

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

Report Date: February 20, 2018 00:54 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 chop 176g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0