

Basic Report 10992, Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled

Report Date: October 24, 2017 01:36 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 rack 122g
Proximates			
Water	g	56.32	68.71
Energy	kcal	260	317
Protein	g	25.58	31.21
Total lipid (fat)	g	17.56	21.42
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	57	70
Iron, Fe	mg	0.96	1.17
Magnesium, Mg	mg	22	27
Phosphorus, P	mg	265	323
Potassium, K	mg	344	420
Sodium, Na	mg	81	99
Zinc, Zn	mg	3.41	4.16
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.532	0.649
Riboflavin	mg	0.348	0.425
Niacin	mg	8.497	10.366
Vitamin B-6	mg	0.534	0.651
Folate, DFE	µg	0	0
Vitamin B-12	µg	0.71	0.87
Vitamin A, RAE	µg	5	6
Vitamin A, IU	IU	17	21
Vitamin E (alpha-tocopherol)	mg	0.23	0.28

Nutrient	Unit	1 Value Per100 g	1 rack 122g
Vitamin D (D2 + D3)	µg	1.2	1.5
Vitamin D	IU	47	57
Vitamin K (phylloquinone)	µg	0.0	0.0
Lipids			
Fatty acids, total saturated	g	5.311	6.479
Fatty acids, total monounsaturated	g	6.366	7.767
Fatty acids, total polyunsaturated	g	2.378	2.901
Fatty acids, total trans	g	0.052	0.063
Cholesterol	mg	87	106
Amino Acids			
Other			
Caffeine	mg	0	0