



Food ID: F187
Food name and Description: Pork tenderloin
Scientific name: *Sus scrofa scrofa*
Alternate/Common name(s): Baboy lomo
Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	63.4
Energy, calculated (kcal)	237
Protein (g)	16.7
Total Fat (g)	18.9
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)	14
Phosphorus, P (mg)	157
Iron, Fe (mg)	1.5
Sodium, Na (mg)	57

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	135
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	135
Thiamin, Vitamin B1 (mg)	0.69
Riboflavin, Vitamin B2 (mg)	0.29
Niacin (mg)	5.3
Niacin from tryptophan (mg)	5.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	6.32
Fatty acids, monounsaturated, total (g)	7.25
Fatty acids, polyunsaturated, total(g)	3.01

Cholesterol (mg)

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