



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)	-