

**Food ID:** F175**Food name and Description:** Pork liver, boiled**Scientific name:** *Sus scrofa scrofa***Alternate/Common name(s):** Baboy atay, nilaga**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	60.9
Energy, calculated (kcal)	170
Protein (g)	17.8
Total Fat (g)	3.5
Carbohydrate, total (g)	16.9
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)	18
Phosphorus, P (mg)	233
Iron, Fe (mg)	12.5
Sodium, Na (mg)	47

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	1450
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	1450
Thiamin, Vitamin B1 (mg)	0.14
Riboflavin, Vitamin B2 (mg)	1.54
Niacin (mg)	5.4
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)	165