

**Food ID:** F178**Food name and Description:** Pork lung**Scientific name:** *Sus scrofa scrofa***Alternate/Common name(s):** Baboy бага**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	83.2
Energy, calculated (kcal)	73
Protein (g)	12.2
Total Fat (g)	1.8
Carbohydrate, total (g)	2
Ash, total (g)	0.8

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)	14
Phosphorus, P (mg)	159
Iron, Fe (mg)	3.1
Sodium, Na (mg)	116

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	20
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	20
Thiamin, Vitamin B1 (mg)	0.11
Riboflavin, Vitamin B2 (mg)	0.41
Niacin (mg)	3.1
Niacin from tryptophan (mg)	1.5
Ascorbic Acid, Vitamin C (mg)	10

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.64
Fatty acids, monounsaturated, total (g)	0.4
Fatty acids, polyunsaturated, total(g)	0.23

