

Nutritional values of Natural Sausage Casings

Due to the increased demand from consumers and sausage producers to provide accurate information on ingredients, a study was done on the nutritional value of natural sausage casings. In table 1 an overview is presented of the results for sheep, hog and beef casings. Multiple samples have been included per species result, with a large variety in geographical origin, quality, diameter and production unit.

The analyses have been done by Eurofins and the results can be regarded as indicative for all natural casings.

Some data were previously available in Ockerman and Hansen (2000)¹, based on the 1995 CRAFT project and are in line with the current findings.

Unit	Energy kcal / 100 g	Energy kJ / 100 g	Carbohydrates %	Protein Kjeldahl %	Protein as nitrogen %	Collagen %	Hydroxyproline %	Collagen/protein (as N) ratio	Moisture %	Fat %	Saturated fat (as % of Fat)	Ash %	Residual salt as sodium g / 100 g	Residual salt as NaCl g / 100 g
Sheep casings	82	344	2	17	3	16	2	0.19	79	< 0.5	n.a.	26	0.1	0.3
Hog casings	88	370	2	18	3	16	2	0.19	80	1	44	22	0.2	0.4
Hog fat ends	265	1112	2	11	2	3	1	0.67	60	24	59	20	1	3
Beef casings	116	486	< 1.0	19	3	9	1	0.33	75	4	66	24	0.4	1

n.a.: fat content too low for saturated fat analysis

Table 1. Nutritional values of natural sausage casings

For comparison, the nutritional values of three common sausage types are presented. Please note that all data is either as percentile or per 100 g product. Also bear in mind that a sausage consists of 1-2 % natural casing.

Using the amount of salt (as sodium) as an example, natural casings contain 0.1-1.0 g salt (as sodium) per 100 g. Per 100 g of sausage this would be: 1-20 mg of salt (as sodium).

When compared to the amounts of salt (as sodium) present in the three examples, the contribution of the salt in the natural casings is less than 3% of the total amount in the product.

In all it can be concluded that the contribution of natural casings to the nutritional value of sausages is extremely limited.

¹ Ockerman, H. W., and C. L. Hansen (ed.). 2000. Sausage Containers, p. 285-323. In: Animal By-product Processing and Utilization. CRC Press, Boca Raton, FL.

Beef sausage, fresh, cooked

Serving size: 100 grams

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FOOD SUMMARY

Nutrition Facts

Serving Size 100 grams

Amount Per Serving	
Calories 332	Calories from Fat 252
% Daily Value*	
Total Fat 28g	43%
Saturated Fat 11g	55%
Trans Fat 1g	
Cholesterol 82mg	27%
Sodium 652mg	27%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 18g	
Vitamin A 2% • Vitamin C 0%	
Calcium 1% • Iron 9%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Nutritional Target Map

2.1 Fullness Factor | 1.2 ND Rating

NutritionData's Opinion

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★★★★

The good: This food is a good source of Protein.

The bad: This food is high in Saturated Fat. This food also contains Trans Fat.

Caloric Ratio Pyramid

1% Carbs | 76% Fats | 23% Protein

Estimated Glycemic Load

0

Typical target total is 100/day or less

Inflammation Factor

-32

mildly inflammatory

Pork sausage, fresh, cooked

Serving size: 100 grams

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FOOD SUMMARY

Nutrition Facts

Serving Size 1 ounce (28g)

Amount Per Serving	
Calories 95	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3g	13%
Trans Fat 0g	
Cholesterol 24mg	8%
Sodium 210mg	9%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 5g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 2%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Nutritional Target Map

2.1 Fullness Factor | 1.2 ND Rating

NutritionData's Opinion

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★★★★

The good: This food is a good source of Protein.

The bad: This food is high in Saturated Fat. This food also contains Trans Fat.

Caloric Ratio Pyramid

1% Carbs | 75% Fats | 24% Protein

Estimated Glycemic Load

0

Typical target total is 100/day or less

Inflammation Factor

-27

mildly inflammatory

Frankfurter, beef [frank, hot dog, wiener]

Serving size: 100 grams

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FOOD SUMMARY

Nutrition Facts

Serving Size 100 grams

Amount Per Serving	
Calories 330	Calories from Fat 267
% Daily Value*	
Total Fat 30g	45%
Saturated Fat 12g	58%
Trans Fat	
Cholesterol 53mg	18%
Sodium 1140mg	48%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 11g	
Vitamin A 0% • Vitamin C 0%	
Calcium 1% • Iron 8%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Nutritional Target Map

1.7 Fullness Factor | 1.0 ND Rating

NutritionData's Opinion

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★★★★

The good: This food is a good source of Protein.

The bad: This food is high in Saturated Fat and Sodium.

Caloric Ratio Pyramid

4% Carbs | 81% Fats | 15% Protein

Estimated Glycemic Load

2

Typical target total is 100/day or less

Inflammation Factor

23

mildly anti-inflammatory