

Basic Report 10939, Pork, cured, ham, slice, bone-in, separable lean and fat, unheated

Report Date: January 27, 2015 23:14 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 serving (3 oz) 85g	1 slice 425g
Proximates				
Water	g	66.09	56.18	280.88
Energy	kcal	173	147	735
Protein	g	22.45	19.08	95.41
Total lipid (fat)	g	9.17	7.79	38.97
Carbohydrate, by difference	g	0.21	0.18	0.89
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.05	0.04	0.21
Minerals				
Calcium, Ca	mg	12	10	51
Iron, Fe	mg	1.15	0.98	4.89
Magnesium, Mg	mg	22	19	94
Phosphorus, P	mg	250	212	1062
Potassium, K	mg	348	296	1479
Sodium, Na	mg	744	632	3162
Zinc, Zn	mg	2.29	1.95	9.73
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.462	0.393	1.964
Riboflavin	mg	0.225	0.191	0.956
Niacin	mg	6.050	5.142	25.712
Vitamin B-6	mg	0.448	0.381	1.904
Folate, DFE	µg	1	1	4
Vitamin B-12	µg	0.57	0.48	2.42
Vitamin A, RAE	µg	1	1	4
Vitamin A, IU	IU	5	4	21
Vitamin E (alpha-tocopherol)	mg	0.34	0.29	1.44

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Vitamin K (phylloquinone)	µg	0.3	0.3	1.3
Lipids				
Fatty acids, total saturated	g	2.945	2.503	12.516
Fatty acids, total monounsaturated	g	3.955	3.362	16.809
Fatty acids, total polyunsaturated	g	1.281	1.089	5.444
Cholesterol	mg	65	55	276
Other				
Caffeine	mg	0	0	0