



**Food ID:** F169

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

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

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

**Edible portion:** 100%

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

Water (g)	84.2
Energy, calculated (kcal)	71
Protein (g)	12.6
Total Fat (g)	2.3
Carbohydrate, total (g)	0
Ash, total (g)	0.9

## **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)	9
Phosphorus, P (mg)	150
Iron, Fe (mg)	2.4
Sodium, Na (mg)	107

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

Retinol, Vitamin A (µg)	215
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	215
Thiamin, Vitamin B1 (mg)	0.17
Riboflavin, Vitamin B2 (mg)	0.33
Niacin (mg)	2.9
Ascorbic Acid, Vitamin C (mg)	14

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

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	-