



Food ID: F270

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

Scientific name: *Sus scrofa scrofa*

Alternate/Common name(s): Baboy liempo, litson, walang balat at taba

Edible portion: 69%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	52.8
Energy, calculated (kcal)	299
Protein (g)	24
Total Fat (g)	22.6
Carbohydrate, total (g)	0
Ash, total (g)	1.7

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)	8
Phosphorus, P (mg)	232
Iron, Fe (mg)	1.4
Potassium, K (mg)	301
Sodium, Na (mg)	364
Zinc, Zn (mg)	3.2

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	13
beta-Carotene (µg)	1
Retinol Activity Equivalent, RAE (µg)	13
Thiamin, Vitamin B1 (mg)	0.25
Riboflavin, Vitamin B2 (mg)	0.25
Niacin (mg)	5.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	8.22
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Caproic, C6 (g)	0
Caprylic, C8 (g)	0
Capric, C10 (g)	0.04
Lauric, C12 (g)	0.53
Myristic, C14 (g)	1.14
Palmitic, C16 (g)	4.58
Stearic, C18 (g)	1.94
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	6.24
Oleic , C18:1 (g)	6.24
Fatty acids, polyunsaturated, total(g)	2.2
Linoleic, C18:2 (g)	2.03
Linolenic, C18:3 (g)	0.17
Cholesterol (mg)	101