



Food ID: F176

Food name and Description: Pork liver, broiled

Scientific name: *Sus scrofa scrofa*

Alternate/Common name(s): Baboy atay, inihaw

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	59
Energy, calculated (kcal)	180
Protein (g)	19.8
Total Fat (g)	4.4
Carbohydrate, total (g)	15.4
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)	31
Phosphorus, P (mg)	282
Iron, Fe (mg)	31.8
Sodium, Na (mg)	49

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)	0.23
Riboflavin, Vitamin B2 (mg)	3.03
Niacin (mg)	8.5
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)	-