



Food ID: F182

Food name and Description: Pork spare rib

Scientific name: *Sus scrofa scrofa*

Alternate/Common name(s): Baboy tadyang

Edible portion: 46%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	58.4
Energy, calculated (kcal)	293
Protein (g)	14.6
Total Fat (g)	26.1
Carbohydrate, total (g)	0
Ash, total (g)	0.9

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)	58
Phosphorus, P (mg)	147
Iron, Fe (mg)	1.2
Sodium, Na (mg)	60

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)	0.41
Riboflavin, Vitamin B2 (mg)	0.17
Niacin (mg)	4.2
Ascorbic Acid, Vitamin C (mg)	2

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	8.4
Fatty acids, monounsaturated, total (g)	9.53
Fatty acids, polyunsaturated, total(g)	4.41
Cholesterol (mg)	89