



Food ID: F160

Food name and Description: Pork Boston butt, lean, fried

Scientific name: *Sus scrofa scrofa*

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	72.3
Energy, calculated (kcal)	136
Protein (g)	20.5
Total Fat (g)	6
Carbohydrate, total (g)	0
Ash, total (g)	1.2

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)	22
Phosphorus, P (mg)	210
Iron, Fe (mg)	2
Sodium, Na (mg)	63

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	60
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	60
Thiamin, Vitamin B1 (mg)	0.41
Riboflavin, Vitamin B2 (mg)	0.46
Niacin (mg)	4.6
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)	-