



Food ID: F268

Food name and Description: Pork back, seasoned, roasted, skin and visible fat removed

Scientific name: *Sus scrofa scrofa*

Alternate/Common name(s): Baboy likod, laman, litson

Edible portion: 67%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	60.6
Energy, calculated (kcal)	177
Protein (g)	31.2
Total Fat (g)	4.9
Carbohydrate, total (g)	2
Ash, total (g)	1.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	13
Phosphorus, P (mg)	194
Iron, Fe (mg)	1
Potassium, K (mg)	355
Sodium, Na (mg)	174
Zinc, Zn (mg)	2.4

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	4
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	4
Thiamin, Vitamin B1 (mg)	0.21
Riboflavin, Vitamin B2 (mg)	0.21
Niacin (mg)	4.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.68
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Caproic, C6 (g)	0
Caprylic, C8 (g)	0.01
Capric, C10 (g)	0.01
Lauric, C12 (g)	0.13
Myristic, C14 (g)	0.2
Palmitic, C16 (g)	0.9
Stearic, C18 (g)	0.41
Arachidic, C20 (g)	0.01
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	1.22
Oleic , C18:1 (g)	1.22
Fatty acids, polyunsaturated, total(g)	0.37
Linoleic, C18:2 (g)	0.35
Linolenic, C18:3 (g)	0.02
Cholesterol (mg)	96