



Food ID: F172

Food name and Description: Pork kidney, boiled

Scientific name: *Sus scrofa scrofa*

Alternate/Common name(s): Baboy bato, nilaga

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	76.6
Energy, calculated (kcal)	106
Protein (g)	13.9
Total Fat (g)	3.2
Carbohydrate, total (g)	5.3
Ash, total (g)	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)	17
Phosphorus, P (mg)	194
Iron, Fe (mg)	4.2
Sodium, Na (mg)	60

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	35
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	35
Thiamin, Vitamin B1 (mg)	0.16
Riboflavin, Vitamin B2 (mg)	0.72
Niacin (mg)	5.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

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