



Food ID: F189

Food name and Description: Pork uterus

Scientific name: *Sus scrofa scrofa*

Alternate/Common name(s): Baboy bahay-guya

Edible portion: 94%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	82.8
Energy, calculated (kcal)	77
Protein (g)	15.4
Total Fat (g)	1.7
Carbohydrate, total (g)	0
Ash, total (g)	0.7

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)	62
Phosphorus, P (mg)	103
Iron, Fe (mg)	1.8
Sodium, Na (mg)	128

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	45
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	45
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	1.9
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)	-