



Food ID: F173

Food name and Description: Pork leg

Scientific name: *Sus scrofa scrofa*

Alternate/Common name(s): Baboy pata

Edible portion: 58%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	65.4
Energy, calculated (kcal)	203
Protein (g)	20.2
Total Fat (g)	13.6
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)	32
Phosphorus, P (mg)	131
Iron, Fe (mg)	0.9
Sodium, Na (mg)	101

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	5
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	5
Thiamin, Vitamin B1 (mg)	0.34
Riboflavin, Vitamin B2 (mg)	0.28
Niacin (mg)	3.8
Ascorbic Acid, Vitamin C (mg)	2

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	4.71
Fatty acids, monounsaturated, total (g)	6.04
Fatty acids, polyunsaturated, total(g)	1.45
Cholesterol (mg)	53