

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

Report Date: August 25, 2019 04:20 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 rack 122g
<b>Proximates</b>				
Water	g	57.45	48.83	70.09
Energy	kcal	247	210	301
Protein	g	26.28	22.34	32.06
Total lipid (fat)	g	15.73	13.37	19.19
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
<b>Minerals</b>				
Calcium, Ca	mg	8	7	10
Iron, Fe	mg	0.89	0.76	1.09
Magnesium, Mg	mg	24	20	29
Phosphorus, P	mg	272	231	332
Potassium, K	mg	408	347	498
Sodium, Na	mg	58	49	71
Zinc, Zn	mg	2.33	1.98	2.84
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.544	0.462	0.664
Riboflavin	mg	0.354	0.301	0.432
Niacin	mg	8.699	7.394	10.613
Vitamin B-6	mg	0.547	0.465	0.667
Folate, DFE	µg	0	0	0
Vitamin B-12	µg	0.72	0.61	0.88
Vitamin A, RAE	µg	4	3	5
Vitamin A, IU	IU	14	12	17
Vitamin E (alpha-tocopherol)	mg	0.24	0.20	0.29

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Vitamin D (D2 + D3)	µg	1.2	1.0	1.5
Vitamin D	IU	46	39	56
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
<b>Lipids</b>				
Fatty acids, total saturated	g	4.408	3.747	5.378
Fatty acids, total monounsaturated	g	5.227	4.443	6.377
Fatty acids, total polyunsaturated	g	1.933	1.643	2.358
Fatty acids, total trans	g	0.036	0.031	0.044
Cholesterol	mg	88	75	107
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0