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Nutritional value of traditional Ambăț sausages compared to industrial sausages

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Abstract

Ambăț sausages, well known as a traditional product obtained in Oltenia, are made up of pork, beef, salt, water, spices such as pepper, salt, thyme, garlic and paprika, stuffed in natural sheep casings. The nutritional values per 100 grams for 'Ambăț Sausage' are: energy value 246 kcal/1020 kJ, fats 21.39g of which saturated acids 0.57, carbohydrates 0.41 of which sugar <0.1 g, protein 17.01 g, salt 2.2 g

• Results and discussions

- "Sausage A" is an industrial product made from pork, chicken breast, bacon, water, rind, vegetable-type protein (soy), salt, spices and stabilizers. May contain traces of milk, mustard, celery, lactose. The nutritional values per 100 grams for 'Sausage A' are: energy value 1109 kJ/268 kcal, fats 24 g of which saturated acids 8.8 g, carbohydrates 0 of which sugars 0 g, protein 13 g, fiber 0 g, salt 2.2 g.
- "B sausages" from semi-smoked pork are an industrial type meat product obtained from pork, beef and their fat, water, salt, spices such as: garlic, paprika, dyes, stabilizers, conservatives based on sodium nitrite, intended for the durability of the product. The nutritional values per 100 grams for "Sausage B" are: energy value 1398 kJ/338 kcal, fats 29.79 g of which saturated acids 11.53, carbohydrates 1.59 of which sugars 1.43 g, protein 15.13 g, fiber 0 g, salt 2.56 g.
- "Sausage C" is a product made in an industrial manner and is obtained from pork, cheese/peppers, spices: salt, garlic, paprika, allspice, beetroot, vegetable oil. It may also contain lactose, mustard, pistachios, celery.
- The nutritional values per 100 grams for "Sausage C" are: energy value 2032kJ/490kcal, fats 41 g of which saturated acids 16 g, carbohydrates 1.4 g of which sugars 1.4 g, protein 12 g, fiber 0 g, salt 3 g.
- "D sausages" for barbecue are produced industrially, contain pork, pork goiter, water and spices such as: garlic, mustard beans, paprika, stabilizers and preservatives. They are a smoked product intended for grilling. The nutritional values per 100 grams for "Sausage D" are: energy value 1459 kJ/353 kcal, fats 31.97 g of which saturated acids 11.91g, carbohydrates 1.9 g of which sugars 0.95 g, protein 14.26 g, fiber 1.46 g, salt 2.24 g.
- "Sausages E" are an industrial product, obtained from pork, water, salt, paprika, garlic, peppers, soy protein, dyes, preservative - sodium nitrate, starch. Mixture was introduced into thin synthetic membranes. The nutritional values per 100 grams for 'Sausage E' are: energy value 923kJ/221kcal, fats 18 g of which saturated acids 5.4 g, protein 11 g, carbohydrates 0 g of which sugars 0 g, salt 1.5 g.

• Conclusions

With these data, a nutritional analysis was performed, as follows: between "Ambăț sausages" and the 5 assortments of industrial sausages, there are major differences in their energy and nutritional value. Thus, "Ambăț sausages" have a higher percentage of protein, but also the lowest fat than sausages A, B, C, D, E.

References

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