

Basic Report 10936, Pork, cured, ham, shank, bone-in, separable lean and fat, unheated

Report Date: October 22, 2017 09:29 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	65.23	18.49	295.88
Energy	kcal	177	50	803
Protein	g	21.61	6.13	98.02
Total lipid (fat)	g	9.85	2.79	44.68
Carbohydrate, by difference	g	0.41	0.12	1.86
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.06	0.02	0.27
Minerals				
Calcium, Ca	mg	6	2	27
Iron, Fe	mg	0.92	0.26	4.17
Magnesium, Mg	mg	20	6	91
Phosphorus, P	mg	243	69	1102
Potassium, K	mg	339	96	1538
Sodium, Na	mg	816	231	3701
Zinc, Zn	mg	2.18	0.62	9.89
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.444	0.126	2.014
Riboflavin	mg	0.218	0.062	0.989
Niacin	mg	6.382	1.809	28.949
Vitamin B-6	mg	0.429	0.122	1.946
Folate, DFE	µg	0	0	0
Vitamin B-12	µg	0.54	0.15	2.45
Vitamin A, RAE	µg	2	1	9
Vitamin A, IU	IU	6	2	27
Vitamin E (alpha-tocopherol)	mg	0.31	0.09	1.41

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 lb 453.6g
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	3.180	0.902	14.424
Fatty acids, total monounsaturated	g	4.269	1.210	19.364
Fatty acids, total polyunsaturated	g	1.366	0.387	6.196
Fatty acids, total trans	g	0.074	0.021	0.336
Cholesterol	mg	61	17	277
Amino Acids				
Other				
Caffeine	mg	0	0	0