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COMPOSITION AND NUTRITIVE VALUE
OF SAUSAGES AND MEAT PRODUCTS.

by

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SUMMARY.

The tables give a survey of composition and nutritive value for the most common types of sausages and meat products. The figures are average values found by routine analyses carried out during the last years.

The analytical methods used, are the same as described in the paper "Composition and nutritive value of carcass cuts".

Table 1 comprises fresh meat products, and table 2 gives the values for dry sausages.

TABLE 1. SAUSAGES AND MEAT PRODUCTS.

NUTRIENTS AND FOOD ENERGY IN THE EDIBLE PORTION OF 100 GRAMS OF THE PRODUCT.

Food items.	Water g	Protein g	Fat g	Starch g	Food energy K.cal	Ash g	NaCl mg	Calcium mg	Iron mg	B - Vitamins		
										Thiamine mg	Riboflavin mg	Niacin mg
Bayonneskinke	68	18	10	0	162	4.4	3.6		1.5	0.70	0.23	3.2
Blodpudding	53	12	19	6	243	1.4	1.2		16.2	0.09	0.07	1.1
Fleskepølse	34	9	52	0	504		2.4		1.0			
Falukorv	68	10	23	3	259		1.7					
Grillpølse	59	11	21	3.5	247	2.7	1.9		1.4	0.16	0.15	2.0
Kalverull	62	14	16	2	208		3.0		1.8		0.22	4.3
Kjøttpølse: II	64	11	17	3	209		1.8					
Kokt skinke	61	22	14	0	214	3.1	2.8		1.7	0.62	0.24	3.6
Lammerull	59	21	15	0	219	2.9	3.0	10	2.7	0.09	0.25	4.7
Leverpostef	55	11	26	2.5	268		2.4		9.7	0.09	1.40	6.2
Lungemus	65	15	17	0.3	214		1.5		2.0			
Medisterpølse	60	9	24	2	260		1.4					
Okserull	59	22	15	0	223	3.5	2.5	9	2.7	0.08	0.18	3.8
Serveletpølse	59	11	21	3.5	247	2.9	2.5	13	1.0	0.11	0.16	2.0
Sylte	43	18	35	0	387		3.2		1.5		0.15	2.0
Wienerpølse	57	10	25	2.5	279	2.4	1.9		1.6	0.14	0.12	2.1
Bolledelig	77	15.1	5.5	0	110	2.1	1.6		2.0	0.18	0.15	3.2
Karbonadedelig	74	20.4	3.4	0	112	1.9		11	2.5	0.13	0.16	4.7
Kjøttdeig	66	18.0	13.0	0	189	1.5		10	1.9	0.10	0.17	4.3
Blod av storfe	81	17.4	0.3	0	72	0.9	0.5		33.0	0.06	0.02	0.7
Blod av gris	79	20.8	0.2	0	85	1.0	0.4		23.0	0.04	0.02	0.4

TABLE 2. DRY SAUSAGES.

NUTRIENTS AND FOOD ENERGY IN THE EDIBLE PORTION OF 100 GRAMS OF THE PRODUCT.

FOOD ITEMS.	WATER g	PROTEIN g	FAT g	FOOD ENERGY K.cal	ASH g	NaCl mg	CALCIUM mg	IRON mg	B - VITAMINS		
									THIAMINE mg	RIBOFLAVIN mg	NIACIN mg
Fårepølse	36	26	28	356	7.7	6.4	30	4.8	0.12	0.37	7.3
Lux pølse	26	19	46	490	6.7	5.6		3.2	0.24	0.15	4.0
Morrpølse	25	25	40	460		4.8					
Reinsdyrpølse	27	20	43	467		5.0					
Salamipølse	26	17	48	500	7.3	6.0	13	1.8	0.24	0.16	3.8
Stabburpølse	26	22	42	466		6.4					