

Basic Report 10943, Pork, fresh, enhanced, loin, tenderloin, separable lean only, cooked, roasted

Report Date: January 26, 2015 05:25 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Proximates			
Water	g	73.07	62.11
Energy	kcal	116	99
Protein	g	21.61	18.37
Total lipid (fat)	g	3.15	2.68
Carbohydrate, by difference	g	0.31	0.26
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
Minerals			
Calcium, Ca	mg	5	4
Iron, Fe	mg	0.98	0.83
Magnesium, Mg	mg	25	21
Phosphorus, P	mg	316	269
Potassium, K	mg	567	482
Sodium, Na	mg	231	196
Zinc, Zn	mg	2.00	1.70
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.789	0.671
Riboflavin	mg	0.360	0.306
Niacin	mg	7.392	6.283
Vitamin B-6	mg	0.610	0.518
Folate, DFE	µg	0	0
Vitamin B-12	µg	0.47	0.40
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.07	0.06

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Vitamin D (D2 + D3)	µg	0.2	0.2
Vitamin D	IU	9	8
Vitamin K (phylloquinone)	µg	0.0	0.0
Lipids			
Fatty acids, total saturated	g	1.077	0.915
Fatty acids, total monounsaturated	g	1.199	1.019
Fatty acids, total polyunsaturated	g	0.455	0.387
Cholesterol	mg	57	48
Other			
Caffeine	mg	0	0