

**Food ID:** F152**Food name and Description:** Pork blood**Scientific name:** *Sus scrofa scrofa***Alternate/Common name(s):** Baboy dugo**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	85.4
Energy, calculated (kcal)	55
Protein (g)	11.6
Total Fat (g)	0
Carbohydrate, total (g)	2.1
Ash, total (g)	0.9

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	9
Phosphorus, P (mg)	26
Iron, Fe (mg)	0.7
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	40
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	40
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	0.5
Niacin from tryptophan (mg)	1.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-

Cholesterol (mg)

-