

Basic Report 10007, Pork, fresh, separable fat, cooked

Report Date: February 18, 2018 16:44 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	4.0 oz 113g
Proximates				
Water	g	26.26	7.44	29.67
Energy	kcal	626	177	707
Protein	g	7.06	2.00	7.98
Total lipid (fat)	g	66.10	18.74	74.69
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
Minerals				
Calcium, Ca	mg	22	6	25
Iron, Fe	mg	0.46	0.13	0.52
Magnesium, Mg	mg	9	3	10
Phosphorus, P	mg	109	31	123
Potassium, K	mg	125	35	141
Sodium, Na	mg	56	16	63
Zinc, Zn	mg	0.75	0.21	0.85
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.210	0.060	0.237
Riboflavin	mg	0.200	0.057	0.226
Niacin	mg	3.120	0.885	3.526
Vitamin B-6	mg	0.192	0.054	0.217
Folate, DFE	µg	0	0	0
Vitamin B-12	µg	0.54	0.15	0.61
Vitamin A, RAE	µg	24	7	27
Vitamin A, IU	IU	80	23	90
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00

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Vitamin D (D2 + D3)	µg	1.8	0.5	2.0
Vitamin D	IU	72	20	81
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	23.856	6.763	26.957
Fatty acids, total monounsaturated	g	28.987	8.218	32.755
Fatty acids, total polyunsaturated	g	11.538	3.271	13.038
Fatty acids, total trans	g	0.475	0.135	0.537
Cholesterol	mg	79	22	89
Amino Acids				
Other				
Caffeine	mg	0	0	0