



**Food ID:** F246

**Food name and Description:** Pork, sweet cured, Pampanga

**Scientific name:** N/A

**Alternate/Common name(s):** Tocino, baboy, Pampanga

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	59
Energy, calculated (kcal)	223
Protein (g)	10.1
Total Fat (g)	13.8
Carbohydrate, total (g)	14.7
Ash, total (g)	2.4

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

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

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	13
Phosphorus, P (mg)	116
Iron, Fe (mg)	0.2
Sodium, Na (mg)	916

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.4
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	2.6
Ascorbic Acid, Vitamin C (mg)	0

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

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