

**Basic Report 10959, Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled**

Report Date: January 28, 2015 13:13 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 piece 373g
<b>Proximates</b>				
Water	g	67.26	57.17	250.88
Energy	kcal	162	138	604
Protein	g	28.47	24.20	106.19
Total lipid (fat)	g	4.49	3.82	16.75
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	26
Iron, Fe	mg	0.92	0.78	3.43
Magnesium, Mg	mg	26	22	97
Phosphorus, P	mg	240	204	895
Potassium, K	mg	364	309	1358
Sodium, Na	mg	54	46	201
Zinc, Zn	mg	2.43	2.07	9.06
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.542	0.461	2.022
Riboflavin	mg	0.432	0.367	1.611
Niacin	mg	10.412	8.850	38.837
Vitamin B-6	mg	0.541	0.460	2.018
Folate, DFE	µg	2	2	7
Vitamin B-12	µg	0.61	0.52	2.28
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.10	0.08	0.37

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Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
<b>Lipids</b>				
Fatty acids, total saturated	g	1.325	1.126	4.942
Fatty acids, total monounsaturated	g	1.802	1.532	6.721
Fatty acids, total polyunsaturated	g	0.578	0.491	2.156
Cholesterol	mg	78	66	291
<b>Other</b>				
Caffeine	mg	0	0	0