



Food ID: F181

Food name and Description: Pork skin

Scientific name: *Sus scrofa scrofa*

Alternate/Common name(s): Baboy balat

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	53.1
Energy, calculated (kcal)	319
Protein (g)	19.8
Total Fat (g)	26.6
Carbohydrate, total (g)	0
Ash, total (g)	0.2

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)	76
Phosphorus, P (mg)	46
Iron, Fe (mg)	2.1
Sodium, Na (mg)	6

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	130
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	130
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	8.59
Fatty acids, monounsaturated, total (g)	14.55
Fatty acids, polyunsaturated, total(g)	3.22
Cholesterol (mg)	181