

**Food ID:** F201**Food name and Description:** Pork, suckling, spleen**Scientific name:** *Sus scrofa scrofa***Alternate/Common name(s):** Baboy litsunin, lapay**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	77.6
Energy, calculated (kcal)	105
Protein (g)	15.6
Total Fat (g)	4.2
Carbohydrate, total (g)	1.3
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)	15
Phosphorus, P (mg)	232
Iron, Fe (mg)	7.8
Sodium, Na (mg)	84

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

Retinol, Vitamin A (µg)	265
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	265
Thiamin, Vitamin B1 (mg)	0.19
Riboflavin, Vitamin B2 (mg)	0.66
Niacin (mg)	2.4
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	1.39
Fatty acids, monounsaturated, total (g)	1.12
Fatty acids, polyunsaturated, total(g)	0.31
Cholesterol (mg)	589