

Basic Report 10960, Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled

Report Date: March 06, 2015 15:03 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 piece 92g
Proximates			
Water	g	68.70	63.20
Energy	kcal	155	143
Protein	g	27.47	25.27
Total lipid (fat)	g	4.23	3.89
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	8	7
Iron, Fe	mg	1.25	1.15
Magnesium, Mg	mg	27	25
Phosphorus, P	mg	254	234
Potassium, K	mg	415	382
Sodium, Na	mg	53	49
Zinc, Zn	mg	2.74	2.52
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.733	0.674
Riboflavin	mg	0.465	0.428
Niacin	mg	6.345	5.837
Vitamin B-6	mg	0.594	0.546
Folate, DFE	µg	1	1
Vitamin B-12	µg	0.76	0.70
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.10	0.09

Nutrient	Unit	1 Value Per100 g	1 piece 92g
Vitamin K (phylloquinone)	µg	0.0	0.0
Lipids			
Fatty acids, total saturated	g	1.322	1.216
Fatty acids, total monounsaturated	g	1.724	1.586
Fatty acids, total polyunsaturated	g	0.616	0.567
Fatty acids, total trans	g	0.022	0.020
Cholesterol	mg	82	75
Other			
Caffeine	mg	0	0