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Number 8-10

Composition of Foods:

Pork Products

- Raw
- Processed
- Prepared

Agriculture Handbook No. 8 Series

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** New and revised items.

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By the Nutrition Monitoring Division

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Preface

Revising the major nutrient tables issued by the U.S. Department of Agriculture is necessary to provide current nutrient information on foods. Agriculture Handbook No. 8 (AH-8) is made up of 21 sections to expedite the release of data to the public. Each section contains a table of nutrient data for a major food group. The entire handbook covers a wide range of food products. Ongoing revision is being done by entire section, or individual foods are published in annual supplements. Section 10 on pork products was originally published in 1983. This revision presents the latest data on this food group, including data published in previous Supplements to Agriculture Handbook No. 8.

To facilitate continuous, rapid updating, each section of the handbook is prepared in looseleaf form. Each page in the table contains the nutrient profile of a single food item given on the basis of 100 grams of food, in two common measures, and in the edible portion of 1 pound (453.6 grams) as purchased. This format permits a concise presentation of the data and a comparison of values from one unit of measure to another.

Nutrient values are provided for refuse, energy, proximate composition (water, protein, fat, carbohydrate, and ash), 9 mineral elements (calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, copper, and manganese), 9 vitamins (ascorbic acid, thiamin, riboflavin, niacin, pantothenic acid, vitamin B_6, folate, vitamin B_{12}, and vitamin A), individual fatty acids, cholesterol, total phytosterols, and 18 amino acids.

The nutritive values contained in the handbook reflect the increasing information available on nutrients and food products. Our goal is for the compilation of data to meet the requirements for reliable food composition values, which are basic to nutritional and dietary evaluation.

Acknowledgments

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Gratitude is also expressed to the individuals in government agencies, academic institutions, and private industry who supplied data and information used in this project.

Foreword

Agriculture Handbook No. 8 represents a traditional function of the U.S. Department of Agriculture (USDA). The development of the basic food composition tables used in the United States began nearly a century ago. Data on the nutritive value of foods were first compiled and evaluated in the Department by W.O. Atwater in the 1890s. This nutrition pioneer organized and became the first director of the Office of Experiment Stations in USDA. In 1896, USDA published the classic Bulletin No. 28, "The Chemical Composition of American Food Materials" by W. O. Atwater and C.D. Woods. This document was the first in a long series of food composition tables that have been issued by the Department.

The scope of succeeding tables has been expanded with the discovery of the presence and role of vitamins, minerals, and other dietary essentials in foods. Values from these tables have been used in many other compilations, both in this country and abroad. Nutritionists and scientists working in health-related fields depend on these composition data. Increasing emphasis on food and nutrition in national policies and programs has accelerated the need for comprehensive, up-to-date tabulations of the nutrient content of foods. USDA is continuing to expand and improve these food data.

This publication is part of a major revision of the 1963 edition of USDA Agriculture Handbook No. 8, "Composition of Foods... Raw, Processed, Prepared," a basic source of food composition data in this country. Dr. Atwater stated in Bulletin No. 28, "This table is intended to replace previous ones and to serve as a standard reference until it shall in its turn be replaced by a larger and more complete compilation." This revision of Agriculture Handbook No. 8 will, in its turn, also be replaced. The task of deriving representative nutrient values of foods is a historical responsibility of USDA. The task is never ending and is essential in providing more complete knowledge so that we can use our food resources wisely.

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Composition of Foods

Pork Products

- Raw
- Processed
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This is a revision of the tenth section of Agriculture Handbook No. 8, "Composition of Foods: Pork Products; Raw, Processed, Prepared" (19),[1] which was previously issued in 1983. This section of the handbook serves as a basic reference for data on nutrients in pork products. This table was prepared with computer assistance by using the facilities of the Nutrient Data Bank (NDB) established by the U.S. Department of Agriculture (7). The nutrient values in this revision supersede data for these specific foods as given in the 1963 and 1983 editions (20, 17).

Data are presented for 167 fresh pork products and 35 cured products. For the purposes of this publication the term "fresh" means uncured. A nationwide survey which sampled fresh pork retail cuts indicated less total fat than that given for many of these items in the 1983 edition (5). Most of the values for fresh variety meats and byproducts are not revised from the 1983 edition. Of these items only pages for NDB Nos. 10096, 10119, 10122, 10141, 10142, and 10170 have been changed. Nutrient data for the cured products were obtained primarily from analyses conducted between 1973 and 1983 for nutritional labeling. Values for fresh and cured sausages and luncheon meat products which were included in the previous edition of this book can be found in Agriculture Handbook No. 8-7, "Composition of Foods: Sausages and Luncheon Meats; Raw, Processed, Prepared" in which the appropriate pages from the 1989 and 1990 Supplements to Agriculture Handbook No. 8 (16) have been inserted.

Sources of Data

The data used here were obtained from both published sources and private communications. Published sources consist of the scientific and technical literature, numerous special bulletins, research reports, and other documents containing data or relevant material. Sources of unpublished data include industry, government agencies, and academic institutions.

For fresh pork, much of the data was obtained from studies conducted between 1989 and 1991 by the University of Wisconsin (5) and from studies conducted between 1979 and 1980 by the Agricutural Research Service (12, 15).

For raw fresh retail cuts, laboratory research carried out under the sponsorship of the Agricultural Research Service supplied a large portion of the data on protein and ash content, minerals, vitamins, and lipids. Some of the information on minerals, vitamins, and lipid composition for cooked pork was also produced by this research. This research was conducted by the Meat Science Research Laboratory of the Animal Science Institute and the Nutrient Composition Laboratory of the Human Nutrition Research Center, Beltsville, MD (12, 15).

For fresh cooked retail cuts, much of the information on cooking yields, physical composition and content of proximate constituents, minerals, and lipids was obtained from research conducted by the University of Wisconsin (5). This research was supported in part by the National Pork Board through the Pork Industry Group of the National Live Stock and Meat Board and in cooperation with the Agricultural Research Service and the Human Nutrition Information Service of the United States Department of Agriculture.

Explanation of Table

Format

Foods in the table are divided into two major sections: fresh pork and cured pork. Within each section, foods are arranged alphabetically. Items in the fresh pork section are further divided by major carcass cut followed by variety meats and byproducts. A guide with the names of the products, the NDB numbers and page numbers precedes the table.

The five-digit NDB number in the lower right corner of each page of the table is used for computer access to the data in USDA's Nutrient Data Bank and also refers to the food item on machine-readable tapes of the data. The first two digits designate the section or major food group for which the publication is issued, and the last three digits indicate the specific food. The NDB numbers are not consecutive.

Each page is dated by year of preparation, which may not be the same as the year of publication. During a year when

[1]Underlined numbers in parentheses refer to Literature Cited, p. 8.

fewer than half the pages in the table are updated or expanded, new pages will be issued in a supplement to Agriculture Handbook No. 8. The supplement may include data for new food items, updated data for food items previously included in sections of AH-8, and appendix tables to add missing or new nutrient data (19).

Weights and Measures

The data in the table are shown as the amount per 100 grams of edible portion in column B; as the amount in the edible portion of two household measures and/or market units of most food items in columns E and F; and as the amount in the edible portion of 1 pound (453.6 grams) of food as purchased in column G. Edible portion refers to the part of the food customarily considered edible in the United States.

Column B contains the mean nutrient values. Column C contains the sample standard errors given to three decimal places. Column D contains the number of observations on which values in columns B and C are based. For many food items, mean values are given without an accompanying standard error and number of samples. These values either are weighted means or are calculated from nutrient data for a similar form of the food, by using the values for ingredients in a recipe, or by applying retention and yield data to derive values for some cooked foods.

If statistical expression of the data is given and data are based on nutrient content of a similar form of the food, the source food is identified in a footnote. In a few instances, values are imputed from a different, closely related food; a footnote indicates this. If space for a nutrient is left blank, that nutrient has, to our knowledge, not been reported in the particular food item and its presence is uncertain.

The number of decimal places shown is similar to those in the most recently published handbook section on meat products (18). Appropriate relationships among the different weights of a food item were preserved by using the same number of decimal places for data per 100 grams and for data per other units of measure. The number of decimal places does not necessarily reflect the accuracy of the data.

Values in columns E, F, and G were calculated from the data in column B given to three decimal places. Because of rounding, a nutrient value may appear as a zero in the 100-gram column even though a value greater than zero appears in the household-measure or pound-as-purchased columns. Weights above columns E and F are not rounded further than when used to compute nutrient values shown in these columns.

The measures and weights for which nutrient values are shown appear above columns E and F. The weights given above these columns do not include the weight of the inedible material for foods which contain refuse. Abbreviations are listed in the appendix. The market units selected were those commonly used at the time of publication. Dimensions of many slices are given in footnotes to further describe serving units. Serving sizes and dimensions of cuts are listed in Agriculture Handbook No. 456 (1).

The weights above columns E and F for the raw, fresh retail cuts in the table represent either 1 pound (453.6 g) of the edible portion of the food, 1 ounce of the edible portion of the food, or the yield of edible portion from one as-purchased raw chop which was cut three or four chops per pound or one as-purchased raw 0.75-inch-thick-steak. For the cooked fresh pork items, the weights above column E represent 85 grams or 3 ounces of the edible portion and most of the measures and weights above column F represent the yield of edible portion from one as-purchased chop cut three or four chops per pound in the raw state, one as-purchased raw 0.75-inch-thick-steak, or 1 cup of diced meat (weight 135 g). For cured items, the weight of 1 cup of chopped or diced meat is 140 g.

A measure of 1 cup is 1 cup of chopped or diced (not packed) meat. For chops, certain steaks, and variety meats and byproducts, the as-purchased weight of the item in the table for which refuse is known is included as a food.

Amounts and descriptions of material removed during preparation of the food are shown above column G after the heading, "Refuse." These amounts are expressed as the percentage of the total weight of the item as purchased and are used in computing the values for 1 pound (453.6 grams). For cuts containing bone, any connective tissue present is included in the value given for bone. The separable fat is not shown as refuse if the meat is described as separable lean and fat. Separable lean refers to muscle tissue that can be readily separated out of the intact cut and includes any fat striations within the muscle. For a boneless cut, the refuse values above column G are for connective tissue or connective tissue plus separable fat. These values have been rounded to whole numbers. The fat trim level specified in the footnote of each cut is the degree to which the cut is trimmed prior to sale.

For the carcass, the as-purchased item is the whole packer's-style dressed carcass with jowls attached, but head, ham facings, and leaf fat removed. For the composite of trimmed leg, loin, shoulder, and spareribs (NDB No. 10003) the as-purchased item is a combination of the fresh retail cuts from those entire cuts weighted for the proportion each contributes to the carcass. For the other composites of

trimmed retail cuts, the as-purchased items are a combination of the retail cuts weighted for their proportion in the carcass when they are marketed uncured. These composites are leg, loin, shoulder, and spareribs (NDB Nos. 10187 and 10188); leg, loin and shoulder (NDB Nos. 10002 and 10093); and loin and shoulder blade (NDB Nos. 10226 through 10229). The major cut proportions for cured and uncured cuts are given in Meat Facts 1990 (2). The proportion that each raw retail cut, with refuse, contributes to the composites of retail cuts are given in an appendix table. Footnotes designate the specific cuts used for the composites.

For raw foods, the item as-purchased in column G is raw; for cooked foods, the values in column G are the amounts in the edible portion from 1 pound of cooked food with refuse. For example, for raw loin blade chops or roasts, the pound as-purchased item would be 453.6 grams of raw loin blade chops or roasts. For braised loin blade chops or roasts, the pound as-purchased item in column G would be 453.6 grams of braised loin blade chops or roasts. The edible portion of 453.6 grams of raw loin blade chops or roasts (NDB No. 10028), which as ordinarily purchased is 27 percent refuse (bone) and 73 percent edible, is 331.1 grams (0.73 x 453.6 grams). The factor 3.311 is applied to the 100-gram data to obtain the nutrient values in column G. The edible portion of braised loin blade chops or roasts (NDB No. 10029), which as purchased is 26 percent refuse (bone) and 74 percent edible, is 335.7 g (0.74 x 453.6 grams). The factor 3.357 is applied to the 100-gram data to obtain column G nutrient values.

If the meat is described as raw blade loin, separable lean only (NDB No. 10032), the blade loin is presumed to have been purchased with the adhering fat and with the bone. The weight in grams of the edible portion of 453.6 grams of blade loin, separable lean only, which, as purchased, contains 46 percent refuse (27 percent bone and 19 percent separable fat) and 54 percent separable lean, would be 0.54 x 453.6 g or 244.9 grams. The factor 2.449 is applied to the 100 gram data to obtain the nutrient values shown in column G for this item.

The percentage yield of cooked edible food from the corresponding raw food with refuse can be determined by referring to the edible portion weights for cooked foods (in column F) and the corresponding footnote which gives the weight of the specified portion with refuse before cooking. If the food item is sirloin chops, bone-in (NDB No. 10054), for example, the yield of roasted edible portion, separable lean plus separable fat, from the raw, as-purchased sirloin chop is 50 percent [(75 grams/151 grams) x 100].

For some items the percentage yield of cooked edible food from the corresponding raw food with refuse can be determined from column F for the cooked food, which gives the cooked weight of the edible portion from 1 pound of raw food with refuse. For the boneless sirloin roast (NDB No. 10213), the yield of roasted edible portion consisting of separable lean and fat from 1 pound of raw, as-purchased boneless sirloin is 69 percent [(315 grams/453.6 grams) x 100]. For separable lean only (NDB No. 10217), the yield is 68 percent [(308 grams/453.6 grams) x 100].

If a cup measure is used in column F, the percentage yield of cooked edible portion from raw food with refuse can be obtained by referring to the edible portion weight for cooked food (in column E) and the footnotes for column E, which specify the as-purchased raw weight of the corresponding food. For example, the yield of roasted whole leg (ham) (NDB No. 10009), separable lean and fat is 54 percent [(85 grams/157 grams) x 100].

A yield table for cooked fresh cuts of pork is in the appendix. The values shown for cooked yields of separable lean and fat and separable lean only in the appendix are calculated from raw and cooked weights of edible tissues. They are estimates of cooking yield for those cut portions when the raw food consists of only those portions. For example, the cooking yield of "separable lean only" presumes that the raw product consisted of only separable lean tissue. The values for cooked yields of the cut with refuse refer to the cooking yields determined from the raw and cooked weights of the intact cuts which includes the edible tissues, connective tissue, and bone (if it is marketed with the bone). An extensive listing of food yields for a wide variety of products and cooking methods is in Agriculture Handbook No. 102 (9).

Nutrients

Proximate components.—Data for water are given in the table as grams in 100 grams in the edible portion of the food. Food energy is expressed in terms of both kilocalories and kilojoules. (One kilojoule equals 4.184 kilocalories.) The data are for physiological energy value remaining after losses in digestion and metabolism have been deducted. The specific calorie factors used in this publication for calculating energy values are:

	kcal/g
Protein	4.27
Fat	9.02
Carbohydrate	3.87

The carbohydrate factor of 3.87 is used for some organ meats and some cured products. The factors are based on the Atwater system for determining energy values. Details of the derivation of these factors are outlined in Agriculture Handbook No. 74 (10). Because the level of carbohydrate in separable lean and separable fat is insignificant, no carbohydrate factor is needed for these products.

Protein.—The values for protein were calculated from the content of total nitrogen (N) in the food using the conversion factor recommended by Jones (8). The specific factor applied to each food item, 6.25, is shown in the stub of the table of nutrient data following "Protein."

Total lipid (fat).—Total lipid content of most foods was determined using extraction methods employing ether or a mixed solvent system consisting of chloroform and methanol.

Carbohydrate.—The carbohydrate content of uncured products (except some organ meats) consisting entirely of pork is negligible. For such foods, the carbohydrate content was assigned a value of zero. The sum of the percentages of water, protein, total lipid, and ash does not necessarily equal 100 percent for those foods showing zero carbohydrate because the amounts of each of these constituents were determined independently.

For organ meats and cured products (foods expected to contain carbohydrate), the carbohydrate value is the difference between 100 and the sum of the percentages of water, protein, total lipid, and ash. If the total of these constituents for any item was more than 100 due to analytical variation, a zero carbohydrate content was assigned. Fiber, if present, is included in the total carbohydrate.

Minerals.—Data on nine mineral elements are included in the table. Most of the mineral data were determined by atomic absorption, emission or inductively coupled plasma spectroscopy. The values represent the total amount of each mineral present in the edible portion of the food and include any amounts added to the product in preparation for the retail market. They are not necessarily the amounts available to the body.

For some of the cured products, values for manganese were reported as below the limit of detection. They could not be included in the means shown in the table. Therefore, the manganese values given for these items may be slightly overstated.

Vitamins.—Ascorbic acid values for the fresh retail cuts are for total ascorbic acid. Most ascorbic acid values for the cured products, variety meats, and byproducts are expressed in terms of reduced ascorbic acid.

Most of the data for thiamin were determined by the fluorometric thiochrome procedure. Riboflavin and niacin data were obtained both chemically and microbiologically. The values for niacin do not include the niacin that could be derived from tryptophan, a niacin precursor. Only preformed niacin is reported in the table. The sum of the preformed niacin and the amount that could be derived from tryptophan is called "niacin equivalent." In estimating the amount of niacin equivalent available from foods, 60 mg of tryptophan is considered equivalent to 1 mg of niacin (14).

Pantothenic acid, vitamin B_6, folate, and vitamin B_{12} were determined microbiologically. Values shown for folate are for total folate activity. Pages dated earlier than 1990 refer to folate as folacin.

Except for liver, values for vitamin A are for chemically determined preformed vitamin A. Vitamin A values for liver include preformed vitamin A and beta-carotene, a vitamin A precursor. Vitamin A is expressed both in international units (IU) and in retinol equivalents (RE). One IU is equivalent to 0.3 mcg of retinol or 0.6 mcg of beta-carotene; one RE is equivalent to 1 mcg of retinol or 6 mcg of beta-carotene. One RE is equal to 3.33 IU of retinol or 10 IU of beta-carotene.

Lipids.—Trivial or scientific names for the fatty acids have not been used because the values for the unsaturated fatty acids include positional and geometric isomers. In the list of fatty acids, the first number is the number of carbon atoms and the second is the number of double bonds in the chain. Only data obtained by gas-liquid chromatographic analyses are included here. The values shown are for the total quantity of each fatty acid in the food and do not represent fatty acid triglycerides. The number of samples refers only to the number of fatty acid observations.

Much of the fatty acid data from the literature was obtained as weight percent of fatty acid methyl esters. These data were converted to grams of fatty acids per 100 grams of total lipid using the conversion factors given in the appendix table. Details of the derivation of lipid conversion factors have been published (3, 4, 21).

Fatty acid data for the retail cuts that were determined by research sponsored by the U.S. Department of Agriculture were obtained as grams of fatty acid triglyceride per 100 grams of food. These values were converted to weight percentage of methyl esters, combined with data from the literature, and then converted to grams of fatty acids per 100

grams of total lipid using conversion factors given in the appendix.

The conversion factors for most of the retail cuts were the means in grams of total fatty acids per gram of total lipid. In a few instances where data were not available, conversion factors were estimated from those of similar cuts.

The means for the fatty acids per 100 grams of food were obtained by multiplying the mean grams of fatty acids per 100 grams of total lipid by the mean of the proportion of total lipid in the food. Since samples for fatty acids and total lipid were considered to be independent, the formula for the variance of the product of two independent samples was used to obtain pooled standard errors for some items.

Values for total saturated, monounsaturated, and polyunsaturated fatty acids may exceed the sum of the individual fatty acids listed because they include some fatty acids that were determined but are not reported in this table.

Cholesterol data for the retail cuts, ground pork, and cured products were obtained by gas-liquid chromatographic procedures. Gas-liquid chromatographic or colorimetric methods were used to determine cholesterol in variety meats.

Amino Acids.—Data on amino acid patterns for fresh separable lean and fat have been updated. The data were obtained primarily by ion-exchange chromatography. Each amino acid pattern was developed on a per-gram-of-nitrogen basis. The number of samples in each pattern is given the first time the pattern is used. For the fresh retail cuts and separable fat these numbers are given with NDB Nos. 10001 and 10004, respectively.

Amino acid contents of each food were calculated from the mean amino acid contents per gram of nitrogen using the protein content and nitrogen factors given in the table for the specific food. The amino acid values may be converted to the per-gram-of-nitrogen basis by dividing the amount in a specific quantity of food by the nitrogen content of the same quantity of food.

Notes on Pork Products

Most of the values for water, fat, and physical composition were derived from analyses of 11 raw fresh retail cuts plus ground pork from a nation-wide market basket survey of pork retail cases in supermarkets in 15 cities across the United States. Similar samples from cooked products were also analyzed for proximates, minerals, cholesterol, fatty acids, and cooking yields. Except for blade loin, the fat trim levels given in the footnotes represent the average national external fat thicknesses of the raw retail cuts. Specific details of this study have been described by Buege et al (5). The cuts were cooked as described below.

The other nutrient values in this report for fresh retail cuts were derived primarily from analyses conducted on retail cuts from 11 carcasses with backfat thicknesses ranging from 0.9 to 1.7 inches and whole loins from 60 pork carcasses of yield grades U.S. No. 1, No. 2, and No. 3. These studies were carried out under the sponsorship of the Agricultural Research Service (12, 15). Any surface fat on the loin and boston blade cuts was trimmed to a maximum thickness of 1/4 inch and any on the ham was trimmed to a maximum thickness of 1/2 inch. The retail cuts from the 11 carcasses and the market basket survey were analyzed raw and after cooking by roasting at 325°F (163°C) to an internal temperature of 167 or 170°F (75 or 77°C), broiling to an internal temperature of 167 or 170°F (75 or 77°C), or braising for 30 minutes in an oven at 325°F after browning 3 minutes. The spareribs were braised for 90 minutes in an oven at 350°F (177°C). Backribs were roasted for 90 minutes as above and ground pork was pan-fried at 350°F (177°C) to an internal temperature of 170°F.

The fat trim levels of the fresh raw as-purchased cuts are given as a footnote on each page of the table. Except for ham, blade loin and arm picnic, the values were determined from the market basket study mentioned earlier (5).

For cooking studies on cuts from the 11 carcasses, anatomically matched cuts representing opposite sides of the same carcass were utilized to develop values for the retention of nutrients for braising, broiling, and roasting. A table of nutrient retention in cooked separable lean of fresh pork is in the appendix. This table also gives the standard error and number of replications for the nutrients included in the studies carried out under the sponsorship of the U.S Department of Agriculture.

These percentage retentions are true retentions (TR) and are calculated as follows:

> %TR = 100 x F x (nutrient content per gram of cooked food x grams of food after cooking)/ (nutrient content per gram of raw food x grams of food before cooking)

The factor "F" is the ratio of two raw weights--the raw weight of the cut, with bone, that was analyzed raw to the raw weight of the cut, with bone, that was cooked and subsequently analyzed. The grams of food, both raw and after cooking, are weights of separable lean only from the raw and cooked cuts for retentions for separable lean. Data for cooked foods used in calculating retentions did not

include the nutrient content of any cooking discard, such as drippings. A comparison of true and apparent retentions for six types of weight changes that occur when food is cooked by different methods has been published (13). Calculations for the apparent retentions were based on nutrient contents of moisture-free raw and cooked foods.

Also in the appendix are mean retentions for some nutrients that were derived from values published in the literature and that were used to calculate the nutrient content of some cooked food items in the table. No standard error is shown for values taken directly from the literature.

With few exceptions, the retention values in the table are derived from data on retail cuts cooked without removing the separable fat. Therefore, data in the table may not be applicable to meat that is cooked after being trimmed of all visible fat.

Changes that occur as pork cooks are complex. Both solids and moisture are lost from more than one kind of tissue. High retentions of fat could be caused by migration from the separable fat into the meat during cooking. Low retention of nutrients may be attributed to loss to cooking juices or drippings and, for labile nutrients, to destruction by heat.

Data are limited for certain nutrients in pork products for a number of cuts for which presenting values is desirable. For fresh raw pork items and unheated cured items, such values are calculated based on known content of the nutrient in the lipid (fatty acids); total solids (vitamin A and cholesterol); moisture-free, fat-free solids (minerals); or moisture-free, fat-free, ash-free solids (water-soluble vitamins) of a similar form of the food. Similar forms of a food are, for example, separable lean of blade loin, of rib loin, and of top loin.

Analytical data for some nutrients in braised, broiled, and roasted items are more scarce than for comparable raw items. Except for vitamins A and C, values for such nutrients are computed for cooked separable lean by applying retention and yield values, some of which are shown in the appendix. The nutrient content per 100 grams of raw food is multiplied by the percentage retention and this product is divided by the percentage yield of cooked food to obtain the content of nutrient per 100 grams of cooked food. Values for vitamins A and C were calculated based on the known content of the nutrient in the cooked total solids (vitamin A) and the moisture-free, fat-free, ash-free solids (vitamin C).

All calculation procedures on raw and cooked cuts comprising more than one type of tissue have allowed for the proportions of tissues as determined by their weights in the carcass. The values for the edible portion of the fresh and cured cuts comprising separable lean and fat were calculated based on the proportion of each type of tissue in the cut carried to one decimal place. Nutrient values used in these calculations were carried to three decimal places. For example, the edible portion of raw fresh whole leg (NDB No. 10008) consists of 78.4 percent separable lean (NDB No. 10010) and 21.6 percent separable fat (NDB No. 10006). The nutrients in the separable lean were combined with those of the separable fat in these proportions to give the values for the separable lean and fat. The lean is 20.476g protein/100g; the fat is 4.682 g/100g. The protein content of 100 grams of separable lean and fat of fresh raw whole leg is (0.784 x 20.476 grams) + (0.216 x 4.682 grams) = 17.06 grams. When the composition of a cut was calculated in the above manner, the weighted mean nutrient values are shown without the standard error and number of samples if statistical information was not available for either physical or nutrient components.

One fatty acid profile was used to calculate the fatty acid composition of the raw fresh separable lean of the retail cuts. Individual profiles were developed for each fresh cooked cut based on the cut and cooking method. One fatty acid profile was used to calculate the fatty acid composition of the raw fresh separable fat of the retail cuts, and one profile was used to calculate the fatty acid composition of the cooked separable fat.

The values for the composites of cuts were calculated by weighting the data for each cut by its proportion in the carcass or the retail cuts marketed as fresh. The proportion of each popular cut on the market was estimated from the carcass proportions of the major primal cuts (2), pork product prevalence data from the nationwide survey of retail pork products (5), and consultation with personnel from the National Live Stock and Meat Board. Using the contributions of cuts as given in the appendix table and physical composition data for the individual cuts, a set of contribution factors was calculated for raw tissue components. Cooked tissue contributions were calculated by using the contributions given in the appendix table, cooking yields, and physical composition data of cooked cuts.

Nutrient values are presented in the table for pan-fried blade loin, center loin, rib, and top loin chops. Fat retentions for pan-frying were derived from data for chops cooked to an internal temperature of 167°F (75°C) in a preheated skillet at 375°F (190°C) with 1 tablespoon of cooking oil per chop. Except for total lipid, the values for the pan-fried cuts were calculated using retention values for broiling. The difference between the fat retentions for broiling and frying was used to estimate the amount of fat contributed by the soybean oil used for cooking. The fatty acid pattern was derived based on this contribution, with the assumption that no cooking oil was absorbed by the separable fat.

Some of the fresh retail cuts are known by alternative names. Top loin chops may be referred to as "America's cut"® or "butterfly chops." Boneless center rib roast may be called "Chef's Prime,"® boneless sirloin chops may be called "Sirloin Cutlets", and bone-in center loin chops may be called "Iowa chops."

Several of the variety meats and byproducts, such as lungs and spleen, are not commonly sold in this country but may be eaten if animals are raised for personal consumption. Values for mechanically separated pork are derived only from samples that comply with Federal regulations for this item. The regulations specify a maximum calcium content of 0.75 percent, a minimum protein content of 14.0 percent, and a maximum fat content of 30 percent (6).

Most of the values presented for the cured primal cuts are for products which have been pickle-cured. A typical pickle cure consists of salt, sugar, and sodium and/or potassium nitrite and/or nitrate dissolved in water. In addition, phosphates, corn syrup, and sodium erythorbate or ascorbate are frequently used. The products may be cooked in a smokehouse with wood smoke or sprayed with a liquid "smoke" preparation during the cooking process.

Federal regulations (6) specify that finished cooked, cured products consisting of hams, loins, shoulders, picnics, and butts must have a minimum meat protein fat-free percentage in order to be labelled by their common and usual name without qualifying statements such as "water added," etc. The specific regulations can be found in the Code of Federal Regulations (6). Sodium content of bacon and ham can vary widely depending on the salt concentration of the curing fluid. For this reason, the ranges of sodium values for cured bacon and separable lean of whole ham are given as a footnote.

Many of the cured primal-cut products are fully cooked as purchased. They may be eaten without further cooking or they may be reheated before eating. Fully cooked items which are likely to be heated before serving are designated "unheated" if the nutrient profile is for the food as sold. A cured product which cannot be eaten without further cooking because it is only partially cooked when sold is designated as "raw."

The country-style ham is an uncooked, dried, smoked product which is cured by the dry application of salt and sodium and/or potassium nitrate and/or nitrite. Federal regulations require that the total time for curing, salt equalization, and drying be not less than 70 days and the weight of the finished product be at least 18 percent less than the fresh uncured weight of the ham (6).

Nutrients are presented for three types of boneless and canned hams. The extra-lean products come from hams that have been closely trimmed of fat. The regular products have not had this extra trimming of fat. The values for boneless ham, extra lean and regular, are weighted means based on 38.8 percent extra lean and 61.2 percent regular boneless ham. The values for canned ham, extra lean and regular, are means based on a combination of 65.6 percent extra lean and 34.4 percent regular canned hams.

Breakfast strips is a product with a shape similar to sliced bacon and is made of cured chopped pork meat and fat. Values for this item include data from samples which are partially or fully cooked as sold.

Retentions used when values were calculated for proximate components, thiamin, and riboflavin in cured roasted products were derived from literature data for cured meats. When other nutrient values were calculated for roasted cured products, retention values for roasting of fresh pork were used.

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Appendix

List of Abbreviations

approx	approximately
c	cup
g	gram
in.	inch
IU	international unit
kcal	kilocalorie
kj	kilojoule
lb	pound
mcg	microgram
mg	milligram
N	nitrogen
NDB	Nutrient Data Bank
net wt	net weight
No.	number
oz	ounce
pkg	package
RE	retinol equivalent
tbsp	tablespoonful

Metric System Equivalents for Units of Measure

Units of Measure	Metric system equivalents
Length:	
1 inch	2.54 centimeters, 25.4 millimeters
Volume:	
1 teaspoonful	5 milliliters
1 tablespoonful	15 millilitiers
1 fluid ounce	29.57 milliliters
1 cup	237 milliliters
Weight:	
1 ounce	28.35 grams
1 pound	453.6 grams

Contribution of Individual Cuts to the Raw Composite of Cuts

Fresh Cuts	Trimmed Carcass Basis[1]	Fresh Retail Cut Basis[2]
	----------*percent*----------	
Leg:		
Ham, whole	30.4	3.7
Loin:		
Backribs	0.6	1.1
Center loin chops, bone-in	6.4	11.5
Center rib:		
Rib chops, bone-in	6.4	11.5
Rib roast, boneless	4.4	7.8
Country-style ribs	4.4	7.8
Sirloin:		
Sirloin chops, boneless	4.3	7.7
Sirloin roast, bone-in	4.3	7.7
Tenderloin	0.6	1.2
Top loin:		
Loin chops, boneless	2.9	5.2
Loin roast, boneless	2.9	5.2
Shoulder:		
Arm picnic	10.1	7.3
Boston blade	14.0	7.5
Spareribs	8.3	14.9
Total	**100.0**	**100.0**

[1] Applies to NDB No. 10003 and includes cuts which are ordinarily sold cured.
[2] Applies to NDB Nos. 10002, 10093, 10187, 10188, and 10226 to 10229.

Yields of Cooked Fresh Pork Products

Cooking method and cut	Yield		
	Cut with refuse[1]	Separable lean and fat[2]	Separable lean[3] only
	----------percent----------		
Braised:			
Loin:			
Whole	74	75	75
Blade loin chops	74	77	77
Center loin (loin chops)	72	72	74
Center rib (rib chops)	74	75	78
Country-style ribs	71	73	74
Sirloin chops	74	75	78
Top loin (boneless loin chops)	74	74	75
Shoulder:			
Arm picnic	74	77	78
Boston blade steaks	60	61	62
Spareribs	63	57	--
Broiled:			
Loin:			
Whole	72	72	75
Blade loin chops	73	73	76
Center loin (loin chops)	74	74	77
Center rib (rib chops)	75	75	79
Sirloin chops	69	70	73
Tenderloin	69	69	69
Top loin (boneless loin chops)	70	70	74
Shoulder:			
Boston blade steaks	73	73	75
Pan-fried:			
Loin:			
Blade loin chops	80	75	77
Center loin (loin chops)	74	76	68
Center rib (rib chops)	79	72	78
Top loin (boneless loin chops)	66	66	71
Ground Pork	--	69	--
Roasted:			
Leg:			
Whole	68	66	71
Rump	68	67	72
Shank	68	65	71
Loin:			
Whole	75	76	76
Blade loin (roasts)	78	80	87
Center loin (loin roasts)	75	74	80
Center rib (rib roasts)	77	76	82
Country-style ribs	76	78	76
Sirloin roasts	74	73	82
Tenderloin	78	78	78
Top loin (boneless loin roasts)	73	73	80
Backribs	79	--	--
Shoulder:			
Whole	75	75	79
Arm picnic	74	74	75
Boston blade roasts	76	75	80

[1]As percentage of raw cut with refuse.
[2]As percentage of raw cut without refuse.
[3]As percentage of separable lean only.

