

**Food ID:** F198**Food name and Description:** Pork, suckling, liver**Scientific name:** *Sus scrofa scrofa***Alternate/Common name(s):** Baboy litsunin, atay**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	73.3
Energy, calculated (kcal)	116
Protein (g)	16
Total Fat (g)	2.8
Carbohydrate, total (g)	6.6
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)	12
Phosphorus, P (mg)	184
Iron, Fe (mg)	16.3
Sodium, Na (mg)	82

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	10745
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	10745
Thiamin, Vitamin B1 (mg)	0.37
Riboflavin, Vitamin B2 (mg)	2.59
Niacin (mg)	8.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.9
Fatty acids, monounsaturated, total (g)	0.4
Fatty acids, polyunsaturated, total(g)	0.67
Cholesterol (mg)	231