

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

Report Date: February 25, 2018 10:35 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	3.0 oz 85g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0