

**Basic Report 10938, Pork, cured, ham, slice, bone-in, separable lean only, unheated**

Report Date: January 29, 2015 21:36 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 serving (3 oz) 85g	1 slice 425g
<b>Proximates</b>				
Water	g	69.97	59.47	297.37
Energy	kcal	130	110	552
Protein	g	24.36	20.71	103.53
Total lipid (fat)	g	3.59	3.05	15.26
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
<b>Minerals</b>				
Calcium, Ca	mg	13	11	55
Iron, Fe	mg	1.23	1.05	5.23
Magnesium, Mg	mg	23	20	98
Phosphorus, P	mg	263	224	1118
Potassium, K	mg	370	314	1572
Sodium, Na	mg	760	646	3230
Zinc, Zn	mg	2.43	2.07	10.33
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.492	0.418	2.091
Riboflavin	mg	0.251	0.213	1.067
Niacin	mg	6.493	5.519	27.595
Vitamin B-6	mg	0.482	0.410	2.048
Folate, DFE	µg	1	1	4
Vitamin B-12	µg	0.60	0.51	2.55
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.29	0.25	1.23

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Vitamin K (phylloquinone)	µg	0.3	0.3	1.3
<b>Lipids</b>				
Fatty acids, total saturated	g	1.099	0.934	4.671
Fatty acids, total monounsaturated	g	1.414	1.202	6.009
Fatty acids, total polyunsaturated	g	0.565	0.480	2.401
Cholesterol	mg	65	55	276
<b>Other</b>				
Caffeine	mg	0	0	0