



**Food ID:** K003

**Food name and Description:** Fat, pork

**Scientific name:**

**Alternate/Common name(s):** Mantika, baboy

**Edible portion:** 100%

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

Water (g)	0
Energy, calculated (kcal)	900
Protein (g)	0
Total Fat (g)	100
Carbohydrate, total (g)	0
Ash, total (g)	0

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

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

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

Calcium, Ca (mg)	0
Phosphorus, P (mg)	0
Iron, Fe (mg)	0
Sodium, Na (mg)	0

## **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
Riboflavin, Vitamin B2 (mg)	0
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	39.2
Fatty acids, monounsaturated, total (g)	45.1
Fatty acids, polyunsaturated, total(g)	11.2
Cholesterol (mg)	95