



Food ID: F155

Food name and Description: Pork Boston butt, broiled

Scientific name: *Sus scrofa scrofa*

Alternate/Common name(s): Baboy paypay, inihaw

Edible portion: -%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	68.8
Energy, calculated (kcal)	203
Protein (g)	13.9
Total Fat (g)	16.4
Carbohydrate, total (g)	0
Ash, total (g)	0.9

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)	51
Phosphorus, P (mg)	140
Iron, Fe (mg)	2.7
Sodium, Na (mg)	50

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	20
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	20
Thiamin, Vitamin B1 (mg)	0.16
Riboflavin, Vitamin B2 (mg)	0.32
Niacin (mg)	3.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	5.87
Fatty acids, monounsaturated, total (g)	7.33
Fatty acids, polyunsaturated, total(g)	1.44
Cholesterol (mg)	94