



Food ID: F163

Food name and Description: Pork ear

Scientific name: *Sus scrofa scrofa*

Alternate/Common name(s): Baboy tenga

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	49.5
Energy, calculated (kcal)	385
Protein (g)	11.8
Total Fat (g)	36.9
Carbohydrate, total (g)	1.3
Ash, total (g)	0.5

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)	109
Phosphorus, P (mg)	48
Iron, Fe (mg)	1.4
Sodium, Na (mg)	249

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)	0.04
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	1.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	13.17
Fatty acids, monounsaturated, total (g)	16.76
Fatty acids, polyunsaturated, total(g)	3.93
Cholesterol (mg)	200