Conversion Factors for Fatty Acids of Pork Products

Food	Conversion Factor
Separable fat raw and cooked:	
Fresh	0.911
Cured	0.953
Separable lean:	
Raw	0.910
Cooked:	
Leg (ham):	
Whole	0.910
Rump	0.910
Shank	0.910
Loin:	
Whole	0.875
Blade	0.896
Center loin	0.886
Center rib	0.873
Country-style ribs	0.896
Sirloin	0.863
Tenderloin	0.833
Top loin	0.875
Shoulder:	
Whole	0.900
Arm picnic	0.910
Blade	0.890
Backribs	0.905
Spareribs	0.899
Ground pork	0.907
Variety Meats:	
Brain	0.561
Chitterlings	0.939
Feet	0.930
Heart	0.789
Kidneys	0.747
Liver	0.741
Lungs	0.743
Spleen	0.713
Tail	0.929
Tongue	0.941

Retention of Nutrients in Cooked Separable Lean of Fresh Pork

Nutrient	Percent retention								
	Braising			Broiling			Roasting		
	Mean %	Standard error %	No. of samples	Mean %	Standard error %	No. of samples	Mean %	Standard error %	No. of samples
Protein	99	3.3	7	99	6.3	7	102	1.6	35
Total lipid	121	5.0	25	130	6.4	16	143	5.4	36
Ash	76	3.7	7	96	8.7	7	84	1.8	35
Calcium	81[1]	....		74	....		95	....	
Iron	101	4.59	7	81	5.8	7	103	3.83	35
Magnesium	64[1]	....		96	....		74	....	
Phosphorus	64[1]	....		88[1]	....		84[1]	....	
Potassium	73	3.7	7	86	4.0	7	79	2.0	35
Sodium	72	3.9	7	88	2.9	7	82	1.9	35
Zinc	107	4.65	7	99	3.6	7	108	2.42	35
Copper	102	3.52	7	97	3.6	7	102	2.86	35
Manganese	78[2]	....		54	....		86	....	
Thiamin	50	1.7	23	67	2.6	15	57	1.8	39
Riboflavin	77	1.9	22	94	3.2	13	93	2.5	39
Niacin	72	3.6	15	80	4.0	11	83	3.2	39
Pantothenic acid	63	2.4	16	70	2.5	8	65	2.0	4
Vitamin B_6	55	2.2	12	68	2.8	8	56	5.7	8
Folate	49	7.5	8	78	6.6	6	69	5.7	3
Vitamin B_{12}	67	2.7	23	86	3.8	13	82	3.2	39
Cholesterol	108	4.80	7	115	4.31	7	114	2.54	35

[1]Based on data for beef from M. Moss et al. (11).
[2]Based on data for chicken.

	AH-8-10 NDB No.	Page
Pork, fresh:		
Carcass:		
Separable lean and fat, raw	10001	22
Composite of trimmed leg, loin, shoulder, and spareribs:		
Separable lean and fat, raw	10003	23
Composite of trimmed retail cuts (leg, loin, shoulder, and spareribs),		
Separable lean and fat:		
Raw	10187	24
Cooked	10188	25
Composite of trimmed retail cuts (leg, loin, and shoulder):		
Separable lean only:		
Raw	10002	26
Cooked	10093	27
Composite of trimmed retail cuts (loin and shoulder blade):		
Separable lean and fat:		
Raw	10226	28
Cooked	10227	29
Separable lean only:		
Raw	10228	30
Cooked	10229	31
Wholesale cuts:		
Backfat, raw	10004	32
Belly, raw	10005	33
Retail cuts, trimmed to retail level:		
Separable lean. (See individual cuts.)		
Separable fat:		
Raw	10006	34
Cooked	10007	35
Leg (ham):		
Whole:		
Separable lean and fat:		
Raw	10008	36
Cooked, roasted	10009	37
Separable lean only:		
Raw	10010	38
Cooked, roasted	10011	39
Rump half:		
Separable lean and fat:		
Raw	10012	40
Cooked, roasted	10013	41
Separable lean only:		
Raw	10014	42
Cooked, roasted	10015	43
Shank half:		
Separable lean and fat:		
Raw	10016	44
Cooked, roasted	10017	45
Separable lean only:		
Raw	10018	46
Cooked, roasted	10019	47
Loin:		
Whole		
Separable lean and fat:		
Raw	10020	48

	NDB No.	Page
Pork, fresh: Loin, separable lean and fat, Con.:		
Cooked:		
Braised	10021	49
Broiled	10022	50
Roasted	10023	51
Separable lean only:		
Raw	10024	52
Cooked:		
Braised	10025	53
Broiled	10026	54
Roasted	10027	55
Backribs:		
Separable lean and fat:		
Raw	10192	56
Cooked, roasted	10193	57
Blade (chops or roasts), bone-in:		
Separable lean and fat:		
Raw	10028	58
Cooked:		
Braised (chops)	10029	59
Broiled (chops)	10030	60
Pan-fried (chops)	10178	61
Roasted (roasts)	10031	62
Separable lean only:		
Raw	10032	63
Cooked:		
Braised (chops)	10033	64
Broiled (chops)	10034	65
Pan-fried (chops)	10120	66
Roasted (roasts)	10035	67
Center loin (loin chops or roasts), bone-in:		
Separable lean and fat:		
Raw	10036	68
Cooked:		
Braised (loin chops)	10037	69
Broiled (loin chops)	10038	70
Pan-fried (loin chops)	10179	71
Roasted (loin roasts)	10039	72
Separable lean only:		
Raw	10040	73
Cooked:		
Braised (loin chops)	10041	74
Broiled (loin chops)	10042	75
Pan-fried (loin chops)	10176	76
Roasted (loin roasts)	10043	77
Center rib (rib chops or roasts):		
Separable lean and fat:		
Raw:		
Bone-in	10044	78
Boneless	10194	79
Cooked:		
Braised, (rib chops) bone-in	10045	80
Braised, (rib chops) boneless	10195	81
Broiled, (rib chops) bone-in	10046	82
Broiled, (rib chops) boneless	10196	83

	NDB No.	Page
Pork, fresh: Center rib, separable lean and fat, Con.:		
Pan-fried, (rib chops) bone-in	10180	84
Pan-fried, (rib chops) boneless	10197	85
Roasted, (rib roasts) bone-in	10047	86
Roasted, (rib roasts) boneless	10198	87
Separable lean only:		
Raw:		
Bone-in	10048	88
Boneless	10199	89
Cooked:		
Braised, (rib chops) bone-in	10049	90
Braised, (rib chops) boneless	10200	91
Broiled, (rib chops) bone-in	10050	92
Broiled, (rib chops) boneless	10201	93
Pan-fried, (rib chops) bone-in	10177	94
Pan-fried, (rib chops) boneless	10202	95
Roasted, (rib roasts) bone-in	10051	96
Roasted, (rib roasts) boneless	10203	97
Country-style ribs:		
Separable lean and fat:		
Raw	10204	98
Cooked:		
Braised	10205	99
Roasted	10206	100
Separable lean only:		
Raw	10207	101
Cooked:		
Braised	10208	102
Roasted	10209	103
Country-style spareribs. (See Country-style ribs.)		
Sirloin (sirloin chops or roasts):		
Separable lean and fat:		
Raw:		
Bone-in	10052	104
Boneless	10210	105
Cooked:		
Braised, (sirloin chops) bone-in	10053	106
Braised, (sirloin chops) boneless	10211	107
Broiled, (sirloin chops) bone-in	10054	108
Broiled, (sirloin chops) boneless	10212	109
Roasted, (sirloin roasts) bone-in	10055	110
Roasted, (sirloin roasts) boneless	10213	111
Separable lean only:		
Raw:		
Bone-in	10056	112
Boneless	10214	113
Cooked:		
Braised, (sirloin chops) bone-in	10057	114
Braised, (sirloin chops) boneless	10215	115
Broiled, (sirloin chops) bone-in	10058	116
Broiled, (sirloin chops) boneless	10216	117
Roasted, (sirloin roast) bone-in	10059	118
Roasted, (sirloin roasts) boneless	10217	119

	NDB No.	Page
Pork, fresh: Retail cuts, trimmed to retail level, Con.:		
Tenderloin:		
Separable lean and fat:		
Raw	10218	120
Cooked:.		
Broiled	10221	121
Roasted	10222	122
Separable lean only:		
Raw	10060	123
Cooked:		
Broiled	10223	124
Roasted	10061	125
Top loin (loin chops or roasts), boneless:		
Separable lean and fat:		
Raw:		
Chops	10062	126
Roasts	10224	127
Cooked:		
Braised (loin chops)	10063	128
Broiled (loin chops)	10064	129
Pan-fried (loin chops)	10186	130
Roasted (loin roasts)	10065	131
Separable lean only:		
Raw:		
Chops	10066	132
Roasts	10225	133
Cooked:		
Braised (loin chops)	10067	134
Broiled (loin chops)	10068	135
Pan-fried (loin chops)	10181	136
Roasted (loin roasts)	10069	137
Shoulder:		
Whole:		
Separable lean and fat:		
Raw	10070	138
Cooked, roasted	10071	139
Separable lean only:		
Raw	10072	140
Cooked, roasted	10073	141
Arm picnic:		
Separable lean and fat:		
Raw	10074	142
Cooked:		
Braised	10075	143
Roasted	10076	144
Separable lean only:		
Raw	10077	145
Cooked:		
Braised	10078	146
Roasted	10079	147
Blade, boston (roasts or steaks):		
Separable lean and fat:		
Raw	10080	148

	NDB No.	Page
Pork, fresh: Blade, boston (roasts or steaks), Con.:		
Cooked:		
Braised	10081	149
Broiled	10082	150
Roasted	10083	151
Separable lean only:		
Raw	10084	152
Cooked:		
Braised	10085	153
Broiled	10086	154
Roasted	10087	155
Spareribs:		
Separable lean and fat:		
Raw	10088	156
Cooked, braised	10089	157
Ground:		
Raw	10219	158
Cooked	10220	159
Variety meats and byproducts:		
Brains:		
Raw	10096	160
Cooked, braised	10097	161
Chitterlings:		
Raw	10098	162
Cooked, simmered	10099	163
Ears, frozen:		
Raw	10100	164
Cooked, simmered	10101	165
Feet:		
Raw	10102	166
Cooked, simmered	10173	167
Heart:		
Raw	10103	168
Cooked, braised	10104	169
Jowl, raw	10105	170
Kidneys:		
Raw	10106	171
Cooked, braised	10107	172
Lard	10108	173
Leaf fat, raw	10109	174
Liver:		
Raw	10110	175
Cooked, braised	10111	176
Lungs:		
Raw	10112	177
Cooked, braised	10113	178
Mechanically separated pork, raw	10114	179
Pancreas:		
Raw	10115	180
Cooked, braised	10116	181
Spleen:		
Raw	10117	182
Cooked, braised	10118	183
Stomach, raw	10119	184

	NDB No.	Page
Pork, fresh: Variety meats and byproducts, Con.:		
Tail:		
Raw	10174	185
Cooked, simmered	10175	186
Tongue:		
Raw	10121	187
Cooked, braised	10122	188
Pork, cured:		
Bacon:		
Raw	10123	189
Cooked (broiled, pan-fried, or roasted)	10124	190
Breakfast strips:		
Raw or unheated	10128	191
Cooked	10129	192
Canadian-style bacon:		
Unheated	10130	193
Grilled	10131	194
Feet, pickled	10132	195
Ham, boneless:		
Extra lean and regular:		
Unheated	10182	196
Roasted	10183	197
Extra lean (approx. 5% fat):		
Unheated	10133	198
Roasted	10134	199
Regular (approx. 11% fat):		
Unheated	10135	200
Roasted	10136	201
Ham, canned:		
Extra lean and regular:		
Unheated	10184	202
Roasted	10185	203
Extra lean (approx. 4% fat):		
Unheated	10137	204
Roasted	10138	205
Regular (approx. 13% fat):		
Unheated	10139	206
Roasted	10140	207
Ham, center slice:		
Country-style, separable lean only, raw	10141	208
Separable lean and fat, unheated	10142	209
Ham, patties:		
Unheated	10146	210
Grilled	10147	211
Ham, steak, boneless, extra lean, unheated	10149	212
Ham, whole, fully cooked:		
Separable lean and fat:		
Unheated	10150	213
Roasted	10151	214
Separable lean only:		
Unheated	10152	215
Roasted	10153	216
Salt pork, raw	10165	217
Separable fat from ham and arm picnic:		
Unheated	10166	218

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Pork, cured: Separable fat from ham and arm picnic, Con.:		
Roasted	10167	219
Shoulder:		
Arm picnic:		
Separable lean and fat, roasted	10168	220
Separable lean only, roasted	10169	221
Blade roll, boneless, separable lean and fat:		
Unheated	10170	222
Roasted	10171	223

Table of Nutrient Data

[Blank spaces indicate a lack of data.]

PORK, FRESH, CARCASS, SEPARABLE LEAN AND FAT, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone and skin 18%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	49. 83			226. 02	14. 13	185. 36
Food energy	kcal	376			1,704	107	1,398
	kJ	1,573			7,134	446	5,851
Protein (N x 6.25)	g	13. 91			63. 11	3. 94	51. 76
Total lipid (fat)	g	35. 07			159. 06	9. 94	130. 45
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 72			3. 26	0. 20	2. 67
Minerals:							
Calcium	mg	19			87	5	71
Iron	mg	0. 69			3. 13	0. 20	2. 57
Magnesium	mg	13			61	4	50
Phosphorus	mg	155			702	44	576
Potassium	mg	253			1,147	72	941
Sodium	mg	42			192	12	157
Zinc	mg	1. 59			7. 23	0. 45	5. 93
Copper	mg	0. 055			0. 250	0. 016	0. 205
Manganese	mg	0. 011			0. 050	0. 003	0. 041
Vitamins:							
Ascorbic acid	mg	0. 4			2. 0	0. 1	1. 6
Thiamin	mg	0. 595			2. 697	0. 169	2. 212
Riboflavin	mg	0. 207			0. 938	0. 059	0. 770
Niacin	mg	3. 846			17. 446	1. 090	14. 307
Pantothenic acid	mg	0. 526			2. 386	0. 149	1. 957
Vitamin B-6	mg	0. 284			1. 286	0. 080	1. 055
Folate	mcg	4			18	1	15
Vitamin B-12	mcg	0. 61			2. 77	0. 17	2. 27
Vitamin A	RE	3			11	1	9
	IU	8			38	2	31
Lipids:							
Fatty acids:							
Saturated, total	g	12. 44			56. 44	3. 53	46. 29
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 03			0. 11	0. 01	0. 09
12:0	g	0. 05			0. 21	0. 01	0. 17
14:0	g	0. 44			2. 01	0. 13	1. 65
16:0	g	7. 65			34. 69	2. 17	28. 45
18:0	g	4. 20			19. 04	1. 19	15. 61
Monounsaturated, total	g	15. 93			72. 27	4. 52	59. 27
16:1	g	0. 99			4. 51	0. 28	3. 70
18:1	g	14. 66			66. 49	4. 16	54. 53
20:1	g	0. 27			1. 24	0. 08	1. 02
22:1	g						
Polyunsaturated, total	g	3. 80			17. 23	1. 08	14. 13
18:2	g	3. 30			14. 99	0. 94	12. 29
18:3	g	0. 29			1. 31	0. 08	1. 08
18:4	g						
20:4	g	0. 11			0. 49	0. 03	0. 40
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	74			334	21	274
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 160		23	0. 728	0. 045	0. 597
Threonine	g	0. 610		75	2. 768	0. 173	2. 270
Isoleucine	g	0. 616		82	2. 792	0. 174	2. 290
Leucine	g	1. 088		82	4. 934	0. 308	4. 047
Lysine	g	1. 230		90	5. 580	0. 349	4. 576
Methionine	g	0. 347		91	1. 572	0. 098	1. 290
Cystine	g	0. 169		53	0. 768	0. 048	0. 630
Phenylalanine	g	0. 547		90	2. 483	0. 155	2. 036
Tyrosine	g	0. 454		90	2. 061	0. 129	1. 690
Valine	g	0. 737		90	3. 344	0. 209	2. 743
Arginine	g	0. 911		90	4. 133	0. 258	3. 390
Histidine	g	0. 509		90	2. 309	0. 144	1. 894
Alanine	g	0. 832		87	3. 772	0. 236	3. 093
Aspartic acid	g	1. 249		89	5. 667	0. 354	4. 647
Glutamic acid	g	2. 062		90	9. 354	0. 585	7. 671
Glycine	g	0. 868		87	3. 937	0. 246	3. 229
Proline	g	0. 672		81	3. 050	0. 191	2. 501
Serine	g	0. 574		75	2. 605	0. 163	2. 137

PORK, FRESH, COMPOSITE OF TRIMMED LEG, LOIN, SHOULDER, AND SPARERIBS, SEPARABLE LEAN AND FAT, Raw[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone and skin 24%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	64. 25			291. 42	18. 21	220. 05
Food energy	kcal	227			1,028	64	776
	kJ	948			4,302	269	3,248
Protein (N x 6.25)	g	18. 25			82. 79	5. 17	62. 51
Total lipid (fat)	g	16. 48			74. 73	4. 67	56. 43
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 91			4. 15	0. 26	3. 13
Minerals:							
Calcium	mg	15			67	4	51
Iron	mg	0. 89			4. 04	0. 25	3. 05
Magnesium	mg	20			91	6	68
Phosphorus	mg	197			892	56	673
Potassium	mg	324			1,471	92	1,111
Sodium	mg	54			247	15	186
Zinc	mg	2. 11			9. 56	0. 60	7. 22
Copper	mg	0. 068			0. 307	0. 019	0. 232
Manganese	mg	0. 015			0. 067	0. 004	0. 051
Vitamins:							
Ascorbic acid	mg	0. 6			2. 7	0. 2	2. 0
Thiamin	mg	0. 800			3. 630	0. 227	2. 741
Riboflavin	mg	0. 242			1. 099	0. 069	0. 830
Niacin	mg	4. 413			20. 019	1. 251	15. 115
Pantothenic acid	mg	0. 718			3. 256	0. 203	2. 459
Vitamin B-6	mg	0. 415			1. 884	0. 118	1. 422
Folate	mcg	6			25	2	19
Vitamin B-12	mcg	0. 67			3. 02	0. 19	2. 28
Vitamin A	RE	2			10	1	7
	IU	7			33	2	25
Lipids:							
Fatty acids:							
Saturated, total	g	5. 77			26. 15	1. 63	19. 75
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 05	0. 00	0. 04
12:0	g	0. 02			0. 08	0. 00	0. 06
14:0	g	0. 20			0. 93	0. 06	0. 70
16:0	g	3. 58			16. 24	1. 01	12. 26
18:0	g	1. 90			8. 62	0. 54	6. 51
Monounsaturated, total	g	7. 32			33. 18	2. 07	25. 05
16:1	g	0. 46			2. 09	0. 13	1. 58
18:1	g	6. 72			30. 48	1. 90	23. 01
20:1	g	0. 12			0. 56	0. 04	0. 42
22:1	g						
Polyunsaturated, total	g	1. 73			7. 86	0. 49	5. 93
18:2	g	1. 46			6. 62	0. 41	5. 00
18:3	g	0. 11			0. 51	0. 03	0. 39
18:4	g						
20:4	g	0. 09			0. 40	0. 02	0. 30
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	69			315	20	238
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 223			1. 011	0. 063	0. 764
Threonine	g	0. 820			3. 718	0. 232	2. 807
Isoleucine	g	0. 835			3. 788	0. 237	2. 860
Leucine	g	1. 449			6. 572	0. 411	4. 962
Lysine	g	1. 630			7. 393	0. 462	5. 582
Methionine	g	0. 471			2. 138	0. 134	1. 615
Cystine	g	0. 228			1. 036	0. 065	0. 782
Phenylalanine	g	0. 724			3. 285	0. 205	2. 480
Tyrosine	g	0. 619			2. 809	0. 176	2. 121
Valine	g	0. 981			4. 448	0. 278	3. 359
Arginine	g	1. 160			5. 261	0. 329	3. 973
Histidine	g	0. 704			3. 192	0. 199	2. 410
Alanine	g	1. 075			4. 875	0. 305	3. 681
Aspartic acid	g	1. 670			7. 577	0. 474	5. 721
Glutamic acid	g	2. 794			12. 673	0. 792	9. 569
Glycine	g	0. 980			4. 445	0. 278	3. 356
Proline	g	0. 795			3. 607	0. 225	2. 723
Serine	g	0. 754			3. 419	0. 214	2. 581

[1] Weighted average of NDB Nos. 10008, 10204, 10194, 10044, 10036, 10062, 10224, 10218, 10052, 10210, 10080, 10074, 10192, and 10088. The weightings include cuts to be cured.

PORK, FRESH, COMPOSITE OF TRIMMED RETAIL CUTS (LEG, LOIN, SHOULDER, AND SPARERIBS), SEPARABLE LEAN AND FAT, Raw[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone and skin 25%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	65. 11			295. 33	18. 46	221. 50
Food energy	kcal	216			979	61	734
	kJ	903			4,097	256	3,073
Protein (N x 6.25)	g	18. 95			85. 97	5. 37	64. 48
Total lipid (fat)	g	14. 95			67. 80	4. 24	50. 85
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 94			4. 27	0. 27	3. 20
Minerals:							
Calcium	mg	19			86	5	65
Iron	mg	0. 86			3. 88	0. 24	2. 91
Magnesium	mg	21			93	6	70
Phosphorus	mg	200			907	57	680
Potassium	mg	335			1,519	95	1,139
Sodium	mg	55			250	16	188
Zinc	mg	2. 01			9. 11	0. 57	6. 83
Copper	mg	0. 064			0. 291	0. 018	0. 218
Manganese	mg	0. 011			0. 052	0. 003	0. 039
Vitamins:							
Ascorbic acid	mg	0. 5			2. 3	0. 1	1. 7
Thiamin	mg	0. 841			3. 815	0. 238	2. 861
Riboflavin	mg	0. 254			1. 151	0. 072	0. 863
Niacin	mg	4. 504			20. 432	1. 277	15. 324
Pantothenic acid	mg	0. 730			3. 312	0. 207	2. 484
Vitamin B-6	mg	0. 445			2. 017	0. 126	1. 513
Folate	mcg	5			22	1	16
Vitamin B-12	mcg	0. 66			2. 98	0. 19	2. 23
Vitamin A	RE	2			10	1	8
	IU	7			34	2	25
Lipids:							
Fatty acids:							
Saturated, total	g	5. 28			23. 94	1. 50	17. 95
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 05	0. 00	0. 04
12:0	g	0. 01			0. 06	0. 00	0. 05
14:0	g	0. 18			0. 84	0. 05	0. 63
16:0	g	3. 28			14. 86	0. 93	11. 15
18:0	g	1. 74			7. 91	0. 49	5. 93
Monounsaturated, total	g	6. 63			30. 05	1. 88	22. 54
16:1	g	0. 41			1. 88	0. 12	1. 41
18:1	g	6. 09			27. 61	1. 73	20. 71
20:1	g	0. 11			0. 51	0. 03	0. 38
22:1	g						
Polyunsaturated, total	g	1. 55			7. 02	0. 44	5. 26
18:2	g	1. 31			5. 95	0. 37	4. 46
18:3	g	0. 09			0. 43	0. 03	0. 32
18:4	g						
20:4	g	0. 08			0. 38	0. 02	0. 28
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	67			303	19	227
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 234			1. 063	0. 066	0. 797
Threonine	g	0. 855			3. 880	0. 243	2. 910
Isoleucine	g	0. 873			3. 960	0. 248	2. 970
Leucine	g	1. 509			6. 846	0. 428	5. 135
Lysine	g	1. 696			7. 693	0. 481	5. 770
Methionine	g	0. 493			2. 237	0. 140	1. 678
Cystine	g	0. 238			1. 082	0. 068	0. 811
Phenylalanine	g	0. 753			3. 417	0. 214	2. 563
Tyrosine	g	0. 648			2. 940	0. 184	2. 205
Valine	g	1. 021			4. 632	0. 290	3. 474
Arginine	g	1. 197			5. 428	0. 339	4. 071
Histidine	g	0. 738			3. 350	0. 209	2. 512
Alanine	g	1. 112			5. 046	0. 315	3. 785
Aspartic acid	g	1. 741			7. 899	0. 494	5. 924
Glutamic acid	g	2. 921			13. 248	0. 828	9. 936
Glycine	g	0. 983			4. 457	0. 279	3. 343
Proline	g	0. 807			3. 659	0. 229	2. 744
Serine	g	0. 783			3. 550	0. 222	2. 663

[1] Weighted average of NDB Nos. 10008, 10204, 10194, 10044, 10036, 10062, 10224, 10218, 10052, 10210, 10080, 10074, 10192, and 10088.

PORK, FRESH, COMPOSITE OF TRIMMED RETAIL CUTS (LEG, LOIN, SHOULDER, AND SPARERIBS), SEPARABLE LEAN AND FAT, Cooked[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 247 g[2]	Refuse: Bone and skin 24%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	54. 55			46. 37	134. 74	187. 33
Food energy	kcal	273			232	674	936
	kJ	1,142			970	2,820	3,920
Protein (N x 6.25)	g	27. 57			23. 44	68. 10	94. 68
Total lipid (fat)	g	17. 18			14. 60	42. 43	59. 00
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 13			0. 96	2. 78	3. 87
Minerals:							
Calcium	mg	25			21	62	86
Iron	mg	1. 10			0. 93	2. 71	3. 76
Magnesium	mg	24			20	59	81
Phosphorus	mg	232			197	572	796
Potassium	mg	354			301	875	1,217
Sodium	mg	62			53	154	214
Zinc	mg	2. 90			2. 47	7. 16	9. 96
Copper	mg	0. 067			0. 057	0. 165	0. 230
Manganese	mg	0. 010			0. 009	0. 025	0. 035
Vitamins:							
Ascorbic acid	mg	0. 3			0. 2	0. 7	1. 0
Thiamin	mg	0. 770			0. 655	1. 903	2. 645
Riboflavin	mg	0. 328			0. 279	0. 810	1. 126
Niacin	mg	4. 926			4. 187	12. 168	16. 916
Pantothenic acid	mg	0. 665			0. 565	1. 642	2. 283
Vitamin B-6	mg	0. 394			0. 335	0. 974	1. 355
Folate	mcg	6			5	14	19
Vitamin B-12	mcg	0. 77			0. 65	1. 90	2. 64
Vitamin A	RE	2			2	6	9
	IU	8			7	21	29
Lipids:							
Fatty acids:							
Saturated, total	g	6. 22			5. 28	15. 35	21. 34
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 03	0. 04
12:0	g	0. 01			0. 01	0. 03	0. 04
14:0	g	0. 21			0. 18	0. 53	0. 73
16:0	g	3. 83			3. 26	9. 46	13. 15
18:0	g	2. 04			1. 73	5. 03	6. 99
Monounsaturated, total	g	7. 64			6. 49	18. 87	26. 23
16:1	g	0. 51			0. 43	1. 26	1. 75
18:1	g	6. 92			5. 88	17. 09	23. 76
20:1	g	0. 15			0. 13	0. 37	0. 51
22:1	g						
Polyunsaturated, total	g	1. 45			1. 23	3. 57	4. 96
18:2	g	1. 28			1. 08	3. 15	4. 38
18:3	g	0. 05			0. 04	0. 11	0. 15
18:4	g						
20:4	g	0. 07			0. 06	0. 18	0. 24
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	91			77	224	311
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 346			0. 295	0. 856	1. 190
Threonine	g	1. 253			1. 065	3. 095	4. 304
Isoleucine	g	1. 283			1. 090	3. 168	4. 405
Leucine	g	2. 206			1. 875	5. 448	7. 574
Lysine	g	2. 475			2. 103	6. 112	8. 498
Methionine	g	0. 725			0. 616	1. 791	2. 490
Cystine	g	0. 350			0. 297	0. 864	1. 201
Phenylalanine	g	1. 099			0. 934	2. 714	3. 773
Tyrosine	g	0. 954			0. 811	2. 356	3. 275
Valine	g	1. 492			1. 268	3. 685	5. 123
Arginine	g	1. 725			1. 466	4. 260	5. 922
Histidine	g	1. 091			0. 927	2. 694	3. 745
Alanine	g	1. 611			1. 369	3. 979	5. 532
Aspartic acid	g	2. 548			2. 166	6. 293	8. 749
Glutamic acid	g	4. 289			3. 646	10. 595	14. 730
Glycine	g	1. 357			1. 153	3. 351	4. 659
Proline	g	1. 134			0. 964	2. 800	3. 893
Serine	g	1. 139			0. 968	2. 813	3. 910

[1] Weighted average of NDB Nos. 10009, 10206, 10198, 10046, 10038, 10064, 10065, 10222, 10055, 10212, 10082, 10076, 10193, and 10089.
[2] Raw weight includes refuse; cooked weight excludes refuse.

PORK, FRESH, COMPOSITE OF TRIMMED RETAIL CUTS (LEG, LOIN, AND SHOULDER), SEPARABLE LEAN ONLY, Raw[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone and skin 22% Separable fat 8%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	72. 34			328. 12	20. 51	229. 67
Food energy	kcal	143			649	41	454
	kJ	599			2,716	170	1,901
Protein (N x 6.25)	g	21. 07			95. 57	5. 97	66. 90
Total lipid (fat)	g	5. 88			26. 68	1. 67	18. 68
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 04			4. 74	0. 30	3. 32
Minerals:							
Calcium	mg	16			71	4	50
Iron	mg	0. 91			4. 12	0. 26	2. 89
Magnesium	mg	23			105	7	73
Phosphorus	mg	211			956	60	669
Potassium	mg	380			1,724	108	1,207
Sodium	mg	57			256	16	179
Zinc	mg	2. 08			9. 42	0. 59	6. 59
Copper	mg	0. 069			0. 311	0. 019	0. 218
Manganese	mg	0. 013			0. 059	0. 004	0. 041
Vitamins:							
Ascorbic acid	mg	0. 7			3. 1	0. 2	2. 2
Thiamin	mg	0. 966			4. 382	0. 274	3. 067
Riboflavin	mg	0. 273			1. 239	0. 077	0. 867
Niacin	mg	4. 829			21. 906	1. 369	15. 333
Pantothenic acid	mg	0. 788			3. 576	0. 223	2. 503
Vitamin B-6	mg	0. 508			2. 305	0. 144	1. 614
Folate	mcg	5			24	2	17
Vitamin B-12	mcg	0. 67			3. 04	0. 19	2. 13
Vitamin A	RE	2			9	1	6
	IU	6			29	2	20
Lipids:							
Fatty acids:							
Saturated, total	g	2. 03			9. 21	0. 58	6. 45
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 02	0. 00	0. 02
12:0	g	0. 01			0. 03	0. 00	0. 02
14:0	g	0. 07			0. 33	0. 02	0. 23
16:0	g	1. 29			5. 87	0. 37	4. 11
18:0	g	0. 64			2. 88	0. 18	2. 02
Monounsaturated, total	g	2. 66			12. 05	0. 75	8. 44
16:1	g	0. 19			0. 84	0. 05	0. 59
18:1	g	2. 42			10. 96	0. 68	7. 67
20:1	g	0. 04			0. 19	0. 01	0. 13
22:1	g						
Polyunsaturated, total	g	0. 63			2. 87	0. 18	2. 01
18:2	g	0. 51			2. 32	0. 14	1. 62
18:3	g	0. 02			0. 11	0. 01	0. 08
18:4	g						
20:4	g	0. 07			0. 32	0. 02	0. 23
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	61			277	17	194
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 268			1. 214	0. 076	0. 850
Threonine	g	0. 962			4. 364	0. 273	3. 055
Isoleucine	g	0. 987			4. 475	0. 280	3. 133
Leucine	g	1. 691			7. 669	0. 479	5. 368
Lysine	g	1. 895			8. 595	0. 537	6. 016
Methionine	g	0. 558			2. 531	0. 158	1. 771
Cystine	g	0. 269			1. 219	0. 076	0. 853
Phenylalanine	g	0. 841			3. 815	0. 238	2. 670
Tyrosine	g	0. 734			3. 330	0. 208	2. 331
Valine	g	1. 143			5. 185	0. 324	3. 629
Arginine	g	1. 310			5. 941	0. 371	4. 159
Histidine	g	0. 842			3. 818	0. 239	2. 672
Alanine	g	1. 227			5. 568	0. 348	3. 897
Aspartic acid	g	1. 954			8. 865	0. 554	6. 205
Glutamic acid	g	3. 298			14. 961	0. 935	10. 472
Glycine	g	1. 000			4. 538	0. 284	3. 177
Proline	g	0. 846			3. 839	0. 240	2. 687
Serine	g	0. 870			3. 948	0. 247	2. 763

[1] Weighted average of NDB Nos. 10010, 10207, 10199, 10048, 10040, 10066, 10225, 10060, 10056, 10214, 10084, and 10077.

