

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

Report Date: November 21, 2017 07:02 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 chop 131g
Proximates				
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
Minerals				
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
Vitamins				
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
Lipids				
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
Amino Acids				
Other				
Caffeine	mg	0	0	0