mg	9.81
Phosphorus	mg	53.19
Potassium	mg	105.83
Sodium	mg	16,523.14
Zinc	mg	0.09

**VITAMINS:**

Ascorbic Acid	mg	0.11
Thiamin	mg	0.31
Riboflavin	mg	0.19
Niacin	mg	2.49
Pantothenic acid	mg	0.00
Vitamin B 6	mg	0.00
Folacin	mcg	0.04
Vitamin B 12	mcg	0.00
Vitamin A	IU	22.56

**LIPIDS:**

Fatty acids:		
Saturated, total	g	0.15
Trans Fatty, total	g	0.00
Monounsaturated, total	g	0.24
Polyunsaturated, total	g	0.28
Cholesterol	g	0.00