PORK, FRESH, COMPOSITE OF TRIMMED RETAIL CUTS (LEG, LOIN, AND SHOULDER), SEPARABLE LEAN ONLY, Cooked[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 231 g[2]	Refuse: Bone and skin 22% Separable fat 9%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60. 31			51. 27	139. 33	189. 45
Food energy	kcal	212			180	490	666
	kJ	888			755	2,052	2,790
Protein (N x 6.25)	g	29. 27			24. 88	67. 61	91. 93
Total lipid (fat)	g	9. 66			8. 22	22. 33	30. 36
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 18			1. 00	2. 72	3. 70
Minerals:							
Calcium	mg	21			18	48	66
Iron	mg	1. 10			0. 94	2. 54	3. 46
Magnesium	mg	26			22	59	80
Phosphorus	mg	237			201	547	743
Potassium	mg	375			319	866	1,177
Sodium	mg	59			50	136	185
Zinc	mg	2. 97			2. 52	6. 85	9. 32
Copper	mg	0. 061			0. 052	0. 140	0. 191
Manganese	mg	0. 018			0. 015	0. 041	0. 055
Vitamins:							
Ascorbic acid	mg	0. 3			0. 3	0. 8	1. 1
Thiamin	mg	0. 846			0. 719	1. 954	2. 656
Riboflavin	mg	0. 345			0. 293	0. 797	1. 084
Niacin	mg	5. 172			4. 396	11. 947	16. 245
Pantothenic acid	mg	0. 684			0. 581	1. 580	2. 149
Vitamin B-6	mg	0. 434			0. 369	1. 002	1. 362
Folate	mcg	6			5	15	20
Vitamin B-12	mcg	0. 75			0. 64	1. 74	2. 37
Vitamin A	RE	2			2	5	7
	IU	7			6	17	24
Lipids:							
Fatty acids:							
Saturated, total	g	3. 41			2. 90	7. 87	10. 70
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 02	0. 02
12:0	g	0. 01			0. 01	0. 01	0. 02
14:0	g	0. 12			0. 10	0. 27	0. 37
16:0	g	2. 11			1. 80	4. 89	6. 64
18:0	g	1. 09			0. 93	2. 52	3. 42
Monounsaturated, total	g	4. 35			3. 70	10. 06	13. 68
16:1	g	0. 31			0. 27	0. 72	0. 98
18:1	g	3. 91			3. 32	9. 02	12. 27
20:1	g	0. 09			0. 08	0. 21	0. 29
22:1	g						
Polyunsaturated, total	g	0. 75			0. 64	1. 74	2. 37
18:2	g	0. 65			0. 55	1. 50	2. 04
18:3	g	0. 02			0. 02	0. 05	0. 06
18:4	g						
20:4	g	0. 05			0. 04	0. 11	0. 16
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	86			73	199	271
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 372			0. 316	0. 859	1. 168
Threonine	g	1. 337			1. 136	3. 087	4. 198
Isoleucine	g	1. 371			1. 165	3. 166	4. 305
Leucine	g	2. 348			1. 996	5. 425	7. 376
Lysine	g	2. 632			2. 237	6. 080	8. 267
Methionine	g	0. 775			0. 659	1. 790	2. 434
Cystine	g	0. 373			0. 317	0. 862	1. 173
Phenylalanine	g	1. 168			0. 993	2. 699	3. 670
Tyrosine	g	1. 020			0. 867	2. 356	3. 203
Valine	g	1. 588			1. 350	3. 668	4. 987
Arginine	g	1. 819			1. 547	4. 203	5. 715
Histidine	g	1. 169			0. 994	2. 701	3. 673
Alanine	g	1. 705			1. 449	3. 939	5. 356
Aspartic acid	g	2. 715			2. 308	6. 271	8. 527
Glutamic acid	g	4. 582			3. 895	10. 584	14. 391
Glycine	g	1. 390			1. 181	3. 210	4. 365
Proline	g	1. 176			0. 999	2. 716	3. 693
Serine	g	1. 209			1. 028	2. 793	3. 797

[1] Weighted average of NDB Nos. 10011, 10209, 10203, 10050, 10042, 10068, 10069, 10061, 10059, 10216, 10086, and 10079.
[2] Raw weight includes refuse; cooked weight excludes refuse.

PORK, FRESH, COMPOSITE OF TRIMMED RETAIL CUTS (LOIN AND SHOULDER BLADE), SEPARABLE LEAN AND FAT, Raw[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 22%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	66. 83			303. 14	18. 95	239. 45
Food energy	kcal	200			906	57	716
	kJ	836			3,792	237	2,995
Protein (N x 6.25)	g	19. 53			88. 59	5. 54	69. 98
Total lipid (fat)	g	12. 90			58. 49	3. 66	46. 21
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 96			4. 35	0. 27	3. 43
Minerals:							
Calcium	mg	19			86	5	68
Iron	mg	0. 82			3. 73	0. 23	2. 95
Magnesium	mg	21			94	6	74
Phosphorus	mg	195			883	55	698
Potassium	mg	352			1,596	100	1,261
Sodium	mg	51			232	14	183
Zinc	mg	1. 87			8. 47	0. 53	6. 69
Copper	mg	0. 059			0. 269	0. 017	0. 212
Manganese	mg	0. 011			0. 051	0. 003	0. 040
Vitamins:							
Ascorbic acid	mg	0. 6			2. 6	0. 2	2. 0
Thiamin	mg	0. 892			4. 046	0. 253	3. 196
Riboflavin	mg	0. 253			1. 146	0. 072	0. 905
Niacin	mg	4. 492			20. 375	1. 273	16. 094
Pantothenic acid	mg	0. 729			3. 306	0. 207	2. 612
Vitamin B-6	mg	0. 456			2. 069	0. 129	1. 635
Folate	mcg	5			23	1	18
Vitamin B-12	mcg	0. 63			2. 84	0. 18	2. 24
Vitamin A	RE	2			10	1	8
	IU	7			32	2	25
Lipids:							
Fatty acids:							
Saturated, total	g	4. 47			20. 30	1. 27	16. 03
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 05	0. 00	0. 04
12:0	g	0. 01			0. 06	0. 00	0. 05
14:0	g	0. 16			0. 73	0. 05	0. 58
16:0	g	2. 79			12. 66	0. 79	10. 00
18:0	g	1. 46			6. 62	0. 41	5. 23
Monounsaturated, total	g	5. 75			26. 10	1. 63	20. 62
16:1	g	0. 37			1. 69	0. 11	1. 33
18:1	g	5. 27			23. 92	1. 49	18. 89
20:1	g	0. 10			0. 43	0. 03	0. 34
22:1	g						
Polyunsaturated, total	g	1. 37			6. 23	0. 39	4. 92
18:2	g	1. 14			5. 18	0. 32	4. 09
18:3	g	0. 09			0. 39	0. 02	0. 31
18:4	g						
20:4	g	0. 08			0. 37	0. 02	0. 29
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	64			291	18	230
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 242			1. 096	0. 068	0. 865
Threonine	g	0. 882			3. 999	0. 250	3. 159
Isoleucine	g	0. 900			4. 082	0. 255	3. 225
Leucine	g	1. 556			7. 056	0. 441	5. 573
Lysine	g	1. 748			7. 928	0. 496	6. 263
Methionine	g	0. 508			2. 306	0. 144	1. 821
Cystine	g	0. 246			1. 115	0. 070	0. 881
Phenylalanine	g	0. 776			3. 522	0. 220	2. 782
Tyrosine	g	0. 668			3. 031	0. 189	2. 394
Valine	g	1. 052			4. 774	0. 298	3. 771
Arginine	g	1. 233			5. 592	0. 349	4. 417
Histidine	g	0. 761			3. 454	0. 216	2. 728
Alanine	g	1. 146			5. 199	0. 325	4. 107
Aspartic acid	g	1. 795			8. 142	0. 509	6. 431
Glutamic acid	g	3. 011			13. 656	0. 854	10. 787
Glycine	g	1. 011			4. 586	0. 287	3. 623
Proline	g	0. 830			3. 767	0. 235	2. 975
Serine	g	0. 807			3. 659	0. 229	2. 890

[1] Weighted average of NDB Nos. 10204, 10194, 10044, 10036, 10062, 10224, 10218, 10052, 10210, 10080, and 10192.

PORK, FRESH, COMPOSITE OF TRIMMED RETAIL CUTS (LOIN AND SHOULDER BLADE), SEPARABLE LEAN AND FAT, Cooked[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 261 g[2]	Refuse: Bone 22%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	56. 68			48. 18	147. 93	200. 52
Food energy	kcal	252			214	657	891
	kJ	1,054			896	2,750	3,728
Protein (N x 6.25)	g	27. 78			23. 61	72. 50	98. 27
Total lipid (fat)	g	14. 76			12. 54	38. 51	52. 21
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 14			0. 97	2. 98	4. 04
Minerals:							
Calcium	mg	24			20	61	83
Iron	mg	0. 99			0. 84	2. 58	3. 50
Magnesium	mg	24			21	63	86
Phosphorus	mg	227			193	591	802
Potassium	mg	362			307	944	1,280
Sodium	mg	57			49	150	203
Zinc	mg	2. 62			2. 23	6. 83	9. 26
Copper	mg	0. 051			0. 044	0. 134	0. 181
Manganese	mg	0. 007			0. 006	0. 017	0. 024
Vitamins:							
Ascorbic acid	mg	0. 3			0. 3	0. 8	1. 1
Thiamin	mg	0. 849			0. 721	2. 215	3. 002
Riboflavin	mg	0. 324			0. 275	0. 845	1. 145
Niacin	mg	4. 960			4. 216	12. 945	17. 547
Pantothenic acid	mg	0. 667			0. 567	1. 742	2. 361
Vitamin B-6	mg	0. 404			0. 344	1. 055	1. 431
Folate	mcg	6			5	15	20
Vitamin B-12	mcg	0. 74			0. 63	1. 93	2. 61
Vitamin A	RE	2			2	6	9
	IU	8			7	21	28
Lipids:							
Fatty acids:							
Saturated, total	g	5. 30			4. 51	13. 84	18. 76
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 03	0. 04
12:0	g	0. 01			0. 01	0. 03	0. 04
14:0	g	0. 18			0. 16	0. 48	0. 65
16:0	g	3. 27			2. 78	8. 54	11. 58
18:0	g	1. 71			1. 46	4. 47	6. 06
Monounsaturated, total	g	6. 55			5. 57	17. 10	23. 19
16:1	g	0. 47			0. 40	1. 22	1. 66
18:1	g	5. 88			5. 00	15. 36	20. 82
20:1	g	0. 13			0. 11	0. 35	0. 47
22:1	g						
Polyunsaturated, total	g	1. 18			1. 00	3. 07	4. 17
18:2	g	1. 02			0. 87	2. 67	3. 62
18:3	g	0. 03			0. 03	0. 09	0. 12
18:4	g						
20:4	g	0. 06			0. 05	0. 17	0. 23
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	86			73	224	304
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 351			0. 299	0. 917	1. 243
Threonine	g	1. 266			1. 076	3. 304	4. 479
Isoleucine	g	1. 297			1. 102	3. 385	4. 589
Leucine	g	2. 226			1. 892	5. 809	7. 875
Lysine	g	2. 496			2. 121	6. 514	8. 830
Methionine	g	0. 733			0. 623	1. 914	2. 594
Cystine	g	0. 353			0. 300	0. 923	1. 251
Phenylalanine	g	1. 108			0. 942	2. 892	3. 920
Tyrosine	g	0. 965			0. 820	2. 518	3. 413
Valine	g	1. 505			1. 279	3. 928	5. 325
Arginine	g	1. 731			1. 472	4. 519	6. 126
Histidine	g	1. 105			0. 939	2. 884	3. 909
Alanine	g	1. 620			1. 377	4. 229	5. 733
Aspartic acid	g	2. 572			2. 186	6. 713	9. 100
Glutamic acid	g	4. 336			3. 686	11. 318	15. 342
Glycine	g	1. 340			1. 139	3. 497	4. 740
Proline	g	1. 127			0. 958	2. 942	3. 988
Serine	g	1. 147			0. 975	2. 994	4. 059

[1] Weighted average of NDB Nos. 10206, 10198, 10046, 10038, 10064, 10065, 10222, 10055, 10212, 10082, and 10193.
[2] Raw weight includes refuse; cooked weight excludes refuse.

PORK, FRESH, COMPOSITE OF TRIMMED RETAIL CUTS (LOIN AND SHOULDER BLADE), SEPARABLE LEAN ONLY, Raw[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 22% Separable fat 8%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	72. 23			327. 63	20. 48	229. 69
Food energy	kcal	144			652	41	457
	kJ	601			2,728	171	1,913
Protein (N x 6.25)	g	21. 23			96. 31	6. 02	67. 52
Total lipid (fat)	g	5. 88			26. 66	1. 67	18. 69
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 05			4. 75	0. 30	3. 33
Minerals:							
Calcium	mg	17			78	5	54
Iron	mg	0. 88			3. 97	0. 25	2. 79
Magnesium	mg	23			105	7	74
Phosphorus	mg	209			949	59	665
Potassium	mg	384			1,744	109	1,223
Sodium	mg	54			245	15	172
Zinc	mg	1. 99			9. 01	0. 56	6. 32
Copper	mg	0. 065			0. 296	0. 019	0. 208
Manganese	mg	0. 012			0. 055	0. 003	0. 039
Vitamins:							
Ascorbic acid	mg	0. 6			2. 9	0. 2	2. 1
Thiamin	mg	0. 980			4. 444	0. 278	3. 116
Riboflavin	mg	0. 272			1. 233	0. 077	0. 865
Niacin	mg	4. 825			21. 888	1. 368	15. 345
Pantothenic acid	mg	0. 789			3. 579	0. 224	2. 509
Vitamin B-6	mg	0. 510			2. 315	0. 145	1. 623
Folate	mcg	5			24	2	17
Vitamin B-12	mcg	0. 66			3. 00	0. 19	2. 10
Vitamin A	RE	2			9	1	6
	IU	7			30	2	21
Lipids:							
Fatty acids:							
Saturated, total	g	2. 03			9. 20	0. 58	6. 45
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 02	0. 00	0. 02
12:0	g	0. 01			0. 03	0. 00	0. 02
14:0	g	0. 07			0. 33	0. 02	0. 23
16:0	g	1. 29			5. 87	0. 37	4. 12
18:0	g	0. 64			2. 88	0. 18	2. 02
Monounsaturated, total	g	2. 66			12. 04	0. 75	8. 44
16:1	g	0. 19			0. 84	0. 05	0. 59
18:1	g	2. 41			10. 95	0. 68	7. 68
20:1	g	0. 04			0. 19	0. 01	0. 13
22:1	g						
Polyunsaturated, total	g	0. 63			2. 87	0. 18	2. 01
18:2	g	0. 51			2. 31	0. 14	1. 62
18:3	g	0. 02			0. 11	0. 01	0. 08
18:4	g						
20:4	g	0. 07			0. 32	0. 02	0. 23
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	60			273	17	192
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 270			1. 223	0. 076	0. 858
Threonine	g	0. 970			4. 398	0. 275	3. 083
Isoleucine	g	0. 994			4. 510	0. 282	3. 162
Leucine	g	1. 704			7. 727	0. 483	5. 417
Lysine	g	1. 909			8. 661	0. 541	6. 072
Methionine	g	0. 562			2. 550	0. 159	1. 788
Cystine	g	0. 271			1. 228	0. 077	0. 861
Phenylalanine	g	0. 848			3. 844	0. 240	2. 695
Tyrosine	g	0. 740			3. 356	0. 210	2. 352
Valine	g	1. 152			5. 225	0. 327	3. 663
Arginine	g	1. 320			5. 987	0. 374	4. 197
Histidine	g	0. 848			3. 847	0. 240	2. 697
Alanine	g	1. 237			5. 611	0. 351	3. 933
Aspartic acid	g	1. 969			8. 933	0. 558	6. 262
Glutamic acid	g	3. 324			15. 076	0. 942	10. 569
Glycine	g	1. 008			4. 573	0. 286	3. 206
Proline	g	0. 853			3. 869	0. 242	2. 712
Serine	g	0. 877			3. 978	0. 249	2. 789

[1] Weighted average of NDB Nos. 10207, 10199, 10048, 10040, 10066, 10225, 10060, 10056, 10214, and 10084.

PORK, FRESH, COMPOSITE OF TRIMMED RETAIL CUTS (LOIN AND SHOULDER BLADE), SEPARABLE LEAN ONLY, Cooked[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 236 g[2]	Refuse: Bone 22% Separable fat 8%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60. 30			51. 26	142. 31	192. 96
Food energy	kcal	211			179	498	675
	kJ	883			751	2,085	2,826
Protein (N x 6.25)	g	29. 47			25. 05	69. 54	94. 30
Total lipid (fat)	g	9. 44			8. 03	22. 29	30. 22
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 19			1. 01	2. 81	3. 81
Minerals:							
Calcium	mg	22			19	53	72
Iron	mg	1. 07			0. 91	2. 54	3. 44
Magnesium	mg	26			22	61	83
Phosphorus	mg	234			199	552	748
Potassium	mg	377			320	889	1,206
Sodium	mg	57			48	134	182
Zinc	mg	2. 87			2. 44	6. 76	9. 17
Copper	mg	0. 053			0. 045	0. 126	0. 171
Manganese	mg	0. 015			0. 013	0. 035	0. 048
Vitamins:							
Ascorbic acid	mg	0. 4			0. 3	0. 8	1. 1
Thiamin	mg	0. 873			0. 742	2. 061	2. 795
Riboflavin	mg	0. 344			0. 292	0. 812	1. 100
Niacin	mg	5. 251			4. 463	12. 391	16. 802
Pantothenic acid	mg	0. 692			0. 588	1. 633	2. 214
Vitamin B-6	mg	0. 435			0. 369	1. 026	1. 391
Folate	mcg	6			5	15	20
Vitamin B-12	mcg	0. 75			0. 64	1. 78	2. 41
Vitamin A	RE	2			2	5	7
	IU	7			6	18	24
Lipids:							
Fatty acids:							
Saturated, total	g	3. 34			2. 84	7. 89	10. 69
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 02	0. 02
12:0	g	0. 01			0. 01	0. 02	0. 02
14:0	g	0. 12			0. 10	0. 27	0. 37
16:0	g	2. 07			1. 76	4. 89	6. 62
18:0	g	1. 07			0. 91	2. 53	3. 42
Monounsaturated, total	g	4. 22			3. 59	9. 97	13. 52
16:1	g	0. 31			0. 26	0. 73	0. 99
18:1	g	3. 78			3. 21	8. 92	12. 09
20:1	g	0. 09			0. 08	0. 21	0. 29
22:1	g						
Polyunsaturated, total	g	0. 71			0. 61	1. 68	2. 28
18:2	g	0. 61			0. 52	1. 44	1. 96
18:3	g	0. 02			0. 02	0. 04	0. 06
18:4	g						
20:4	g	0. 05			0. 04	0. 11	0. 15
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	85			72	201	273
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 374			0. 318	0. 883	1. 198
Threonine	g	1. 346			1. 144	3. 176	4. 306
Isoleucine	g	1. 380			1. 173	3. 256	4. 415
Leucine	g	2. 364			2. 010	5. 580	7. 566
Lysine	g	2. 650			2. 252	6. 254	8. 480
Methionine	g	0. 780			0. 663	1. 841	2. 497
Cystine	g	0. 376			0. 319	0. 887	1. 203
Phenylalanine	g	1. 176			1. 000	2. 776	3. 764
Tyrosine	g	1. 027			0. 873	2. 423	3. 286
Valine	g	1. 599			1. 359	3. 773	5. 116
Arginine	g	1. 832			1. 557	4. 323	5. 862
Histidine	g	1. 177			1. 001	2. 778	3. 767
Alanine	g	1. 717			1. 459	4. 051	5. 493
Aspartic acid	g	2. 733			2. 323	6. 450	8. 746
Glutamic acid	g	4. 613			3. 921	10. 886	14. 761
Glycine	g	1. 399			1. 189	3. 302	4. 477
Proline	g	1. 184			1. 006	2. 794	3. 788
Serine	g	1. 217			1. 035	2. 873	3. 895

[1] Weighted average of NDB Nos. 10209, 10203, 10050, 10042, 10068, 10069, 10061, 10059, 10216, and 10086.
[2] Raw weight includes refuse; cooked weight excludes refuse.

PORK, FRESH, BACKFAT, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Skin 11%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	7. 69	0. 131	210	34. 88	2. 18	31. 04
Food energy	kcal	812			3,685	230	3,280
	kJ	3,401			15,427	964	13,730
Protein (N x 6.25)	g	2. 92	0. 083	98	13. 25	0. 83	11. 79
Total lipid (fat)	g	88. 69	0. 262	96	402. 30	25. 14	358. 04
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 70			3. 18	0. 20	2. 83
Minerals:							
Calcium	mg	2			9	1	8
Iron	mg	0. 18			0. 82	0. 05	0. 73
Magnesium	mg	2			9	1	8
Phosphorus	mg	38			172	11	153
Potassium	mg	65			295	18	262
Sodium	mg	11			50	3	44
Zinc	mg	0. 37			1. 68	0. 10	1. 49
Copper	mg	0. 018			0. 082	0. 005	0. 073
Manganese	mg	0. 002			0. 009	0. 001	0. 008
Vitamins:							
Ascorbic acid	mg	0. 1			0. 5	0. 0	0. 4
Thiamin	mg	0. 084			0. 381	0. 024	0. 339
Riboflavin	mg	0. 051			0. 231	0. 014	0. 206
Niacin	mg	0. 985			4. 468	0. 279	3. 976
Pantothenic acid	mg	0. 115			0. 522	0. 033	0. 464
Vitamin B-6	mg	0. 040			0. 181	0. 011	0. 161
Folate	mcg	1			5	0	4
Vitamin B-12	mcg	0. 18			0. 82	0. 05	0. 73
Vitamin A	RE	5			20	1	18
	IU	15			68	4	61
Lipids:							
Fatty acids:							
Saturated, total	g	32. 21			146. 12	9. 13	130. 04
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 06		1	0. 27	0. 02	0. 24
12:0	g	0. 19		12	0. 86	0. 05	0. 77
14:0	g	1. 12		242	5. 08	0. 32	4. 52
16:0	g	19. 45		245	88. 22	5. 51	78. 51
18:0	g	11. 39		245	51. 68	3. 23	46. 00
Monounsaturated, total	g	41. 95			190. 30	11. 89	169. 37
16:1	g	2. 75		241	12. 48	0. 78	11. 11
18:1	g	38. 48		245	174. 55	10. 91	155. 35
20:1	g	0. 72		1	3. 27	0. 20	2. 91
22:1	g						
Polyunsaturated, total	g	10. 35			46. 97	2. 94	41. 80
18:2	g	9. 50		245	43. 09	2. 69	38. 35
18:3	g	0. 74		27	3. 38	0. 21	3. 01
18:4	g						
20:4	g	0. 11		12	0. 50	0. 03	0. 44
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	57	2. 104	8	259	16	230
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 037		3	0. 168	0. 011	0. 150
Threonine	g	0. 133		3	0. 605	0. 038	0. 538
Isoleucine	g	0. 137		3	0. 620	0. 039	0. 552
Leucine	g	0. 234		3	1. 063	0. 066	0. 946
Lysine	g	0. 263		3	1. 191	0. 074	1. 060
Methionine	g	0. 077		3	0. 351	0. 022	0. 312
Cystine	g	0. 037		3	0. 169	0. 011	0. 150
Phenylalanine	g	0. 117		3	0. 529	0. 033	0. 471
Tyrosine	g	0. 102		3	0. 461	0. 029	0. 411
Valine	g	0. 158		3	0. 719	0. 045	0. 640
Arginine	g	0. 182		3	0. 823	0. 051	0. 733
Histidine	g	0. 117		3	0. 529	0. 033	0. 471
Alanine	g	0. 170		1	0. 772	0. 048	0. 687
Aspartic acid	g	0. 271		1	1. 228	0. 077	1. 093
Glutamic acid	g	0. 457		1	2. 073	0. 130	1. 845
Glycine	g	0. 139		1	0. 629	0. 039	0. 560
Proline	g	0. 117		1	0. 532	0. 033	0. 474
Serine	g	0. 121		1	0. 547	0. 034	0. 487

PORK, FRESH, BELLY, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Skin 7%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	36. 74	0. 546	33	166. 65	10. 42	154. 97
Food energy	kcal	518			2,350	147	2,185
	kJ	2,169			9,836	615	9,147
Protein (N x 6.25)	g	9. 34	0. 161	33	42. 37	2. 65	39. 40
Total lipid (fat)	g	53. 01	0. 684	33	240. 45	15. 03	223. 60
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 49			2. 22	0. 14	2. 07
Minerals:							
Calcium	mg	5			23	1	21
Iron	mg	0. 52			2. 36	0. 15	2. 19
Magnesium	mg	4			18	1	17
Phosphorus	mg	108			490	31	456
Potassium	mg	185			839	52	780
Sodium	mg	32			145	9	135
Zinc	mg	1. 02			4. 63	0. 29	4. 30
Copper	mg	0. 052			0. 236	0. 015	0. 219
Manganese	mg	0. 006			0. 027	0. 002	0. 025
Vitamins:							
Ascorbic acid	mg	0. 3			1. 4	0. 1	1. 3
Thiamin	mg	0. 396			1. 796	0. 112	1. 670
Riboflavin	mg	0. 242			1. 098	0. 069	1. 021
Niacin	mg	4. 647			21. 079	1. 317	19. 601
Pantothenic acid	mg	0. 256			1. 161	0. 073	1. 080
Vitamin B-6	mg	0. 130			0. 590	0. 037	0. 548
Folate	mcg	1			5	0	4
Vitamin B-12	mcg	0. 84			3. 81	0. 24	3. 54
Vitamin A	RE	3			14	1	13
	IU	10			45	3	42
Lipids:							
Fatty acids:							
Saturated, total	g	19. 33			87. 66	5. 48	81. 52
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 04		7	0. 18	0. 01	0. 17
12:0	g	0. 06		13	0. 27	0. 02	0. 25
14:0	g	0. 70		315	3. 17	0. 20	2. 95
16:0	g	11. 92		316	54. 06	3. 38	50. 27
18:0	g	6. 49		318	29. 43	1. 84	27. 37
Monounsaturated, total	g	24. 70			112. 02	7. 00	104. 16
16:1	g	1. 50		314	6. 80	0. 43	6. 33
18:1	g	22. 77		316	103. 26	6. 45	96. 02
20:1	g	0. 43		7	1. 95	0. 12	1. 81
22:1	g						
Polyunsaturated, total	g	5. 65			25. 62	1. 60	23. 83
18:2	g	5. 03		316	22. 81	1. 43	21. 21
18:3	g	0. 48		67	2. 18	0. 14	2. 02
18:4	g						
20:4	g	0. 14		29	0. 63	0. 04	0. 59
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	72			327	20	304
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 119			0. 538	0. 034	0. 500
Threonine	g	0. 426			1. 935	0. 121	1. 799
Isoleucine	g	0. 437			1. 984	0. 124	1. 845
Leucine	g	0. 749			3. 399	0. 212	3. 161
Lysine	g	0. 840			3. 810	0. 238	3. 543
Methionine	g	0. 247			1. 122	0. 070	1. 043
Cystine	g	0. 119			0. 540	0. 034	0. 502
Phenylalanine	g	0. 373			1. 691	0. 106	1. 573
Tyrosine	g	0. 325			1. 476	0. 092	1. 373
Valine	g	0. 507			2. 298	0. 144	2. 137
Arginine	g	0. 581			2. 634	0. 165	2. 449
Histidine	g	0. 373			1. 692	0. 106	1. 574
Alanine	g	0. 544			2. 468	0. 154	2. 295
Aspartic acid	g	0. 866			3. 930	0. 246	3. 654
Glutamic acid	g	1. 462			6. 632	0. 414	6. 167
Glycine	g	0. 443			2. 012	0. 126	1. 871
Proline	g	0. 375			1. 702	0. 106	1. 583
Serine	g	0. 386			1. 750	0. 109	1. 627

PORK, FRESH, SEPARABLE FAT, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 4 oz = 113 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	24. 59	0. 690	20	27. 79	6. 97	111. 56
Food energy	kcal	638			721	181	2,893
	kJ	2,670			3,017	757	12,110
Protein (N x 6.25)	g	6. 34	0. 204	5	7. 16	1. 80	28. 76
Total lipid (fat)	g	67. 70	0. 799	20	76. 51	19. 19	307. 11
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 25	0. 009	115	0. 28	0. 07	1. 13
Minerals:							
Calcium[1]	mg	45	4. 754	5	51	13	204
Iron	mg	0. 29	0. 007	218	0. 33	0. 08	1. 32
Magnesium	mg	2	0. 199	68	3	1	11
Phosphorus	mg	90	3. 030	5	102	26	410
Potassium	mg	120	3. 733	5	135	34	543
Sodium	mg	18	0. 415	111	21	5	84
Zinc	mg	0. 71	0. 021	5	0. 80	0. 20	3. 21
Copper	mg	0. 028	0. 000	111	0. 032	0. 008	0. 128
Manganese	mg	0. 003			0. 003	0. 001	0. 014
Vitamins:							
Ascorbic acid	mg	0. 0			0. 0	0. 0	0. 0
Thiamin	mg	0. 230			0. 260	0. 065	1. 043
Riboflavin	mg	0. 100			0. 113	0. 028	0. 454
Niacin	mg	1. 800			2. 034	0. 510	8. 165
Pantothenic acid	mg	0. 250			0. 282	0. 071	1. 134
Vitamin B-6	mg	0. 040	0. 010	8	0. 045	0. 011	0. 181
Folate	mcg	2			2	1	9
Vitamin B-12	mcg	0. 32			0. 36	0. 09	1. 45
Vitamin A	RE	3		1	3	1	14
	IU	10		1	11	3	45
Lipids:							
Fatty acids:							
Saturated, total	g	23. 52			26. 57	6. 67	106. 68
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 05		7	0. 05	0. 01	0. 21
12:0	g	0. 07		13	0. 08	0. 02	0. 34
14:0	g	0. 84		318	0. 95	0. 24	3. 83
16:0	g	14. 46		319	16. 34	4. 10	65. 58
18:0	g	7. 87		321	8. 89	2. 23	35. 69
Monounsaturated, total	g	29. 94			33. 83	8. 49	135. 80
16:1	g	1. 82		317	2. 05	0. 52	8. 25
18:1	g	27. 60		319	31. 19	7. 82	125. 20
20:1	g	0. 52		7	0. 59	0. 15	2. 36
22:1	g						
Polyunsaturated, total	g	7. 21			8. 15	2. 04	32. 70
18:2	g	6. 11		319	6. 91	1. 73	27. 73
18:3	g	0. 59		69	0. 67	0. 17	2. 67
18:4	g						
20:4	g	0. 17		31	0. 19	0. 05	0. 75
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	93	3. 090	12	105	26	422
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 021			0. 024	0. 006	0. 095
Threonine	g	0. 197			0. 223	0. 056	0. 894
Isoleucine	g	0. 165			0. 186	0. 047	0. 748
Leucine	g	0. 404			0. 457	0. 115	1. 833
Lysine	g	0. 493			0. 557	0. 140	2. 236
Methionine	g	0. 088			0. 100	0. 025	0. 400
Cystine	g	0. 051			0. 057	0. 014	0. 230
Phenylalanine	g	0. 224			0. 253	0. 063	1. 014
Tyrosine	g	0. 109			0. 123	0. 031	0. 495
Valine	g	0. 280			0. 316	0. 079	1. 268
Arginine	g	0. 564			0. 637	0. 160	2. 558
Histidine	g	0. 082			0. 093	0. 023	0. 373
Alanine	g	0. 446			0. 504	0. 127	2. 025
Aspartic acid	g	0. 437			0. 494	0. 124	1. 983
Glutamic acid	g	0. 568			0. 642	0. 161	2. 577
Glycine	g	1. 061			1. 199	0. 301	4. 813
Proline	g	0. 671			0. 758	0. 190	3. 041
Serine	g	0. 261			0. 295	0. 074	1. 183

[1] Values are for separable fat of bone-in cuts; separable fat of boneless cuts contains 3 mg calcium per 100 g.

PORK, FRESH, SEPARABLE FAT, Cooked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 4 oz = 113 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	23. 22	0. 583	19	26. 23	6. 58	105. 31
Food energy	kcal	629			710	178	2,851
	kJ	2,631			2,974	746	11,936
Protein (N x 6.25)	g	12. 20	0. 534	19	13. 79	3. 46	55. 34
Total lipid (fat)	g	63. 92	1. 018	19	72. 22	18. 12	289. 92
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 75	0. 049	19	0. 84	0. 21	3. 39
Minerals:							
Calcium[1]	mg	53	0. 958	5	60	15	240
Iron	mg	0. 36	0. 018	67	0. 41	0. 10	1. 63
Magnesium	mg	7	0. 370	67	8	2	30
Phosphorus	mg	162	6. 337	5	184	46	737
Potassium	mg	235	4. 994	5	266	67	1,067
Sodium	mg	34	1. 252	67	39	10	155
Zinc	mg	1. 26	0. 039	5	1. 42	0. 36	5. 70
Copper	mg	0. 052	0. 000	67	0. 059	0. 015	0. 235
Manganese	mg	0. 003			0. 003	0. 001	0. 014
Vitamins:							
Ascorbic acid	mg	0. 0		1	0. 0	0. 0	0. 0
Thiamin	mg	0. 325	0. 025	2	0. 367	0. 092	1. 474
Riboflavin	mg	0. 110		1	0. 124	0. 031	0. 499
Niacin	mg	2. 530		1	2. 859	0. 717	11. 476
Pantothenic acid	mg	0. 320			0. 362	0. 091	1. 452
Vitamin B-6	mg	0. 130			0. 147	0. 037	0. 590
Folate	mcg	2			2	1	9
Vitamin B-12	mcg	0. 45			0. 51	0. 13	2. 04
Vitamin A	RE	4		1	4	1	18
	IU	13		1	15	4	59
Lipids:							
Fatty acids:							
Saturated, total	g	24. 49			27. 68	6. 94	111. 09
4:0	g						
6:0	g						
8:0	g	0. 01		19	0. 01	0. 00	0. 03
10:0	g	0. 05		19	0. 06	0. 01	0. 23
12:0	g	0. 05		19	0. 05	0. 01	0. 22
14:0	g	0. 85		23	0. 96	0. 24	3. 85
16:0	g	14. 93		23	16. 87	4. 23	67. 72
18:0	g	8. 17		23	9. 24	2. 32	37. 08
Monounsaturated, total	g	27. 35			30. 91	7. 75	124. 08
16:1	g	1. 67		23	1. 89	0. 47	7. 58
18:1	g	25. 01		23	28. 26	7. 09	113. 43
20:1	g	0. 45		19	0. 51	0. 13	2. 04
22:1	g						
Polyunsaturated, total	g	6. 38			7. 21	1. 81	28. 95
18:2	g	5. 79		23	6. 54	1. 64	26. 24
18:3	g	0. 22		23	0. 24	0. 06	0. 98
18:4	g						
20:4	g	0. 12		23	0. 14	0. 03	0. 55
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	93	1. 954	23	105	26	420
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 040			0. 046	0. 011	0. 183
Threonine	g	0. 379			0. 429	0. 108	1. 721
Isoleucine	g	0. 318			0. 359	0. 090	1. 440
Leucine	g	0. 778			0. 879	0. 220	3. 527
Lysine	g	0. 949			1. 072	0. 269	4. 303
Methionine	g	0. 170			0. 192	0. 048	0. 770
Cystine	g	0. 098			0. 110	0. 028	0. 443
Phenylalanine	g	0. 430			0. 486	0. 122	1. 951
Tyrosine	g	0. 210			0. 237	0. 060	0. 953
Valine	g	0. 538			0. 608	0. 153	2. 441
Arginine	g	1. 085			1. 226	0. 308	4. 923
Histidine	g	0. 158			0. 179	0. 045	0. 717
Alanine	g	0. 859			0. 971	0. 243	3. 896
Aspartic acid	g	0. 841			0. 951	0. 239	3. 816
Glutamic acid	g	1. 093			1. 235	0. 310	4. 958
Glycine	g	2. 042			2. 307	0. 579	9. 262
Proline	g	1. 290			1. 458	0. 366	5. 853
Serine	g	0. 502			0. 567	0. 142	2. 276

[1] Values are for separable fat of bone-in cuts; separable fat of boneless cuts contains 4 mg calcium per 100 g.

