



**Food ID:** R051

**Food name and Description:** Pork adobo, w/ egg, cnd

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** -%

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

Water (g)	56.6
Energy, calculated (kcal)	261
Protein (g)	13.4
Total Fat (g)	20.2
Carbohydrate, total (g)	6.3
Ash, total (g)	3.5

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

Fiber, total dietary (g)	0.3
Sugars, total (g)	0.2

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

Calcium, Ca (mg)	136
Phosphorus, P (mg)	160
Iron, Fe (mg)	1.5
Sodium, Na (mg)	237

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

Retinol, Vitamin A (µg)	-
beta-Carotene (µg)	-
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	1.3
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	-