



Food ID: F241

Food name and Description: Pork crackling, internal organ

Scientific name:

Alternate/Common name(s): Chicharon/Sitsaron baboy, lamang loob

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	32.6
Energy, calculated (kcal)	373
Protein (g)	37.8
Total Fat (g)	24.6
Carbohydrate, total (g)	0
Ash, total (g)	5

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)	108
Phosphorus, P (mg)	294
Iron, Fe (mg)	2.7
Sodium, Na (mg)	324

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	110
beta-Carotene (µg)	15
Retinol Activity Equivalent, RAE (µg)	111
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.36
Niacin (mg)	2.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	4.88
Fatty acids, monounsaturated, total (g)	5.22
Fatty acids, polyunsaturated, total(g)	1.48
Cholesterol (mg)	-