



Food ID: F156

Food name and Description: Pork Boston butt, fried

Scientific name: *Sus scrofa scrofa*

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

Edible portion: -%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	64.9
Energy, calculated (kcal)	239
Protein (g)	14.2
Total Fat (g)	20.2
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)	30
Phosphorus, P (mg)	140
Iron, Fe (mg)	1.2
Sodium, Na (mg)	76

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	25
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	25
Thiamin, Vitamin B1 (mg)	0.19
Riboflavin, Vitamin B2 (mg)	0.48
Niacin (mg)	2.8
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)	-