

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: R101 Food name and Description: Pork wonton, prep, w/ MLP Scientific name: Alternate/Common name(s): Siomai w/ MLP Edible portion: 100%

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

Water (g)	57
Energy, calculated (kcal)	217
Protein (g)	13.3
Total Fat (g)	10.2
Carbohydrate, total (g)	18
Ash, total (g)	1.5

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

Fiber, total dietary (g)	8.4
Sugars, total (g)	1.1

# Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	80
Phosphorus, P (mg)	179
Iron, Fe (mg)	2.1
Sodium, Na (mg)	245

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

Retinol, Vitamin A (µg)	98
beta-Carotene (μg)	1021
Retinol Activity Equivalent, RAE (µg)	183
Thiamin, Vitamin B1 (mg)	0.31
Riboflavin, Vitamin B2 (mg)	0.25
Niacin (mg)	3.8
Ascorbic Acid, Vitamin C (mg)	9

## Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	3.5
Fatty acids, monounsaturated, total (g)	3.6
Fatty acids, polyunsaturated, total(g)	1.6
Cholesterol (mg)	73

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 14:07:34