



Food ID: F166

Food name and Description: Pork head

Scientific name: *Sus scrofa scrofa*

Alternate/Common name(s): Baboy ulo

Edible portion: 60%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	53.3
Energy, calculated (kcal)	326
Protein (g)	14.4
Total Fat (g)	28.8
Carbohydrate, total (g)	2.3
Ash, total (g)	1.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	-
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	244
Phosphorus, P (mg)	192
Iron, Fe (mg)	2.4
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (μg)	25
beta-Carotene (μg)	0
Retinol Activity Equivalent, RAE (μg)	25
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.16
Niacin (mg)	2.3
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)	-