



**Food ID:** R057

**Food name and Description:** Pork leg, pinaksiw, cnd

**Scientific name:** N/A

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

**Edible portion:** 88%

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

Water (g)	66
Energy, calculated (kcal)	188
Protein (g)	13.1
Total Fat (g)	12.1
Carbohydrate, total (g)	6.6
Ash, total (g)	2.2

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

Fiber, total dietary (g)	0.3
Sugars, total (g)	1.3

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

Calcium, Ca (mg)	108
Phosphorus, P (mg)	49
Iron, Fe (mg)	1.3
Sodium, Na (mg)	294

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

Retinol, Vitamin A (µg)	10
beta-Carotene (µg)	-
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.11
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)	-