

Basic Report 10982, Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw

Report Date: September 25, 2017 23:52 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 chop 176g
Proximates				
Water	g	72.94	62.00	128.37
Energy	kcal	123	105	216
Protein	g	21.35	18.15	37.58
Total lipid (fat)	g	3.78	3.21	6.65
Carbohydrate, by difference	g	0.82	0.70	1.44
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	6	5	11
Iron, Fe	mg	0.77	0.65	1.36
Magnesium, Mg	mg	22	19	39
Phosphorus, P	mg	244	207	429
Potassium, K	mg	375	319	660
Sodium, Na	mg	65	55	114
Zinc, Zn	mg	1.82	1.55	3.20
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.631	0.536	1.111
Riboflavin	mg	0.237	0.201	0.417
Niacin	mg	6.848	5.821	12.052
Vitamin B-6	mg	0.575	0.489	1.012
Folate, DFE	µg	0	0	0
Vitamin B-12	µg	0.49	0.42	0.86
Vitamin A, RAE	µg	3	3	5
Vitamin A, IU	IU	9	8	16
Vitamin E (alpha-tocopherol)	mg	0.18	0.15	0.32

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Vitamin D (D2 + D3)	µg	0.4	0.3	0.7
Vitamin D	IU	15	13	26
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	1.384	1.176	2.436
Fatty acids, total monounsaturated	g	1.635	1.390	2.878
Fatty acids, total polyunsaturated	g	0.520	0.442	0.915
Fatty acids, total trans	g	0.039	0.033	0.069
Cholesterol	mg	58	49	102
Amino Acids				
Other				
Caffeine	mg	0	0	0