

## Basic Report 10985, Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled

Report Date: February 19, 2018 22:40 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 rack 122g
<b>Proximates</b>			
Water	g	59.98	73.18
Energy	kcal	216	264
Protein	g	27.83	33.95
Total lipid (fat)	g	11.65	14.21
Carbohydrate, by difference	g	0.00	0.00
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
<b>Minerals</b>			
Calcium, Ca	mg	7	9
Iron, Fe	mg	0.92	1.12
Magnesium, Mg	mg	26	32
Phosphorus, P	mg	285	348
Potassium, K	mg	431	526
Sodium, Na	mg	58	71
Zinc, Zn	mg	2.46	3.00
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.571	0.697
Riboflavin	mg	0.367	0.448
Niacin	mg	9.152	11.165
Vitamin B-6	mg	0.575	0.701
Folate, DFE	µg	0	0
Vitamin B-12	µg	0.73	0.89
Vitamin A, RAE	µg	3	4
Vitamin A, IU	IU	9	11
Vitamin E (alpha-tocopherol)	mg	0.26	0.32

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 rack 122g</b>
Vitamin D (D2 + D3)	µg	1.1	1.3
Vitamin D	IU	44	54
Vitamin K (phylloquinone)	µg	0.0	0.0
<b>Lipids</b>			
Fatty acids, total saturated	g	2.831	3.454
Fatty acids, total monounsaturated	g	3.301	4.027
Fatty acids, total polyunsaturated	g	1.154	1.408
Cholesterol	mg	89	109
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0