



Food ID: F171

Food name and Description: Pork kidney

Scientific name: *Sus scrofa scrofa*

Alternate/Common name(s): Baboy bato

Edible portion: 80%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	77.5
Energy, calculated (kcal)	105
Protein (g)	14.4
Total Fat (g)	3.9
Carbohydrate, total (g)	3.1
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)	15
Phosphorus, P (mg)	184
Iron, Fe (mg)	4.5
Sodium, Na (mg)	132

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	40
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	40
Thiamin, Vitamin B1 (mg)	0.32
Riboflavin, Vitamin B2 (mg)	1.58
Niacin (mg)	9
Niacin from tryptophan (mg)	2.2
Ascorbic Acid, Vitamin C (mg)	10

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.25
Fatty acids, monounsaturated, total (g)	1.28
Fatty acids, polyunsaturated, total(g)	0.31

Cholesterol (mg)

383