



Food ID: F162
Food name and Description: Pork chop
Scientific name: *Sus scrofa scrofa*
Alternate/Common name(s): Baboy kostillas
Edible portion: 82%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	47.8
Energy, calculated (kcal)	390
Protein (g)	14.5
Total Fat (g)	36.9
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)	15
Phosphorus, P (mg)	113
Iron, Fe (mg)	0.8
Sodium, Na (mg)	39

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	5
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	5
Thiamin, Vitamin B1 (mg)	0.56
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	4.5
Ascorbic Acid, Vitamin C (mg)	1

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	12.5
Fatty acids, monounsaturated, total (g)	17.31
Fatty acids, polyunsaturated, total(g)	4.33
Cholesterol (mg)	73