

Basic Report 10107, Pork, fresh, variety meats and by-products, kidneys, cooked, braised

Report Date: February 01, 2015 20:46 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 140g	3.0 oz 85g
Proximates				
Water	g	68.70	96.18	58.40
Energy	kcal	151	211	128
Protein	g	25.40	35.56	21.59
Total lipid (fat)	g	4.70	6.58	4.00
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	13	18	11
Iron, Fe	mg	5.29	7.41	4.50
Magnesium, Mg	mg	18	25	15
Phosphorus, P	mg	240	336	204
Potassium, K	mg	143	200	122
Sodium, Na	mg	80	112	68
Zinc, Zn	mg	4.15	5.81	3.53
Vitamins				
Vitamin C, total ascorbic acid	mg	10.6	14.8	9.0
Thiamin	mg	0.396	0.554	0.337
Riboflavin	mg	1.586	2.220	1.348
Niacin	mg	5.785	8.099	4.917
Vitamin B-6	mg	0.460	0.644	0.391
Folate, DFE	µg	41	57	35
Vitamin B-12	µg	7.79	10.91	6.62
Vitamin A, RAE	µg	78	109	66
Vitamin A, IU	IU	260	364	221
Lipids				
Fatty acids, total saturated	g	1.510	2.114	1.283

Nutrient	Unit	1 Value Per100 g	1 cup 140g	3.0 oz 85g
Fatty acids, total monounsaturated	g	1.550	2.170	1.318
Fatty acids, total polyunsaturated	g	0.380	0.532	0.323
Cholesterol	mg	480	672	408