



Food ID: F161

Food name and Description: Pork center loin

Scientific name: *Sus scrofa scrofa*

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	34.8
Energy, calculated (kcal)	519
Protein (g)	12.5
Total Fat (g)	52.1
Carbohydrate, total (g)	0
Ash, total (g)	0.6

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)	9
Phosphorus, P (mg)	90
Iron, Fe (mg)	0.3
Sodium, Na (mg)	49

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	30
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	30
Thiamin, Vitamin B1 (mg)	0.32
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	3.8
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)	-