



Food ID: R060

Food name and Description: Pork, roasted, pinaksiw, cnd

Scientific name:

Alternate/Common name(s): Lechon paksiw, de lata

Edible portion: -%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	63.7
Energy, calculated (kcal)	214
Protein (g)	12.8
Total Fat (g)	15.2
Carbohydrate, total (g)	6.4
Ash, total (g)	1.9

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.2
Sugars, total (g)	4.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	108
Phosphorus, P (mg)	78
Iron, Fe (mg)	1.4
Sodium, Na (mg)	326

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	1505
beta-Carotene (µg)	5
Retinol Activity Equivalent, RAE (µg)	1505
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	1.7
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)	-