



**Food ID:** F158

**Food name and Description:** Pork Boston butt, lean, boiled

**Scientific name:** *Sus scrofa scrofa*

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

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	67
Energy, calculated (kcal)	212
Protein (g)	15.6
Total Fat (g)	16.6
Carbohydrate, total (g)	0
Ash, total (g)	0.8

## **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)	27
Phosphorus, P (mg)	160
Iron, Fe (mg)	1.4
Sodium, Na (mg)	47

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	280
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	280
Thiamin, Vitamin B1 (mg)	0.23
Riboflavin, Vitamin B2 (mg)	0.27
Niacin (mg)	3.2
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	5.81
Fatty acids, monounsaturated, total (g)	7.22
Fatty acids, polyunsaturated, total(g)	1.8
Cholesterol (mg)	-