

**Food ID:** F192**Food name and Description:** Pork, suckling, brain**Scientific name:** *Sus scrofa scrofa***Alternate/Common name(s):** Baboy litsunin, utak**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	78.5
Energy, calculated (kcal)	129
Protein (g)	10.2
Total Fat (g)	9.7
Carbohydrate, total (g)	0.2
Ash, total (g)	1.4

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)	12
Phosphorus, P (mg)	229
Iron, Fe (mg)	0.8
Sodium, Na (mg)	89

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.21
Riboflavin, Vitamin B2 (mg)	0.35
Niacin (mg)	2.3
Niacin from tryptophan (mg)	2.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.19
Fatty acids, monounsaturated, total (g)	1.75
Fatty acids, polyunsaturated, total(g)	1.51

Cholesterol (mg)

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