



**Food ID:** F185

**Food name and Description:** Pork stomach

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

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

**Edible portion:** 96%

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

Water (g)	77.2
Energy, calculated (kcal)	121
Protein (g)	13.1
Total Fat (g)	6.5
Carbohydrate, total (g)	2.6
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)	106
Iron, Fe (mg)	1
Sodium, Na (mg)	64

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

Retinol, Vitamin A (µg)	160
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	160
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.29
Niacin (mg)	2.4
Ascorbic Acid, Vitamin C (mg)	2

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

Fatty acids, saturated, total (g)	2.58
Fatty acids, monounsaturated, total (g)	2.3
Fatty acids, polyunsaturated, total(g)	0.57
Cholesterol (mg)	143