

**Food ID:** F174**Food name and Description:** Pork liver**Scientific name:** *Sus scrofa scrofa***Alternate/Common name(s):** Baboy atay**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	72.3
Energy, calculated (kcal)	119
Protein (g)	18
Total Fat (g)	2.8
Carbohydrate, total (g)	5.5
Ash, total (g)	1.4

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)	19
Phosphorus, P (mg)	291
Iron, Fe (mg)	16.9
Sodium, Na (mg)	85

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	11145
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	11145
Thiamin, Vitamin B1 (mg)	0.31
Riboflavin, Vitamin B2 (mg)	2.55
Niacin (mg)	10.5
Niacin from tryptophan (mg)	3.3
Ascorbic Acid, Vitamin C (mg)	23

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.9
Fatty acids, monounsaturated, total (g)	0.4
Fatty acids, polyunsaturated, total(g)	0.67

