



Food ID: F167

Food name and Description: Pork heart

Scientific name: *Sus scrofa scrofa*

Alternate/Common name(s): Baboy puso

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	76.6
Energy, calculated (kcal)	116
Protein (g)	16.4
Total Fat (g)	5.3
Carbohydrate, total (g)	0.6
Ash, total (g)	1.1

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)	6
Phosphorus, P (mg)	139
Iron, Fe (mg)	1.5
Sodium, Na (mg)	99

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	10
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	10
Thiamin, Vitamin B1 (mg)	0.22
Riboflavin, Vitamin B2 (mg)	1.56
Niacin (mg)	5.2
Ascorbic Acid, Vitamin C (mg)	4

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.41
Fatty acids, monounsaturated, total (g)	1.24
Fatty acids, polyunsaturated, total(g)	1.36
Cholesterol (mg)	159