



Food ID: F147

Food name and Description: Pork belly

Scientific name: *Sus scrofa scrofa*

Alternate/Common name(s): Baboy liempo

Edible portion: 97%

Proximates (Food Composition per 100g Edible Portion)

| | |
|---------------------------|------|
| Water (g) | 47.5 |
| Energy, calculated (kcal) | 393 |
| Protein (g) | 14.5 |
| Total Fat (g) | 37.2 |
| Carbohydrate, total (g) | 0 |
| Ash, total (g) | 0.7 |

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) | 15 |
| Phosphorus, P (mg) | 157 |
| Iron, Fe (mg) | 1 |
| Sodium, Na (mg) | 40 |

Vitamins (Food Composition per 100g Edible Portion)

| | |
|---------------------------------------|------|
| Retinol, Vitamin A (µg) | 50 |
| beta-Carotene (µg) | 0 |
| Retinol Activity Equivalent, RAE (µg) | 50 |
| Thiamin, Vitamin B1 (mg) | 0.4 |
| Riboflavin, Vitamin B2 (mg) | 0.13 |
| Niacin (mg) | 4 |
| Ascorbic Acid, Vitamin C (mg) | 1 |

Lipids (Food Composition per 100g Edible Portion)

| | |
|---|-------|
| Fatty acids, saturated, total (g) | 13.55 |
| Fatty acids, monounsaturated, total (g) | 17.31 |
| Fatty acids, polyunsaturated, total(g) | 3.96 |
| Cholesterol (mg) | 50 |