PORK, FRESH, LEG (HAM), WHOLE, SEPARABLE LEAN AND FAT, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone and skin 17%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	62. 47			283. 35	17. 71	235. 18
Food energy	kcal	245			1,109	69	921
	kJ	1,024			4,644	290	3,855
Protein (N x 6.25)	g	17. 43			79. 04	4. 94	65. 61
Total lipid (fat)	g	18. 87			85. 57	5. 35	71. 03
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 88			3. 98	0. 25	3. 30
Minerals:							
Calcium	mg	5			24	2	20
Iron	mg	0. 85			3. 88	0. 24	3. 22
Magnesium	mg	20			91	6	76
Phosphorus	mg	199			903	56	750
Potassium	mg	315			1,430	89	1,187
Sodium	mg	47			214	13	177
Zinc	mg	1. 93			8. 77	0. 55	7. 28
Copper	mg	0. 065			0. 294	0. 018	0. 244
Manganese	mg	0. 023			0. 106	0. 007	0. 088
Vitamins:							
Ascorbic acid	mg	0. 7			3. 2	0. 2	2. 7
Thiamin	mg	0. 736			3. 337	0. 209	2. 770
Riboflavin	mg	0. 200			0. 909	0. 057	0. 754
Niacin	mg	4. 574			20. 747	1. 297	17. 220
Pantothenic acid	mg	0. 685			3. 108	0. 194	2. 579
Vitamin B-6	mg	0. 401			1. 817	0. 114	1. 508
Folate	mcg	7			34	2	28
Vitamin B-12	mcg	0. 63			2. 84	0. 18	2. 36
Vitamin A	RE	2			9	1	8
	IU	7			31	2	26
Lipids:							
Fatty acids:							
Saturated, total	g	6. 54			29. 68	1. 86	24. 64
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 06	0. 00	0. 05
12:0	g	0. 02			0. 09	0. 01	0. 08
14:0	g	0. 24			1. 07	0. 07	0. 89
16:0	g	4. 06			18. 40	1. 15	15. 27
18:0	g	2. 16			9. 79	0. 61	8. 12
Monounsaturated, total	g	8. 38			38. 02	2. 38	31. 56
16:1	g	0. 53			2. 39	0. 15	1. 98
18:1	g	7. 70			34. 94	2. 18	29. 00
20:1	g	0. 14			0. 64	0. 04	0. 53
22:1	g						
Polyunsaturated, total	g	2. 01			9. 13	0. 57	7. 58
18:2	g	1. 69			7. 66	0. 48	6. 36
18:3	g	0. 14			0. 66	0. 04	0. 54
18:4	g						
20:4	g	0. 09			0. 40	0. 02	0. 33
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	73			333	21	276
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 208			0. 946	0. 059	0. 785
Threonine	g	0. 776			3. 519	0. 220	2. 921
Isoleucine	g	0. 787			3. 572	0. 223	2. 965
Leucine	g	1. 376			6. 240	0. 390	5. 179
Lysine	g	1. 550			7. 032	0. 440	5. 837
Methionine	g	0. 444			2. 015	0. 126	1. 672
Cystine	g	0. 216			0. 979	0. 061	0. 812
Phenylalanine	g	0. 689			3. 126	0. 195	2. 595
Tyrosine	g	0. 583			2. 645	0. 165	2. 195
Valine	g	0. 931			4. 225	0. 264	3. 507
Arginine	g	1. 120			5. 080	0. 318	4. 217
Histidine	g	0. 659			2. 990	0. 187	2. 482
Alanine	g	1. 032			4. 680	0. 293	3. 885
Aspartic acid	g	1. 584			7. 184	0. 449	5. 963
Glutamic acid	g	2. 636			11. 958	0. 747	9. 925
Glycine	g	0. 992			4. 498	0. 281	3. 733
Proline	g	0. 790			3. 583	0. 224	2. 974
Serine	g	0. 720			3. 264	0. 204	2. 709

PORK, FRESH, LEG (HAM), WHOLE, SEPARABLE LEAN AND FAT, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g[1]	1 cup = 135 g	Refuse: Bone and skin 20%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	55. 04			46. 79	74. 31	199. 75
Food energy	kcal	273			232	369	992
	kJ	1,145			973	1,545	4,153
Protein (N x 6.25)	g	26. 83			22. 80	36. 22	97. 36
Total lipid (fat)	g	17. 61			14. 97	23. 78	63. 91
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 06			0. 90	1. 43	3. 83
Minerals:							
Calcium	mg	7			6	9	24
Iron	mg	1. 01			0. 85	1. 36	3. 65
Magnesium	mg	22			19	30	81
Phosphorus	mg	263			224	355	955
Potassium	mg	352			299	476	1,279
Sodium	mg	60			51	80	216
Zinc	mg	2. 96			2. 52	4. 00	10. 74
Copper	mg	0. 100			0. 085	0. 134	0. 361
Manganese	mg	0. 032			0. 027	0. 043	0. 116
Vitamins:							
Ascorbic acid	mg	0. 3			0. 3	0. 5	1. 2
Thiamin	mg	0. 635			0. 540	0. 858	2. 305
Riboflavin	mg	0. 313			0. 266	0. 423	1. 136
Niacin	mg	4. 574			3. 888	6. 175	16. 600
Pantothenic acid	mg	0. 617			0. 525	0. 834	2. 241
Vitamin B-6	mg	0. 402			0. 342	0. 543	1. 459
Folate	mcg	10			9	14	38
Vitamin B-12	mcg	0. 68			0. 58	0. 92	2. 47
Vitamin A	RE	3			2	4	10
	IU	10			8	13	35
Lipids:							
Fatty acids:							
Saturated, total	g	6. 47			5. 50	8. 74	23. 50
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 02			0. 02	0. 03	0. 08
12:0	g	0. 01			0. 01	0. 02	0. 05
14:0	g	0. 22			0. 19	0. 30	0. 81
16:0	g	4. 01			3. 41	5. 41	14. 55
18:0	g	2. 11			1. 79	2. 84	7. 64
Monounsaturated, total	g	7. 88			6. 70	10. 64	28. 60
16:1	g	0. 50			0. 43	0. 68	1. 82
18:1	g	7. 23			6. 14	9. 76	26. 24
20:1	g	0. 12			0. 10	0. 16	0. 42
22:1	g						
Polyunsaturated, total	g	1. 68			1. 43	2. 27	6. 09
18:2	g	1. 52			1. 29	2. 05	5. 52
18:3	g	0. 05			0. 04	0. 07	0. 18
18:4	g						
20:4	g	0. 07			0. 06	0. 09	0. 25
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	94			80	127	340
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 324			0. 275	0. 437	1. 174
Threonine	g	1. 198			1. 019	1. 618	4. 349
Isoleucine	g	1. 218			1. 035	1. 645	4. 421
Leucine	g	2. 122			1. 804	2. 865	7. 702
Lysine	g	2. 390			2. 032	3. 227	8. 674
Methionine	g	0. 687			0. 584	0. 928	2. 494
Cystine	g	0. 333			0. 283	0. 450	1. 210
Phenylalanine	g	1. 062			0. 903	1. 434	3. 855
Tyrosine	g	0. 903			0. 767	1. 218	3. 275
Valine	g	1. 437			1. 221	1. 940	5. 214
Arginine	g	1. 717			1. 459	2. 318	6. 230
Histidine	g	1. 022			0. 869	1. 380	3. 710
Alanine	g	1. 585			1. 347	2. 140	5. 752
Aspartic acid	g	2. 445			2. 078	3. 301	8. 872
Glutamic acid	g	4. 077			3. 466	5. 504	14. 796
Glycine	g	1. 493			1. 269	2. 016	5. 419
Proline	g	1. 198			1. 018	1. 617	4. 347
Serine	g	1. 108			0. 942	1. 496	4. 020

[1] Yield from 5.5 oz (157 g) raw meat with refuse.

PORK, FRESH, LEG (HAM), WHOLE, SEPARABLE LEAN ONLY, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone and skin 17% Separable fat 18%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	72. 90	0. 177	51	330. 67	20. 67	214. 91
Food energy	kcal	136			618	39	402
	kJ	570			2,587	162	1,681
Protein (N x 6.25)	g	20. 48	0. 139	53	92. 90	5. 81	60. 37
Total lipid (fat)	g	5. 41	0. 190	51	24. 54	1. 53	15. 95
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 05	0. 009	37	4. 76	0. 30	3. 10
Minerals:							
Calcium	mg	6	0. 339	38	27	2	18
Iron	mg	1. 01	0. 024	167	4. 58	0. 29	2. 98
Magnesium	mg	25	0. 431	25	113	7	74
Phosphorus	mg	229	3. 895	11	1,039	65	675
Potassium	mg	369	3. 071	149	1,674	105	1,088
Sodium	mg	55	1. 099	123	249	16	162
Zinc	mg	2. 27	0. 105	27	10. 30	0. 64	6. 69
Copper	mg	0. 075	0. 002	51	0. 340	0. 021	0. 221
Manganese	mg	0. 029			0. 132	0. 008	0. 085
Vitamins:							
Ascorbic acid	mg	0. 9			4. 1	0. 3	2. 7
Thiamin	mg	0. 875	0. 027	47	3. 969	0. 248	2. 579
Riboflavin	mg	0. 228	0. 010	46	1. 034	0. 065	0. 672
Niacin	mg	5. 338	0. 140	34	24. 213	1. 513	15. 736
Pantothenic acid	mg	0. 805			3. 651	0. 228	2. 373
Vitamin B-6	mg	0. 500			2. 268	0. 142	1. 474
Folate	mcg	9	3. 150	4	41	3	27
Vitamin B-12	mcg	0. 71	0. 056	11	3. 22	0. 20	2. 09
Vitamin A	RE	2			8	1	5
	IU	6			27	2	18
Lipids:							
Fatty acids:							
Saturated, total	g	1. 87			8. 47	0. 53	5. 51
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01		73	0. 02	0. 00	0. 01
12:0	g	0. 01		75	0. 03	0. 00	0. 02
14:0	g	0. 07		378	0. 30	0. 02	0. 20
16:0	g	1. 19		378	5. 40	0. 34	3. 51
18:0	g	0. 58		378	2. 65	0. 17	1. 72
Monounsaturated, total	g	2. 44			11. 09	0. 69	7. 20
16:1	g	0. 17		378	0. 78	0. 05	0. 50
18:1	g	2. 22		378	10. 08	0. 63	6. 55
20:1	g	0. 04		71	0. 17	0. 01	0. 11
22:1	g						
Polyunsaturated, total	g	0. 58			2. 64	0. 17	1. 72
18:2	g	0. 47		378	2. 13	0. 13	1. 38
18:3	g	0. 02		190	0. 10	0. 01	0. 07
18:4	g						
20:4	g	0. 07		315	0. 30	0. 02	0. 19
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	68	3. 212	25	308	19	200
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 260			1. 180	0. 074	0. 767
Threonine	g	0. 935			4. 242	0. 265	2. 757
Isoleucine	g	0. 959			4. 350	0. 272	2. 827
Leucine	g	1. 643			7. 454	0. 466	4. 844
Lysine	g	1. 842			8. 354	0. 522	5. 429
Methionine	g	0. 542			2. 460	0. 154	1. 599
Cystine	g	0. 261			1. 185	0. 074	0. 770
Phenylalanine	g	0. 818			3. 708	0. 232	2. 410
Tyrosine	g	0. 714			3. 237	0. 202	2. 104
Valine	g	1. 111			5. 040	0. 315	3. 275
Arginine	g	1. 273			5. 775	0. 361	3. 753
Histidine	g	0. 818			3. 711	0. 232	2. 412
Alanine	g	1. 193			5. 412	0. 338	3. 517
Aspartic acid	g	1. 900			8. 616	0. 539	5. 600
Glutamic acid	g	3. 206			14. 542	0. 909	9. 451
Glycine	g	0. 972			4. 411	0. 276	2. 867
Proline	g	0. 823			3. 732	0. 233	2. 425
Serine	g	0. 846			3. 837	0. 240	2. 494

PORK, FRESH, LEG (HAM), WHOLE, SEPARABLE LEAN ONLY, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g[1]	1 cup = 135 g	Refuse: Bone and skin 20% Separable fat 12%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60. 66			51. 56	81. 89	187. 08
Food energy	kcal	211			179	284	650
	kJ	882			750	1,191	2,720
Protein (N x 6.25)	g	29. 41			25. 00	39. 70	90. 70
Total lipid (fat)	g	9. 44			8. 02	12. 74	29. 11
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 11	0. 036	11	0. 94	1. 50	3. 42
Minerals:							
Calcium	mg	7		1	6	9	22
Iron	mg	1. 12	0. 040	12	0. 95	1. 51	3. 45
Magnesium	mg	25		1	21	34	77
Phosphorus	mg	281		1	239	379	867
Potassium	mg	373	13. 935	12	317	504	1,150
Sodium	mg	64	1. 441	12	54	86	197
Zinc	mg	3. 26	0. 143	12	2. 77	4. 40	10. 05
Copper	mg	0. 108	0. 004	12	0. 092	0. 146	0. 333
Manganese	mg	0. 037		1	0. 031	0. 050	0. 114
Vitamins:							
Ascorbic acid	mg	0. 4			0. 3	0. 5	1. 2
Thiamin	mg	0. 690	0. 056	12	0. 586	0. 931	2. 128
Riboflavin	mg	0. 349	0. 019	12	0. 297	0. 471	1. 076
Niacin	mg	4. 935	0. 251	12	4. 195	6. 662	15. 220
Pantothenic acid	mg	0. 670			0. 569	0. 904	2. 066
Vitamin B-6	mg	0. 450			0. 382	0. 607	1. 388
Folate	mcg	12			10	16	37
Vitamin B-12	mcg	0. 72	0. 043	12	0. 61	0. 97	2. 22
Vitamin A	RE	3			2	4	8
	IU	9			8	12	28
Lipids:							
Fatty acids:							
Saturated, total	g	3. 30			2. 80	4. 45	10. 16
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 02		28	0. 01	0. 02	0. 05
12:0	g	0. 01		28	0. 01	0. 01	0. 03
14:0	g	0. 11		28	0. 09	0. 15	0. 34
16:0	g	2. 08		28	1. 77	2. 81	6. 42
18:0	g	1. 04		28	0. 88	1. 40	3. 19
Monounsaturated, total	g	4. 45			3. 78	6. 00	13. 71
16:1	g	0. 30		28	0. 25	0. 40	0. 92
18:1	g	4. 09		28	3. 48	5. 52	12. 62
20:1	g	0. 06		28	0. 05	0. 08	0. 18
22:1	g						
Polyunsaturated, total	g	0. 85			0. 72	1. 15	2. 62
18:2	g	0. 77		28	0. 65	1. 04	2. 37
18:3	g	0. 02		28	0. 02	0. 03	0. 07
18:4	g						
20:4	g	0. 06		28	0. 05	0. 08	0. 18
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	94	2. 484	11	80	127	290
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 374			0. 318	0. 504	1. 152
Threonine	g	1. 343			1. 142	1. 813	4. 142
Isoleucine	g	1. 377			1. 171	1. 859	4. 247
Leucine	g	2. 360			2. 006	3. 186	7. 277
Lysine	g	2. 645			2. 248	3. 570	8. 156
Methionine	g	0. 779			0. 662	1. 051	2. 401
Cystine	g	0. 375			0. 319	0. 506	1. 157
Phenylalanine	g	1. 174			0. 998	1. 585	3. 621
Tyrosine	g	1. 025			0. 871	1. 383	3. 160
Valine	g	1. 595			1. 356	2. 154	4. 921
Arginine	g	1. 828			1. 554	2. 468	5. 638
Histidine	g	1. 175			0. 999	1. 586	3. 623
Alanine	g	1. 713			1. 456	2. 313	5. 284
Aspartic acid	g	2. 728			2. 319	3. 683	8. 413
Glutamic acid	g	4. 604			3. 913	6. 215	14. 198
Glycine	g	1. 396			1. 187	1. 885	4. 307
Proline	g	1. 181			1. 004	1. 595	3. 644
Serine	g	1. 215			1. 033	1. 640	3. 746

[1] Yield from 6.5 oz (185 g) raw meat with refuse.

PORK, FRESH, LEG (HAM), RUMP HALF, SEPARABLE LEAN AND FAT, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone and skin 17%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	64. 73			293. 60	18. 35	243. 70
Food energy	kcal	222			1,005	63	834
	kJ	927			4,207	263	3,492
Protein (N x 6.25)	g	18. 74			85. 01	5. 31	70. 56
Total lipid (fat)	g	15. 69			71. 17	4. 45	59. 07
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 94			4. 26	0. 27	3. 54
Minerals:							
Calcium	mg	5			25	2	21
Iron	mg	0. 77			3. 51	0. 22	2. 91
Magnesium	mg	21			96	6	80
Phosphorus	mg	207			937	59	778
Potassium	mg	333			1,510	94	1,254
Sodium	mg	61			274	17	228
Zinc	mg	1. 75			7. 94	0. 50	6. 59
Copper	mg	0. 069			0. 312	0. 020	0. 259
Manganese	mg	0. 009			0. 040	0. 003	0. 033
Vitamins:							
Ascorbic acid	mg	1. 1			4. 9	0. 3	4. 1
Thiamin	mg	0. 931			4. 224	0. 264	3. 506
Riboflavin	mg	0. 253			1. 148	0. 072	0. 953
Niacin	mg	4. 345			19. 708	1. 232	16. 358
Pantothenic acid	mg	0. 598			2. 713	0. 170	2. 252
Vitamin B-6	mg	0. 392			1. 780	0. 111	1. 478
Folate	mcg	3			14	1	12
Vitamin B-12	mcg	0. 64			2. 91	0. 18	2. 42
Vitamin A	RE	2			9	1	8
	IU	7			30	2	25
Lipids:							
Fatty acids:							
Saturated, total	g	5. 44			24. 68	1. 54	20. 48
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 05	0. 00	0. 04
12:0	g	0. 02			0. 08	0. 00	0. 06
14:0	g	0. 20			0. 89	0. 06	0. 74
16:0	g	3. 38			15. 33	0. 96	12. 72
18:0	g	1. 79			8. 11	0. 51	6. 73
Monounsaturated, total	g	6. 98			31. 66	1. 98	26. 28
16:1	g	0. 44			2. 00	0. 13	1. 66
18:1	g	6. 41			29. 07	1. 82	24. 13
20:1	g	0. 12			0. 53	0. 03	0. 44
22:1	g						
Polyunsaturated, total	g	1. 68			7. 60	0. 48	6. 31
18:2	g	1. 40			6. 36	0. 40	5. 28
18:3	g	0. 12			0. 53	0. 03	0. 44
18:4	g						
20:4	g	0. 08			0. 36	0. 02	0. 30
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	66			301	19	250
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 228			1. 034	0. 065	0. 859
Threonine	g	0. 840			3. 811	0. 238	3. 163
Isoleucine	g	0. 855			3. 880	0. 242	3. 220
Leucine	g	1. 486			6. 741	0. 421	5. 595
Lysine	g	1. 672			7. 586	0. 474	6. 296
Methionine	g	0. 483			2. 190	0. 137	1. 818
Cystine	g	0. 234			1. 061	0. 066	0. 881
Phenylalanine	g	0. 743			3. 371	0. 211	2. 798
Tyrosine	g	0. 634			2. 877	0. 180	2. 388
Valine	g	1. 006			4. 563	0. 285	3. 787
Arginine	g	1. 194			5. 414	0. 338	4. 494
Histidine	g	0. 720			3. 265	0. 204	2. 710
Alanine	g	1. 105			5. 011	0. 313	4. 159
Aspartic acid	g	1. 713			7. 770	0. 486	6. 449
Glutamic acid	g	2. 862			12. 984	0. 811	10. 777
Glycine	g	1. 018			4. 616	0. 288	3. 831
Proline	g	0. 823			3. 732	0. 233	3. 097
Serine	g	0. 774			3. 510	0. 219	2. 914

PORK, FRESH, LEG (HAM), RUMP HALF, SEPARABLE LEAN AND FAT, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g[1]	1 cup = 135 g	Refuse: Bone and skin 18%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	56. 80			48. 28	76. 68	211. 29
Food energy	kcal	252			214	340	938
	kJ	1,055			897	1,425	3,925
Protein (N x 6.25)	g	28. 88			24. 55	38. 99	107. 43
Total lipid (fat)	g	14. 28			12. 13	19. 27	53. 10
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 10			0. 94	1. 49	4. 10
Minerals:							
Calcium	mg	7			6	9	25
Iron	mg	1. 05			0. 90	1. 42	3. 92
Magnesium	mg	27			23	36	99
Phosphorus	mg	272			231	367	1,010
Potassium	mg	374			318	505	1,391
Sodium	mg	62			52	83	229
Zinc	mg	2. 82			2. 39	3. 80	10. 48
Copper	mg	0. 103			0. 087	0. 139	0. 382
Manganese	mg	0. 023			0. 020	0. 032	0. 087
Vitamins:							
Ascorbic acid	mg	0. 2			0. 2	0. 2	0. 7
Thiamin	mg	0. 750			0. 638	1. 013	2. 791
Riboflavin	mg	0. 329			0. 280	0. 445	1. 225
Niacin	mg	4. 655			3. 957	6. 284	17. 316
Pantothenic acid	mg	0. 623			0. 529	0. 841	2. 317
Vitamin B-6	mg	0. 316			0. 269	0. 427	1. 177
Folate	mcg	3			2	4	10
Vitamin B-12	mcg	0. 72			0. 61	0. 97	2. 66
Vitamin A	RE	3			2	4	11
	IU	9			8	13	35
Lipids:							
Fatty acids:							
Saturated, total	g	5. 25			4. 46	7. 09	19. 53
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 02			0. 02	0. 02	0. 07
12:0	g	0. 01			0. 01	0. 02	0. 04
14:0	g	0. 18			0. 15	0. 24	0. 67
16:0	g	3. 25			2. 77	4. 39	12. 10
18:0	g	1. 70			1. 45	2. 30	6. 34
Monounsaturated, total	g	6. 37			5. 41	8. 60	23. 69
16:1	g	0. 41			0. 35	0. 55	1. 52
18:1	g	5. 84			4. 96	7. 88	21. 73
20:1	g	0. 09			0. 08	0. 13	0. 35
22:1	g						
Polyunsaturated, total	g	1. 38			1. 17	1. 86	5. 13
18:2	g	1. 25			1. 06	1. 69	4. 66
18:3	g	0. 04			0. 03	0. 05	0. 15
18:4	g						
20:4	g	0. 06			0. 05	0. 08	0. 22
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	96			81	129	356
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 354			0. 301	0. 478	1. 318
Threonine	g	1. 299			1. 104	1. 754	4. 833
Isoleucine	g	1. 324			1. 126	1. 788	4. 926
Leucine	g	2. 295			1. 951	3. 098	8. 537
Lysine	g	2. 581			2. 194	3. 484	9. 600
Methionine	g	0. 748			0. 636	1. 009	2. 782
Cystine	g	0. 362			0. 308	0. 489	1. 346
Phenylalanine	g	1. 147			0. 975	1. 548	4. 265
Tyrosine	g	0. 983			0. 835	1. 326	3. 655
Valine	g	1. 553			1. 320	2. 097	5. 777
Arginine	g	1. 831			1. 556	2. 472	6. 812
Histidine	g	1. 117			0. 950	1. 509	4. 157
Alanine	g	1. 699			1. 444	2. 293	6. 319
Aspartic acid	g	2. 647			2. 250	3. 573	9. 845
Glutamic acid	g	4. 431			3. 766	5. 982	16. 483
Glycine	g	1. 532			1. 302	2. 068	5. 699
Proline	g	1. 248			1. 061	1. 685	4. 643
Serine	g	1. 193			1. 014	1. 610	4. 436

[1] Yield from 5.4 oz (153 g) raw meat with refuse.

PORK, FRESH, LEG (HAM), RUMP HALF, SEPARABLE LEAN ONLY, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone and skin 17% Separable fat 14%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	72. 83	0. 189	27	330. 36	20. 65	227. 96
Food energy	kcal	137			624	39	430
	kJ	576			2,611	163	1,801
Protein (N x 6.25)	g	21. 24	0. 231	27	96. 36	6. 02	66. 50
Total lipid (fat)	g	5. 19	0. 279	27	23. 52	1. 47	16. 23
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 08	0. 010	27	4. 90	0. 31	3. 38
Minerals:							
Calcium	mg	6	0. 217	13	27	2	19
Iron	mg	0. 87	0. 027	23	3. 95	0. 25	2. 72
Magnesium	mg	25	0. 658	13	113	7	78
Phosphorus	mg	230			1,043	65	720
Potassium	mg	376	10. 015	11	1,706	107	1,177
Sodium	mg	69	2. 249	23	313	20	216
Zinc	mg	1. 96	0. 064	11	8. 89	0. 56	6. 13
Copper	mg	0. 077	0. 003	23	0. 349	0. 022	0. 241
Manganese	mg	0. 010		1	0. 045	0. 003	0. 031
Vitamins:							
Ascorbic acid	mg	1. 3	0. 297	3	5. 9	0. 4	4. 1
Thiamin	mg	1. 073	0. 054	27	4. 867	0. 304	3. 358
Riboflavin	mg	0. 284	0. 009	27	1. 288	0. 081	0. 889
Niacin	mg	4. 859	0. 290	15	22. 038	1. 377	15. 207
Pantothenic acid	mg	0. 668	0. 057	7	3. 031	0. 189	2. 092
Vitamin B-6	mg	0. 464	0. 030	5	2. 103	0. 131	1. 451
Folate	mcg	3	0. 155	4	15	1	10
Vitamin B-12	mcg	0. 71	0. 051	15	3. 20	0. 20	2. 21
Vitamin A	RE	2			8	1	6
	IU	6	2. 100	2	27	2	19
Lipids:							
Fatty acids:							
Saturated, total	g	1. 79			8. 12	0. 51	5. 60
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 00		73	0. 02	0. 00	0. 02
12:0	g	0. 01		75	0. 02	0. 00	0. 02
14:0	g	0. 06		378	0. 29	0. 02	0. 20
16:0	g	1. 14		378	5. 18	0. 32	3. 57
18:0	g	0. 56		378	2. 54	0. 16	1. 75
Monounsaturated, total	g	2. 34			10. 63	0. 66	7. 33
16:1	g	0. 16		378	0. 74	0. 05	0. 51
18:1	g	2. 13		378	9. 66	0. 60	6. 67
20:1	g	0. 04		71	0. 16	0. 01	0. 11
22:1	g						
Polyunsaturated, total	g	0. 56			2. 53	0. 16	1. 75
18:2	g	0. 45		378	2. 04	0. 13	1. 41
18:3	g	0. 02		190	0. 10	0. 01	0. 07
18:4	g						
20:4	g	0. 06		315	0. 29	0. 02	0. 20
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	61	1. 006	11	277	17	191
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 270			1. 224	0. 077	0. 845
Threonine	g	0. 970			4. 400	0. 275	3. 036
Isoleucine	g	0. 995			4. 512	0. 282	3. 114
Leucine	g	1. 705			7. 732	0. 483	5. 335
Lysine	g	1. 910			8. 666	0. 542	5. 980
Methionine	g	0. 562			2. 551	0. 159	1. 761
Cystine	g	0. 271			1. 229	0. 077	0. 848
Phenylalanine	g	0. 848			3. 847	0. 240	2. 654
Tyrosine	g	0. 740			3. 358	0. 210	2. 317
Valine	g	1. 153			5. 228	0. 327	3. 607
Arginine	g	1. 321			5. 990	0. 374	4. 134
Histidine	g	0. 849			3. 850	0. 241	2. 656
Alanine	g	1. 238			5. 614	0. 351	3. 874
Aspartic acid	g	1. 970			8. 938	0. 559	6. 167
Glutamic acid	g	3. 326			15. 085	0. 943	10. 409
Glycine	g	1. 009			4. 576	0. 286	3. 157
Proline	g	0. 853			3. 871	0. 242	2. 671
Serine	g	0. 878			3. 980	0. 249	2. 747

PORK, FRESH, LEG (HAM), RUMP HALF, SEPARABLE LEAN ONLY, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g[1]	1 cup = 135 g	Refuse: Bone and skin 18% Separable fat 9%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60. 95	0. 643	10	51. 81	82. 28	201. 81
Food energy	kcal	206			175	277	681
	kJ	860			731	1,162	2,849
Protein (N x 6.25)	g	30. 94	0. 491	10	26. 30	41. 77	102. 44
Total lipid (fat)	g	8. 14	0. 745	10	6. 92	10. 99	26. 95
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 15	0. 022	16	0. 98	1. 55	3. 80
Minerals:							
Calcium	mg	7	0. 327	2	6	9	23
Iron	mg	1. 14	0. 038	12	0. 97	1. 54	3. 77
Magnesium	mg	29	3. 981	2	25	39	96
Phosphorus	mg	285		1	242	385	944
Potassium	mg	391	11. 901	12	332	528	1,295
Sodium	mg	65	1. 282	12	55	88	215
Zinc	mg	3. 01	0. 135	12	2. 56	4. 06	9. 97
Copper	mg	0. 109	0. 004	12	0. 093	0. 147	0. 361
Manganese	mg	0. 026	0. 014	2	0. 022	0. 035	0. 086
Vitamins:							
Ascorbic acid	mg	0. 2	0. 112	3	0. 2	0. 3	0. 7
Thiamin	mg	0. 803	0. 048	16	0. 682	1. 084	2. 658
Riboflavin	mg	0. 356	0. 013	16	0. 303	0. 481	1. 180
Niacin	mg	4. 917	0. 194	16	4. 180	6. 639	16. 282
Pantothenic acid	mg	0. 660	0. 053	7	0. 561	0. 891	2. 186
Vitamin B-6	mg	0. 339	0. 024	6	0. 288	0. 458	1. 124
Folate	mcg	3	0. 650	4	2	4	10
Vitamin B-12	mcg	0. 75	0. 033	16	0. 64	1. 01	2. 48
Vitamin A	RE	3	0. 270	2	2	4	9
	IU	9	0. 900	2	8	12	30
Lipids:							
Fatty acids:							
Saturated, total	g	2. 87			2. 44	3. 88	9. 51
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01		6	0. 01	0. 02	0. 05
12:0	g	0. 01		6	0. 01	0. 01	0. 03
14:0	g	0. 10		17	0. 08	0. 13	0. 32
16:0	g	1. 81		17	1. 54	2. 44	6. 00
18:0	g	0. 90		17	0. 77	1. 22	2. 99
Monounsaturated, total	g	3. 77			3. 21	5. 10	12. 50
16:1	g	0. 25		17	0. 22	0. 34	0. 84
18:1	g	3. 47		17	2. 95	4. 69	11. 49
20:1	g	0. 05		17	0. 04	0. 07	0. 16
22:1	g						
Polyunsaturated, total	g	0. 76			0. 65	1. 03	2. 52
18:2	g	0. 69		17	0. 59	0. 93	2. 29
18:3	g	0. 02		17	0. 02	0. 02	0. 06
18:4	g						
20:4	g	0. 05		17	0. 04	0. 07	0. 17
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	96	2. 312	11	82	130	318
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 393			0. 334	0. 531	1. 301
Threonine	g	1. 413			1. 201	1. 907	4. 678
Isoleucine	g	1. 449			1. 231	1. 956	4. 797
Leucine	g	2. 482			2. 110	3. 351	8. 220
Lysine	g	2. 782			2. 365	3. 756	9. 212
Methionine	g	0. 819			0. 696	1. 106	2. 712
Cystine	g	0. 395			0. 335	0. 533	1. 307
Phenylalanine	g	1. 235			1. 050	1. 667	4. 089
Tyrosine	g	1. 078			0. 916	1. 455	3. 569
Valine	g	1. 678			1. 427	2. 266	5. 558
Arginine	g	1. 923			1. 635	2. 596	6. 368
Histidine	g	1. 236			1. 051	1. 669	4. 092
Alanine	g	1. 802			1. 532	2. 433	5. 968
Aspartic acid	g	2. 870			2. 439	3. 874	9. 502
Glutamic acid	g	4. 843			4. 117	6. 538	16. 036
Glycine	g	1. 469			1. 249	1. 983	4. 864
Proline	g	1. 243			1. 056	1. 678	4. 115
Serine	g	1. 278			1. 086	1. 725	4. 231

[1] Yield from 6.0 oz (171 g) raw meat with refuse.

