

**Food ID:** F200**Food name and Description:** Pork, suckling, spare rib**Scientific name:** *Sus scrofa scrofa***Alternate/Common name(s):** Baboy litsunin, tadyang**Edible portion:** 46%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	70.9
Energy, calculated (kcal)	168
Protein (g)	17
Total Fat (g)	11.1
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)	8
Phosphorus, P (mg)	162
Iron, Fe (mg)	0.8
Sodium, Na (mg)	42

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	120
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	120
Thiamin, Vitamin B1 (mg)	0.29
Riboflavin, Vitamin B2 (mg)	0.46
Niacin (mg)	5.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.57
Fatty acids, monounsaturated, total (g)	4.05
Fatty acids, polyunsaturated, total(g)	1.88
Cholesterol (mg)	38