

**Food ID:** F159**Food name and Description:** Pork Boston butt, lean, broiled**Scientific name:** *Sus scrofa scrofa***Alternate/Common name(s):** Baboy paypay, laman, inihaw**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	69.4
Energy, calculated (kcal)	154
Protein (g)	22.3
Total Fat (g)	7.2
Carbohydrate, total (g)	0
Ash, total (g)	1.1

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)	38
Phosphorus, P (mg)	201
Iron, Fe (mg)	3.3
Sodium, Na (mg)	57

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	95
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	95
Thiamin, Vitamin B1 (mg)	0.45
Riboflavin, Vitamin B2 (mg)	0.42
Niacin (mg)	4.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.56
Fatty acids, monounsaturated, total (g)	3.24
Fatty acids, polyunsaturated, total(g)	0.62
Cholesterol (mg)	54