PORK, FRESH, LEG (HAM), SHANK HALF, SEPARABLE LEAN AND FAT, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone and skin 18%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60. 87			276. 10	17. 26	226. 43
Food energy	kcal	263			1,191	74	977
	kJ	1,099			4,986	312	4,089
Protein (N x 6.25)	g	17. 08			77. 47	4. 84	63. 53
Total lipid (fat)	g	21. 02			95. 37	5. 96	78. 21
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 84			3. 79	0. 24	3. 11
Minerals:							
Calcium	mg	6			27	2	22
Iron	mg	0. 78			3. 53	0. 22	2. 90
Magnesium	mg	19			88	5	72
Phosphorus	mg	192			873	55	716
Potassium	mg	285			1,295	81	1,062
Sodium	mg	55			249	16	204
Zinc	mg	1. 91			8. 68	0. 54	7. 12
Copper	mg	0. 063			0. 288	0. 018	0. 236
Manganese	mg	0. 011			0. 051	0. 003	0. 042
Vitamins:							
Ascorbic acid	mg	0. 7			3. 1	0. 2	2. 5
Thiamin	mg	0. 726			3. 295	0. 206	2. 702
Riboflavin	mg	0. 233			1. 057	0. 066	0. 867
Niacin	mg	3. 909			17. 733	1. 108	14. 543
Pantothenic acid	mg	0. 672			3. 048	0. 190	2. 499
Vitamin B-6	mg	0. 393			1. 785	0. 112	1. 464
Folate	mcg	4			19	1	16
Vitamin B-12	mcg	0. 60			2. 71	0. 17	2. 23
Vitamin A	RE	2			10	1	8
	IU	7			32	2	26
Lipids:							
Fatty acids:							
Saturated, total	g	7. 29			33. 08	2. 07	27. 13
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 02			0. 07	0. 00	0. 06
12:0	g	0. 02			0. 10	0. 01	0. 09
14:0	g	0. 26			1. 19	0. 07	0. 97
16:0	g	4. 52			20. 49	1. 28	16. 81
18:0	g	2. 41			10. 93	0. 68	8. 96
Monounsaturated, total	g	9. 34			42. 35	2. 65	34. 73
16:1	g	0. 58			2. 65	0. 17	2. 18
18:1	g	8. 58			38. 93	2. 43	31. 93
20:1	g	0. 16			0. 72	0. 04	0. 59
22:1	g						
Polyunsaturated, total	g	2. 24			10. 18	0. 64	8. 35
18:2	g	1. 88			8. 54	0. 53	7. 01
18:3	g	0. 16			0. 74	0. 05	0. 61
18:4	g						
20:4	g	0. 09			0. 42	0. 03	0. 34
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	68			309	19	254
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 202			0. 917	0. 057	0. 752
Threonine	g	0. 757			3. 434	0. 215	2. 816
Isoleucine	g	0. 767			3. 479	0. 217	2. 853
Leucine	g	1. 344			6. 098	0. 381	5. 001
Lysine	g	1. 517			6. 880	0. 430	5. 642
Methionine	g	0. 432			1. 962	0. 123	1. 609
Cystine	g	0. 210			0. 954	0. 060	0. 783
Phenylalanine	g	0. 674			3. 059	0. 191	2. 509
Tyrosine	g	0. 567			2. 574	0. 161	2. 111
Valine	g	0. 911			4. 130	0. 258	3. 387
Arginine	g	1. 104			5. 007	0. 313	4. 106
Histidine	g	0. 640			2. 902	0. 181	2. 380
Alanine	g	1. 014			4. 600	0. 287	3. 772
Aspartic acid	g	1. 547			7. 016	0. 438	5. 754
Glutamic acid	g	2. 568			11. 649	0. 728	9. 554
Glycine	g	0. 999			4. 533	0. 283	3. 718
Proline	g	0. 789			3. 580	0. 224	2. 936
Serine	g	0. 705			3. 199	0. 200	2. 623

PORK, FRESH, LEG (HAM), SHANK HALF, SEPARABLE LEAN AND FAT, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g[1]	1 cup = 135 g	Refuse: Bone and skin 22%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	53. 77			45. 70	72. 59	190. 23
Food energy	kcal	289			246	390	1,023
	kJ	1,211			1,029	1,634	4,283
Protein (N x 6.25)	g	25. 34			21. 54	34. 21	89. 67
Total lipid (fat)	g	20. 06			17. 05	27. 08	70. 98
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 00			0. 85	1. 34	3. 52
Minerals:							
Calcium	mg	6			5	9	23
Iron	mg	0. 98			0. 83	1. 32	3. 45
Magnesium	mg	22			18	29	77
Phosphorus	mg	257			219	347	910
Potassium	mg	338			287	456	1,195
Sodium	mg	59			50	79	208
Zinc	mg	3. 06			2. 60	4. 13	10. 82
Copper	mg	0. 098			0. 083	0. 132	0. 347
Manganese	mg	0. 028			0. 024	0. 038	0. 101
Vitamins:							
Ascorbic acid	mg	0. 3			0. 3	0. 4	1. 2
Thiamin	mg	0. 578			0. 491	0. 780	2. 044
Riboflavin	mg	0. 302			0. 257	0. 408	1. 069
Niacin	mg	4. 460			3. 791	6. 021	15. 780
Pantothenic acid	mg	0. 620			0. 527	0. 837	2. 192
Vitamin B-6	mg	0. 401			0. 341	0. 541	1. 418
Folate	mcg	5			4	7	19
Vitamin B-12	mcg	0. 66			0. 56	0. 90	2. 35
Vitamin A	RE	3			2	4	9
	IU	9			8	12	31
Lipids:							
Fatty acids:							
Saturated, total	g	7. 36			6. 26	9. 94	26. 05
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 02			0. 02	0. 03	0. 08
12:0	g	0. 02			0. 01	0. 02	0. 06
14:0	g	0. 25			0. 22	0. 34	0. 90
16:0	g	4. 56			3. 87	6. 15	16. 12
18:0	g	2. 40			2. 04	3. 24	8. 48
Monounsaturated, total	g	9. 02			7. 67	12. 18	31. 91
16:1	g	0. 57			0. 49	0. 77	2. 03
18:1	g	8. 27			7. 03	11. 17	29. 27
20:1	g	0. 13			0. 11	0. 18	0. 47
22:1	g						
Polyunsaturated, total	g	1. 89			1. 60	2. 55	6. 67
18:2	g	1. 71			1. 45	2. 30	6. 04
18:3	g	0. 06			0. 05	0. 08	0. 21
18:4	g						
20:4	g	0. 08			0. 06	0. 10	0. 27
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	92			78	124	326
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 301			0. 256	0. 407	1. 066
Threonine	g	1. 125			0. 957	1. 519	3. 982
Isoleucine	g	1. 141			0. 970	1. 541	4. 038
Leucine	g	1. 997			1. 698	2. 697	7. 067
Lysine	g	2. 253			1. 915	3. 041	7. 969
Methionine	g	0. 644			0. 547	0. 869	2. 277
Cystine	g	0. 313			0. 266	0. 422	1. 107
Phenylalanine	g	1. 001			0. 851	1. 352	3. 543
Tyrosine	g	0. 845			0. 718	1. 140	2. 988
Valine	g	1. 353			1. 150	1. 826	4. 786
Arginine	g	1. 634			1. 389	2. 206	5. 781
Histidine	g	0. 954			0. 810	1. 287	3. 374
Alanine	g	1. 503			1. 278	2. 029	5. 318
Aspartic acid	g	2. 299			1. 954	3. 103	8. 133
Glutamic acid	g	3. 821			3. 248	5. 159	13. 519
Glycine	g	1. 465			1. 245	1. 978	5. 184
Proline	g	1. 161			0. 987	1. 568	4. 109
Serine	g	1. 046			0. 889	1. 413	3. 702

[1] Yield from 5.7 oz (160 g) raw meat with refuse.

PORK, FRESH, LEG (HAM), SHANK HALF, SEPARABLE LEAN ONLY, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone and skin 18% Separable fat 20%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	72. 83	0. 240	23	330. 36	20. 65	204. 80
Food energy	kcal	139			630	39	390
	kJ	581			2,636	165	1,634
Protein (N x 6.25)	g	20. 62	0. 206	23	93. 53	5. 85	57. 98
Total lipid (fat)	g	5. 63	0. 255	23	25. 54	1. 60	15. 83
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 03	0. 014	23	4. 67	0. 29	2. 90
Minerals:							
Calcium	mg	7	0. 260	12	32	2	20
Iron	mg	0. 94	0. 033	23	4. 26	0. 27	2. 64
Magnesium	mg	25	0. 619	12	113	7	70
Phosphorus	mg	226			1,025	64	636
Potassium	mg	340	18. 277	10	1,542	96	956
Sodium	mg	67	1. 192	23	304	19	188
Zinc	mg	2. 31	0. 072	11	10. 48	0. 65	6. 50
Copper	mg	0. 075	0. 002	23	0. 340	0. 021	0. 211
Manganese	mg	0. 014			0. 064	0. 004	0. 039
Vitamins:							
Ascorbic acid	mg	0. 9			4. 1	0. 3	2. 5
Thiamin	mg	0. 890	0. 046	20	4. 037	0. 252	2. 503
Riboflavin	mg	0. 277	0. 013	26	1. 256	0. 079	0. 779
Niacin	mg	4. 605	0. 204	11	20. 888	1. 306	12. 949
Pantothenic acid	mg	0. 811			3. 679	0. 230	2. 281
Vitamin B-6	mg	0. 510			2. 313	0. 145	1. 434
Folate	mcg	5			23	1	14
Vitamin B-12	mcg	0. 69	0. 045	11	3. 13	0. 20	1. 94
Vitamin A	RE	2			8	1	5
	IU	6			27	2	17
Lipids:							
Fatty acids:							
Saturated, total	g	1. 94			8. 82	0. 55	5. 46
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01		73	0. 02	0. 00	0. 01
12:0	g	0. 01		75	0. 03	0. 00	0. 02
14:0	g	0. 07		378	0. 32	0. 02	0. 20
16:0	g	1. 24		378	5. 62	0. 35	3. 49
18:0	g	0. 61		378	2. 76	0. 17	1. 71
Monounsaturated, total	g	2. 54			11. 54	0. 72	7. 15
16:1	g	0. 18		378	0. 81	0. 05	0. 50
18:1	g	2. 31		378	10. 49	0. 66	6. 50
20:1	g	0. 04		71	0. 18	0. 01	0. 11
22:1	g						
Polyunsaturated, total	g	0. 61			2. 75	0. 17	1. 70
18:2	g	0. 49		378	2. 22	0. 14	1. 37
18:3	g	0. 02		190	0. 11	0. 01	0. 07
18:4	g						
20:4	g	0. 07		315	0. 31	0. 02	0. 19
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	60	1. 280	11	272	17	169
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 262			1. 188	0. 074	0. 737
Threonine	g	0. 942			4. 271	0. 267	2. 648
Isoleucine	g	0. 966			4. 380	0. 274	2. 715
Leucine	g	1. 654			7. 505	0. 469	4. 652
Lysine	g	1. 854			8. 411	0. 526	5. 214
Methionine	g	0. 546			2. 476	0. 155	1. 535
Cystine	g	0. 263			1. 193	0. 075	0. 740
Phenylalanine	g	0. 823			3. 734	0. 233	2. 315
Tyrosine	g	0. 718			3. 259	0. 204	2. 020
Valine	g	1. 119			5. 074	0. 317	3. 146
Arginine	g	1. 282			5. 814	0. 363	3. 604
Histidine	g	0. 824			3. 736	0. 234	2. 316
Alanine	g	1. 201			5. 449	0. 341	3. 378
Aspartic acid	g	1. 913			8. 675	0. 542	5. 378
Glutamic acid	g	3. 228			14. 642	0. 915	9. 077
Glycine	g	0. 979			4. 441	0. 278	2. 753
Proline	g	0. 828			3. 757	0. 235	2. 329
Serine	g	0. 852			3. 863	0. 241	2. 395

PORK, FRESH, LEG (HAM), SHANK HALF, SEPARABLE LEAN ONLY, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g[1]	1 cup = 135 g	Refuse: Bone and skin 22% Separable fat 14%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60. 43	0. 578	11	51. 37	81. 58	175. 43
Food energy	kcal	215			183	290	625
	kJ	901			766	1,216	2,615
Protein (N x 6.25)	g	28. 21	0. 607	12	23. 98	38. 08	81. 89
Total lipid (fat)	g	10. 50	0. 760	12	8. 92	14. 17	30. 48
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 05	0. 032	11	0. 89	1. 42	3. 05
Minerals:							
Calcium	mg	7		1	6	9	20
Iron	mg	1. 11	0. 043	12	0. 94	1. 50	3. 22
Magnesium	mg	25		1	21	34	73
Phosphorus	mg	278		1	236	375	807
Potassium	mg	360	14. 091	12	306	486	1,045
Sodium	mg	64	1. 576	12	54	86	186
Zinc	mg	3. 45	0. 122	12	2. 93	4. 66	10. 02
Copper	mg	0. 108	0. 004	12	0. 092	0. 146	0. 314
Manganese	mg	0. 034		1	0. 029	0. 046	0. 099
Vitamins:							
Ascorbic acid	mg	0. 4			0. 3	0. 5	1. 2
Thiamin	mg	0. 633	0. 049	12	0. 538	0. 855	1. 838
Riboflavin	mg	0. 344	0. 022	12	0. 292	0. 464	0. 999
Niacin	mg	4. 881	0. 293	12	4. 149	6. 589	14. 170
Pantothenic acid	mg	0. 685			0. 582	0. 925	1. 989
Vitamin B-6	mg	0. 460			0. 391	0. 621	1. 335
Folate	mcg	6			5	8	17
Vitamin B-12	mcg	0. 71	0. 048	12	0. 60	0. 96	2. 06
Vitamin A	RE	2			2	3	7
	IU	8			7	11	23
Lipids:							
Fatty acids:							
Saturated, total	g	3. 63			3. 08	4. 90	10. 53
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 02		6	0. 01	0. 02	0. 05
12:0	g	0. 01		6	0. 01	0. 01	0. 03
14:0	g	0. 12		17	0. 11	0. 17	0. 36
16:0	g	2. 30		17	1. 95	3. 10	6. 67
18:0	g	1. 14		17	0. 97	1. 54	3. 31
Monounsaturated, total	g	5. 02			4. 27	6. 78	14. 58
16:1	g	0. 33		17	0. 28	0. 45	0. 97
18:1	g	4. 63		17	3. 93	6. 24	13. 43
20:1	g	0. 06		17	0. 05	0. 09	0. 18
22:1	g						
Polyunsaturated, total	g	0. 91			0. 77	1. 22	2. 63
18:2	g	0. 82		17	0. 69	1. 10	2. 37
18:3	g	0. 02		17	0. 02	0. 03	0. 07
18:4	g						
20:4	g	0. 07		17	0. 06	0. 09	0. 19
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	92	2. 506	11	78	124	267
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 358			0. 305	0. 484	1. 040
Threonine	g	1. 288			1. 095	1. 739	3. 740
Isoleucine	g	1. 321			1. 123	1. 783	3. 835
Leucine	g	2. 263			1. 924	3. 056	6. 571
Lysine	g	2. 537			2. 156	3. 425	7. 364
Methionine	g	0. 747			0. 635	1. 008	2. 168
Cystine	g	0. 360			0. 306	0. 486	1. 045
Phenylalanine	g	1. 126			0. 957	1. 520	3. 269
Tyrosine	g	0. 983			0. 835	1. 327	2. 853
Valine	g	1. 530			1. 301	2. 066	4. 443
Arginine	g	1. 754			1. 491	2. 367	5. 091
Histidine	g	1. 127			0. 958	1. 521	3. 271
Alanine	g	1. 643			1. 397	2. 219	4. 771
Aspartic acid	g	2. 617			2. 224	3. 532	7. 596
Glutamic acid	g	4. 416			3. 754	5. 962	12. 820
Glycine	g	1. 339			1. 139	1. 808	3. 889
Proline	g	1. 133			0. 963	1. 530	3. 290
Serine	g	1. 165			0. 990	1. 573	3. 383

[1] Yield from 6.9 oz (195 g) raw meat with refuse.

PORK, FRESH, LOIN, WHOLE, SEPARABLE LEAN AND FAT, Raw[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 chop yields 117 g[2]	Refuse: Bone 22%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	66. 92			303. 57	78. 30	236. 18
Food energy	kcal	198			897	231	698
	kJ	828			3,754	968	2,921
Protein (N x 6.25)	g	19. 74			89. 52	23. 09	69. 65
Total lipid (fat)	g	12. 58			57. 05	14. 71	44. 38
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 96			4. 37	1. 13	3. 40
Minerals:							
Calcium	mg	18			83	21	65
Iron	mg	0. 79			3. 58	0. 92	2. 79
Magnesium	mg	21			95	24	74
Phosphorus	mg	197			893	230	694
Potassium	mg	356			1,616	417	1,257
Sodium	mg	50			226	58	175
Zinc	mg	1. 74			7. 89	2. 04	6. 14
Copper	mg	0. 056			0. 255	0. 066	0. 198
Manganese	mg	0. 011			0. 051	0. 013	0. 039
Vitamins:							
Ascorbic acid	mg	0. 6			2. 5	0. 7	2. 0
Thiamin	mg	0. 901			4. 088	1. 054	3. 180
Riboflavin	mg	0. 248			1. 127	0. 291	0. 877
Niacin	mg	4. 580			20. 774	5. 358	16. 162
Pantothenic acid	mg	0. 723			3. 280	0. 846	2. 552
Vitamin B-6	mg	0. 472			2. 141	0. 552	1. 666
Folate	mcg	5			22	6	17
Vitamin B-12	mcg	0. 53			2. 40	0. 62	1. 87
Vitamin A	RE	2			9	2	7
	IU	7			31	8	24
Lipids:							
Fatty acids:							
Saturated, total	g	4. 36			19. 80	5. 11	15. 40
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 04	0. 01	0. 03
12:0	g	0. 01			0. 06	0. 02	0. 05
14:0	g	0. 16			0. 71	0. 18	0. 55
16:0	g	2. 72			12. 35	3. 19	9. 61
18:0	g	1. 42			6. 46	1. 67	5. 02
Monounsaturated, total	g	5. 61			25. 45	6. 57	19. 80
16:1	g	0. 36			1. 64	0. 42	1. 28
18:1	g	5. 14			23. 33	6. 02	18. 15
20:1	g	0. 09			0. 42	0. 11	0. 33
22:1	g						
Polyunsaturated, total	g	1. 34			6. 07	1. 57	4. 72
18:2	g	1. 11			5. 05	1. 30	3. 93
18:3	g	0. 09			0. 39	0. 10	0. 30
18:4	g						
20:4	g	0. 08			0. 36	0. 09	0. 28
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	63			287	74	224
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 244			1. 108	0. 286	0. 862
Threonine	g	0. 891			4. 043	1. 043	3. 145
Isoleucine	g	0. 910			4. 127	1. 065	3. 211
Leucine	g	1. 572			7. 131	1. 839	5. 548
Lysine	g	1. 766			8. 012	2. 067	6. 234
Methionine	g	0. 514			2. 331	0. 601	1. 814
Cystine	g	0. 248			1. 127	0. 291	0. 877
Phenylalanine	g	0. 785			3. 559	0. 918	2. 769
Tyrosine	g	0. 676			3. 064	0. 790	2. 384
Valine	g	1. 064			4. 825	1. 245	3. 754
Arginine	g	1. 245			5. 648	1. 457	4. 394
Histidine	g	0. 770			3. 492	0. 901	2. 717
Alanine	g	1. 158			5. 253	1. 355	4. 087
Aspartic acid	g	1. 814			8. 229	2. 123	6. 402
Glutamic acid	g	3. 044			13. 805	3. 561	10. 741
Glycine	g	1. 019			4. 623	1. 192	3. 596
Proline	g	0. 838			3. 800	0. 980	2. 956
Serine	g	0. 815			3. 697	0. 954	2. 876

[1] Weighted average of NDB Nos. 10204, 10194, 10044, 10036, 10062, 10224, 10218, 10052, 10210, and 10192.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, WHOLE, SEPARABLE LEAN AND FAT, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 88 g[1]	Refuse: Bone 21%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58. 00			49. 30	51. 04	207. 83
Food energy	kcal	242			206	213	867
	kJ	1,013			861	892	3,631
Protein (N x 6.25)	g	27. 11			23. 05	23. 86	97. 14
Total lipid (fat)	g	14. 00			11. 90	12. 32	50. 17
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 34			1. 14	1. 18	4. 81
Minerals:							
Calcium	mg	21			18	18	75
Iron	mg	1. 07			0. 91	0. 94	3. 82
Magnesium	mg	19			16	17	68
Phosphorus	mg	181			154	159	648
Potassium	mg	373			317	328	1,337
Sodium	mg	48			41	43	173
Zinc	mg	2. 37			2. 02	2. 09	8. 50
Copper	mg	0. 077			0. 065	0. 067	0. 275
Manganese	mg	0. 012			0. 010	0. 011	0. 044
Vitamins:							
Ascorbic acid	mg	0. 6			0. 5	0. 5	2. 1
Thiamin	mg	0. 629			0. 535	0. 554	2. 255
Riboflavin	mg	0. 253			0. 215	0. 223	0. 906
Niacin	mg	4. 405			3. 744	3. 876	15. 782
Pantothenic acid	mg	0. 645			0. 549	0. 568	2. 312
Vitamin B-6	mg	0. 364			0. 309	0. 320	1. 303
Folate	mcg	3			3	3	12
Vitamin B-12	mcg	0. 54			0. 46	0. 48	1. 94
Vitamin A	RE	2			2	2	8
	IU	7			6	6	25
Lipids:							
Fatty acids:							
Saturated, total	g	5. 26			4. 47	4. 63	18. 85
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 01	0. 04
12:0	g	0. 01			0. 01	0. 01	0. 04
14:0	g	0. 18			0. 16	0. 16	0. 66
16:0	g	3. 23			2. 75	2. 85	11. 58
18:0	g	1. 72			1. 46	1. 52	6. 17
Monounsaturated, total	g	6. 22			5. 29	5. 47	22. 29
16:1	g	0. 42			0. 36	0. 37	1. 52
18:1	g	5. 63			4. 79	4. 96	20. 18
20:1	g	0. 11			0. 10	0. 10	0. 41
22:1	g						
Polyunsaturated, total	g	1. 21			1. 03	1. 06	4. 33
18:2	g	1. 08			0. 92	0. 95	3. 86
18:3	g	0. 04			0. 03	0. 03	0. 13
18:4	g						
20:4	g	0. 05			0. 04	0. 04	0. 16
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	80			68	71	288
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 334			0. 284	0. 294	1. 197
Threonine	g	1. 222			1. 039	1. 076	4. 379
Isoleucine	g	1. 247			1. 060	1. 097	4. 468
Leucine	g	2. 157			1. 834	1. 899	7. 730
Lysine	g	2. 425			2. 061	2. 134	8. 688
Methionine	g	0. 704			0. 599	0. 620	2. 523
Cystine	g	0. 341			0. 290	0. 300	1. 221
Phenylalanine	g	1. 077			0. 916	0. 948	3. 860
Tyrosine	g	0. 926			0. 787	0. 814	3. 316
Valine	g	1. 460			1. 241	1. 285	5. 231
Arginine	g	1. 714			1. 457	1. 509	6. 143
Histidine	g	1. 054			0. 896	0. 927	3. 776
Alanine	g	1. 593			1. 354	1. 402	5. 706
Aspartic acid	g	2. 489			2. 116	2. 190	8. 917
Glutamic acid	g	4. 171			3. 546	3. 671	14. 946
Glycine	g	1. 418			1. 205	1. 247	5. 079
Proline	g	1. 160			0. 986	1. 021	4. 158
Serine	g	1. 120			0. 952	0. 985	4. 012

[1] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, WHOLE, SEPARABLE LEAN AND FAT, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 87 g[1]	Refuse: Bone 21%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57. 39			48. 78	49. 93	205. 61
Food energy	kcal	248			210	215	887
	kJ	1,037			881	902	3,714
Protein (N x 6.25)	g	27. 11			23. 05	23. 59	97. 14
Total lipid (fat)	g	14. 62			12. 43	12. 72	52. 38
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 34			1. 14	1. 17	4. 81
Minerals:							
Calcium	mg	20			17	17	71
Iron	mg	0. 86			0. 73	0. 75	3. 08
Magnesium	mg	27			23	24	98
Phosphorus	mg	245			208	213	877
Potassium	mg	420			357	365	1,505
Sodium	mg	61			52	53	220
Zinc	mg	2. 37			2. 02	2. 06	8. 50
Copper	mg	0. 073			0. 062	0. 064	0. 262
Manganese	mg	0. 008			0. 007	0. 007	0. 030
Vitamins:							
Ascorbic acid	mg	0. 6			0. 5	0. 5	2. 2
Thiamin	mg	0. 870			0. 739	0. 757	3. 116
Riboflavin	mg	0. 318			0. 270	0. 276	1. 138
Niacin	mg	5. 002			4. 251	4. 351	17. 921
Pantothenic acid	mg	0. 693			0. 589	0. 603	2. 482
Vitamin B-6	mg	0. 460			0. 391	0. 400	1. 647
Folate	mcg	5			5	5	19
Vitamin B-12	mcg	0. 69			0. 59	0. 60	2. 49
Vitamin A	RE	2			2	2	8
	IU	7			6	6	25
Lipids:							
Fatty acids:							
Saturated, total	g	5. 50			4. 67	4. 78	19. 70
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 01	0. 04
12:0	g	0. 01			0. 01	0. 01	0. 04
14:0	g	0. 19			0. 16	0. 17	0. 69
16:0	g	3. 38			2. 87	2. 94	12. 10
18:0	g	1. 80			1. 53	1. 57	6. 46
Monounsaturated, total	g	6. 48			5. 51	5. 64	23. 24
16:1	g	0. 44			0. 37	0. 38	1. 58
18:1	g	5. 87			4. 99	5. 11	21. 04
20:1	g	0. 12			0. 10	0. 10	0. 43
22:1	g						
Polyunsaturated, total	g	1. 27			1. 08	1. 10	4. 55
18:2	g	1. 13			0. 96	0. 99	4. 06
18:3	g	0. 04			0. 03	0. 03	0. 14
18:4	g						
20:4	g	0. 05			0. 04	0. 04	0. 17
20.5	g						
22:5	g						
22:6	g						
Cholesterol	mg	80			68	70	288
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 334			0. 284	0. 291	1. 197
Threonine	g	1. 222			1. 039	1. 063	4. 379
Isoleucine	g	1. 247			1. 060	1. 085	4. 468
Leucine	g	2. 157			1. 834	1. 877	7. 730
Lysine	g	2. 425			2. 061	2. 110	8. 688
Methionine	g	0. 704			0. 599	0. 613	2. 523
Cystine	g	0. 341			0. 290	0. 296	1. 221
Phenylalanine	g	1. 077			0. 916	0. 937	3. 860
Tyrosine	g	0. 926			0. 787	0. 805	3. 316
Valine	g	1. 460			1. 241	1. 270	5. 231
Arginine	g	1. 714			1. 457	1. 492	6. 143
Histidine	g	1. 054			0. 896	0. 917	3. 776
Alanine	g	1. 593			1. 354	1. 386	5. 706
Aspartic acid	g	2. 489			2. 116	2. 165	8. 918
Glutamic acid	g	4. 171			3. 546	3. 629	14. 946
Glycine	g	1. 418			1. 205	1. 233	5. 079
Proline	g	1. 160			0. 986	1. 009	4. 158
Serine	g	1. 120			0. 952	0. 974	4. 012

[1] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, WHOLE, SEPARABLE LEAN AND FAT, Cooked, roasted[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 89 g[2]	Refuse: Bone 21%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57. 51			48. 88	51. 18	206. 06
Food energy	kcal	248			211	221	888
	kJ	1,037			882	923	3,717
Protein (N x 6.25)	g	27. 09			23. 03	24. 11	97. 06
Total lipid (fat)	g	14. 65			12. 45	13. 04	52. 49
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 21			1. 03	1. 07	4. 32
Minerals:							
Calcium	mg	18			15	16	65
Iron	mg	0. 99			0. 84	0. 88	3. 56
Magnesium	mg	23			19	20	82
Phosphorus	mg	224			191	200	804
Potassium	mg	366			311	326	1,312
Sodium	mg	53			45	47	191
Zinc	mg	2. 32			1. 97	2. 07	8. 32
Copper	mg	0. 056			0. 048	0. 050	0. 201
Manganese	mg	0. 010			0. 008	0. 009	0. 034
Vitamins:							
Ascorbic acid	mg	0. 5			0. 4	0. 5	1. 8
Thiamin	mg	0. 752			0. 639	0. 669	2. 693
Riboflavin	mg	0. 306			0. 260	0. 273	1. 098
Niacin	mg	5. 158			4. 385	4. 591	18. 483
Pantothenic acid	mg	0. 613			0. 521	0. 545	2. 196
Vitamin B-6	mg	0. 382			0. 325	0. 340	1. 370
Folate	mcg	6			5	5	20
Vitamin B-12	mcg	0. 65			0. 55	0. 57	2. 31
Vitamin A	RE	2			2	2	8
	IU	8			7	7	28
Lipids:							
Fatty acids:							
Saturated, total	g	5. 37			4. 57	4. 78	19. 25
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 01	0. 04
12:0	g	0. 01			0. 01	0. 01	0. 04
14:0	g	0. 19			0. 16	0. 17	0. 67
16:0	g	3. 31			2. 81	2. 95	11. 86
18:0	g	1. 75			1. 48	1. 55	6. 26
Monounsaturated, total	g	6. 51			5. 53	5. 79	23. 32
16:1	g	0. 46			0. 39	0. 41	1. 65
18:1	g	5. 86			4. 98	5. 22	21. 01
20:1	g	0. 13			0. 11	0. 11	0. 45
22:1	g						
Polyunsaturated, total	g	1. 21			1. 03	1. 08	4. 33
18:2	g	1. 07			0. 91	0. 95	3. 82
18:3	g	0. 03			0. 03	0. 03	0. 12
18:4	g						
20:4	g	0. 06			0. 05	0. 05	0. 20
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	82			70	73	294
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 341			0. 290	0. 303	1. 222
Threonine	g	1. 232			1. 047	1. 097	4. 414
Isoleucine	g	1. 261			1. 072	1. 123	4. 520
Leucine	g	2. 168			1. 843	1. 929	7. 768
Lysine	g	2. 432			2. 067	2. 164	8. 713
Methionine	g	0. 713			0. 606	0. 635	2. 555
Cystine	g	0. 344			0. 292	0. 306	1. 232
Phenylalanine	g	1. 080			0. 918	0. 961	3. 869
Tyrosine	g	0. 938			0. 797	0. 835	3. 360
Valine	g	1. 466			1. 246	1. 305	5. 253
Arginine	g	1. 693			1. 439	1. 507	6. 066
Histidine	g	1. 073			0. 912	0. 955	3. 845
Alanine	g	1. 582			1. 345	1. 408	5. 669
Aspartic acid	g	2. 504			2. 129	2. 229	8. 974
Glutamic acid	g	4. 218			3. 585	3. 754	15. 113
Glycine	g	1. 327			1. 128	1. 181	4. 754
Proline	g	1. 110			0. 944	0. 988	3. 978
Serine	g	1. 119			0. 951	0. 996	4. 009

[1] Weighted average of NDB Nos. 10206, 10198, 10047, 10039, 10065, 10222, 10055, 10213, and 10193.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, WHOLE, SEPARABLE LEAN ONLY, Raw[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 chop yields 106g[2]	Refuse: Bone 22% Separable fat 8%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	72. 23			327. 64	76. 57	229. 34
Food energy	kcal	143			646	151	452
	kJ	597			2,706	632	1,894
Protein (N x 6.25)	g	21. 43			97. 19	22. 71	68. 03
Total lipid (fat)	g	5. 66			25. 66	6. 00	17. 96
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 05			4. 77	1. 11	3. 34
Minerals:							
Calcium	mg	17			75	18	53
Iron	mg	0. 84			3. 80	0. 89	2. 66
Magnesium	mg	23			106	25	74
Phosphorus	mg	211			959	224	671
Potassium	mg	389			1,764	412	1,235
Sodium	mg	52			237	55	166
Zinc	mg	1. 84			8. 35	1. 95	5. 85
Copper	mg	0. 062			0. 281	0. 066	0. 197
Manganese	mg	0. 012			0. 056	0. 013	0. 039
Vitamins:							
Ascorbic acid	mg	0. 6			2. 9	0. 7	2. 0
Thiamin	mg	0. 989			4. 485	1. 048	3. 139
Riboflavin	mg	0. 267			1. 210	0. 283	0. 847
Niacin	mg	4. 915			22. 296	5. 210	15. 606
Pantothenic acid	mg	0. 781			3. 544	0. 828	2. 481
Vitamin B-6	mg	0. 527			2. 391	0. 559	1. 674
Folate	mcg	5			24	6	17
Vitamin B-12	mcg	0. 63			2. 87	0. 67	2. 01
Vitamin A	RE	2			9	2	6
	IU	7			30	7	21
Lipids:							
Fatty acids:							
Saturated, total	g	1. 95			8. 86	2. 07	6. 20
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 02	0. 01	0. 02
12:0	g	0. 01			0. 03	0. 01	0. 02
14:0	g	0. 07			0. 32	0. 07	0. 22
16:0	g	1. 25			5. 65	1. 32	3. 95
18:0	g	0. 61			2. 77	0. 65	1. 94
Monounsaturated, total	g	2. 56			11. 59	2. 71	8. 11
16:1	g	0. 18			0. 81	0. 19	0. 57
18:1	g	2. 32			10. 54	2. 46	7. 38
20:1	g	0. 04			0. 18	0. 04	0. 13
22:1	g						
Polyunsaturated, total	g	0. 61			2. 76	0. 65	1. 93
18:2	g	0. 49			2. 23	0. 52	1. 56
18:3	g	0. 02			0. 11	0. 02	0. 07
18:4	g						
20:4	g	0. 07			0. 31	0. 07	0. 22
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	59			270	63	189
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 272			1. 235	0. 289	0. 864
Threonine	g	0. 978			4. 438	1. 037	3. 106
Isoleucine	g	1. 003			4. 551	1. 063	3. 185
Leucine	g	1. 719			7. 798	1. 822	5. 458
Lysine	g	1. 927			8. 740	2. 042	6. 118
Methionine	g	0. 567			2. 573	0. 601	1. 801
Cystine	g	0. 273			1. 240	0. 290	0. 868
Phenylalanine	g	0. 855			3. 880	0. 907	2. 716
Tyrosine	g	0. 747			3. 386	0. 791	2. 370
Valine	g	1. 162			5. 273	1. 232	3. 691
Arginine	g	1. 332			6. 042	1. 412	4. 229
Histidine	g	0. 856			3. 883	0. 907	2. 718
Alanine	g	1. 248			5. 662	1. 323	3. 963
Aspartic acid	g	1. 987			9. 015	2. 107	6. 310
Glutamic acid	g	3. 354			15. 214	3. 555	10. 649
Glycine	g	1. 017			4. 615	1. 078	3. 230
Proline	g	0. 861			3. 904	0. 912	2. 733
Serine	g	0. 885			4. 015	0. 938	2. 810

