

Basic Report 10988, Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled

Report Date: June 28, 2017 11:47 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 chop 131g
Proximates			
Water	g	62.14	81.40
Energy	kcal	202	265
Protein	g	24.73	32.40
Total lipid (fat)	g	11.13	14.58
Carbohydrate, by difference	g	0.83	1.09
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
Minerals			
Calcium, Ca	mg	8	10
Iron, Fe	mg	0.89	1.17
Magnesium, Mg	mg	24	31
Phosphorus, P	mg	271	355
Potassium, K	mg	407	533
Sodium, Na	mg	58	76
Zinc, Zn	mg	2.32	3.04
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.637	0.834
Riboflavin	mg	0.252	0.330
Niacin	mg	7.698	10.084
Vitamin B-6	mg	0.515	0.675
Folate, DFE	µg	0	0
Vitamin B-12	µg	0.68	0.89
Vitamin A, RAE	µg	4	5
Vitamin A, IU	IU	13	17
Vitamin E (alpha-tocopherol)	mg	0.21	0.28

Nutrient	Unit	1 Value Per100 g	1 chop 131g
Vitamin D (D2 + D3)	µg	0.7	0.9
Vitamin D	IU	29	38
Vitamin K (phylloquinone)	µg	0.0	0.0
Lipids			
Fatty acids, total saturated	g	3.280	4.297
Fatty acids, total monounsaturated	g	3.911	5.123
Fatty acids, total polyunsaturated	g	1.471	1.927
Fatty acids, total trans	g	0.035	0.046
Cholesterol	mg	77	101
Amino Acids			
Other			
Caffeine	mg	0	0