

**Food ID:** F186**Food name and Description:** Pork tail**Scientific name:** *Sus scrofa scrofa***Alternate/Common name(s):** Baboy buntot**Edible portion:** 76%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	37.9
Energy, calculated (kcal)	477
Protein (g)	15.4
Total Fat (g)	46.1
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)	46
Phosphorus, P (mg)	74
Iron, Fe (mg)	0.7
Sodium, Na (mg)	75

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

Retinol, Vitamin A (µg)	115
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	115
Thiamin, Vitamin B1 (mg)	0.19
Riboflavin, Vitamin B2 (mg)	0.16
Niacin (mg)	1.8
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	16.02
Fatty acids, monounsaturated, total (g)	21.74
Fatty acids, polyunsaturated, total(g)	5.06
Cholesterol (mg)	133