

**Food ID:** F193**Food name and Description:** Pork, suckling, heart**Scientific name:** *Sus scrofa scrofa***Alternate/Common name(s):** Baboy litsunin, puso**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	76.2
Energy, calculated (kcal)	125
Protein (g)	16.3
Total Fat (g)	6.6
Carbohydrate, total (g)	0
Ash, total (g)	0.9

**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)	8
Phosphorus, P (mg)	140
Iron, Fe (mg)	1.6
Sodium, Na (mg)	101

**Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	105
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	105
Thiamin, Vitamin B1 (mg)	0.4
Riboflavin, Vitamin B2 (mg)	1.36
Niacin (mg)	4
Niacin from tryptophan (mg)	1.8
Ascorbic Acid, Vitamin C (mg)	0

**Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.76
Fatty acids, monounsaturated, total (g)	1.54
Fatty acids, polyunsaturated, total(g)	1.7

