

Basic Report 10991, Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled

Report Date: August 16, 2017 15:41 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 rack 122g |
|--------------------------------|------|------------------------|----------------|
| Proximates | | | |
| Water | g | 57.45 | 70.09 |
| Energy | kcal | 247 | 301 |
| Protein | g | 26.28 | 32.06 |
| Total lipid (fat) | g | 15.73 | 19.19 |
| 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 | 8 | 10 |
| Iron, Fe | mg | 0.89 | 1.09 |
| Magnesium, Mg | mg | 24 | 29 |
| Phosphorus, P | mg | 272 | 332 |
| Potassium, K | mg | 408 | 498 |
| Sodium, Na | mg | 58 | 71 |
| Zinc, Zn | mg | 2.33 | 2.84 |
| Vitamins | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.0 |
| Thiamin | mg | 0.544 | 0.664 |
| Riboflavin | mg | 0.354 | 0.432 |
| Niacin | mg | 8.699 | 10.613 |
| Vitamin B-6 | mg | 0.547 | 0.667 |
| Folate, DFE | µg | 0 | 0 |
| Vitamin B-12 | µg | 0.72 | 0.88 |
| Vitamin A, RAE | µg | 4 | 5 |
| Vitamin A, IU | IU | 14 | 17 |
| Vitamin E (alpha-tocopherol) | mg | 0.24 | 0.29 |

| Nutrient | Unit | 1 Value Per100 g | 1 rack 122g |
|------------------------------------|-------------|---------------------------------|------------------------|
| Vitamin D (D2 + D3) | µg | 1.2 | 1.5 |
| Vitamin D | IU | 46 | 56 |
| Vitamin K (phylloquinone) | µg | 0.0 | 0.0 |
| Lipids | | | |
| Fatty acids, total saturated | g | 4.408 | 5.378 |
| Fatty acids, total monounsaturated | g | 5.227 | 6.377 |
| Fatty acids, total polyunsaturated | g | 1.933 | 2.358 |
| Fatty acids, total trans | g | 0.036 | 0.044 |
| Cholesterol | mg | 88 | 107 |
| Amino Acids | | | |
| Other | | | |
| Caffeine | mg | 0 | 0 |