

Basic Report 10987, Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted

Report Date: August 21, 2019 11:53 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 rack 138g
Proximates				
Water	g	58.72	49.91	81.03
Energy	kcal	219	186	302
Protein	g	29.20	24.82	40.30
Total lipid (fat)	g	11.38	9.67	15.70
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	mg	12	10	17
Iron, Fe	mg	0.98	0.83	1.35
Magnesium, Mg	mg	26	22	36
Phosphorus, P	mg	294	250	406
Potassium, K	mg	486	413	671
Sodium, Na	mg	72	61	99
Zinc, Zn	mg	2.66	2.26	3.67
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.658	0.559	0.908
Riboflavin	mg	0.289	0.246	0.399
Niacin	mg	8.130	6.911	11.219
Vitamin B-6	mg	0.523	0.445	0.722
Folate, DFE	µg	0	0	0
Vitamin B-12	µg	0.90	0.77	1.24
Vitamin A, RAE	µg	1	1	1
Vitamin A, IU	IU	5	4	7
Vitamin E (alpha-tocopherol)	mg	0.27	0.23	0.37

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 rack 138g
Vitamin D (D2 + D3)	µg	0.7	0.6	1.0
Vitamin D	IU	30	26	41
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	4.079	3.467	5.629
Fatty acids, total monounsaturated	g	4.880	4.148	6.734
Fatty acids, total polyunsaturated	g	1.666	1.416	2.299
Cholesterol	mg	99	84	137
Amino Acids				
Other				
Caffeine	mg	0	0	0