

Full Report (All Nutrients) 10983, Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted

Report Date: September 21, 2019 19:37 EDT

Nutrient values and weights are for edible portion.

Food Group : Pork Products

Refuse:10% Refuse Description: Connective tissue 5%, Separable fat 5%

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 roast 848g
Proximates						
Water 1	g	64.76	12	0.640	55.05	549.16
Energy	kcal	175	--	--	149	1484
Energy	kJ	731	--	--	621	6199
Protein 1	g	27.58	12	0.450	23.44	233.88
Total lipid (fat) 1	g	7.14	18	0.480	6.07	60.55
Ash 1	g	1.24	12	0.010	1.05	10.52
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
Minerals						
Calcium, Ca 1	mg	11	12	0.000	9	93
Iron, Fe 1	mg	0.92	12	0.030	0.78	7.80
Magnesium, Mg 1	mg	24	12	0.000	20	204
Phosphorus, P 1	mg	277	12	6.000	235	2349
Potassium, K 1	mg	457	12	13.000	388	3875
Sodium, Na 1	mg	68	12	1.000	58	577
Zinc, Zn 1	mg	2.50	12	0.110	2.12	21.20
Copper, Cu 1	mg	0.078	12	0.003	0.066	0.661
Manganese, Mn 1	mg	0.016	12	0.000	0.014	0.136
Selenium, Se 1	µg	45.6	12	4.200	38.8	386.7
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0

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Thiamin 1	mg	0.622	12	0.035	0.529	5.275
Riboflavin 1	mg	0.273	12	0.013	0.232	2.315
Niacin 1	mg	7.680	12	0.519	6.528	65.126
Pantothenic acid	mg	1.501	--	--	1.276	12.728
Vitamin B-6	mg	0.494	--	--	0.420	4.189
Folate, total	µg	0	--	--	0	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	0	--	--	0	0
Folate, DFE	µg	0	--	--	0	0
Choline, total	mg	94.8	--	--	80.6	803.9
Betaine	mg	3.7	--	--	3.1	31.4
Vitamin B-12	µg	0.85	--	--	0.72	7.21
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	1	--	--	1	8
Retinol	µg	1	--	--	1	8
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	4	--	--	3	34
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.23	--	--	0.20	1.95
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.5	--	--	0.4	4.2
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	0.4	4.2
Vitamin D	IU	19	--	--	16	161
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0
Lipids						
Fatty acids, total saturated	g	2.560	--	--	2.176	21.709
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0 1	g	0.000	6	0.000	0.000	0.000
10:0 1	g	0.006	6	0.002	0.005	0.051

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 roast 848g
12:0 1	g	0.004	6	0.002	0.003	0.034
14:0 1	g	0.090	6	0.009	0.076	0.763
15:0 1	g	0.000	6	0.000	0.000	0.000
16:0 1	g	1.583	6	0.155	1.346	13.424
17:0 1	g	0.019	6	0.002	0.016	0.161
18:0 1	g	0.846	6	0.091	0.719	7.174
20:0 1	g	0.013	6	0.001	0.011	0.110
22:0 1	g	0.000	6	0.000	0.000	0.000
24:0 1	g	0.000	6	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	3.063	--	--	2.604	25.974
14:1 1	g	0.000	6	0.000	0.000	0.000
15:1 1	g	0.000	6	0.000	0.000	0.000
16:1 undifferentiated 1	g	0.165	6	0.013	0.140	1.399
17:1 1	g	0.000	6	0.000	0.000	0.000
18:1 undifferentiated 1	g	2.850	6	0.280	2.422	24.168
18:1 c 1	g	2.800	6	0.274	2.380	23.744
18:1 t 1	g	0.050	6	0.012	0.043	0.424
20:1 1	g	0.049	6	0.005	0.042	0.416
22:1 undifferentiated 1	g	0.000	6	0.000	0.000	0.000
22:1 c 1	g	0.000	6	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	1.046	--	--	0.889	8.870
18:2 undifferentiated 1	g	0.913	6	0.107	0.776	7.742
18:2 n-6 c,c 1	g	0.911	6	0.106	0.774	7.725
18:2 t not further defined 1	g	0.002	6	0.002	0.002	0.017
18:3 undifferentiated 1	g	0.035	6	0.004	0.030	0.297
18:3 n-3 c,c,c (ALA) 1	g	0.035	6	0.004	0.030	0.297
18:3 n-6 c,c,c 1	g	0.000	6	0.000	0.000	0.000
18:3i 1	g	0.000	5	0.000	0.000	0.000
18:4 1	g	0.000	6	0.000	0.000	0.000
20:2 n-6 c,c 1	g	0.038	6	0.005	0.032	0.322
20:3 undifferentiated 1	g	0.000	6	0.000	0.000	0.000
20:4 undifferentiated 1	g	0.058	6	0.004	0.049	0.492

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 roast 848g
20:5 n-3 (EPA) 1	g	0.000	6	0.000	0.000	0.000
22:5 n-3 (DPA) 1	g	0.002	6	0.001	0.002	0.017
22:6 n-3 (DHA) 1	g	0.000	6	0.000	0.000	0.000
Fatty acids, total trans	g	0.052	--	--	0.044	0.441
Fatty acids, total trans-monoenoic	g	0.050	--	--	0.043	0.424
Cholesterol 1	mg	76	6	2.000	65	644
Amino Acids						
Tryptophan 2 3	g	0.328	--	--	0.279	2.781
Threonine 2 3	g	1.213	--	--	1.031	10.286
Isoleucine 2 3	g	1.306	--	--	1.110	11.075
Leucine 2 3	g	2.270	--	--	1.929	19.250
Lysine 2 3	g	2.453	--	--	2.085	20.801
Methionine 2 3	g	0.756	--	--	0.643	6.411
Cystine 2 3	g	0.311	--	--	0.264	2.637
Phenylalanine 2 3	g	1.146	--	--	0.974	9.718
Tyrosine 2 3	g	1.093	--	--	0.929	9.269
Valine 2 3	g	1.395	--	--	1.186	11.830
Arginine 2 3	g	1.777	--	--	1.510	15.069
Histidine 2 3	g	1.122	--	--	0.954	9.515
Alanine 2 3	g	1.580	--	--	1.343	13.398
Aspartic acid 2 3	g	2.580	--	--	2.193	21.878
Glutamic acid 2 3	g	4.214	--	--	3.582	35.735
Glycine 2 3	g	1.247	--	--	1.060	10.575
Proline 2 3	g	1.115	--	--	0.948	9.455
Serine 2 3	g	1.152	--	--	0.979	9.769
Hydroxyproline	g	0.096	--	--	0.082	0.814
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹National Pork Board (NPB) **Pork Loin-not enhanced Phase2 2009**, 2009

²National Pork Board (NPB) **Pork Study - Natural Cuts - 2006**, 2006

³National Pork Board (NPB) **Pork Value Cuts 2007**, 2007