

Full Report (All Nutrients) 10991, Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled

Report Date: February 20, 2018 04:38 EST

Nutrient values and weights are for edible portion.

Food Group : Pork Products

Refuse:6% Refuse Description: Connective tissue 6%

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 rack 122g
Proximates					
Water	g	57.45	--	--	70.09
Energy	kcal	247	--	--	301
Energy	kJ	1032	--	--	1259
Protein	g	26.28	--	--	32.06
Total lipid (fat)	g	15.73	--	--	19.19
Ash	g	1.05	--	--	1.28
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
Copper, Cu	mg	0.070	--	--	0.085
Manganese, Mn	mg	0.009	--	--	0.011
Selenium, Se	µg	44.7	--	--	54.5
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 rack 122g
Thiamin	mg	0.544	--	--	0.664
Riboflavin	mg	0.354	--	--	0.432
Niacin	mg	8.699	--	--	10.613
Pantothenic acid	mg	1.217	--	--	1.485
Vitamin B-6	mg	0.547	--	--	0.667
Folate, total	µg	0	--	--	0
Folic acid	µg	0	--	--	0
Folate, food	µg	0	--	--	0
Folate, DFE	µg	0	--	--	0
Choline, total	mg	75.6	--	--	92.2
Betaine	mg	2.8	--	--	3.4
Vitamin B-12	µg	0.72	--	--	0.88
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	4	--	--	5
Retinol	µg	4	--	--	5
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	14	--	--	17
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.24	--	--	0.29
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	1.2	--	--	1.5
Vitamin D3 (cholecalciferol)	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
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.001	--	--	0.001
10:0	g	0.012	--	--	0.015

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 rack 122g
12:0	g	0.011	--	--	0.013
14:0	g	0.159	--	--	0.194
15:0	g	0.003	--	--	0.004
16:0	g	2.720	--	--	3.318
17:0	g	0.018	--	--	0.022
18:0	g	1.437	--	--	1.753
20:0	g	0.009	--	--	0.011
22:0	g	0.000	--	--	0.000
24:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	5.227	--	--	6.377
14:1	g	0.001	--	--	0.001
15:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.280	--	--	0.342
17:1	g	0.000	--	--	0.000
18:1 undifferentiated	g	4.862	--	--	5.932
18:1 c	g	2.003	--	--	2.444
18:1 t	g	0.029	--	--	0.035
20:1	g	0.085	--	--	0.104
22:1 undifferentiated	g	0.000	--	--	0.000
22:1 c	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	1.933	--	--	2.358
18:2 undifferentiated	g	1.673	--	--	2.041
18:2 n-6 c,c	g	0.773	--	--	0.943
18:2 t not further defined	g	0.007	--	--	0.009
18:3 undifferentiated	g	0.070	--	--	0.085
18:3 n-3 c,c,c (ALA)	g	0.031	--	--	0.038
18:3 n-6 c,c,c	g	0.002	--	--	0.002
18:4	g	0.000	--	--	0.000
20:2 n-6 c,c	g	0.031	--	--	0.038
20:3 undifferentiated	g	0.004	--	--	0.005
20:4 undifferentiated	g	0.102	--	--	0.124
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.012	--	--	0.015

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 rack 122g
22:6 n-3 (DHA)	g	0.001	--	--	0.001
Fatty acids, total trans	g	0.036	--	--	0.044
Fatty acids, total trans-monoenoic	g	0.029	--	--	0.035
Cholesterol	mg	88	--	--	107
Amino Acids					
Tryptophan	g	0.313	--	--	0.382
Threonine	g	1.156	--	--	1.410
Isoleucine	g	1.244	--	--	1.518
Leucine	g	2.163	--	--	2.639
Lysine	g	2.337	--	--	2.851
Methionine	g	0.720	--	--	0.878
Cystine	g	0.296	--	--	0.361
Phenylalanine	g	1.092	--	--	1.332
Tyrosine	g	1.041	--	--	1.270
Valine	g	1.329	--	--	1.621
Arginine	g	1.693	--	--	2.065
Histidine	g	1.069	--	--	1.304
Alanine	g	1.505	--	--	1.836
Aspartic acid	g	2.458	--	--	2.999
Glutamic acid	g	4.014	--	--	4.897
Glycine	g	1.188	--	--	1.449
Proline	g	1.062	--	--	1.296
Serine	g	1.097	--	--	1.338
Hydroxyproline	g	0.092	--	--	0.112
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0