



Food ID: F188

Food name and Description: Pork tongue

Scientific name: *Sus scrofa scrofa*

Alternate/Common name(s): Baboy dila

Edible portion: 86%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	64.1
Energy, calculated (kcal)	241
Protein (g)	14.8
Total Fat (g)	20.2
Carbohydrate, total (g)	0.1
Ash, total (g)	0.8

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)	28
Phosphorus, P (mg)	144
Iron, Fe (mg)	1.6
Sodium, Na (mg)	93

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	55
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	55
Thiamin, Vitamin B1 (mg)	0.15
Riboflavin, Vitamin B2 (mg)	0.23
Niacin (mg)	3
Niacin from tryptophan (mg)	2.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	7
Fatty acids, monounsaturated, total (g)	9.55
Fatty acids, polyunsaturated, total(g)	2.09

Cholesterol (mg)

119