



**Food ID:** F168

**Food name and Description:** Pork intestine, large

**Scientific name:** *Sus scrofa scrofa*

**Alternate/Common name(s):** Baboy bitukang malaki

**Edible portion:** 100%

### **Proximates** (Food Composition per 100g Edible Portion)

|                           |      |
|---------------------------|------|
| Water (g)                 | 81.8 |
| Energy, calculated (kcal) | 81   |
| Protein (g)               | 9.6  |
| Total Fat (g)             | 2.2  |
| Carbohydrate, total (g)   | 5.6  |
| Ash, total (g)            | 0.8  |

### **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)   | 12  |
| Phosphorus, P (mg) | 89  |
| Iron, Fe (mg)      | 1.1 |
| Sodium, Na (mg)    | 39  |

### **Vitamins** (Food Composition per 100g Edible Portion)

|                                       |      |
|---------------------------------------|------|
| Retinol, Vitamin A (µg)               | 45   |
| beta-Carotene (µg)                    | 0    |
| Retinol Activity Equivalent, RAE (µg) | 45   |
| Thiamin, Vitamin B1 (mg)              | 0.08 |
| Riboflavin, Vitamin B2 (mg)           | 0.24 |
| Niacin (mg)                           | 1.7  |
| Ascorbic Acid, Vitamin C (mg)         | 0    |

### **Lipids** (Food Composition per 100g Edible Portion)

|                                         |      |
|-----------------------------------------|------|
| Fatty acids, saturated, total (g)       | 1    |
| Fatty acids, monounsaturated, total (g) | 0.93 |
| Fatty acids, polyunsaturated, total(g)  | 0.26 |
| Cholesterol (mg)                        | -    |