

Basic Report 10947, Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean only, cooked, broiled

Report Date: January 27, 2015 07:24 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 chop 107g
Proximates			
Water	g	63.06	67.47
Energy	kcal	170	182
Protein	g	29.65	31.73
Total lipid (fat)	g	5.73	6.13
Carbohydrate, by difference	g	0.00	0.00
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
Minerals			
Calcium, Ca	mg	9	10
Iron, Fe	mg	0.56	0.60
Magnesium, Mg	mg	29	31
Phosphorus, P	mg	317	339
Potassium, K	mg	608	651
Sodium, Na	mg	315	337
Zinc, Zn	mg	1.74	1.86
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.664	0.710
Riboflavin	mg	0.240	0.257
Niacin	mg	8.927	9.552
Vitamin B-6	mg	0.465	0.498
Folate, DFE	µg	0	0
Vitamin B-12	µg	0.68	0.73
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.43	0.46

Nutrient	Unit	1 Value Per100 g	1 chop 107g
Vitamin D (D2 + D3)	µg	0.6	0.6
Vitamin D	IU	22	24
Vitamin K (phylloquinone)	µg	0.0	0.0
Lipids			
Fatty acids, total saturated	g	1.957	2.094
Fatty acids, total monounsaturated	g	2.293	2.454
Fatty acids, total polyunsaturated	g	0.784	0.839
Cholesterol	mg	70	75
Other			
Caffeine	mg	0	0