

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

Report Date: August 21, 2017 04:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 rack 122g
<b>Proximates</b>			
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
<b>Minerals</b>			
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
<b>Vitamins</b>			
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 rack 122g</b>
Vitamin D (D2 + D3)	µg	1.2	1.5
Vitamin D	IU	47	57
Vitamin K (phylloquinone)	µg	0.0	0.0
<b>Lipids</b>			
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
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0