[1] Weighted average of NDB Nos. 10207, 10199, 10048, 10040, 10066, 10225, 10060, 10056, and 10214.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, WHOLE, SEPARABLE LEAN ONLY, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 80 g[1]	Refuse: Bone 21% Separable fat 7%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	61. 40			52. 19	49. 12	200. 54
Food energy	kcal	204			174	163	667
	kJ	855			727	684	2,793
Protein (N x 6.25)	g	28. 57			24. 28	22. 85	93. 31
Total lipid (fat)	g	9. 12			7. 76	7. 30	29. 80
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 40			1. 19	1. 12	4. 58
Minerals:							
Calcium	mg	18			15	14	58
Iron	mg	1. 13			0. 96	0. 91	3. 71
Magnesium	mg	20			17	16	66
Phosphorus	mg	183			155	146	596
Potassium	mg	387			329	309	1,263
Sodium	mg	50			42	40	162
Zinc	mg	2. 48			2. 11	1. 99	8. 11
Copper	mg	0. 079			0. 067	0. 063	0. 258
Manganese	mg	0. 013			0. 011	0. 010	0. 043
Vitamins:							
Ascorbic acid	mg	0. 6			0. 5	0. 5	2. 1
Thiamin	mg	0. 659			0. 560	0. 527	2. 153
Riboflavin	mg	0. 267			0. 227	0. 213	0. 872
Niacin	mg	4. 588			3. 900	3. 670	14. 983
Pantothenic acid	mg	0. 677			0. 576	0. 542	2. 211
Vitamin B-6	mg	0. 387			0. 329	0. 309	1. 262
Folate	mcg	4			3	3	11
Vitamin B-12	mcg	0. 55			0. 47	0. 44	1. 79
Vitamin A	RE	2			2	2	6
	IU	7			6	5	21
Lipids:							
Fatty acids:							
Saturated, total	g	3. 38			2. 87	2. 71	11. 04
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 01	0. 02
12:0	g	0. 01			0. 01	0. 01	0. 02
14:0	g	0. 12			0. 10	0. 10	0. 39
16:0	g	2. 09			1. 78	1. 67	6. 83
18:0	g	1. 09			0. 93	0. 87	3. 57
Monounsaturated, total	g	4. 16			3. 53	3. 32	13. 57
16:1	g	0. 30			0. 26	0. 24	0. 99
18:1	g	3. 74			3. 18	2. 99	12. 21
20:1	g	0. 08			0. 07	0. 07	0. 27
22:1	g						
Polyunsaturated, total	g	0. 70			0. 60	0. 56	2. 29
18:2	g	0. 62			0. 53	0. 49	2. 02
18:3	g	0. 02			0. 02	0. 02	0. 06
18:4	g						
20:4	g	0. 04			0. 03	0. 03	0. 12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	79			67	63	259
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 363			0. 308	0. 290	1. 185
Threonine	g	1. 305			1. 109	1. 044	4. 261
Isoleucine	g	1. 338			1. 137	1. 070	4. 369
Leucine	g	2. 292			1. 948	1. 834	7. 486
Lysine	g	2. 569			2. 184	2. 055	8. 391
Methionine	g	0. 756			0. 643	0. 605	2. 470
Cystine	g	0. 364			0. 310	0. 292	1. 190
Phenylalanine	g	1. 140			0. 969	0. 912	3. 725
Tyrosine	g	0. 995			0. 846	0. 796	3. 251
Valine	g	1. 550			1. 317	1. 240	5. 062
Arginine	g	1. 776			1. 510	1. 421	5. 800
Histidine	g	1. 141			0. 970	0. 913	3. 727
Alanine	g	1. 664			1. 415	1. 331	5. 436
Aspartic acid	g	2. 650			2. 252	2. 120	8. 654
Glutamic acid	g	4. 472			3. 801	3. 578	14. 606
Glycine	g	1. 357			1. 153	1. 085	4. 430
Proline	g	1. 148			0. 976	0. 918	3. 748
Serine	g	1. 180			1. 003	0. 944	3. 854

[1] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, WHOLE, SEPARABLE LEAN ONLY, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 79 g[1]	Refuse: Bone 21% Separable fat 7%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60. 72			51. 61	47. 97	198. 32
Food energy	kcal	210			179	166	687
	kJ	881			749	696	2,877
Protein (N x 6.25)	g	28. 57			24. 28	22. 57	93. 31
Total lipid (fat)	g	9. 80			8. 33	7. 74	32. 02
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 40			1. 19	1. 11	4. 58
Minerals:							
Calcium	mg	17			14	13	54
Iron	mg	0. 91			0. 77	0. 72	2. 96
Magnesium	mg	29			25	23	96
Phosphorus	mg	253			215	200	825
Potassium	mg	438			372	346	1,431
Sodium	mg	64			54	51	209
Zinc	mg	2. 48			2. 11	1. 96	8. 11
Copper	mg	0. 075			0. 064	0. 059	0. 245
Manganese	mg	0. 009			0. 008	0. 007	0. 029
Vitamins:							
Ascorbic acid	mg	0. 7			0. 6	0. 5	2. 2
Thiamin	mg	0. 923			0. 784	0. 729	3. 014
Riboflavin	mg	0. 338			0. 287	0. 267	1. 104
Niacin	mg	5. 243			4. 457	4. 142	17. 124
Pantothenic acid	mg	0. 729			0. 620	0. 576	2. 382
Vitamin B-6	mg	0. 492			0. 418	0. 389	1. 607
Folate	mcg	6			5	4	18
Vitamin B-12	mcg	0. 72			0. 61	0. 57	2. 35
Vitamin A	RE	2			2	2	6
	IU	7			6	5	21
Lipids:							
Fatty acids:							
Saturated, total	g	3. 64			3. 10	2. 88	11. 89
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 01	0. 02
12:0	g	0. 01			0. 01	0. 01	0. 02
14:0	g	0. 13			0. 11	0. 10	0. 42
16:0	g	2. 25			1. 91	1. 78	7. 34
18:0	g	1. 18			1. 00	0. 93	3. 85
Monounsaturated, total	g	4. 45			3. 78	3. 51	14. 52
16:1	g	0. 32			0. 27	0. 25	1. 05
18:1	g	4. 00			3. 40	3. 16	13. 08
20:1	g	0. 09			0. 07	0. 07	0. 28
22:1	g						
Polyunsaturated, total	g	0. 77			0. 65	0. 61	2. 51
18:2	g	0. 68			0. 58	0. 54	2. 22
18:3	g	0. 02			0. 02	0. 02	0. 07
18:4	g						
20:4	g	0. 04			0. 03	0. 03	0. 13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	79			67	63	259
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 363			0. 308	0. 287	1. 185
Threonine	g	1. 305			1. 109	1. 031	4. 261
Isoleucine	g	1. 338			1. 137	1. 057	4. 369
Leucine	g	2. 292			1. 948	1. 811	7. 486
Lysine	g	2. 569			2. 184	2. 030	8. 391
Methionine	g	0. 756			0. 643	0. 598	2. 470
Cystine	g	0. 364			0. 310	0. 288	1. 190
Phenylalanine	g	1. 140			0. 969	0. 901	3. 725
Tyrosine	g	0. 995			0. 846	0. 786	3. 251
Valine	g	1. 550			1. 317	1. 224	5. 062
Arginine	g	1. 776			1. 510	1. 403	5. 800
Histidine	g	1. 141			0. 970	0. 902	3. 727
Alanine	g	1. 664			1. 415	1. 315	5. 436
Aspartic acid	g	2. 650			2. 252	2. 093	8. 654
Glutamic acid	g	4. 472			3. 801	3. 533	14. 606
Glycine	g	1. 357			1. 153	1. 072	4. 430
Proline	g	1. 148			0. 976	0. 907	3. 748
Serine	g	1. 180			1. 003	0. 932	3. 854

[1] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, WHOLE, SEPARABLE LEAN ONLY, Cooked, roasted[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 81 g[2]	Refuse: Bone 21% Separable fat 7%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	61. 02			51. 86	49. 42	199. 28
Food energy	kcal	209			178	169	683
	kJ	875			744	709	2,859
Protein (N x 6.25)	g	28. 62			24. 33	23. 19	93. 49
Total lipid (fat)	g	9. 63			8. 19	7. 80	31. 46
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 25			1. 07	1. 02	4. 09
Minerals:							
Calcium	mg	17			15	14	56
Iron	mg	1. 09			0. 93	0. 89	3. 57
Magnesium	mg	24			20	20	79
Phosphorus	mg	230			195	186	750
Potassium	mg	379			322	307	1,238
Sodium	mg	52			44	42	169
Zinc	mg	2. 53			2. 15	2. 05	8. 26
Copper	mg	0. 059			0. 050	0. 048	0. 193
Manganese	mg	0. 015			0. 013	0. 012	0. 049
Vitamins:							
Ascorbic acid	mg	0. 6			0. 5	0. 4	1. 8
Thiamin	mg	0. 755			0. 642	0. 612	2. 466
Riboflavin	mg	0. 322			0. 274	0. 261	1. 051
Niacin	mg	5. 434			4. 619	4. 402	17. 747
Pantothenic acid	mg	0. 619			0. 526	0. 501	2. 021
Vitamin B-6	mg	0. 404			0. 343	0. 327	1. 318
Folate	mcg	6			5	5	19
Vitamin B-12	mcg	0. 65			0. 55	0. 53	2. 12
Vitamin A	RE	2			2	2	7
	IU	7			6	6	24
Lipids:							
Fatty acids:							
Saturated, total	g	3. 51			2. 98	2. 84	11. 46
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 01	0. 02
12:0	g	0. 01			0. 01	0. 01	0. 02
14:0	g	0. 12			0. 10	0. 10	0. 40
16:0	g	2. 17			1. 84	1. 76	7. 08
18:0	g	1. 13			0. 96	0. 92	3. 70
Monounsaturated, total	g	4. 32			3. 67	3. 50	14. 11
16:1	g	0. 31			0. 27	0. 25	1. 03
18:1	g	3. 88			3. 30	3. 14	12. 67
20:1	g	0. 09			0. 07	0. 07	0. 28
22:1	g						
Polyunsaturated, total	g	0. 76			0. 65	0. 62	2. 48
18:2	g	0. 66			0. 57	0. 54	2. 17
18:3	g	0. 02			0. 02	0. 02	0. 07
18:4	g						
20:4	g	0. 04			0. 04	0. 03	0. 14
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	81			69	66	265
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 364			0. 309	0. 295	1. 188
Threonine	g	1. 307			1. 111	1. 059	4. 269
Isoleucine	g	1. 340			1. 139	1. 086	4. 378
Leucine	g	2. 297			1. 952	1. 860	7. 501
Lysine	g	2. 574			2. 188	2. 085	8. 407
Methionine	g	0. 758			0. 644	0. 614	2. 475
Cystine	g	0. 365			0. 310	0. 296	1. 192
Phenylalanine	g	1. 143			0. 971	0. 926	3. 732
Tyrosine	g	0. 997			0. 848	0. 808	3. 257
Valine	g	1. 553			1. 320	1. 258	5. 072
Arginine	g	1. 779			1. 512	1. 441	5. 811
Histidine	g	1. 143			0. 972	0. 926	3. 735
Alanine	g	1. 668			1. 417	1. 351	5. 446
Aspartic acid	g	2. 655			2. 257	2. 150	8. 671
Glutamic acid	g	4. 481			3. 809	3. 629	14. 634
Glycine	g	1. 359			1. 155	1. 101	4. 439
Proline	g	1. 150			0. 977	0. 931	3. 755
Serine	g	1. 182			1. 005	0. 958	3. 861

[1] Weighted average of NDB Nos. 10209, 10203, 10051, 10043, 10069, 10061, 10059, and 10217.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, BACKRIBS, SEPARABLE LEAN AND FAT, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 38%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59. 39	0. 886	12	269. 39	16. 84	167. 00
Food energy	kcal	282			1,277	80	792
	kJ	1,178			5,346	334	3,314
Protein (N x 6.25)	g	16. 12			73. 12	4. 57	45. 33
Total lipid (fat)	g	23. 58	0. 950	12	106. 96	6. 68	66. 31
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 91			4. 13	0. 26	2. 56
Minerals:							
Calcium	mg	32	3. 696	5	145	9	90
Iron	mg	0. 91	0. 050	5	4. 15	0. 26	2. 57
Magnesium	mg	16	0. 421	5	75	5	46
Phosphorus	mg	143	2. 294	5	650	41	403
Potassium	mg	233	8. 513	5	1,055	66	654
Sodium	mg	75	2. 024	5	339	21	210
Zinc	mg	2. 31	0. 095	5	10. 48	0. 65	6. 50
Copper	mg	0. 062	0. 004	5	0. 281	0. 018	0. 174
Manganese	mg	0. 007			0. 032	0. 002	0. 020
Vitamins:							
Ascorbic acid	mg	0. 2			0. 9	0. 1	0. 6
Thiamin	mg	0. 584			2. 649	0. 166	1. 642
Riboflavin	mg	0. 258			1. 170	0. 073	0. 725
Niacin	mg	4. 570			20. 729	1. 296	12. 851
Pantothenic acid	mg	0. 745			3. 379	0. 211	2. 095
Vitamin B-6	mg	0. 395			1. 792	0. 112	1. 111
Folate	mcg	4			17	1	11
Vitamin B-12	mcg	0. 82			3. 71	0. 23	2. 30
Vitamin A	RE	3			14	1	9
	IU	10			47	3	29
Lipids:[1]							
Fatty acids:							
Saturated, total	g	8. 73			39. 58	2. 47	24. 54
4:0	g						
6:0	g						
8:0	g	0. 00			0. 02	0. 00	0. 01
10:0	g	0. 01			0. 04	0. 00	0. 03
12:0	g	0. 01			0. 04	0. 00	0. 03
14:0	g	0. 30			1. 37	0. 09	0. 85
16:0	g	5. 34			24. 22	1. 51	15. 01
18:0	g	2. 92			13. 26	0. 83	8. 22
Monounsaturated, total	g	10. 65			48. 33	3. 02	29. 96
16:1	g	0. 72			3. 26	0. 20	2. 02
18:1	g	9. 66			43. 83	2. 74	27. 17
20:1	g	0. 18			0. 82	0. 05	0. 51
22:1	g						
Polyunsaturated, total	g	1. 96			8. 89	0. 56	5. 51
18:2	g	1. 73			7. 87	0. 49	4. 88
18:3	g	0. 08			0. 35	0. 02	0. 22
18:4	g						
20:4	g	0. 07			0. 32	0. 02	0. 20
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	81			367	23	228
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 205			0. 929	0. 058	0. 576
Threonine	g	0. 736			3. 339	0. 209	2. 070
Isoleucine	g	0. 755			3. 424	0. 214	2. 123
Leucine	g	1. 293			5. 867	0. 367	3. 637
Lysine	g	1. 450			6. 575	0. 411	4. 076
Methionine	g	0. 427			1. 936	0. 121	1. 200
Cystine	g	0. 206			0. 933	0. 058	0. 578
Phenylalanine	g	0. 643			2. 919	0. 182	1. 809
Tyrosine	g	0. 562			2. 548	0. 159	1. 579
Valine	g	0. 875			3. 967	0. 248	2. 459
Arginine	g	1. 002			4. 545	0. 284	2. 818
Histidine	g	0. 644			2. 921	0. 183	1. 811
Alanine	g	0. 939			4. 260	0. 266	2. 641
Aspartic acid	g	1. 495			6. 782	0. 424	4. 204
Glutamic acid	g	2. 523			11. 446	0. 715	7. 096
Glycine	g	0. 765			3. 472	0. 217	2. 152
Proline	g	0. 648			2. 937	0. 184	1. 821
Serine	g	0. 666			3. 020	0. 189	1. 872

[1] Values based on data for NDB No. 10193 (cooked backribs).

PORK, FRESH, BACKRIBS, SEPARABLE LEAN AND FAT, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 219 g[1]	Refuse: Bone 39%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	45. 44	0. 742	12	38. 62	99. 51	125. 73
Food energy	kcal	370			315	811	1,025
	kJ	1,551			1,318	3,396	4,290
Protein (N x 6.25)	g	24. 26	0. 691	12	20. 62	53. 13	67. 13
Total lipid (fat)	g	29. 58	0. 726	12	25. 14	64. 78	81. 85
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 09	0. 025	12	0. 93	2. 39	3. 02
Minerals:							
Calcium	mg	45	2. 798	5	38	98	124
Iron	mg	1. 38	0. 070	5	1. 18	3. 03	3. 83
Magnesium	mg	21	0. 527	5	18	47	59
Phosphorus	mg	195	3. 234	5	165	426	538
Potassium	mg	315	9. 429	5	268	690	872
Sodium	mg	101	1. 631	5	85	220	278
Zinc	mg	3. 37	0. 167	5	2. 86	7. 37	9. 31
Copper	mg	0. 081	0. 007	5	0. 069	0. 177	0. 223
Manganese	mg	0. 009			0. 008	0. 020	0. 025
Vitamins:							
Ascorbic acid	mg	0. 3			0. 2	0. 6	0. 7
Thiamin	mg	0. 427			0. 363	0. 935	1. 182
Riboflavin	mg	0. 200			0. 170	0. 438	0. 553
Niacin	mg	3. 550			3. 017	7. 774	9. 823
Pantothenic acid	mg	0. 580			0. 493	1. 270	1. 605
Vitamin B-6	mg	0. 307			0. 261	0. 672	0. 849
Folate	mcg	3			2	6	8
Vitamin B-12	mcg	0. 64			0. 54	1. 39	1. 76
Vitamin A	RE	3			2	6	8
	IU	9			8	20	25
Lipids:							
Fatty acids:							
Saturated, total	g	10. 99			9. 34	24. 07	30. 41
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01		12	0. 01	0. 03	0. 03
12:0	g	0. 01		12	0. 01	0. 03	0. 03
14:0	g	0. 39		12	0. 33	0. 86	1. 08
16:0	g	6. 75		12	5. 74	14. 79	18. 68
18:0	g	3. 65		12	3. 10	7. 99	10. 10
Monounsaturated, total	g	13. 46			11. 44	29. 48	37. 25
16:1	g	1. 00		12	0. 85	2. 19	2. 77
18:1	g	12. 12		12	10. 30	26. 54	33. 53
20:1	g	0. 23		12	0. 19	0. 50	0. 63
22:1	g						
Polyunsaturated, total	g	2. 32			1. 97	5. 07	6. 41
18:2	g	2. 05		12	1. 74	4. 48	5. 67
18:3	g	0. 09		12	0. 08	0. 20	0. 26
18:4	g						
20:4	g	0. 08		12	0. 07	0. 17	0. 21
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	118	4. 937	12	100	258	326
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 308			0. 262	0. 675	0. 853
Threonine	g	1. 108			0. 942	2. 426	3. 065
Isoleucine	g	1. 136			0. 966	2. 488	3. 143
Leucine	g	1. 947			1. 655	4. 263	5. 386
Lysine	g	2. 182			1. 854	4. 778	6. 037
Methionine	g	0. 642			0. 546	1. 407	1. 777
Cystine	g	0. 309			0. 263	0. 678	0. 856
Phenylalanine	g	0. 968			0. 823	2. 121	2. 680
Tyrosine	g	0. 845			0. 718	1. 851	2. 339
Valine	g	1. 316			1. 119	2. 882	3. 642
Arginine	g	1. 508			1. 282	3. 303	4. 173
Histidine	g	0. 969			0. 824	2. 122	2. 682
Alanine	g	1. 413			1. 201	3. 095	3. 911
Aspartic acid	g	2. 250			1. 913	4. 928	6. 226
Glutamic acid	g	3. 798			3. 228	8. 317	10. 508
Glycine	g	1. 152			0. 979	2. 523	3. 187
Proline	g	0. 975			0. 828	2. 134	2. 697
Serine	g	1. 002			0. 852	2. 195	2. 773

[1] Raw weight includes refuse; cooked weight excludes refuse.

PORK, FRESH, LOIN, BLADE (CHOPS OR ROASTS), BONE-IN, SEPARABLE LEAN AND FAT, Raw[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 chop yields 110 g[2]	Refuse: Bone 27%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59. 20			268. 52	65. 12	196. 00
Food energy	kcal	285			1,293	314	944
	kJ	1,194			5,414	1,313	3,952
Protein (N x 6.25)	g	15. 82			71. 75	17. 40	52. 37
Total lipid (fat)	g	24. 12			109. 43	26. 54	79. 88
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 80			3. 63	0. 88	2. 65
Minerals:							
Calcium	mg	29			130	32	95
Iron	mg	0. 83			3. 75	0. 91	2. 74
Magnesium	mg	16			73	18	53
Phosphorus	mg	164			745	181	544
Potassium	mg	281			1,277	310	932
Sodium	mg	54			244	59	178
Zinc	mg	2. 35			10. 67	2. 59	7. 79
Copper	mg	0. 062			0. 283	0. 069	0. 207
Manganese	mg	0. 010			0. 047	0. 011	0. 034
Vitamins:							
Ascorbic acid	mg	0. 6			2. 7	0. 6	1. 9
Thiamin	mg	0. 654			2. 965	0. 719	2. 164
Riboflavin	mg	0. 231			1. 049	0. 254	0. 766
Niacin	mg	3. 650			16. 557	4. 015	12. 085
Pantothenic acid	mg	0. 622			2. 820	0. 684	2. 058
Vitamin B-6	mg	0. 370			1. 678	0. 407	1. 225
Folate	mcg	3			16	4	11
Vitamin B-12	mcg	0. 09			0. 39	0. 09	0. 28
Vitamin A	RE	2			11	3	8
	IU	8			35	9	26
Lipids:							
Fatty acids:							
Saturated, total	g	8. 37			37. 95	9. 20	27. 70
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 02			0. 08	0. 02	0. 06
12:0	g	0. 03			0. 12	0. 03	0. 09
14:0	g	0. 30			1. 36	0. 33	1. 00
16:0	g	5. 19			23. 55	5. 71	17. 19
18:0	g	2. 75			12. 49	3. 03	9. 12
Monounsaturated, total	g	10. 73			48. 65	11. 80	35. 51
16:1	g	0. 68			3. 07	0. 74	2. 24
18:1	g	9. 85			44. 69	10. 84	32. 62
20:1	g	0. 18			0. 82	0. 20	0. 60
22:1	g						
Polyunsaturated, total	g	2. 58			11. 68	2. 83	8. 53
18:2	g	2. 16			9. 79	2. 37	7. 14
18:3	g	0. 18			0. 83	0. 20	0. 60
18:4	g						
20:4	g	0. 12			0. 53	0. 13	0. 39
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	72			325	79	238
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 185			0. 839	0. 204	0. 613
Threonine	g	0. 698			3. 164	0. 767	2. 310
Isoleucine	g	0. 705			3. 200	0. 776	2. 336
Leucine	g	1. 241			5. 630	1. 365	4. 110
Lysine	g	1. 402			6. 359	1. 542	4. 641
Methionine	g	0. 398			1. 803	0. 437	1. 316
Cystine	g	0. 194			0. 879	0. 213	0. 641
Phenylalanine	g	0. 624			2. 828	0. 686	2. 064
Tyrosine	g	0. 521			2. 365	0. 573	1. 726
Valine	g	0. 841			3. 815	0. 925	2. 784
Arginine	g	1. 029			4. 666	1. 131	3. 406
Histidine	g	0. 586			2. 659	0. 645	1. 941
Alanine	g	0. 942			4. 273	1. 036	3. 119
Aspartic acid	g	1. 427			6. 472	1. 570	4. 724
Glutamic acid	g	2. 363			10. 718	2. 599	7. 823
Glycine	g	0. 954			4. 327	1. 049	3. 159
Proline	g	0. 746			3. 386	0. 821	2. 471
Serine	g	0. 653			2. 962	0. 718	2. 162

[1] Trimmed to 0.25 inch fat.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, BLADE (CHOPS), BONE-IN, SEPARABLE LEAN AND FAT, Cooked, braised[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 83 g[2]	Refuse: Bone 26%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	51. 83			44. 06	43. 02	174. 01
Food energy	kcal	323			274	268	1,084
	kJ	1,352			1,149	1,122	4,538
Protein (N x 6.25)	g	21. 91			18. 62	18. 18	73. 55
Total lipid (fat)	g	25. 43			21. 61	21. 10	85. 36
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 16			0. 99	0. 97	3. 91
Minerals:							
Calcium	mg	31			26	26	103
Iron	mg	1. 11			0. 94	0. 92	3. 72
Magnesium	mg	15			13	13	51
Phosphorus	mg	162			137	134	543
Potassium	mg	304			258	252	1,020
Sodium	mg	55			47	46	184
Zinc	mg	3. 27			2. 78	2. 71	10. 97
Copper	mg	0. 085			0. 072	0. 071	0. 286
Manganese	mg	0. 011			0. 009	0. 009	0. 037
Vitamins:							
Ascorbic acid	mg	0. 6			0. 5	0. 5	2. 0
Thiamin	mg	0. 476			0. 405	0. 395	1. 598
Riboflavin	mg	0. 232			0. 198	0. 193	0. 780
Niacin	mg	3. 590			3. 052	2. 980	12. 053
Pantothenic acid	mg	0. 562			0. 477	0. 466	1. 885
Vitamin B-6	mg	0. 297			0. 252	0. 246	0. 995
Folate	mcg	2			2	2	8
Vitamin B-12	mcg	0. 65			0. 55	0. 54	2. 17
Vitamin A	RE	2			2	2	8
	IU	8			7	7	28
Lipids:							
Fatty acids:							
Saturated, total	g	9. 54			8. 11	7. 92	32. 04
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 02			0. 02	0. 02	0. 07
12:0	g	0. 02			0. 02	0. 01	0. 06
14:0	g	0. 33			0. 28	0. 28	1. 12
16:0	g	5. 80			4. 93	4. 81	19. 47
18:0	g	3. 19			2. 71	2. 65	10. 70
Monounsaturated, total	g	10. 95			9. 31	9. 09	36. 75
16:1	g	0. 69			0. 59	0. 57	2. 32
18:1	g	9. 96			8. 46	8. 27	33. 43
20:1	g	0. 20			0. 17	0. 16	0. 66
22:1	g						
Polyunsaturated, total	g	2. 33			1. 98	1. 94	7. 83
18:2	g	2. 09			1. 78	1. 74	7. 03
18:3	g	0. 07			0. 06	0. 06	0. 25
18:4	g						
20:4	g	0. 06			0. 05	0. 05	0. 20
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	85			73	71	287
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 250			0. 213	0. 208	0. 841
Threonine	g	0. 957			0. 814	0. 795	3. 214
Isoleucine	g	0. 964			0. 820	0. 800	3. 237
Leucine	g	1. 709			1. 453	1. 418	5. 737
Lysine	g	1. 934			1. 644	1. 605	6. 493
Methionine	g	0. 543			0. 461	0. 451	1. 822
Cystine	g	0. 265			0. 226	0. 220	0. 891
Phenylalanine	g	0. 861			0. 732	0. 714	2. 890
Tyrosine	g	0. 711			0. 604	0. 590	2. 387
Valine	g	1. 159			0. 985	0. 962	3. 889
Arginine	g	1. 441			1. 225	1. 196	4. 839
Histidine	g	0. 795			0. 676	0. 660	2. 670
Alanine	g	1. 312			1. 115	1. 089	4. 406
Aspartic acid	g	1. 962			1. 667	1. 628	6. 585
Glutamic acid	g	3. 231			2. 747	2. 682	10. 847
Glycine	g	1. 396			1. 186	1. 158	4. 685
Proline	g	1. 075			0. 913	0. 892	3. 607
Serine	g	0. 904			0. 769	0. 751	3. 036

[1] Trimmed to 0.25 inch fat before cooking.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, BLADE (CHOPS), BONE-IN, SEPARABLE LEAN AND FAT, Cooked, broiled[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 80 g[2]	Refuse: Bone 27%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	51. 83			44. 06	41. 47	171. 62
Food energy	kcal	320			272	256	1,060
	kJ	1,340			1,139	1,072	4,437
Protein (N x 6.25)	g	22. 47			19. 10	17. 98	74. 41
Total lipid (fat)	g	24. 85			21. 12	19. 88	82. 28
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 19			1. 01	0. 95	3. 94
Minerals:							
Calcium	mg	29			25	23	97
Iron	mg	0. 93			0. 79	0. 75	3. 08
Magnesium	mg	22			19	18	73
Phosphorus	mg	212			181	170	703
Potassium	mg	344			292	275	1,139
Sodium	mg	70			60	56	232
Zinc	mg	3. 37			2. 87	2. 70	11. 17
Copper	mg	0. 083			0. 071	0. 067	0. 276
Manganese	mg	0. 008			0. 007	0. 006	0. 027
Vitamins:							
Ascorbic acid	mg	0. 7			0. 6	0. 5	2. 2
Thiamin	mg	0. 652			0. 555	0. 522	2. 160
Riboflavin	mg	0. 296			0. 252	0. 237	0. 982
Niacin	mg	4. 109			3. 493	3. 287	13. 604
Pantothenic acid	mg	0. 615			0. 522	0. 492	2. 035
Vitamin B-6	mg	0. 381			0. 324	0. 305	1. 261
Folate	mcg	4			3	3	12
Vitamin B-12	mcg	0. 83			0. 71	0. 67	2. 76
Vitamin A	RE	2			2	2	8
	IU	8			7	7	27
Lipids:							
Fatty acids:							
Saturated, total	g	9. 31			7. 92	7. 45	30. 83
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 02			0. 02	0. 02	0. 06
12:0	g	0. 02			0. 01	0. 01	0. 06
14:0	g	0. 33			0. 28	0. 26	1. 08
16:0	g	5. 66			4. 81	4. 53	18. 74
18:0	g	3. 11			2. 64	2. 49	10. 30
Monounsaturated, total	g	10. 70			9. 10	8. 56	35. 44
16:1	g	0. 68			0. 58	0. 54	2. 24
18:1	g	9. 73			8. 27	7. 79	32. 23
20:1	g	0. 19			0. 16	0. 16	0. 64
22:1	g						
Polyunsaturated, total	g	2. 26			1. 93	1. 81	7. 50
18:2	g	2. 03			1. 73	1. 63	6. 73
18:3	g	0. 07			0. 06	0. 06	0. 24
18:4	g						
20:4	g	0. 06			0. 05	0. 05	0. 20
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	86			73	69	285
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 260			0. 221	0. 208	0. 862
Threonine	g	0. 987			0. 839	0. 790	3. 269
Isoleucine	g	0. 997			0. 847	0. 797	3. 300
Leucine	g	1. 759			1. 495	1. 407	5. 825
Lysine	g	1. 989			1. 690	1. 591	6. 584
Methionine	g	0. 562			0. 477	0. 449	1. 859
Cystine	g	0. 274			0. 233	0. 219	0. 907
Phenylalanine	g	0. 885			0. 752	0. 708	2. 929
Tyrosine	g	0. 736			0. 626	0. 589	2. 437
Valine	g	1. 192			1. 013	0. 954	3. 947
Arginine	g	1. 469			1. 248	1. 175	4. 863
Histidine	g	0. 826			0. 702	0. 661	2. 734
Alanine	g	1. 342			1. 140	1. 073	4. 442
Aspartic acid	g	2. 021			1. 718	1. 617	6. 691
Glutamic acid	g	3. 339			2. 838	2. 671	11. 056
Glycine	g	1. 387			1. 179	1. 110	4. 594
Proline	g	1. 078			0. 916	0. 862	3. 569
Serine	g	0. 928			0. 789	0. 742	3. 072

[1] Trimmed to 0.25 inch fat before cooking.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, BLADE (CHOPS), BONE-IN, SEPARABLE LEAN AND FAT, Cooked, pan-fried[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 83 g[2]	Refuse: Bone 31%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	49. 95			42. 46	41. 46	156. 35
Food energy	kcal	342			291	284	1,070
	kJ	1,431			1,216	1,188	4,478
Protein (N x 6.25)	g	21. 49			18. 26	17. 83	67. 26
Total lipid (fat)	g	27. 74			23. 58	23. 03	86. 83
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 14			0. 97	0. 95	3. 58
Minerals:							
Calcium	mg	30			26	25	94
Iron	mg	0. 88			0. 75	0. 73	2. 76
Magnesium	mg	21			18	17	65
Phosphorus	mg	206			175	171	644
Potassium	mg	332			282	275	1,038
Sodium	mg	67			57	55	209
Zinc	mg	3. 19			2. 71	2. 65	9. 99
Copper	mg	0. 080			0. 068	0. 066	0. 250
Manganese	mg	0. 008			0. 006	0. 006	0. 024
Vitamins:							
Ascorbic acid	mg	0. 6			0. 5	0. 5	1. 9
Thiamin	mg	0. 622			0. 529	0. 516	1. 947
Riboflavin	mg	0. 294			0. 250	0. 244	0. 920
Niacin	mg	3. 946			3. 354	3. 275	12. 349
Pantothenic acid	mg	0. 659			0. 560	0. 547	2. 062
Vitamin B-6	mg	0. 337			0. 286	0. 279	1. 053
Folate	mcg	4			3	3	12
Vitamin B-12	mcg	0. 84			0. 71	0. 69	2. 62
Vitamin A	RE	3			2	2	8
	IU	8			7	7	26
Lipids:							
Fatty acids:							
Saturated, total	g	10. 17			8. 65	8. 44	31. 84
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 02			0. 02	0. 02	0. 06
12:0	g	0. 02			0. 02	0. 02	0. 06
14:0	g	0. 35			0. 30	0. 29	1. 10
16:0	g	6. 20			5. 27	5. 15	19. 42
18:0	g	3. 39			2. 88	2. 81	10. 60
Monounsaturated, total	g	11. 72			9. 96	9. 73	36. 69
16:1	g	0. 72			0. 62	0. 60	2. 27
18:1	g	10. 69			9. 08	8. 87	33. 45
20:1	g	0. 21			0. 18	0. 17	0. 65
22:1	g						
Polyunsaturated, total	g	3. 10			2. 63	2. 57	9. 70
18:2	g	2. 77			2. 36	2. 30	8. 68
18:3	g	0. 15			0. 13	0. 13	0. 48
18:4	g						
20:4	g	0. 06			0. 05	0. 05	0. 20
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	85			72	70	266
Phytosterols	mg	3			2	2	9
Amino acids:							
Tryptophan	g	0. 243			0. 207	0. 202	0. 761
Threonine	g	0. 935			0. 795	0. 776	2. 927
Isoleucine	g	0. 940			0. 799	0. 781	2. 943
Leucine	g	1. 672			1. 421	1. 388	5. 233
Lysine	g	1. 894			1. 610	1. 572	5. 928
Methionine	g	0. 529			0. 450	0. 439	1. 656
Cystine	g	0. 259			0. 220	0. 215	0. 811
Phenylalanine	g	0. 843			0. 717	0. 700	2. 639
Tyrosine	g	0. 693			0. 589	0. 575	2. 169
Valine	g	1. 134			0. 964	0. 941	3. 548
Arginine	g	1. 421			1. 207	1. 179	4. 446
Histidine	g	0. 773			0. 657	0. 642	2. 420
Alanine	g	1. 290			1. 097	1. 071	4. 038
Aspartic acid	g	1. 918			1. 630	1. 592	6. 003
Glutamic acid	g	3. 152			2. 679	2. 616	9. 866
Glycine	g	1. 400			1. 190	1. 162	4. 381
Proline	g	1. 071			0. 910	0. 889	3. 351
Serine	g	0. 887			0. 754	0. 736	2. 776

[1] Trimmed to 0.25 inch fat before cooking.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, BLADE (ROASTS), BONE-IN, SEPARABLE LEAN AND FAT, Cooked, roasted[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 265 g[2]	Refuse: Bone 25%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	51. 21			43. 52	135. 69	174. 20
Food energy	kcal	323			275	857	1,100
	kJ	1,354			1,151	3,588	4,606
Protein (N x 6.25)	g	23. 72			20. 16	62. 87	80. 71
Total lipid (fat)	g	24. 63			20. 94	65. 27	83. 79
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 09			0. 93	2. 89	3. 71
Minerals:							
Calcium	mg	34			29	90	116
Iron	mg	1. 11			0. 94	2. 93	3. 76
Magnesium	mg	20			17	54	69
Phosphorus	mg	210			178	555	713
Potassium	mg	326			277	863	1,109
Sodium	mg	30			26	80	102
Zinc	mg	3. 30			2. 80	8. 74	11. 22
Copper	mg	0. 079			0. 067	0. 210	0. 269
Manganese	mg	0. 011			0. 009	0. 029	0. 037
Vitamins:							
Ascorbic acid	mg	0. 2			0. 2	0. 6	0. 8
Thiamin	mg	0. 524			0. 446	1. 389	1. 783
Riboflavin	mg	0. 296			0. 251	0. 783	1. 006
Niacin	mg	4. 237			3. 602	11. 229	14. 415
Pantothenic acid	mg	0. 486			0. 413	1. 289	1. 655
Vitamin B-6	mg	0. 378			0. 321	1. 002	1. 286
Folate	mcg	4			4	12	15
Vitamin B-12	mcg	0. 73			0. 62	1. 93	2. 48
Vitamin A	RE	3			2	7	9
	IU	9			8	24	31
Lipids:							
Fatty acids:							
Saturated, total	g	9. 15			7. 77	24. 24	31. 11
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 02			0. 02	0. 05	0. 06
12:0	g	0. 02			0. 01	0. 04	0. 06
14:0	g	0. 32			0. 27	0. 85	1. 10
16:0	g	5. 55			4. 72	14. 71	18. 89
18:0	g	3. 06			2. 60	8. 10	10. 40
Monounsaturated, total	g	10. 64			9. 04	28. 19	36. 19
16:1	g	0. 68			0. 58	1. 81	2. 32
18:1	g	9. 65			8. 20	25. 58	32. 84
20:1	g	0. 20			0. 17	0. 53	0. 68
22:1	g						
Polyunsaturated, total	g	2. 16			1. 83	5. 72	7. 34
18:2	g	1. 93			1. 64	5. 11	6. 56
18:3	g	0. 07			0. 06	0. 18	0. 23
18:4	g						
20:4	g	0. 06			0. 05	0. 17	0. 22
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	93			79	246	315
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 278			0. 237	0. 738	0. 947
Threonine	g	1. 048			0. 891	2. 776	3. 564
Isoleucine	g	1. 060			0. 901	2. 809	3. 606
Leucine	g	1. 863			1. 584	4. 937	6. 339
Lysine	g	2. 104			1. 788	5. 575	7. 157
Methionine	g	0. 597			0. 508	1. 583	2. 033
Cystine	g	0. 291			0. 247	0. 771	0. 990
Phenylalanine	g	0. 936			0. 795	2. 479	3. 183
Tyrosine	g	0. 784			0. 666	2. 077	2. 666
Valine	g	1. 262			1. 073	3. 345	4. 294
Arginine	g	1. 540			1. 309	4. 081	5. 239
Histidine	g	0. 882			0. 750	2. 337	3. 000
Alanine	g	1. 412			1. 200	3. 741	4. 802
Aspartic acid	g	2. 142			1. 821	5. 677	7. 288
Glutamic acid	g	3. 550			3. 018	9. 408	12. 078
Glycine	g	1. 419			1. 206	3. 760	4. 827
Proline	g	1. 113			0. 946	2. 950	3. 787
Serine	g	0. 979			0. 833	2. 596	3. 332

[1] Trimmed to 0.25 inch fat before cooking.
[2] Raw weight includes refuse; cooked weight excludes refuse.

