

## Basic Report 10984, Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled

Report Date: May 28, 2017 06:28 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 chop 131g
<b>Proximates</b>				
Water	g	65.00	55.25	85.15
Energy	kcal	169	144	221
Protein	g	26.14	22.22	34.24
Total lipid (fat)	g	6.74	5.73	8.83
Carbohydrate, by difference	g	0.89	0.76	1.17
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	7	6	9
Iron, Fe	mg	0.92	0.78	1.21
Magnesium, Mg	mg	25	21	33
Phosphorus, P	mg	284	241	372
Potassium, K	mg	430	366	563
Sodium, Na	mg	58	49	76
Zinc, Zn	mg	2.45	2.08	3.21
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.671	0.570	0.879
Riboflavin	mg	0.256	0.218	0.335
Niacin	mg	8.063	6.854	10.563
Vitamin B-6	mg	0.540	0.459	0.707
Folate, DFE	µg	0	0	0
Vitamin B-12	µg	0.69	0.59	0.90
Vitamin A, RAE	µg	2	2	3
Vitamin A, IU	IU	8	7	10
Vitamin E (alpha-tocopherol)	mg	0.23	0.20	0.30

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Vitamin D (D2 + D3)	µg	0.6	0.5	0.8
Vitamin D	IU	26	22	34
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
<b>Lipids</b>				
Fatty acids, total saturated	g	1.638	1.392	2.146
Fatty acids, total monounsaturated	g	1.910	1.623	2.502
Fatty acids, total polyunsaturated	g	0.668	0.568	0.875
Cholesterol	mg	76	65	100
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0