

**Food ID:** F245**Food name and Description:** Pork, sweet cured**Scientific name:** N/A**Alternate/Common name(s):** Tocino, baboy**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	53.6
Energy, calculated (kcal)	206
Protein (g)	11.2
Total Fat (g)	6.4
Carbohydrate, total (g)	25.9
Ash, total (g)	2.9

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	20.2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	61
Phosphorus, P (mg)	166
Iron, Fe (mg)	0.6
Potassium, K (mg)	168
Sodium, Na (mg)	1037
Zinc, Zn (mg)	1.5

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	1
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0.23
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	1.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.2
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Lauric, C12 (g)	0.04
Myristic, C14 (g)	0.14
Palmitic, C16 (g)	1.39
Stearic, C18 (g)	0.64
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	2.3
Oleic , C18:1 (g)	2.3
Fatty acids, polyunsaturated, total(g)	0.7
Linoleic, C18:2 (g)	0.63
Linolenic, C18:3 (g)	0.07
Cholesterol (mg)	47