

## Basic Report 10860, Pork, cured, bacon, cooked, baked

Report Date: August 18, 2019 03:19 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 slice cooked 8.1g
<b>Proximates</b>				
Water	g	12.52	10.64	1.01
Energy	kcal	548	466	44
Protein	g	35.73	30.37	2.89
Total lipid (fat)	g	43.27	36.78	3.50
Carbohydrate, by difference	g	1.35	1.15	0.11
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	10	8	1
Iron, Fe	mg	1.49	1.27	0.12
Magnesium, Mg	mg	30	26	2
Phosphorus, P	mg	506	430	41
Potassium, K	mg	539	458	44
Sodium, Na	mg	2193	1864	178
Zinc, Zn	mg	3.36	2.86	0.27
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.348	0.296	0.028
Riboflavin	mg	0.251	0.213	0.020
Niacin	mg	10.623	9.030	0.860
Vitamin B-6	mg	0.309	0.263	0.025
Folate, DFE	µg	2	2	0
Vitamin B-12	µg	1.16	0.99	0.09
Vitamin A, RAE	µg	11	9	1
Vitamin A, IU	IU	37	31	3
Vitamin E (alpha-tocopherol)	mg	0.32	0.27	0.03

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>3.0 oz 85g</b>	<b>1 slice cooked 8.1g</b>
Vitamin K (phylloquinone)	µg	0.1	0.1	0.0
<b>Lipids</b>				
Fatty acids, total saturated	g	14.187	12.059	1.149
Fatty acids, total monounsaturated	g	19.065	16.205	1.544
Fatty acids, total polyunsaturated	g	4.859	4.130	0.394
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	107	91	9
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0