

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

Report Date: October 18, 2017 05:09 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