

## Basic Report 10983, Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted

Report Date: August 24, 2019 09:57 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 roast 848g
<b>Proximates</b>				
Water	g	64.76	55.05	549.16
Energy	kcal	175	149	1484
Protein	g	27.58	23.44	233.88
Total lipid (fat)	g	7.14	6.07	60.55
Carbohydrate, by difference	g	0.00	0.00	0.00
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	11	9	93
Iron, Fe	mg	0.92	0.78	7.80
Magnesium, Mg	mg	24	20	204
Phosphorus, P	mg	277	235	2349
Potassium, K	mg	457	388	3875
Sodium, Na	mg	68	58	577
Zinc, Zn	mg	2.50	2.12	21.20
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.622	0.529	5.275
Riboflavin	mg	0.273	0.232	2.315
Niacin	mg	7.680	6.528	65.126
Vitamin B-6	mg	0.494	0.420	4.189
Folate, DFE	µg	0	0	0
Vitamin B-12	µg	0.85	0.72	7.21
Vitamin A, RAE	µg	1	1	8
Vitamin A, IU	IU	4	3	34
Vitamin E (alpha-tocopherol)	mg	0.23	0.20	1.95

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>3.0 oz 85g</b>	<b>1 roast 848g</b>
Vitamin D (D2 + D3)	µg	0.5	0.4	4.2
Vitamin D	IU	19	16	161
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
<b>Lipids</b>				
Fatty acids, total saturated	g	2.560	2.176	21.709
Fatty acids, total monounsaturated	g	3.063	2.604	25.974
Fatty acids, total polyunsaturated	g	1.046	0.889	8.870
Fatty acids, total trans	g	0.052	0.044	0.441
Cholesterol	mg	76	65	644
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0