

Food ID: F202

Food name and Description: Pork, suckling, stomach

Scientific name: Sus scrofa scrofa

Alternate/Common name(s): Baboy litsunin, sikmura

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	80.8
Energy, calculated (kcal)	95
Protein (g)	14.3
Total Fat (g)	4.2
Carbohydrate, total (g)	0
Ash, total (g)	0.7

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)	11
Phosphorus, P (mg)	131
Iron, Fe (mg)	1.4
Sodium, Na (mg)	54

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	135
beta-Carotene (μg)	0
Retinol Activity Equivalent, RAE (µg)	135
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.52
Niacin (mg)	2.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	1.67
Fatty acids, monounsaturated, total (g)	1.49
Fatty acids, polyunsaturated, total(g)	0.37
Cholesterol (mg)	92