



**Food ID:** F179

**Food name and Description:** Pork picnic

**Scientific name:** *Sus scrofa scrofa*

**Alternate/Common name(s):** Baboy kasim

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	49.4
Energy, calculated (kcal)	387
Protein (g)	13.4
Total Fat (g)	37
Carbohydrate, total (g)	0
Ash, total (g)	0.6

## **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)	16
Phosphorus, P (mg)	112
Iron, Fe (mg)	0.9
Sodium, Na (mg)	61

## **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)	0.35
Riboflavin, Vitamin B2 (mg)	0.16
Niacin (mg)	3.2
Ascorbic Acid, Vitamin C (mg)	3

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	12.24
Fatty acids, monounsaturated, total (g)	15.87
Fatty acids, polyunsaturated, total(g)	7.32
Cholesterol (mg)	-