

Basic Report 10112, Pork, fresh, variety meats and by-products, lungs, raw
Report Date: September 18, 2019 07:41 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 lb 453.6g
Proximates				
Water	g	79.52	22.54	360.70
Energy	kcal	85	24	386
Protein	g	14.08	3.99	63.87
Total lipid (fat)	g	2.72	0.77	12.34
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	7	2	32
Iron, Fe	mg	18.90	5.36	85.73
Magnesium, Mg	mg	14	4	64
Phosphorus, P	mg	196	56	889
Potassium, K	mg	303	86	1374
Sodium, Na	mg	153	43	694
Zinc, Zn	mg	2.03	0.58	9.21
Vitamins				
Vitamin C, total ascorbic acid	mg	12.3	3.5	55.8
Thiamin	mg	0.085	0.024	0.386
Riboflavin	mg	0.430	0.122	1.950
Niacin	mg	3.345	0.948	15.173
Vitamin B-6	mg	0.100	0.028	0.454
Folate, DFE	µg	3	1	14
Vitamin B-12	µg	2.75	0.78	12.47
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Lipids				
Fatty acids, total saturated	g	0.960	0.272	4.355

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 lb 453.6g
Fatty acids, total monounsaturated	g	0.610	0.173	2.767
Fatty acids, total polyunsaturated	g	0.340	0.096	1.542
Cholesterol	mg	320	91	1452

Amino Acids

Other