



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)	-