



Food ID: F146

Food name and Description: Pork back fat

Scientific name: *Sus scrofa scrofa*

Alternate/Common name(s): Baboy taba sa likod

Edible portion: 94%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	36.2
Energy, calculated (kcal)	513
Protein (g)	11.6
Total Fat (g)	51.8
Carbohydrate, total (g)	0
Ash, total (g)	0.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	20
Phosphorus, P (mg)	73
Iron, Fe (mg)	1.1
Sodium, Na (mg)	47

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	110
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	110
Thiamin, Vitamin B1 (mg)	0.18
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	1.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	18.81
Fatty acids, monounsaturated, total (g)	24.5
Fatty acids, polyunsaturated, total(g)	6.04
Cholesterol (mg)	-