

**Food ID:** F154**Food name and Description:** Pork Boston butt, boiled**Scientific name:** *Sus scrofa scrofa***Alternate/Common name(s):** Baboy paypay, nilaga**Edible portion:** -%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	55.6
Energy, calculated (kcal)	346
Protein (g)	10.1
Total Fat (g)	33.9
Carbohydrate, total (g)	0
Ash, total (g)	0.4

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)	79
Iron, Fe (mg)	1.1
Sodium, Na (mg)	57

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	60
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	60
Thiamin, Vitamin B1 (mg)	0.19
Riboflavin, Vitamin B2 (mg)	0.16
Niacin (mg)	1.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	11.93
Fatty acids, monounsaturated, total (g)	14.28
Fatty acids, polyunsaturated, total(g)	4.38
Cholesterol (mg)	-