



Food ID: R052

Food name and Description: Pork afritada, cnd

Scientific name:

Alternate/Common name(s): Apritadang baboy, de lata

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	77.8
Energy, calculated (kcal)	123
Protein (g)	6.3
Total Fat (g)	8.1
Carbohydrate, total (g)	6.3
Ash, total (g)	1.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.3
Sugars, total (g)	2.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	53
Phosphorus, P (mg)	30
Iron, Fe (mg)	1
Sodium, Na (mg)	248

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	80
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.4
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)	-