



Food ID: F269

Food name and Description: Pork belly, seasoned, roasted

Scientific name: *Sus scrofa scrofa*

Alternate/Common name(s): Baboy liempo, litson

Edible portion: 99%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	41.8
Energy, calculated (kcal)	385
Protein (g)	21
Total Fat (g)	31.6
Carbohydrate, total (g)	4.1
Ash, total (g)	1.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	10
Phosphorus, P (mg)	286
Iron, Fe (mg)	1.4
Potassium, K (mg)	255
Sodium, Na (mg)	350
Zinc, Zn (mg)	2.5

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	12
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	12
Thiamin, Vitamin B1 (mg)	0.31
Riboflavin, Vitamin B2 (mg)	0.31
Niacin (mg)	6.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	12.44
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0.06
Lauric, C12 (g)	0.8
Myristic, C14 (g)	1.74
Palmitic, C16 (g)	6.95
Stearic, C18 (g)	2.89
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	9.71
Oleic , C18:1 (g)	9.71
Fatty acids, polyunsaturated, total(g)	3.36
Linoleic, C18:2 (g)	3.11
Linolenic, C18:3 (g)	0.25
Cholesterol (mg)	96