

**Basic Report 10951, Pork, fresh, enhanced, loin, tenderloin, separable lean and fat, raw**

Report Date: January 28, 2015 17:15 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 roast 537g
<b>Proximates</b>				
Water	g	76.10	64.68	408.66
Energy	kcal	114	97	612
Protein	g	20.16	17.14	108.26
Total lipid (fat)	g	3.14	2.67	16.86
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	5	4	27
Iron, Fe	mg	0.91	0.77	4.89
Magnesium, Mg	mg	23	20	124
Phosphorus, P	mg	286	243	1536
Potassium, K	mg	519	441	2787
Sodium, Na	mg	239	203	1283
Zinc, Zn	mg	1.72	1.46	9.24
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.745	0.633	4.001
Riboflavin	mg	0.333	0.283	1.788
Niacin	mg	6.382	5.425	34.271
Vitamin B-6	mg	0.746	0.634	4.006
Folate, DFE	µg	0	0	0
Vitamin B-12	µg	0.52	0.44	2.79
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.21	0.18	1.13

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Vitamin D (D2 + D3)	µg	0.2	0.2	1.1
Vitamin D	IU	8	7	43
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
<b>Lipids</b>				
Fatty acids, total saturated	g	1.045	0.888	5.612
Fatty acids, total monounsaturated	g	1.198	1.018	6.433
Fatty acids, total polyunsaturated	g	0.503	0.428	2.701
Cholesterol	mg	49	42	263
<b>Other</b>				
Caffeine	mg	0	0	0