



Food ID: F164

Food name and Description: Pork ear, bbq

Scientific name: *Sus scrofa scrofa*

Alternate/Common name(s): Baboy tenga, bbq/

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	43
Energy, calculated (kcal)	350
Protein (g)	23.8
Total Fat (g)	25.9
Carbohydrate, total (g)	5.4
Ash, total (g)	1.9

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	24
Phosphorus, P (mg)	116
Iron, Fe (mg)	2
Sodium, Na (mg)	503

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	22
beta-Carotene (µg)	27
Retinol Activity Equivalent, RAE (µg)	24
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.15
Niacin (mg)	1.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	8.42
Caproic, C6 (g)	0
Caprylic, C8 (g)	0.02
Capric, C10 (g)	0.03

Lauric, C12 (g)	0.14
Myristic, C14 (g)	0.42
Palmitic, C16 (g)	5.53
Stearic, C18 (g)	2.27
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	10.67
Oleic , C18:1 (g)	10.67
Fatty acids, polyunsaturated, total(g)	4.46
Linoleic, C18:2 (g)	3.91
Linolenic, C18:3 (g)	0.55
Cholesterol (mg)	145