



Food ID: F170

Food name and Description: Pork intestine, small, bbq

Scientific name: *Sus scrofa scrofa*

Alternate/Common name(s): Baboy bitukang maliit, bbq/Isaw baboy

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	49.5
Energy, calculated (kcal)	318
Protein (g)	20.6
Total Fat (g)	24.8
Carbohydrate, total (g)	3
Ash, total (g)	2.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	27
Phosphorus, P (mg)	277
Iron, Fe (mg)	4.9
Sodium, Na (mg)	577

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	50
beta-Carotene (µg)	2
Retinol Activity Equivalent, RAE (µg)	51
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.31
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	11.9
Caproic, C6 (g)	0
Caprylic, C8 (g)	0.04
Capric, C10 (g)	0.06

Lauric, C12 (g)	0.43
Myristic, C14 (g)	0.81
Palmitic, C16 (g)	6.13
Stearic, C18 (g)	4.43
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	7.09
Oleic , C18:1 (g)	7.09
Fatty acids, polyunsaturated, total(g)	2.42
Linoleic, C18:2 (g)	2.13
Linolenic, C18:3 (g)	0.29
Cholesterol (mg)	747