



Food ID: F267

Food name and Description: Pork, bbq

Scientific name: *Sus scrofa scrofa*

Alternate/Common name(s): Barbekyung baboy

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	33.1
Energy, calculated (kcal)	408
Protein (g)	21.5
Total Fat (g)	29.8
Carbohydrate, total (g)	13.5
Ash, total (g)	2.1

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)	12
Phosphorus, P (mg)	750
Iron, Fe (mg)	1.1
Potassium, K (mg)	287
Sodium, Na (mg)	340
Zinc, Zn (mg)	1.8

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	5
beta-Carotene (µg)	1
Retinol Activity Equivalent, RAE (µg)	5
Thiamin, Vitamin B1 (mg)	1.46
Riboflavin, Vitamin B2 (mg)	0.51
Niacin (mg)	16.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	10.25
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0.24
Myristic, C14 (g)	0.9
Palmitic, C16 (g)	6.26
Stearic, C18 (g)	0
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	10.47
Oleic , C18:1 (g)	10.47
Fatty acids, polyunsaturated, total(g)	3.44
Linoleic, C18:2 (g)	3.27
Linolenic, C18:3 (g)	0.17
Cholesterol (mg)	83