PORK, FRESH, LOIN, BLADE (CHOPS OR ROASTS), BONE-IN SEPARABLE LEAN ONLY, Raw[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 chop yields 82 g[2]	Refuse: Bone 27% Separable fat 19%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	71. 80	0. 337	15	325. 69	58. 88	175. 84
Food energy	kcal	157			711	128	384
	kJ	656			2,975	538	1,606
Protein (N x 6.25)	g	19. 27	0. 344	17	87. 41	15. 80	47. 19
Total lipid (fat)	g	8. 25	0. 463	15	37. 42	6. 76	20. 20
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 00	0. 028	13	4. 54	0. 82	2. 45
Minerals:							
Calcium	mg	23	0. 925	5	103	19	56
Iron	mg	1. 02	0. 049	17	4. 63	0. 84	2. 50
Magnesium	mg	21	0. 263	5	95	17	51
Phosphorus	mg	191	3. 368	5	867	157	468
Potassium	mg	340	6. 602	16	1,544	279	833
Sodium	mg	67	1. 173	16	303	55	164
Zinc	mg	2. 95	0. 078	16	13. 38	2. 42	7. 23
Copper	mg	0. 075	0. 003	16	0. 339	0. 061	0. 183
Manganese	mg	0. 013			0. 059	0. 011	0. 032
Vitamins:							
Ascorbic acid	mg	0. 8			3. 6	0. 7	2. 0
Thiamin	mg	0. 808	0. 046	12	3. 665	0. 663	1. 979
Riboflavin	mg	0. 279	0. 009	13	1. 266	0. 229	0. 683
Niacin	mg	4. 324	0. 259	13	19. 614	3. 546	10. 589
Pantothenic acid	mg	0. 757			3. 434	0. 621	1. 854
Vitamin B-6	mg	0. 490		1	2. 223	0. 402	1. 200
Folate	mcg	4			18	3	10
Vitamin B-12	mcg	0. 84	0. 055	11	3. 81	0. 69	2. 06
Vitamin A	RE	2			10	2	5
	IU	7			32	6	17
Lipids:							
Fatty acids:							
Saturated, total	g	2. 85			12. 92	2. 34	6. 97
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01		73	0. 03	0. 01	0. 02
12:0	g	0. 01		75	0. 04	0. 01	0. 02
14:0	g	0. 10		378	0. 47	0. 08	0. 25
16:0	g	1. 82		378	8. 24	1. 49	4. 45
18:0	g	0. 89		378	4. 05	0. 73	2. 18
Monounsaturated, total	g	3. 73			16. 91	3. 06	9. 13
16:1	g	0. 26		378	1. 18	0. 21	0. 64
18:1	g	3. 39		378	15. 37	2. 78	8. 30
20:1	g	0. 06		71	0. 26	0. 05	0. 14
22:1	g						
Polyunsaturated, total	g	0. 89			4. 03	0. 73	2. 17
18:2	g	0. 72		378	3. 25	0. 59	1. 75
18:3	g	0. 03		190	0. 15	0. 03	0. 08
18:4	g						
20:4	g	0. 10		315	0. 45	0. 08	0. 25
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	64	1. 290	11	290	52	157
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 245			1. 110	0. 201	0. 599
Threonine	g	0. 880			3. 991	0. 722	2. 155
Isoleucine	g	0. 902			4. 093	0. 740	2. 210
Leucine	g	1. 546			7. 013	1. 268	3. 786
Lysine	g	1. 733			7. 860	1. 421	4. 244
Methionine	g	0. 510			2. 314	0. 418	1. 250
Cystine	g	0. 246			1. 115	0. 202	0. 602
Phenylalanine	g	0. 769			3. 489	0. 631	1. 884
Tyrosine	g	0. 671			3. 046	0. 551	1. 644
Valine	g	1. 045			4. 742	0. 857	2. 560
Arginine	g	1. 198			5. 434	0. 982	2. 934
Histidine	g	0. 770			3. 492	0. 631	1. 885
Alanine	g	1. 123			5. 092	0. 921	2. 749
Aspartic acid	g	1. 787			8. 107	1. 466	4. 377
Glutamic acid	g	3. 017			13. 683	2. 474	7. 387
Glycine	g	0. 915			4. 150	0. 750	2. 241
Proline	g	0. 774			3. 511	0. 635	1. 896
Serine	g	0. 796			3. 610	0. 653	1. 949

[1] Trimmed to 0.25 inch fat.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, BLADE (CHOPS), BONE-IN, SEPARABLE LEAN ONLY, Cooked, braised[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 63 g[2]	Refuse: Bone 26% Separable fat 18%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	61. 02			51. 87	38. 44	154. 99
Food energy	kcal	225			191	142	571
	kJ	941			800	593	2,390
Protein (N x 6.25)	g	25. 03			21. 27	15. 77	63. 57
Total lipid (fat)	g	13. 07			11. 11	8. 23	33. 20
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 30			1. 10	0. 82	3. 30
Minerals:							
Calcium	mg	24			20	15	60
Iron	mg	1. 35			1. 15	0. 85	3. 42
Magnesium	mg	18			15	11	45
Phosphorus	mg	161			137	102	410
Potassium	mg	326			277	205	828
Sodium	mg	62			52	39	156
Zinc	mg	3. 91			3. 33	2. 47	9. 94
Copper	mg	0. 096			0. 081	0. 060	0. 243
Manganese	mg	0. 014			0. 011	0. 009	0. 034
Vitamins:							
Ascorbic acid	mg	0. 8			0. 7	0. 5	2. 0
Thiamin	mg	0. 525			0. 446	0. 331	1. 333
Riboflavin	mg	0. 272			0. 231	0. 171	0. 690
Niacin	mg	3. 931			3. 341	2. 476	9. 984
Pantothenic acid	mg	0. 639			0. 543	0. 403	1. 623
Vitamin B-6	mg	0. 350			0. 297	0. 220	0. 889
Folate	mcg	3			2	2	7
Vitamin B-12	mcg	0. 71			0. 60	0. 45	1. 80
Vitamin A	RE	2			2	1	5
	IU	7			6	4	17
Lipids:							
Fatty acids:							
Saturated, total	g	4. 74			4. 03	2. 99	12. 05
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 01	0. 02
12:0	g	0. 01			0. 01	0. 01	0. 02
14:0	g	0. 17			0. 14	0. 11	0. 43
16:0	g	2. 87			2. 44	1. 81	7. 29
18:0	g	1. 59			1. 35	1. 00	4. 03
Monounsaturated, total	g	5. 68			4. 83	3. 58	14. 43
16:1	g	0. 38			0. 32	0. 24	0. 96
18:1	g	5. 13			4. 36	3. 23	13. 03
20:1	g	0. 12			0. 10	0. 07	0. 30
22:1	g						
Polyunsaturated, total	g	1. 03			0. 88	0. 65	2. 62
18:2	g	0. 91			0. 77	0. 57	2. 31
18:3	g	0. 03			0. 03	0. 02	0. 07
18:4	g						
20:4	g	0. 04			0. 03	0. 03	0. 10
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	83			71	52	211
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 318			0. 270	0. 200	0. 807
Threonine	g	1. 143			0. 971	0. 720	2. 903
Isoleucine	g	1. 172			0. 996	0. 738	2. 976
Leucine	g	2. 008			1. 707	1. 265	5. 100
Lysine	g	2. 250			1. 913	1. 418	5. 716
Methionine	g	0. 663			0. 563	0. 417	1. 683
Cystine	g	0. 319			0. 271	0. 201	0. 811
Phenylalanine	g	0. 999			0. 849	0. 629	2. 537
Tyrosine	g	0. 872			0. 741	0. 549	2. 215
Valine	g	1. 358			1. 154	0. 855	3. 448
Arginine	g	1. 556			1. 322	0. 980	3. 951
Histidine	g	1. 000			0. 850	0. 630	2. 539
Alanine	g	1. 458			1. 239	0. 918	3. 703
Aspartic acid	g	2. 321			1. 973	1. 462	5. 896
Glutamic acid	g	3. 918			3. 330	2. 468	9. 951
Glycine	g	1. 188			1. 010	0. 749	3. 018
Proline	g	1. 005			0. 855	0. 633	2. 554
Serine	g	1. 034			0. 879	0. 651	2. 626

[1] Trimmed to 0.25 inch fat before cooking.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, BLADE (CHOPS), BONE-IN, SEPARABLE LEAN ONLY, Cooked, broiled[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 63 g[2]	Refuse: Bone 27% Separable fat 16%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59. 86			50. 88	37. 71	154. 79
Food energy	kcal	234			199	147	604
	kJ	978			831	616	2,529
Protein (N x 6.25)	g	25. 36			21. 55	15. 97	65. 57
Total lipid (fat)	g	13. 89			11. 81	8. 75	35. 93
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 32			1. 12	0. 83	3. 40
Minerals:							
Calcium	mg	23			19	14	58
Iron	mg	1. 09			0. 93	0. 69	2. 82
Magnesium	mg	26			22	17	68
Phosphorus	mg	226			192	143	586
Potassium	mg	374			318	236	968
Sodium	mg	80			68	50	207
Zinc	mg	3. 97			3. 37	2. 50	10. 25
Copper	mg	0. 092			0. 078	0. 058	0. 238
Manganese	mg	0. 009			0. 008	0. 006	0. 024
Vitamins:							
Ascorbic acid	mg	0. 8			0. 7	0. 5	2. 2
Thiamin	mg	0. 744			0. 633	0. 469	1. 925
Riboflavin	mg	0. 349			0. 296	0. 220	0. 902
Niacin	mg	4. 552			3. 869	2. 867	11. 770
Pantothenic acid	mg	0. 697			0. 593	0. 439	1. 803
Vitamin B-6	mg	0. 451			0. 384	0. 284	1. 167
Folate	mcg	4			4	3	11
Vitamin B-12	mcg	0. 94			0. 80	0. 59	2. 43
Vitamin A	RE	2			2	1	5
	IU	7			6	4	18
Lipids:							
Fatty acids:							
Saturated, total	g	5. 06			4. 30	3. 19	13. 08
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 01	0. 03
12:0	g	0. 01			0. 01	0. 01	0. 02
14:0	g	0. 18			0. 15	0. 11	0. 47
16:0	g	3. 06			2. 60	1. 93	7. 91
18:0	g	1. 69			1. 44	1. 07	4. 37
Monounsaturated, total	g	6. 04			5. 13	3. 80	15. 61
16:1	g	0. 40			0. 34	0. 25	1. 03
18:1	g	5. 45			4. 63	3. 43	14. 10
20:1	g	0. 12			0. 10	0. 08	0. 32
22:1	g						
Polyunsaturated, total	g	1. 11			0. 94	0. 70	2. 87
18:2	g	0. 98			0. 83	0. 62	2. 54
18:3	g	0. 03			0. 03	0. 02	0. 08
18:4	g						
20:4	g	0. 04			0. 04	0. 03	0. 11
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	84			72	53	218
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 322			0. 274	0. 203	0. 833
Threonine	g	1. 158			0. 984	0. 729	2. 994
Isoleucine	g	1. 187			1. 009	0. 748	3. 070
Leucine	g	2. 034			1. 729	1. 282	5. 261
Lysine	g	2. 280			1. 938	1. 436	5. 896
Methionine	g	0. 671			0. 571	0. 423	1. 736
Cystine	g	0. 323			0. 275	0. 204	0. 836
Phenylalanine	g	1. 012			0. 860	0. 638	2. 617
Tyrosine	g	0. 883			0. 751	0. 557	2. 285
Valine	g	1. 376			1. 169	0. 867	3. 557
Arginine	g	1. 576			1. 340	0. 993	4. 076
Histidine	g	1. 013			0. 861	0. 638	2. 619
Alanine	g	1. 477			1. 256	0. 931	3. 820
Aspartic acid	g	2. 352			1. 999	1. 482	6. 082
Glutamic acid	g	3. 969			3. 374	2. 501	10. 264
Glycine	g	1. 204			1. 023	0. 758	3. 113
Proline	g	1. 019			0. 866	0. 642	2. 634
Serine	g	1. 047			0. 890	0. 660	2. 708

[1] Trimmed to 0.25 inch fat before cooking.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, BLADE (CHOPS), BONE-IN, SEPARABLE LEAN ONLY, Cooked, pan-fried[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 63 g[2]	Refuse: Bone 31% Separable fat 17%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59. 31			50. 42	37. 37	139. 92
Food energy	kcal	241			205	152	569
	kJ	1,010			859	637	2,383
Protein (N x 6.25)	g	24. 74			21. 03	15. 59	58. 36
Total lipid (fat)	g	15. 08			12. 81	9. 50	35. 56
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 28			1. 09	0. 81	3. 03
Minerals:							
Calcium	mg	22			19	14	52
Iron	mg	1. 07			0. 91	0. 67	2. 52
Magnesium	mg	26			22	16	60
Phosphorus	mg	221			188	139	521
Potassium	mg	365			310	230	862
Sodium	mg	78			66	49	184
Zinc	mg	3. 87			3. 29	2. 44	9. 13
Copper	mg	0. 090			0. 076	0. 057	0. 212
Manganese	mg	0. 009			0. 008	0. 006	0. 022
Vitamins:							
Ascorbic acid	mg	0. 8			0. 7	0. 5	1. 9
Thiamin	mg	0. 726			0. 617	0. 457	1. 713
Riboflavin	mg	0. 358			0. 304	0. 226	0. 845
Niacin	mg	4. 441			3. 775	2. 798	10. 477
Pantothenic acid	mg	0. 778			0. 661	0. 490	1. 834
Vitamin B-6	mg	0. 409			0. 348	0. 258	0. 965
Folate	mcg	4			4	3	10
Vitamin B-12	mcg	0. 97			0. 83	0. 61	2. 29
Vitamin A	RE	2			2	1	5
	IU	7			6	4	16
Lipids:							
Fatty acids:							
Saturated, total	g	5. 16			4. 38	3. 25	12. 17
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 01	0. 02
12:0	g	0. 01			0. 01	0. 01	0. 02
14:0	g	0. 18			0. 15	0. 11	0. 42
16:0	g	3. 15			2. 68	1. 98	7. 43
18:0	g	1. 71			1. 45	1. 08	4. 04
Monounsaturated, total	g	6. 25			5. 31	3. 94	14. 74
16:1	g	0. 39			0. 33	0. 25	0. 93
18:1	g	5. 67			4. 82	3. 57	13. 38
20:1	g	0. 12			0. 10	0. 08	0. 29
22:1	g						
Polyunsaturated, total	g	1. 95			1. 66	1. 23	4. 60
18:2	g	1. 72			1. 46	1. 08	4. 06
18:3	g	0. 13			0. 11	0. 08	0. 31
18:4	g						
20:4	g	0. 04			0. 04	0. 03	0. 10
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	82			70	52	194
Phytosterols	mg	4			3	2	9
Amino acids:							
Tryptophan	g	0. 314			0. 267	0. 198	0. 741
Threonine	g	1. 130			0. 960	0. 712	2. 665
Isoleucine	g	1. 158			0. 985	0. 730	2. 733
Leucine	g	1. 985			1. 687	1. 251	4. 683
Lysine	g	2. 225			1. 891	1. 402	5. 248
Methionine	g	0. 655			0. 557	0. 413	1. 545
Cystine	g	0. 316			0. 268	0. 199	0. 744
Phenylalanine	g	0. 988			0. 839	0. 622	2. 330
Tyrosine	g	0. 862			0. 733	0. 543	2. 033
Valine	g	1. 342			1. 141	0. 846	3. 166
Arginine	g	1. 538			1. 307	0. 969	3. 628
Histidine	g	0. 988			0. 840	0. 623	2. 331
Alanine	g	1. 441			1. 225	0. 908	3. 400
Aspartic acid	g	2. 295			1. 950	1. 446	5. 413
Glutamic acid	g	3. 873			3. 292	2. 440	9. 136
Glycine	g	1. 175			0. 999	0. 740	2. 771
Proline	g	0. 994			0. 845	0. 626	2. 344
Serine	g	1. 022			0. 869	0. 644	2. 411

[1] Trimmed to 0.25 inch fat before cooking.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, BLADE (ROASTS), BONE-IN, SEPARABLE LEAN ONLY, Cooked, roasted[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 213 g[2]	Refuse: Bone 25% Separable fat 15%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58. 20	0. 390	15	49. 47	123. 97	158. 43
Food energy	kcal	247			210	526	673
	kJ	1,035			879	2,204	2,816
Protein (N x 6.25)	g	26. 60	0. 371	15	22. 61	56. 67	72. 42
Total lipid (fat)	g	14. 81	0. 558	15	12. 59	31. 54	40. 31
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 18	0. 019	15	1. 00	2. 50	3. 20
Minerals:							
Calcium	mg	29	1. 704	5	25	63	80
Iron	mg	1. 29	0. 021	16	1. 10	2. 75	3. 52
Magnesium	mg	24	0. 355	5	20	50	64
Phosphorus	mg	221	3. 587	5	188	472	603
Potassium	mg	349	1. 299	16	296	742	949
Sodium	mg	29	8. 540	16	25	62	79
Zinc	mg	3. 81	0. 101	16	3. 24	8. 12	10. 37
Copper	mg	0. 086	0. 006	16	0. 073	0. 183	0. 234
Manganese	mg	0. 013			0. 011	0. 028	0. 035
Vitamins:							
Ascorbic acid	mg	0. 3			0. 3	0. 6	0. 8
Thiamin	mg	0. 574	0. 037	11	0. 488	1. 223	1. 562
Riboflavin	mg	0. 342	0. 020	11	0. 291	0. 728	0. 931
Niacin	mg	4. 664	0. 170	11	3. 964	9. 934	12. 695
Pantothenic acid	mg	0. 528			0. 449	1. 125	1. 437
Vitamin B-6	mg	0. 440		1	0. 374	0. 937	1. 198
Folate	mcg	5			4	11	14
Vitamin B-12	mcg	0. 80	0. 059	11	0. 68	1. 70	2. 18
Vitamin A	RE	2			2	5	7
	IU	8			7	17	22
Lipids:							
Fatty acids:							
Saturated, total	g	5. 31			4. 51	11. 31	14. 45
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01		21	0. 01	0. 02	0. 03
12:0	g	0. 01		21	0. 01	0. 02	0. 02
14:0	g	0. 19		32	0. 16	0. 41	0. 52
16:0	g	3. 21		32	2. 73	6. 83	8. 73
18:0	g	1. 78		32	1. 51	3. 78	4. 84
Monounsaturated, total	g	6. 46			5. 49	13. 76	17. 58
16:1	g	0. 44		32	0. 37	0. 93	1. 19
18:1	g	5. 81		32	4. 94	12. 38	15. 82
20:1	g	0. 14		15	0. 12	0. 29	0. 37
22:1	g						
Polyunsaturated, total	g	1. 10			0. 94	2. 35	3. 00
18:2	g	0. 96		32	0. 82	2. 05	2. 62
18:3	g	0. 03		32	0. 03	0. 06	0. 08
18:4	g						
20:4	g	0. 05		32	0. 04	0. 11	0. 14
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	93	0. 862	15	79	197	252
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 338			0. 287	0. 720	0. 920
Threonine	g	1. 215			1. 033	2. 588	3. 307
Isoleucine	g	1. 246			1. 059	2. 653	3. 391
Leucine	g	2. 135			1. 814	4. 547	5. 810
Lysine	g	2. 392			2. 034	5. 096	6. 512
Methionine	g	0. 704			0. 599	1. 500	1. 917
Cystine	g	0. 339			0. 288	0. 723	0. 924
Phenylalanine	g	1. 062			0. 903	2. 262	2. 891
Tyrosine	g	0. 927			0. 788	1. 974	2. 523
Valine	g	1. 443			1. 227	3. 074	3. 929
Arginine	g	1. 654			1. 406	3. 523	4. 502
Histidine	g	1. 063			0. 903	2. 264	2. 893
Alanine	g	1. 550			1. 317	3. 301	4. 219
Aspartic acid	g	2. 468			2. 097	5. 256	6. 717
Glutamic acid	g	4. 165			3. 540	8. 871	11. 336
Glycine	g	1. 263			1. 074	2. 691	3. 439
Proline	g	1. 069			0. 908	2. 276	2. 909
Serine	g	1. 099			0. 934	2. 341	2. 991

[1] Trimmed to 0.25 inch fat before cooking.
[2] Raw weight includes refuse; cooked weight excludes refuse.

PORK, FRESH, LOIN, CENTER LOIN (LOIN CHOPS OR ROASTS), BONE-IN, SEPARABLE LEAN AND FAT, Raw[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 chop yields 112 g[2]	Refuse: Bone 26%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	66. 70			302. 55	74. 70	223. 91
Food energy	kcal	200			909	224	673
	kJ	839			3,805	939	2,816
Protein (N x 6.25)	g	20. 12			91. 28	22. 54	67. 56
Total lipid (fat)	g	12. 69			57. 55	14. 21	42. 59
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 00			4. 52	1. 12	3. 34
Minerals:							
Calcium	mg	24			109	27	81
Iron	mg	0. 77			3. 49	0. 86	2. 58
Magnesium	mg	21			93	23	69
Phosphorus	mg	192			873	215	646
Potassium	mg	332			1,508	372	1,116
Sodium	mg	60			272	67	201
Zinc	mg	1. 56			7. 05	1. 74	5. 22
Copper	mg	0. 053			0. 238	0. 059	0. 176
Manganese	mg	0. 014			0. 061	0. 015	0. 045
Vitamins:							
Ascorbic acid	mg	0. 9			4. 0	1. 0	2. 9
Thiamin	mg	1. 096			4. 970	1. 227	3. 678
Riboflavin	mg	0. 209			0. 947	0. 234	0. 701
Niacin	mg	4. 726			21. 439	5. 294	15. 866
Pantothenic acid	mg	0. 780			3. 539	0. 874	2. 620
Vitamin B-6	mg	0. 479			2. 173	0. 536	1. 608
Folate	mcg	5			21	5	16
Vitamin B-12	mcg	0. 55			2. 49	0. 61	1. 84
Vitamin A	RE	2			10	2	7
	IU	7			33	8	25
Lipids:							
Fatty acids:							
Saturated, total	g	4. 40			19. 95	4. 92	14. 76
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 04	0. 01	0. 03
12:0	g	0. 01			0. 06	0. 02	0. 05
14:0	g	0. 16			0. 72	0. 18	0. 53
16:0	g	2. 74			12. 42	3. 07	9. 19
18:0	g	1. 44			6. 52	1. 61	4. 83
Monounsaturated, total	g	5. 65			25. 64	6. 33	18. 97
16:1	g	0. 36			1. 64	0. 41	1. 21
18:1	g	5. 19			23. 52	5. 81	17. 41
20:1	g	0. 09			0. 43	0. 11	0. 32
22:1	g						
Polyunsaturated, total	g	1. 36			6. 15	1. 52	4. 55
18:2	g	1. 13			5. 13	1. 27	3. 79
18:3	g	0. 09			0. 41	0. 10	0. 30
18:4	g						
20:4	g	0. 07			0. 34	0. 08	0. 25
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	67			302	75	224
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 248			1. 127	0. 278	0. 834
Threonine	g	0. 908			4. 117	1. 017	3. 047
Isoleucine	g	0. 926			4. 201	1. 037	3. 109
Leucine	g	1. 602			7. 266	1. 794	5. 378
Lysine	g	1. 800			8. 166	2. 016	6. 044
Methionine	g	0. 523			2. 373	0. 586	1. 756
Cystine	g	0. 253			1. 148	0. 283	0. 849
Phenylalanine	g	0. 800			3. 628	0. 896	2. 685
Tyrosine	g	0. 688			3. 119	0. 770	2. 308
Valine	g	1. 084			4. 917	1. 214	3. 639
Arginine	g	1. 272			5. 769	1. 424	4. 269
Histidine	g	0. 783			3. 552	0. 877	2. 629
Alanine	g	1. 182			5. 361	1. 324	3. 967
Aspartic acid	g	1. 848			8. 383	2. 070	6. 204
Glutamic acid	g	3. 099			14. 055	3. 470	10. 402
Glycine	g	1. 048			4. 755	1. 174	3. 519
Proline	g	0. 859			3. 897	0. 962	2. 884
Serine	g	0. 831			3. 770	0. 931	2. 790

[1] Trimmed to 0.13 inch fat.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, CENTER LOIN (LOIN CHOPS), BONE-IN, SEPARABLE LEAN AND FAT, Cooked, braised[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 83 g[2]	Refuse: Bone 24%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57. 40			48. 79	47. 64	197. 85
Food energy	kcal	247			210	205	851
	kJ	1,034			879	858	3,563
Protein (N x 6.25)	g	27. 94			23. 75	23. 19	96. 30
Total lipid (fat)	g	14. 15			12. 03	11. 74	48. 78
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 41			1. 20	1. 17	4. 86
Minerals:							
Calcium	mg	26			22	22	90
Iron	mg	1. 05			0. 89	0. 87	3. 61
Magnesium	mg	19			16	16	65
Phosphorus	mg	179			153	149	618
Potassium	mg	353			300	293	1,217
Sodium	mg	59			50	49	204
Zinc	mg	2. 16			1. 83	1. 79	7. 43
Copper	mg	0. 073			0. 062	0. 061	0. 252
Manganese	mg	0. 015			0. 013	0. 012	0. 051
Vitamins:							
Ascorbic acid	mg	0. 9			0. 8	0. 8	3. 1
Thiamin	mg	0. 769			0. 654	0. 639	2. 652
Riboflavin	mg	0. 215			0. 183	0. 178	0. 740
Niacin	mg	4. 611			3. 920	3. 827	15. 895
Pantothenic acid	mg	0. 705			0. 599	0. 585	2. 430
Vitamin B-6	mg	0. 373			0. 317	0. 309	1. 285
Folate	mcg	3			3	3	11
Vitamin B-12	mcg	0. 50			0. 43	0. 42	1. 73
Vitamin A	RE	2			2	2	8
	IU	8			7	6	27
Lipids:							
Fatty acids:							
Saturated, total	g	5. 32			4. 52	4. 41	18. 33
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 01	0. 04
12:0	g	0. 01			0. 01	0. 01	0. 04
14:0	g	0. 19			0. 16	0. 16	0. 65
16:0	g	3. 26			2. 77	2. 71	11. 25
18:0	g	1. 74			1. 48	1. 44	6. 00
Monounsaturated, total	g	6. 20			5. 27	5. 14	21. 36
16:1	g	0. 43			0. 37	0. 36	1. 49
18:1	g	5. 58			4. 75	4. 63	19. 25
20:1	g	0. 12			0. 10	0. 10	0. 41
22:1	g						
Polyunsaturated, total	g	1. 24			1. 06	1. 03	4. 29
18:2	g	1. 10			0. 94	0. 92	3. 80
18:3	g	0. 04			0. 03	0. 03	0. 14
18:4	g						
20:4	g	0. 04			0. 04	0. 04	0. 15
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	86			73	71	296
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 343			0. 291	0. 285	1. 182
Threonine	g	1. 257			1. 068	1. 043	4. 333
Isoleucine	g	1. 282			1. 089	1. 064	4. 417
Leucine	g	2. 220			1. 887	1. 843	7. 654
Lysine	g	2. 497			2. 122	2. 072	8. 606
Methionine	g	0. 724			0. 615	0. 601	2. 494
Cystine	g	0. 350			0. 298	0. 291	1. 207
Phenylalanine	g	1. 109			0. 943	0. 921	3. 823
Tyrosine	g	0. 951			0. 808	0. 789	3. 278
Valine	g	1. 503			1. 277	1. 247	5. 180
Arginine	g	1. 771			1. 505	1. 470	6. 105
Histidine	g	1. 081			0. 919	0. 898	3. 728
Alanine	g	1. 643			1. 397	1. 364	5. 664
Aspartic acid	g	2. 561			2. 177	2. 125	8. 827
Glutamic acid	g	4. 288			3. 644	3. 559	14. 779
Glycine	g	1. 480			1. 258	1. 228	5. 102
Proline	g	1. 206			1. 025	1. 001	4. 158
Serine	g	1. 154			0. 981	0. 958	3. 977

