

**Food ID:** F149**Food name and Description:** Pork belly, fried**Scientific name:** *Sus scrofa scrofa***Alternate/Common name(s):** Baboy liempo, prito**Edible portion:** 86%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	65.2
Energy, calculated (kcal)	245
Protein (g)	12.3
Total Fat (g)	21.8
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)	33
Phosphorus, P (mg)	158
Iron, Fe (mg)	1.1
Sodium, Na (mg)	61

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	95
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	95
Thiamin, Vitamin B1 (mg)	0.16
Riboflavin, Vitamin B2 (mg)	0.16
Niacin (mg)	4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	7.95
Fatty acids, monounsaturated, total (g)	10.16
Fatty acids, polyunsaturated, total(g)	2.32
Cholesterol (mg)	63