

**Food ID:** F151**Food name and Description:** Pork belly, boiled**Scientific name:** *Sus scrofa scrofa***Alternate/Common name(s):** Baboy liempo, nilaga**Edible portion:** 96%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	42.8
Energy, calculated (kcal)	444
Protein (g)	13
Total Fat (g)	43.6
Carbohydrate, total (g)	0
Ash, total (g)	0.6

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)	84
Iron, Fe (mg)	1.1
Sodium, Na (mg)	89

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	70
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	70
Thiamin, Vitamin B1 (mg)	0.15
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	1.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	14.16
Fatty acids, monounsaturated, total (g)	18.2
Fatty acids, polyunsaturated, total(g)	6.26
Cholesterol (mg)	48