



Food ID: F190

Food name and Description: Pork, suckling, belly

Scientific name: *Sus scrofa scrofa*

Alternate/Common name(s): Baboy litsunin, liempo

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	69.2
Energy, calculated (kcal)	174
Protein (g)	18.3
Total Fat (g)	11.2
Carbohydrate, total (g)	0
Ash, total (g)	1.3

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)	131
Iron, Fe (mg)	0.8
Sodium, Na (mg)	23

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	215
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	215
Thiamin, Vitamin B1 (mg)	0.22
Riboflavin, Vitamin B2 (mg)	0.4
Niacin (mg)	4.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	4.08
Fatty acids, monounsaturated, total (g)	5.21
Fatty acids, polyunsaturated, total(g)	1.19
Cholesterol (mg)	-