

**Basic Report 10936, Pork, cured, ham, shank, bone-in, separable lean and fat, unheated**

Report Date: February 27, 2015 10:20 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 lb 453.6g
<b>Proximates</b>				
Water	g	65.23	18.49	295.88
Energy	kcal	177	50	803
Protein	g	21.61	6.13	98.02
Total lipid (fat)	g	9.85	2.79	44.68
Carbohydrate, by difference	g	0.41	0.12	1.86
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.06	0.02	0.27
<b>Minerals</b>				
Calcium, Ca	mg	6	2	27
Iron, Fe	mg	0.92	0.26	4.17
Magnesium, Mg	mg	20	6	91
Phosphorus, P	mg	243	69	1102
Potassium, K	mg	339	96	1538
Sodium, Na	mg	816	231	3701
Zinc, Zn	mg	2.18	0.62	9.89
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.444	0.126	2.014
Riboflavin	mg	0.218	0.062	0.989
Niacin	mg	6.382	1.809	28.949
Vitamin B-6	mg	0.429	0.122	1.946
Folate, DFE	µg	0	0	0
Vitamin B-12	µg	0.54	0.15	2.45
Vitamin A, RAE	µg	2	1	9
Vitamin A, IU	IU	6	2	27
Vitamin E (alpha-tocopherol)	mg	0.31	0.09	1.41

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Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
<b>Lipids</b>				
Fatty acids, total saturated	g	3.180	0.902	14.424
Fatty acids, total monounsaturated	g	4.269	1.210	19.364
Fatty acids, total polyunsaturated	g	1.366	0.387	6.196
Fatty acids, total trans	g	0.074	0.021	0.336
Cholesterol	mg	61	17	277
<b>Other</b>				
Caffeine	mg	0	0	0