

Basic Report 10166, Pork, cured, separable fat (from ham and arm picnic), unheated

Report Date: August 17, 2017 23:15 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	3.0 oz 85g
Proximates				
Water	g	31.06	8.81	26.40
Energy	kcal	579	164	492
Protein	g	5.68	1.61	4.83
Total lipid (fat)	g	61.41	17.41	52.20
Carbohydrate, by difference	g	0.09	0.03	0.08
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	4
Iron, Fe	mg	0.39	0.11	0.33
Magnesium, Mg	mg	6	2	5
Phosphorus, P	mg	98	28	83
Potassium, K	mg	105	30	89
Sodium, Na	mg	505	143	429
Zinc, Zn	mg	0.80	0.23	0.68
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.241	0.068	0.205
Riboflavin	mg	0.068	0.019	0.058
Niacin	mg	1.820	0.516	1.547
Vitamin B-6	mg	0.030	0.009	0.025
Folate, DFE	µg	1	0	1
Vitamin B-12	µg	0.33	0.09	0.28
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00

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Vitamin D (D2 + D3)	µg	0.2	0.1	0.2
Vitamin D	IU	8	2	7
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	22.520	6.384	19.142
Fatty acids, total monounsaturated	g	29.470	8.355	25.049
Fatty acids, total polyunsaturated	g	6.530	1.851	5.551
Cholesterol	mg	68	19	58
Amino Acids				
Other				
Caffeine	mg	0	0	0