



Food ID: R053

Food name and Description: Pork blood stew, cnd

Scientific name:

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

Edible portion: -%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	73.2
Energy, calculated (kcal)	155
Protein (g)	14.8
Total Fat (g)	10.6
Carbohydrate, total (g)	0
Ash, total (g)	1.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.2
Sugars, total (g)	0

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	53
Phosphorus, P (mg)	68
Iron, Fe (mg)	12.7
Sodium, Na (mg)	-

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)	0.07
Niacin (mg)	0.6
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)	-