



Food ID: F191

Food name and Description: Pork, suckling, blood

Scientific name: *Sus scrofa scrofa*

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	85.3
Energy, calculated (kcal)	56
Protein (g)	11.5
Total Fat (g)	0
Carbohydrate, total (g)	2.6
Ash, total (g)	0.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	8
Phosphorus, P (mg)	23
Iron, Fe (mg)	0.3
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	40
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	40
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	0.7
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)	-