

Basic Report 10103, Pork, fresh, variety meats and by-products, heart, raw
Report Date: September 17, 2019 00:28 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 heart 226g
Proximates				
Water	g	76.21	21.61	172.23
Energy	kcal	118	33	267
Protein	g	17.27	4.90	39.03
Total lipid (fat)	g	4.36	1.24	9.85
Carbohydrate, by difference	g	1.33	0.38	3.01
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	5	1	11
Iron, Fe	mg	4.68	1.33	10.58
Magnesium, Mg	mg	19	5	43
Phosphorus, P	mg	169	48	382
Potassium, K	mg	294	83	664
Sodium, Na	mg	56	16	127
Zinc, Zn	mg	2.80	0.79	6.33
Vitamins				
Vitamin C, total ascorbic acid	mg	5.3	1.5	12.0
Thiamin	mg	0.613	0.174	1.385
Riboflavin	mg	1.185	0.336	2.678
Niacin	mg	6.765	1.918	15.289
Vitamin B-6	mg	0.390	0.111	0.881
Folate, DFE	µg	4	1	9
Vitamin B-12	µg	3.79	1.07	8.57
Vitamin A, RAE	µg	8	2	18
Vitamin A, IU	IU	25	7	56
Vitamin E (alpha-tocopherol)	mg	0.63	0.18	1.42

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Lipids				
Fatty acids, total saturated	g	1.160	0.329	2.622
Fatty acids, total monounsaturated	g	1.020	0.289	2.305
Fatty acids, total polyunsaturated	g	1.120	0.318	2.531
Cholesterol	mg	131	37	296
Amino Acids				
Other				
Caffeine	mg	0	0	0