



Food ID: F157

Food name and Description: Pork Boston butt, lean

Scientific name: *Sus scrofa scrofa*

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	58.6
Energy, calculated (kcal)	278
Protein (g)	17.3
Total Fat (g)	23.2
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)	29
Phosphorus, P (mg)	142
Iron, Fe (mg)	1.3
Sodium, Na (mg)	56

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	150
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	150
Thiamin, Vitamin B1 (mg)	0.45
Riboflavin, Vitamin B2 (mg)	0.27
Niacin (mg)	4.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	8.12
Fatty acids, monounsaturated, total (g)	10.09
Fatty acids, polyunsaturated, total(g)	2.52
Cholesterol (mg)	-