

Basic Report 10123, Pork, cured, bacon, unprepared
Report Date: September 18, 2019 07:51 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g	1 slice raw 28g	1 package 442g
Proximates					
Water	g	46.74	52.82	13.09	206.59
Energy	kcal	393	444	110	1737
Protein	g	13.66	15.44	3.82	60.38
Total lipid (fat)	g	37.13	41.96	10.40	164.11
Carbohydrate, by difference	g	0.00	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	0.35	0.40	0.10	1.55
Minerals					
Calcium, Ca	mg	6	7	2	27
Iron, Fe	mg	0.38	0.43	0.11	1.68
Magnesium, Mg	mg	13	15	4	57
Phosphorus, P	mg	166	188	46	734
Potassium, K	mg	201	227	56	888
Sodium, Na	mg	751	849	210	3319
Zinc, Zn	mg	1.14	1.29	0.32	5.04
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.276	0.312	0.077	1.220
Riboflavin	mg	0.081	0.092	0.023	0.358
Niacin	mg	4.022	4.545	1.126	17.777
Vitamin B-6	mg	0.266	0.301	0.074	1.176
Folate, DFE	µg	0	0	0	0
Vitamin B-12	µg	0.50	0.56	0.14	2.21
Vitamin A, RAE	µg	11	12	3	49
Vitamin A, IU	IU	37	42	10	164
Vitamin E (alpha-tocopherol)	mg	0.43	0.49	0.12	1.90

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Vitamin D (D2 + D3)	µg	0.4	0.5	0.1	1.8
Vitamin D	IU	16	18	4	71
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
Lipids					
Fatty acids, total saturated	g	12.615	14.255	3.532	55.758
Fatty acids, total monounsaturated	g	15.922	17.992	4.458	70.375
Fatty acids, total polyunsaturated	g	5.757	6.505	1.612	25.446
Fatty acids, total trans	g	0.147	0.166	0.041	0.650
Cholesterol	mg	66	75	18	292
Amino Acids					
Other					
Caffeine	mg	0	0	0	0