



**Food ID:** R059

**Food name and Description:** Pork w/ black beans, cnd

**Scientific name:**

**Alternate/Common name(s):** Baboy may tawsi, de lata

**Edible portion:** 100%

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

|                           |      |
|---------------------------|------|
| Water (g)                 | 59.5 |
| Energy, calculated (kcal) | 215  |
| Protein (g)               | 11.2 |
| Total Fat (g)             | 16.2 |
| Carbohydrate, total (g)   | 6.1  |
| Ash, total (g)            | 7    |

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

|                          |     |
|--------------------------|-----|
| Fiber, total dietary (g) | 1.9 |
| Sugars, total (g)        | 2.4 |

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

|                    |     |
|--------------------|-----|
| Calcium, Ca (mg)   | 107 |
| Phosphorus, P (mg) | 153 |
| Iron, Fe (mg)      | 5.1 |
| Sodium, Na (mg)    | 351 |

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

|                                       |      |
|---------------------------------------|------|
| Retinol, Vitamin A (µg)               | 50   |
| beta-Carotene (µg)                    | 25   |
| Retinol Activity Equivalent, RAE (µg) | 52   |
| Thiamin, Vitamin B1 (mg)              | 0.05 |
| Riboflavin, Vitamin B2 (mg)           | 0.57 |
| Niacin (mg)                           | 1.5  |
| 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)                        | - |