

**Food ID:** F153**Food name and Description:** Pork Boston butt**Scientific name:** *Sus scrofa scrofa***Alternate/Common name(s):** Baboy paypay**Edible portion:** 97%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	54.8
Energy, calculated (kcal)	329
Protein (g)	14.3
Total Fat (g)	30.2
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)	28
Phosphorus, P (mg)	117
Iron, Fe (mg)	0.9
Sodium, Na (mg)	64

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	115
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	115
Thiamin, Vitamin B1 (mg)	0.49
Riboflavin, Vitamin B2 (mg)	0.22
Niacin (mg)	3.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	10.62
Fatty acids, monounsaturated, total (g)	12.72
Fatty acids, polyunsaturated, total(g)	3.9
Cholesterol (mg)	-