



Food ID: F184

Food name and Description: Pork spleen, boiled

Scientific name: *Sus scrofa scrofa*

Alternate/Common name(s): Baboy lapay, nilaga

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	80.1
Energy, calculated (kcal)	94
Protein (g)	15.2
Total Fat (g)	3.7
Carbohydrate, total (g)	0
Ash, total (g)	1

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)	12
Phosphorus, P (mg)	178
Iron, Fe (mg)	5.4
Sodium, Na (mg)	64

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)	0.13
Riboflavin, Vitamin B2 (mg)	0.26
Niacin (mg)	2.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

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