



Food ID: F148

Food name and Description: Pork belly, broiled

Scientific name: *Sus scrofa scrofa*

Alternate/Common name(s): Baboy liempo, inihaw

Edible portion: 93%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	67.9
Energy, calculated (kcal)	213
Protein (g)	14
Total Fat (g)	17.4
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)	56
Phosphorus, P (mg)	158
Iron, Fe (mg)	1.8
Sodium, Na (mg)	56

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	45
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	45
Thiamin, Vitamin B1 (mg)	0.17
Riboflavin, Vitamin B2 (mg)	0.17
Niacin (mg)	3.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	6.35
Fatty acids, monounsaturated, total (g)	8.11
Fatty acids, polyunsaturated, total(g)	1.85
Cholesterol (mg)	72