

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

Report Date: October 23, 2017 18:29 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 rack 122g
Proximates			
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
Minerals			
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
Vitamins			
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

Nutrient	Unit	1 Value Per100 g	1 rack 122g
Vitamin D (D2 + D3)	µg	1.1	1.3
Vitamin D	IU	44	54
Vitamin K (phylloquinone)	µg	0.0	0.0
Lipids			
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
Amino Acids			
Other			
Caffeine	mg	0	0