

FoodData Central

Food Details

ARS HOME › FOODDATA CENTRAL › FOOD SEARCH › FOOD SEARCH › BEEF, CURED, CORNED BEEF, CANNED (SR LEGACY, 170602)

Beef, cured, corned beef, canned

SR Legacy, released in April 2018, is the final release of this data type and will not be updated. For more recent data, users should search other data types in FoodData Central.

Data Type: SR Legacy

Food Category: Sausages and Luncheon Meats

FDC ID: 170602

NDB Number: 13348

FDC Published: 4/1/2019

- Nutrients
- Measures
- Other Information

Portion:

100g

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
Water	57.7	g							
Energy	250	kcal	Calculated						
Energy	1050	kJ							
Protein	27.1	g							
Total lipid (fat)	14.9	g							
Ash	2.9	g							
Carbohydrate, by difference	0	g	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Fiber, total dietary	0	g	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Total Sugars	0	g	Assumed zero (Insignificant amount or not naturally occurring in a						

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
			food, such as fiber in meat)						
Calcium, Ca	12	mg							
Iron, Fe	2.08	mg							
Magnesium, Mg	14	mg							
Phosphorus, P	111	mg							
Potassium, K	136	mg							
Sodium, Na	897	mg	Label claim (back calculated from label by NDL staff; Calculated from label claim/serving (g or %RDI)						
Zinc, Zn	3.57	mg							
Copper, Cu	0.064	mg							
Manganese, Mn	0.014	mg							
Selenium, Se	42.9	µg	Based on another form of the food or similar food; Concentration adjustment; Non-fat solids; Retention factors not used						
Vitamin C, total ascorbic acid	0	mg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Thiamin	0.02	mg							
Riboflavin	0.147	mg							
Niacin	2.43	mg							
Pantothenic acid	0.626	mg							
Vitamin B-6	0.13	mg							
Folate, total	9	µg							

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
Folic acid	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Folate, food	9	µg							
Folate, DFE	9	µg	Calculated						
Choline, total	89.2	mg	Based on another form of the food or similar food; Concentration adjustment; Non-fat solids; Retention factors not used						
Betaine	11.7	mg	Based on another form of the food or similar food; Concentration adjustment; Non-fat solids; Retention factors not used						
Vitamin B-12	1.62	µg							
Vitamin B-12, added	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Vitamin A, RAE	0	µg							
Retinol	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Carotene, beta	0	µg	Assumed zero (Insignificant amount or not naturally						

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
			occurring in a food, such as fiber in meat)						
Carotene, alpha	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Cryptoxanthin, beta	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Vitamin A, IU	0	IU							
Lycopene	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Lutein + zeaxanthin	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Vitamin E (alpha-tocopherol)	0.15	mg	Nutrient that is based on other nutrient/s; value used directly, ex. Nut.#204 from Nut.#298						
Vitamin E, added	0	mg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Vitamin D (D2 + D3), International Units	10	IU	Based on another form of the food or similar food; Concentration						

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
			adjustment; Fat; Retention factors not used						
Vitamin D (D2 + D3)	0.2	µg							
Vitamin D3 (cholecalciferol)	0.2	µg	Based on another form of the food or similar food; Concentration adjustment; Fat; Retention factors not used						
Vitamin K (phylloquinone)	1.6	µg	Calculated from different food; From average values for food category; Solids; Retention factors not used						
Fatty acids, total saturated	6.18	g							
SFA 4:0	0	g							
SFA 6:0	0	g							
SFA 8:0	0	g							
SFA 10:0	0.1	g							
SFA 12:0	0.07	g							
SFA 14:0	0.42	g							
SFA 16:0	3.04	g							
SFA 18:0	2.29	g							
Fatty acids, total monounsaturated	5.96	g							
MUFA 16:1	0.8	g							
MUFA 18:1	5	g							
MUFA 20:1	0	g							
MUFA 22:1	0	g							
Fatty acids, total polyunsaturated	0.63	g							
PUFA 18:2	0.42	g							
PUFA 18:3	0.21	g							

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
PUFA 18:4	0	g							
PUFA 20:4	0	g							
PUFA 20:5 n-3 (EPA)	0	g							
PUFA 22:5 n-3 (DPA)	0	g							
PUFA 22:6 n-3 (DHA)	0	g							
Cholesterol	86	mg							
Tryptophan	0.247	g							
Threonine	1.02	g							
Isoleucine	1.17	g							
Leucine	1.99	g							
Lysine	2.08	g							
Methionine	0.629	g							
Cystine	0.347	g							
Phenylalanine	0.975	g							
Tyrosine	0.884	g							
Valine	1.19	g							
Arginine	1.67	g							
Histidine	0.863	g							
Alanine	1.95	g							
Aspartic acid	2.65	g							
Glutamic acid	4.41	g							
Glycine	2.26	g							
Proline	1.95	g							
Serine	1.09	g							
Alcohol, ethyl	0	g							
Caffeine	0	mg							Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)
Theobromine	0	mg							Assumed zero (Insignificant amount or not naturally occurring in a

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
			food, such as fiber in meat)						

[Return to Top](#)

Home
Food Search
Component Search
Data Type Documentation
Download Data
API Guide
Help
FAQ
About Us
Contact FoodData Central

- AskUSDA
- USDA.gov
- Agricultural Research Service
- Plain Writing
- FOIA
- Accessibility Statement
- Information Quality
- Privacy Policy
- Non-Discrimination Statement
- USA.gov
- WhiteHouse.gov