

Basic Report 10952, Pork, fresh, enhanced, loin, tenderloin, separable lean and fat, cooked, roasted

Report Date: March 05, 2015 19:03 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 roast 508g
Proximates				
Water	g	72.64	61.74	369.01
Energy	kcal	121	103	615
Protein	g	21.50	18.28	109.22
Total lipid (fat)	g	3.70	3.14	18.80
Carbohydrate, by difference	g	0.31	0.26	1.57
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	5	4	25
Iron, Fe	mg	0.97	0.82	4.93
Magnesium, Mg	mg	25	21	127
Phosphorus, P	mg	315	268	1600
Potassium, K	mg	563	479	2860
Sodium, Na	mg	230	196	1168
Zinc, Zn	mg	1.99	1.69	10.11
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.784	0.666	3.983
Riboflavin	mg	0.358	0.304	1.819
Niacin	mg	7.360	6.256	37.389
Vitamin B-6	mg	0.607	0.516	3.084
Folate, DFE	µg	0	0	0
Vitamin B-12	µg	0.48	0.41	2.44
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.07	0.06	0.36

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Vitamin D (D2 + D3)	µg	0.2	0.2	1.0
Vitamin D	IU	9	8	46
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	1.270	1.080	6.452
Fatty acids, total monounsaturated	g	1.424	1.210	7.234
Fatty acids, total polyunsaturated	g	0.531	0.451	2.697
Fatty acids, total trans	g	0.036	0.031	0.183
Cholesterol	mg	57	48	290
Other				
Caffeine	mg	0	0	0