

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

Report Date: December 15, 2017 20:42 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 chop 131g
<b>Proximates</b>			
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
<b>Minerals</b>			
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
<b>Vitamins</b>			
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 chop 131g</b>
Vitamin D (D2 + D3)	µg	0.7	0.9
Vitamin D	IU	29	38
Vitamin K (phylloquinone)	µg	0.0	0.0
<b>Lipids</b>			
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
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0