

Basic Report 10060, Pork, fresh, loin, tenderloin, separable lean only, raw

Report Date: June 26, 2019 18:13 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g	1 lb 453.6g	1 roast 505g
Proximates					
Water	g	76.00	85.88	344.74	383.80
Energy	kcal	109	123	494	550
Protein	g	20.95	23.67	95.03	105.80
Total lipid (fat)	g	2.17	2.45	9.84	10.96
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	0.00	0.00	0.00	0.00
Minerals					
Calcium, Ca	mg	5	6	23	25
Iron, Fe	mg	0.98	1.11	4.45	4.95
Magnesium, Mg	mg	27	31	122	136
Phosphorus, P	mg	247	279	1120	1247
Potassium, K	mg	399	451	1810	2015
Sodium, Na	mg	53	60	240	268
Zinc, Zn	mg	1.89	2.14	8.57	9.54
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.998	1.128	4.527	5.040
Riboflavin	mg	0.342	0.386	1.551	1.727
Niacin	mg	6.684	7.553	30.319	33.754
Vitamin B-6	mg	0.777	0.878	3.524	3.924
Folate, DFE	µg	0	0	0	0
Vitamin B-12	µg	0.51	0.58	2.31	2.58
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.22	0.25	1.00	1.11

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Vitamin D (D2 + D3)	µg	0.2	0.2	0.9	1.0
Vitamin D	IU	8	9	36	40
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
Lipids					
Fatty acids, total saturated	g	0.698	0.789	3.166	3.525
Fatty acids, total monounsaturated	g	0.792	0.895	3.593	4.000
Fatty acids, total polyunsaturated	g	0.367	0.415	1.665	1.853
Fatty acids, total trans	g	0.021	0.024	0.095	0.106
Cholesterol	mg	65	73	295	328
Amino Acids					
Other					
Caffeine	mg	0	0	0	0