

**Food ID:** F180**Food name and Description:** Pork picnic, boiled**Scientific name:** *Sus scrofa scrofa***Alternate/Common name(s):** Baboy kasim, nilaga**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	50.3
Energy, calculated (kcal)	368
Protein (g)	14.8
Total Fat (g)	34.3
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)	11
Phosphorus, P (mg)	108
Iron, Fe (mg)	0.9
Sodium, Na (mg)	119

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)	0.4
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	2.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	11.35
Fatty acids, monounsaturated, total (g)	14.72
Fatty acids, polyunsaturated, total(g)	6.78
Cholesterol (mg)	-