



Food ID: A127

Food name and Description: Hopyang baboy

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	12.5
Energy, calculated (kcal)	414
Protein (g)	5
Total Fat (g)	13.1
Carbohydrate, total (g)	69.1
Ash, total (g)	0.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1
Sugars, total (g)	18.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	32
Phosphorus, P (mg)	54
Iron, Fe (mg)	2.4
Sodium, Na (mg)	125

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	15
beta-Carotene (µg)	25
Retinol Activity Equivalent, RAE (µg)	17
Thiamin, Vitamin B1 (mg)	0.1
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	5.15
Fatty acids, monounsaturated, total (g)	3.52
Fatty acids, polyunsaturated, total(g)	1.51
Cholesterol (mg)	13