



Food ID: F242

Food name and Description: Pork crackling, skin

Scientific name: N/A

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	1.8
Energy, calculated (kcal)	591
Protein (g)	65.6
Total Fat (g)	36.5
Carbohydrate, total (g)	0
Ash, total (g)	2.3

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)	51
Iron, Fe (mg)	0.9
Potassium, K (mg)	123
Sodium, Na (mg)	472
Zinc, Zn (mg)	0.5

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	4
beta-Carotene (µg)	1
Retinol Activity Equivalent, RAE (µg)	4
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	1.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	7.25
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0.33
Palmitic, C16 (g)	5.01
Stearic, C18 (g)	1.91
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	7.74
Oleic , C18:1 (g)	7.74
Fatty acids, polyunsaturated, total(g)	2.2
Linoleic, C18:2 (g)	2.2
Linolenic, C18:3 (g)	0
Cholesterol (mg)	113