

**Food ID:** F197**Food name and Description:** Pork, suckling, leg**Scientific name:** *Sus scrofa scrofa***Alternate/Common name(s):** Baboy litsunin, pata**Edible portion:** 56%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	73.7
Energy, calculated (kcal)	128
Protein (g)	19.9
Total Fat (g)	5.4
Carbohydrate, total (g)	0
Ash, total (g)	1

**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)	9
Phosphorus, P (mg)	163
Iron, Fe (mg)	0.6
Sodium, Na (mg)	77

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

Retinol, Vitamin A (µg)	190
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	190
Thiamin, Vitamin B1 (mg)	0.3
Riboflavin, Vitamin B2 (mg)	0.5
Niacin (mg)	5.5
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	1.87
Fatty acids, monounsaturated, total (g)	2.4
Fatty acids, polyunsaturated, total(g)	0.58
Cholesterol (mg)	-