

**Basic Report 10898, Pork, pickled pork hocks**

Report Date: February 01, 2015 16:13 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	3.0 oz 117g
<b>Proximates</b>			
Water	g	68.02	79.58
Energy	kcal	171	200
Protein	g	19.11	22.36
Total lipid (fat)	g	10.54	12.33
Carbohydrate, by difference	g	0.00	0.00
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
<b>Minerals</b>			
Calcium, Ca	mg	19	22
Iron, Fe	mg	1.14	1.33
Magnesium, Mg	mg	6	7
Phosphorus, P	mg	60	70
Potassium, K	mg	47	55
Sodium, Na	mg	1050	1228
Zinc, Zn	mg	2.38	2.78
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.080	0.094
Riboflavin	mg	0.068	0.080
Niacin	mg	1.100	1.287
Vitamin B-6	mg	0.064	0.075
Folate, DFE	µg	1	1
Vitamin B-12	µg	0.51	0.60
Vitamin A, RAE	µg	23	27
Vitamin A, IU	IU	76	89
Vitamin E (alpha-tocopherol)	mg	0.17	0.20

Nutrient	Unit	1 Value Per100 g	3.0 oz 117g
Vitamin K (phylloquinone)	µg	0.0	0.0
<b>Lipids</b>			
Fatty acids, total saturated	g	3.231	3.780
Fatty acids, total monounsaturated	g	5.134	6.007
Fatty acids, total polyunsaturated	g	1.198	1.402
Cholesterol	mg	89	104
<b>Other</b>			
Caffeine	mg	0	0