

**Basic Report 10958, Pork, Shoulder breast, boneless, separable lean and fat, raw**

Report Date: March 06, 2015 15:05 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 piece 430g
<b>Proximates</b>				
Water	g	74.37	63.21	319.79
Energy	kcal	127	108	546
Protein	g	22.54	19.16	96.92
Total lipid (fat)	g	3.40	2.89	14.62
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	7	6	30
Iron, Fe	mg	0.89	0.76	3.83
Magnesium, Mg	mg	26	22	112
Phosphorus, P	mg	229	195	985
Potassium, K	mg	378	321	1625
Sodium, Na	mg	54	46	232
Zinc, Zn	mg	1.95	1.66	8.38
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.645	0.548	2.774
Riboflavin	mg	0.465	0.395	2.000
Niacin	mg	9.602	8.162	41.289
Vitamin B-6	mg	0.722	0.614	3.105
Folate, DFE	µg	0	0	0
Vitamin B-12	µg	0.87	0.74	3.74
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.08	0.07	0.34

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Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
<b>Lipids</b>				
Fatty acids, total saturated	g	1.074	0.913	4.618
Fatty acids, total monounsaturated	g	1.473	1.252	6.334
Fatty acids, total polyunsaturated	g	0.488	0.415	2.098
Fatty acids, total trans	g	0.015	0.013	0.064
Cholesterol	mg	60	51	258
<b>Other</b>				
Caffeine	mg	0	0	0