[1] Trimmed to 0.13 inch fat before cooking.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, CENTER LOIN (LOIN CHOPS), BONE-IN, SEPARABLE LEAN AND FAT, Cooked, broiled[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 82 g[2]	Refuse: Bone 27%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57. 59	0. 384	15	48. 95	47. 22	190. 68
Food energy	kcal	240			204	197	796
	kJ	1,006			855	825	3,332
Protein (N x 6.25)	g	28. 71	0. 222	15	24. 40	23. 54	95. 06
Total lipid (fat)	g	13. 06	0. 394	15	11. 10	10. 71	43. 24
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 15	0. 019	15	0. 98	0. 94	3. 81
Minerals:							
Calcium	mg	33			28	27	110
Iron	mg	0. 80			0. 68	0. 66	2. 66
Magnesium	mg	25			21	21	83
Phosphorus	mg	232			197	190	767
Potassium	mg	358			305	294	1,186
Sodium	mg	58			49	47	191
Zinc	mg	2. 26			1. 92	1. 85	7. 47
Copper	mg	0. 046			0. 039	0. 038	0. 152
Manganese	mg	0. 003			0. 003	0. 002	0. 010
Vitamins:							
Ascorbic acid	mg	0. 4			0. 3	0. 3	1. 2
Thiamin	mg	1. 067			0. 907	0. 875	3. 532
Riboflavin	mg	0. 288			0. 245	0. 236	0. 954
Niacin	mg	5. 241			4. 455	4. 297	17. 352
Pantothenic acid	mg	0. 635			0. 539	0. 520	2. 101
Vitamin B-6	mg	0. 429			0. 365	0. 352	1. 420
Folate	mcg	6			5	5	18
Vitamin B-12	mcg	0. 73			0. 62	0. 60	2. 40
Vitamin A	RE	3			2	2	8
	IU	9			7	7	28
Lipids:							
Fatty acids:							
Saturated, total	g	4. 80			4. 08	3. 94	15. 90
4:0	g						
6:0	g						
8:0	g	0. 01			0. 01	0. 01	0. 02
10:0	g	0. 01			0. 01	0. 01	0. 05
12:0	g	0. 01			0. 01	0. 01	0. 03
14:0	g	0. 18			0. 15	0. 15	0. 59
16:0	g	2. 97			2. 52	2. 43	9. 83
18:0	g	1. 54			1. 31	1. 26	5. 09
Monounsaturated, total	g	5. 86			4. 98	4. 80	19. 40
16:1	g	0. 46			0. 39	0. 38	1. 53
18:1	g	5. 20			4. 42	4. 26	17. 22
20:1	g	0. 13			0. 11	0. 11	0. 43
22:1	g						
Polyunsaturated, total	g	0. 98			0. 83	0. 80	3. 23
18:2	g	0. 84			0. 71	0. 69	2. 78
18:3	g	0. 03			0. 03	0. 02	0. 10
18:4	g						
20:4	g	0. 05			0. 05	0. 04	0. 18
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	82	1. 328	15	70	68	273
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 365			0. 310	0. 299	1. 207
Threonine	g	1. 311			1. 114	1. 075	4. 341
Isoleucine	g	1. 344			1. 143	1. 102	4. 451
Leucine	g	2. 304			1. 958	1. 889	7. 627
Lysine	g	2. 582			2. 195	2. 117	8. 548
Methionine	g	0. 760			0. 646	0. 623	2. 517
Cystine	g	0. 366			0. 311	0. 300	1. 212
Phenylalanine	g	1. 146			0. 974	0. 940	3. 795
Tyrosine	g	1. 000			0. 850	0. 820	3. 312
Valine	g	1. 558			1. 324	1. 277	5. 157
Arginine	g	1. 785			1. 517	1. 463	5. 909
Histidine	g	1. 147			0. 975	0. 940	3. 797
Alanine	g	1. 673			1. 422	1. 371	5. 538
Aspartic acid	g	2. 663			2. 263	2. 184	8. 817
Glutamic acid	g	4. 494			3. 820	3. 685	14. 880
Glycine	g	1. 363			1. 159	1. 118	4. 514
Proline	g	1. 153			0. 980	0. 946	3. 819
Serine	g	1. 186			1. 008	0. 972	3. 926

[1] Trimmed to 0.13 inch fat before cooking.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, CENTER LOIN (LOIN CHOPS), BONE-IN, SEPARABLE LEAN AND FAT, Cooked, pan-fried[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 78 g[2]	Refuse: Bone 30%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	52. 98			45. 03	41. 32	168. 21
Food energy	kcal	277			235	216	879
	kJ	1,159			985	904	3,681
Protein (N x 6.25)	g	29. 91			25. 42	23. 33	94. 95
Total lipid (fat)	g	16. 56			14. 08	12. 92	52. 58
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 51			1. 28	1. 18	4. 79
Minerals:							
Calcium	mg	27			23	21	84
Iron	mg	0. 91			0. 77	0. 71	2. 87
Magnesium	mg	29			25	23	92
Phosphorus	mg	259			220	202	822
Potassium	mg	425			361	331	1,349
Sodium	mg	80			68	63	256
Zinc	mg	2. 31			1. 96	1. 80	7. 33
Copper	mg	0. 075			0. 063	0. 058	0. 237
Manganese	mg	0. 011			0. 009	0. 009	0. 035
Vitamins:							
Ascorbic acid	mg	1. 0			0. 9	0. 8	3. 3
Thiamin	mg	1. 138			0. 968	0. 888	3. 614
Riboflavin	mg	0. 302			0. 257	0. 236	0. 960
Niacin	mg	5. 601			4. 761	4. 369	17. 784
Pantothenic acid	mg	0. 920			0. 782	0. 718	2. 922
Vitamin B-6	mg	0. 469			0. 399	0. 366	1. 489
Folate	mcg	6			5	4	18
Vitamin B-12	mcg	0. 73			0. 62	0. 57	2. 31
Vitamin A	RE	2			2	2	8
	IU	8			7	6	26
Lipids:							
Fatty acids:							
Saturated, total	g	6. 01			5. 11	4. 69	19. 10
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 01	0. 05
12:0	g	0. 01			0. 01	0. 01	0. 04
14:0	g	0. 21			0. 18	0. 16	0. 67
16:0	g	3. 70			3. 15	2. 89	11. 76
18:0	g	1. 96			1. 67	1. 53	6. 23
Monounsaturated, total	g	7. 06			6. 00	5. 51	22. 42
16:1	g	0. 48			0. 41	0. 37	1. 52
18:1	g	6. 38			5. 42	4. 98	20. 26
20:1	g	0. 13			0. 11	0. 10	0. 42
22:1	g						
Polyunsaturated, total	g	1. 91			1. 62	1. 49	6. 07
18:2	g	1. 69			1. 44	1. 32	5. 38
18:3	g	0. 11			0. 09	0. 08	0. 34
18:4	g						
20:4	g	0. 05			0. 04	0. 04	0. 15
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	92			78	72	292
Phytosterols	mg	2			2	2	7
Amino acids:							
Tryptophan	g	0. 367			0. 312	0. 286	1. 165
Threonine	g	1. 345			1. 144	1. 049	4. 272
Isoleucine	g	1. 371			1. 166	1. 070	4. 354
Leucine	g	2. 377			2. 020	1. 854	7. 546
Lysine	g	2. 672			2. 272	2. 085	8. 485
Methionine	g	0. 774			0. 658	0. 604	2. 459
Cystine	g	0. 375			0. 319	0. 292	1. 190
Phenylalanine	g	1. 187			1. 009	0. 926	3. 770
Tyrosine	g	1. 018			0. 865	0. 794	3. 231
Valine	g	1. 608			1. 367	1. 254	5. 106
Arginine	g	1. 896			1. 612	1. 479	6. 021
Histidine	g	1. 157			0. 984	0. 903	3. 674
Alanine	g	1. 759			1. 495	1. 372	5. 585
Aspartic acid	g	2. 741			2. 330	2. 138	8. 702
Glutamic acid	g	4. 588			3. 900	3. 579	14. 568
Glycine	g	1. 587			1. 349	1. 238	5. 038
Proline	g	1. 293			1. 099	1. 008	4. 104
Serine	g	1. 235			1. 050	0. 963	3. 921

[1] Trimmed to 0.13 inch fat before cooking.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, CENTER LOIN (LOIN ROASTS), BONE-IN SEPARABLE LEAN AND FAT, Cooked, roasted[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 252 g[2]	Refuse: Bone 26%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59. 76			50. 80	150. 59	200. 61
Food energy	kcal	234			199	589	785
	kJ	978			832	2,466	3,284
Protein (N x 6.25)	g	26. 31			22. 36	66. 29	88. 31
Total lipid (fat)	g	13. 46			11. 44	33. 92	45. 18
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 32			1. 13	3. 34	4. 45
Minerals:							
Calcium	mg	27			23	69	92
Iron	mg	0. 99			0. 84	2. 49	3. 32
Magnesium	mg	20			17	51	68
Phosphorus	mg	215			183	541	721
Potassium	mg	352			299	886	1,181
Sodium	mg	63			54	159	212
Zinc	mg	2. 02			1. 72	5. 10	6. 79
Copper	mg	0. 068			0. 058	0. 172	0. 230
Manganese	mg	0. 015			0. 013	0. 038	0. 050
Vitamins:							
Ascorbic acid	mg	0. 9			0. 8	2. 3	3. 1
Thiamin	mg	0. 864			0. 735	2. 178	2. 902
Riboflavin	mg	0. 253			0. 215	0. 638	0. 851
Niacin	mg	5. 217			4. 434	13. 147	17. 513
Pantothenic acid	mg	0. 664			0. 564	1. 672	2. 228
Vitamin B-6	mg	0. 352			0. 299	0. 886	1. 181
Folate	mcg	4			4	11	14
Vitamin B-12	mcg	0. 57			0. 48	1. 44	1. 91
Vitamin A	RE	2			2	5	7
	IU	7			6	18	24
Lipids:							
Fatty acids:							
Saturated, total	g	5. 06			4. 30	12. 75	16. 98
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 03	0. 04
12:0	g	0. 01			0. 01	0. 03	0. 04
14:0	g	0. 18			0. 15	0. 45	0. 61
16:0	g	3. 10			2. 64	7. 82	10. 42
18:0	g	1. 66			1. 41	4. 17	5. 56
Monounsaturated, total	g	5. 89			5. 01	14. 85	19. 78
16:1	g	0. 41			0. 35	1. 04	1. 38
18:1	g	5. 31			4. 51	13. 38	17. 83
20:1	g	0. 11			0. 10	0. 28	0. 38
22:1	g						
Polyunsaturated, total	g	1. 18			1. 01	2. 98	3. 97
18:2	g	1. 05			0. 89	2. 65	3. 52
18:3	g	0. 04			0. 03	0. 10	0. 13
18:4	g						
20:4	g	0. 04			0. 03	0. 10	0. 14
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	80			68	201	268
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 325			0. 276	0. 819	1. 091
Threonine	g	1. 187			1. 009	2. 991	3. 984
Isoleucine	g	1. 211			1. 030	3. 052	4. 066
Leucine	g	2. 094			1. 780	5. 278	7. 031
Lysine	g	2. 354			2. 001	5. 931	7. 901
Methionine	g	0. 684			0. 582	1. 724	2. 297
Cystine	g	0. 331			0. 281	0. 834	1. 111
Phenylalanine	g	1. 045			0. 889	2. 635	3. 510
Tyrosine	g	0. 899			0. 764	2. 266	3. 019
Valine	g	1. 417			1. 205	3. 571	4. 757
Arginine	g	1. 662			1. 413	4. 188	5. 579
Histidine	g	1. 024			0. 871	2. 581	3. 438
Alanine	g	1. 545			1. 313	3. 892	5. 185
Aspartic acid	g	2. 416			2. 054	6. 089	8. 112
Glutamic acid	g	4. 052			3. 444	10. 211	13. 602
Glycine	g	1. 368			1. 162	3. 446	4. 591
Proline	g	1. 122			0. 953	2. 826	3. 765
Serine	g	1. 086			0. 923	2. 738	3. 647

[1] Trimmed to 0.13 inch fat before cooking.
[2] Raw weight includes refuse; cooked weight excludes refuse.

PORK, FRESH, LOIN, CENTER LOIN (LOIN CHOPS OR ROASTS), BONE-IN, SEPARABLE LEAN ONLY, Raw[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 chop yields 98 g[2]	Refuse: Bone 26% Separable fat 9%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	72. 55	0. 190	15	329. 09	71. 10	213. 88
Food energy	kcal	140			633	137	412
	kJ	584			2,651	573	1,723
Protein (N x 6.25)	g	22. 04	0. 119	232	99. 97	21. 60	64. 97
Total lipid (fat)	g	5. 04	0. 191	15	22. 87	4. 94	14. 86
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 10	0. 007	222	4. 99	1. 08	3. 24
Minerals:							
Calcium	mg	21	0. 924	5	96	21	62
Iron	mg	0. 83	0. 032	201	3. 79	0. 82	2. 46
Magnesium	mg	23	0. 216	196	105	23	68
Phosphorus	mg	207	2. 531	85	937	202	609
Potassium	mg	362	2. 462	199	1,642	355	1,067
Sodium	mg	66	1. 112	211	298	64	194
Zinc	mg	1. 67	0. 034	184	7. 59	1. 64	4. 93
Copper	mg	0. 056	0. 003	17	0. 253	0. 055	0. 165
Manganese	mg	0. 015			0. 068	0. 015	0. 044
Vitamins:							
Ascorbic acid	mg	1. 0			4. 5	1. 0	2. 9
Thiamin	mg	1. 216	0. 038	31	5. 516	1. 192	3. 585
Riboflavin	mg	0. 224	0. 013	18	1. 016	0. 220	0. 660
Niacin	mg	5. 133	0. 439	6	23. 283	5. 030	15. 132
Pantothenic acid	mg	0. 854			3. 874	0. 837	2. 518
Vitamin B-6	mg	0. 540			2. 449	0. 529	1. 592
Folate	mcg	5	1. 421	7	23	5	15
Vitamin B-12	mcg	0. 58	0. 131	5	2. 63	0. 57	1. 71
Vitamin A	RE	2			10	2	6
	IU	7			32	7	21
Lipids:							
Fatty acids:							
Saturated, total	g	1. 74			7. 89	1. 71	5. 13
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 00		73	0. 02	0. 00	0. 01
12:0	g	0. 01		75	0. 02	0. 01	0. 02
14:0	g	0. 06		378	0. 28	0. 06	0. 18
16:0	g	1. 11		378	5. 04	1. 09	3. 27
18:0	g	0. 55		378	2. 47	0. 53	1. 61
Monounsaturated, total	g	2. 28			10. 33	2. 23	6. 71
16:1	g	0. 16		378	0. 72	0. 16	0. 47
18:1	g	2. 07		378	9. 39	2. 03	6. 10
20:1	g	0. 04		71	0. 16	0. 03	0. 10
22:1	g						
Polyunsaturated, total	g	0. 54			2. 46	0. 53	1. 60
18:2	g	0. 44		378	1. 98	0. 43	1. 29
18:3	g	0. 02		190	0. 09	0. 02	0. 06
18:4	g						
20:4	g	0. 06		315	0. 28	0. 06	0. 18
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	63			286	62	186
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 280			1. 270	0. 274	0. 825
Threonine	g	1. 006			4. 565	0. 986	2. 967
Isoleucine	g	1. 032			4. 681	1. 011	3. 042
Leucine	g	1. 768			8. 021	1. 733	5. 213
Lysine	g	1. 982			8. 990	1. 942	5. 843
Methionine	g	0. 584			2. 647	0. 572	1. 720
Cystine	g	0. 281			1. 275	0. 275	0. 829
Phenylalanine	g	0. 880			3. 991	0. 862	2. 594
Tyrosine	g	0. 768			3. 483	0. 753	2. 264
Valine	g	1. 196			5. 424	1. 172	3. 525
Arginine	g	1. 370			6. 215	1. 343	4. 039
Histidine	g	0. 880			3. 994	0. 863	2. 596
Alanine	g	1. 284			5. 824	1. 258	3. 785
Aspartic acid	g	2. 044			9. 273	2. 003	6. 026
Glutamic acid	g	3. 450			15. 650	3. 381	10. 171
Glycine	g	1. 047			4. 747	1. 026	3. 085
Proline	g	0. 885			4. 016	0. 868	2. 610
Serine	g	0. 910			4. 129	0. 892	2. 684

[1] Trimmed to 0.13 inch fat.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, CENTER LOIN (LOIN CHOPS), BONE-IN, SEPARABLE LEAN ONLY, Cooked, braised[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 74 g[2]	Refuse: Bone 24% Separable fat 8%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	61. 41			52. 20	45. 44	189. 38
Food energy	kcal	202			172	150	623
	kJ	846			719	626	2,610
Protein (N x 6.25)	g	29. 78			25. 32	22. 04	91. 85
Total lipid (fat)	g	8. 31			7. 07	6. 15	25. 63
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 49			1. 26	1. 10	4. 58
Minerals:							
Calcium	mg	23			19	17	71
Iron	mg	1. 13			0. 96	0. 83	3. 48
Magnesium	mg	20			17	15	62
Phosphorus	mg	181			154	134	559
Potassium	mg	367			312	271	1,131
Sodium	mg	62			53	46	192
Zinc	mg	2. 26			1. 92	1. 67	6. 97
Copper	mg	0. 076			0. 064	0. 056	0. 233
Manganese	mg	0. 016			0. 014	0. 012	0. 050
Vitamins:							
Ascorbic acid	mg	1. 0			0. 9	0. 7	3. 1
Thiamin	mg	0. 822			0. 698	0. 608	2. 534
Riboflavin	mg	0. 227			0. 193	0. 168	0. 700
Niacin	mg	4. 856			4. 127	3. 593	14. 974
Pantothenic acid	mg	0. 750			0. 638	0. 555	2. 313
Vitamin B-6	mg	0. 401			0. 341	0. 297	1. 238
Folate	mcg	3			3	2	10
Vitamin B-12	mcg	0. 51			0. 43	0. 38	1. 57
Vitamin A	RE	2			2	2	7
	IU	7			6	5	22
Lipids:							
Fatty acids:							
Saturated, total	g	3. 07			2. 61	2. 27	9. 46
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 01	0. 03
12:0	g	0. 01			0. 01	0. 00	0. 02
14:0	g	0. 11			0. 10	0. 08	0. 35
16:0	g	1. 89			1. 61	1. 40	5. 84
18:0	g	0. 99			0. 84	0. 73	3. 04
Monounsaturated, total	g	3. 71			3. 16	2. 75	11. 45
16:1	g	0. 29			0. 24	0. 21	0. 89
18:1	g	3. 30			2. 81	2. 45	10. 19
20:1	g	0. 08			0. 07	0. 06	0. 25
22:1	g						
Polyunsaturated, total	g	0. 64			0. 54	0. 47	1. 97
18:2	g	0. 55			0. 47	0. 41	1. 71
18.3	g	0. 02			0. 02	0. 01	0. 06
18:4	g						
20:4	g	0. 03			0. 03	0. 02	0. 10
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	85			72	63	263
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 378			0. 322	0. 280	1. 167
Threonine	g	1. 360			1. 156	1. 006	4. 194
Isoleucine	g	1. 395			1. 185	1. 032	4. 301
Leucine	g	2. 390			2. 031	1. 768	7. 370
Lysine	g	2. 678			2. 277	1. 982	8. 260
Methionine	g	0. 789			0. 670	0. 584	2. 432
Cystine	g	0. 380			0. 323	0. 281	1. 172
Phenylalanine	g	1. 189			1. 011	0. 880	3. 667
Tyrosine	g	1. 038			0. 882	0. 768	3. 200
Valine	g	1. 616			1. 373	1. 196	4. 983
Arginine	g	1. 851			1. 574	1. 370	5. 710
Histidine	g	1. 190			1. 011	0. 880	3. 669
Alanine	g	1. 735			1. 475	1. 284	5. 351
Aspartic acid	g	2. 762			2. 348	2. 044	8. 519
Glutamic acid	g	4. 662			3. 963	3. 450	14. 379
Glycine	g	1. 414			1. 202	1. 047	4. 361
Proline	g	1. 196			1. 017	0. 885	3. 690
Serine	g	1. 230			1. 046	0. 910	3. 794

[1] Trimmed to 0.13 inch fat before cooking.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, CENTER LOIN (LOIN CHOPS), BONE-IN, SEPARABLE LEAN ONLY, Cooked, broiled[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 74 g[2]	Refuse: Bone 27% Separable fat 7%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	61. 15	0. 414	15	51. 98	45. 25	183. 08
Food energy	kcal	202			171	149	604
	kJ	844			718	625	2,528
Protein (N x 6.25)	g	30. 19	0. 231	15	25. 66	22. 34	90. 39
Total lipid (fat)	g	8. 07	0. 391	15	6. 86	5. 97	24. 16
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 20	0. 023	15	1. 02	0. 89	3. 59
Minerals:							
Calcium	mg	31	1. 585	5	26	23	93
Iron	mg	0. 85	0. 029	5	0. 73	0. 63	2. 55
Magnesium	mg	27	0. 213	5	23	20	81
Phosphorus	mg	241	2. 381	5	205	179	723
Potassium	mg	375	3. 292	5	319	277	1,122
Sodium	mg	60	0. 795	5	51	45	181
Zinc	mg	2. 38	0. 040	5	2. 02	1. 76	7. 13
Copper	mg	0. 045	0. 002	5	0. 039	0. 034	0. 136
Manganese	mg	0. 011			0. 009	0. 008	0. 033
Vitamins:							
Ascorbic acid	mg	0. 4			0. 3	0. 3	1. 2
Thiamin	mg	1. 149			0. 977	0. 850	3. 440
Riboflavin	mg	0. 308			0. 262	0. 228	0. 922
Niacin	mg	5. 542			4. 711	4. 101	16. 593
Pantothenic acid	mg	0. 691			0. 587	0. 511	2. 069
Vitamin B-6	mg	0. 470			0. 399	0. 348	1. 407
Folate	mcg	6			5	4	18
Vitamin B-12	mcg	0. 74			0. 63	0. 55	2. 22
Vitamin A	RE	2			2	2	7
	IU	8			7	6	24
Lipids:							
Fatty acids:							
Saturated, total	g	2. 95			2. 51	2. 19	8. 84
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01		27	0. 01	0. 01	0. 03
12:0	g	0. 01		27	0. 01	0. 00	0. 02
14:0	g	0. 11		27	0. 09	0. 08	0. 33
16:0	g	1. 83		27	1. 55	1. 35	5. 48
18:0	g	0. 94		27	0. 80	0. 70	2. 82
Monounsaturated, total	g	3. 64			3. 09	2. 69	10. 90
16:1	g	0. 29		27	0. 25	0. 22	0. 88
18:1	g	3. 22		27	2. 74	2. 38	9. 64
20:1	g	0. 08		15	0. 07	0. 06	0. 25
22:1	g						
Polyunsaturated, total	g	0. 58			0. 49	0. 43	1. 74
18:2	g	0. 50		27	0. 42	0. 37	1. 48
18:3	g	0. 02		27	0. 01	0. 01	0. 05
18:4	g						
20:4	g	0. 04		27	0. 03	0. 03	0. 11
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	82	1. 597	15	70	61	247
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 383			0. 326	0. 284	1. 148
Threonine	g	1. 379			1. 172	1. 020	4. 127
Isoleucine	g	1. 414			1. 202	1. 046	4. 232
Leucine	g	2. 422			2. 059	1. 793	7. 252
Lysine	g	2. 715			2. 308	2. 009	8. 128
Methionine	g	0. 799			0. 679	0. 592	2. 393
Cystine	g	0. 385			0. 327	0. 285	1. 153
Phenylalanine	g	1. 205			1. 024	0. 892	3. 608
Tyrosine	g	1. 052			0. 894	0. 778	3. 149
Valine	g	1. 638			1. 392	1. 212	4. 904
Arginine	g	1. 877			1. 595	1. 389	5. 619
Histidine	g	1. 206			1. 025	0. 892	3. 611
Alanine	g	1. 759			1. 495	1. 301	5. 266
Aspartic acid	g	2. 800			2. 380	2. 072	8. 384
Glutamic acid	g	4. 726			4. 017	3. 497	14. 149
Glycine	g	1. 434			1. 218	1. 061	4. 292
Proline	g	1. 213			1. 031	0. 897	3. 631
Serine	g	1. 247			1. 060	0. 923	3. 734

[1] Trimmed to 0.13 inch fat before cooking.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, CENTER LOIN (LOIN CHOPS), BONE-IN, SEPARABLE LEAN ONLY, Cooked, pan-fried[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 69 g[2]	Refuse: Bone 30% Separable fat 8%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	56. 81			48. 29	39. 20	159. 75
Food energy	kcal	232			197	160	651
	kJ	970			824	669	2,727
Protein (N x 6.25)	g	32. 18			27. 36	22. 21	90. 50
Total lipid (fat)	g	10. 47			8. 90	7. 22	29. 44
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 61			1. 37	1. 11	4. 52
Minerals:							
Calcium	mg	23			20	16	65
Iron	mg	0. 98			0. 83	0. 67	2. 74
Magnesium	mg	32			27	22	90
Phosphorus	mg	271			231	187	763
Potassium	mg	449			382	310	1,263
Sodium	mg	86			73	60	243
Zinc	mg	2. 44			2. 08	1. 69	6. 87
Copper	mg	0. 078			0. 066	0. 053	0. 218
Manganese	mg	0. 012			0. 010	0. 008	0. 034
Vitamins:							
Ascorbic acid	mg	1. 2			1. 0	0. 8	3. 3
Thiamin	mg	1. 243			1. 057	0. 858	3. 495
Riboflavin	mg	0. 327			0. 278	0. 226	0. 920
Niacin	mg	5. 997			5. 097	4. 138	16. 862
Pantothenic acid	mg	0. 998			0. 848	0. 688	2. 805
Vitamin B-6	mg	0. 513			0. 436	0. 354	1. 441
Folate	mcg	6			5	4	17
Vitamin B-12	mcg	0. 76			0. 65	0. 53	2. 14
Vitamin A	RE	2			2	2	6
	IU	8			7	5	22
Lipids:							
Fatty acids:							
Saturated, total	g	3. 64			3. 09	2. 51	10. 23
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 01	0. 03
12:0	g	0. 01			0. 01	0. 01	0. 02
14:0	g	0. 13			0. 11	0. 09	0. 36
16:0	g	2. 26			1. 92	1. 56	6. 36
18:0	g	1. 16			0. 99	0. 80	3. 27
Monounsaturated, total	g	4. 45			3. 78	3. 07	12. 51
16:1	g	0. 32			0. 28	0. 22	0. 91
18:1	g	3. 99			3. 39	2. 75	11. 21
20:1	g	0. 09			0. 08	0. 06	0. 26
22:1	g						
Polyunsaturated, total	g	1. 34			1. 13	0. 92	3. 75
18:2	g	1. 17			0. 99	0. 81	3. 28
18:3	g	0. 09			0. 08	0. 06	0. 26
18:4	g						
20:4	g	0. 04			0. 03	0. 03	0. 10
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	92			78	63	259
Phytosterols	mg	3			2	2	7
Amino acids:							
Tryptophan	g	0. 409			0. 348	0. 282	1. 150
Threonine	g	1. 470			1. 249	1. 014	4. 133
Isoleucine	g	1. 507			1. 281	1. 040	4. 238
Leucine	g	2. 582			2. 195	1. 782	7. 262
Lysine	g	2. 894			2. 460	1. 997	8. 139
Methionine	g	0. 852			0. 724	0. 588	2. 396
Cystine	g	0. 411			0. 349	0. 283	1. 154
Phenylalanine	g	1. 285			1. 092	0. 886	3. 613
Tyrosine	g	1. 121			0. 953	0. 774	3. 153
Valine	g	1. 746			1. 484	1. 205	4. 910
Arginine	g	2. 001			1. 701	1. 380	5. 626
Histidine	g	1. 286			1. 093	0. 887	3. 615
Alanine	g	1. 875			1. 594	1. 294	5. 272
Aspartic acid	g	2. 985			2. 537	2. 060	8. 394
Glutamic acid	g	5. 038			4. 282	3. 476	14. 167
Glycine	g	1. 528			1. 299	1. 054	4. 297
Proline	g	1. 293			1. 099	0. 892	3. 636
Serine	g	1. 329			1. 130	0. 917	3. 738

[1] Trimmed to 0.13 inch fat before cooking.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, CENTER LOIN (LOIN ROASTS), BONE-IN, SEPARABLE LEAN ONLY, Cooked, roasted[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 231 g[2]	Refuse: Bone 26% Separable fat 6%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	62. 98			53. 53	145. 48	194. 23
Food energy	kcal	199			169	460	613
	kJ	833			708	1,924	2,568
Protein (N x 6.25)	g	27. 55			23. 42	63. 64	84. 96
Total lipid (fat)	g	9. 01			7. 66	20. 82	27. 79
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 37			1. 17	3. 18	4. 24
Minerals:							
Calcium	mg	25			21	58	77
Iron	mg	1. 04			0. 89	2. 41	3. 22
Magnesium	mg	22			18	50	67
Phosphorus	mg	219			187	507	677
Potassium	mg	362			308	836	1,116
Sodium	mg	66			56	152	203
Zinc	mg	2. 09			1. 78	4. 83	6. 45
Copper	mg	0. 070			0. 059	0. 161	0. 215
Manganese	mg	0. 016			0. 014	0. 037	0. 049
Vitamins:							
Ascorbic acid	mg	1. 0			0. 8	2. 3	3. 1
Thiamin	mg	0. 912			0. 775	2. 107	2. 813
Riboflavin	mg	0. 266			0. 226	0. 614	0. 820
Niacin	mg	5. 454			4. 636	12. 598	16. 819
Pantothenic acid	mg	0. 694			0. 590	1. 603	2. 140
Vitamin B-6	mg	0. 371			0. 316	0. 858	1. 145
Folate	mcg	4			4	10	13
Vitamin B-12	mcg	0. 58			0. 49	1. 34	1. 79
Vitamin A	RE	2			2	5	6
	IU	7			6	15	20
Lipids:							
Fatty acids:							
Saturated, total	g	3. 34			2. 84	7. 73	10. 32
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 02	0. 03
12:0	g	0. 01			0. 01	0. 02	0. 02
14:0	g	0. 12			0. 10	0. 28	0. 38
16:0	g	2. 06			1. 75	4. 76	6. 36
18:0	g	1. 08			0. 92	2. 50	3. 33
Monounsaturated, total	g	4. 00			3. 40	9. 24	12. 34
16:1	g	0. 30			0. 26	0. 69	0. 93
18:1	g	3. 57			3. 04	8. 26	11. 02
20:1	g	0. 08			0. 07	0. 19	0. 26
22:1	g						
Polyunsaturated, total	g	0. 72			0. 62	1. 67	2. 23
18:2	g	0. 63			0. 54	1. 46	1. 95
18:3	g	0. 02			0. 02	0. 05	0. 07
18:4	g						
20:4	g	0. 03			0. 03	0. 08	0. 10
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	79			67	182	243
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 350			0. 297	0. 808	1. 079
Threonine	g	1. 258			1. 069	2. 906	3. 880
Isoleucine	g	1. 290			1. 097	2. 980	3. 978
Leucine	g	2. 210			1. 879	5. 106	6. 817
Lysine	g	2. 477			2. 106	5. 723	7. 641
Methionine	g	0. 729			0. 620	1. 685	2. 250
Cystine	g	0. 351			0. 299	0. 812	1. 084
Phenylalanine	g	1. 100			0. 935	2. 540	3. 392
Tyrosine	g	0. 960			0. 816	2. 217	2. 960
Valine	g	1. 495			1. 270	3. 452	4. 609
Arginine	g	1. 713			1. 456	3. 956	5. 282
Histidine	g	1. 101			0. 935	2. 542	3. 394
Alanine	g	1. 605			1. 364	3. 707	4. 950
Aspartic acid	g	2. 555			2. 172	5. 903	7. 880
Glutamic acid	g	4. 313			3. 666	9. 962	13. 300
Glycine	g	1. 308			1. 112	3. 022	4. 034
Proline	g	1. 107			0. 941	2. 557	3. 413
Serine	g	1. 138			0. 967	2. 629	3. 509

[1] Trimmed to 0.13 inch fat before cooking.
[2] Raw weight includes refuse; cooked weight excludes refuse.

PORK, FRESH, LOIN, CENTER RIB (RIB CHOPS OR ROASTS), BONE-IN, SEPARABLE LEAN AND FAT, Raw[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 chop yields 98 g[2]	Refuse: Bone 35%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	65. 15			295. 51	63. 84	192. 05
Food energy	kcal	209			947	205	616
	kJ	874			3,965	857	2,577
Protein (N x 6.25)	g	20. 17			91. 50	19. 77	59. 47
Total lipid (fat)	g	13. 60			61. 68	13. 33	40. 09
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 91			4. 12	0. 89	2. 68
Minerals:							
Calcium	mg	24			109	24	71
Iron	mg	0. 70			3. 18	0. 69	2. 07
Magnesium	mg	20			91	20	59
Phosphorus	mg	200			906	196	589
Potassium	mg	384			1,741	376	1,132
Sodium	mg	42			191	41	124
Zinc	mg	1. 52			6. 90	1. 49	4. 49
Copper	mg	0. 055			0. 247	0. 053	0. 161
Manganese	mg	0. 009			0. 041	0. 009	0. 027
Vitamins:							
Ascorbic acid	mg	0. 3			1. 2	0. 3	0. 8
Thiamin	mg	0. 882			3. 999	0. 864	2. 599
Riboflavin	mg	0. 237			1. 076	0. 232	0. 699
Niacin	mg	5. 321			24. 137	5. 215	15. 687
Pantothenic acid	mg	0. 595			2. 699	0. 583	1. 754
Vitamin B-6	mg	0. 424			1. 921	0. 415	1. 249
Folate	mcg	3			14	3	9
Vitamin B-12	mcg	0. 61			2. 77	0. 60	1. 80
Vitamin A	RE	2			9	2	6
	IU	6			29	6	19
Lipids:							
Fatty acids:							
Saturated, total	g	4. 71			21. 37	4. 62	13. 89
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 05	0. 01	0. 03
12:0	g	0. 01			0. 07	0. 01	0. 04
14:0	g	0. 17			0. 77	0. 17	0. 50
16:0	g	2. 94			13. 33	2. 88	8. 66
18:0	g	1. 54			6. 97	1. 51	4. 53
Monounsaturated, total	g	6. 06			27. 50	5. 94	17. 88
16:1	g	0. 39			1. 77	0. 38	1. 15
18:1	g	5. 56			25. 22	5. 45	16. 39
20:1	g	0. 10			0. 46	0. 10	0. 30
22:1	g						
Polyunsaturated, total	g	1. 45			6. 60	1. 42	4. 29
18:2	g	1. 21			5. 49	1. 19	3. 57
18:3	g	0. 09			0. 43	0. 09	0. 28
18:4	g						
20:4	g	0. 08			0. 38	0. 08	0. 25
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	60			271	58	176
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 249			1, 129	0. 244	0. 734
Threonine	g	0. 910			4. 127	0. 892	2. 682
Isoleucine	g	0. 928			4. 211	0. 910	2. 737
Leucine	g	1. 606			7. 283	1. 573	4. 733
Lysine	g	1. 804			8. 185	1. 768	5. 320
Methionine	g	0. 524			2. 378	0. 514	1. 546
Cystine	g	0. 254			1. 150	0. 249	0. 748
Phenylalanine	g	0. 802			3. 636	0. 786	2. 363
Tyrosine	g	0. 689			3. 126	0. 675	2. 031
Valine	g	1. 086			4. 928	1. 065	3. 203
Arginine	g	1. 275			5. 783	1. 249	3. 758
Histidine	g	0. 785			3. 560	0. 769	2. 313
Alanine	g	1. 185			5. 373	1. 161	3. 492
Aspartic acid	g	1. 852			8. 402	1. 815	5. 461
Glutamic acid	g	3. 105			14. 086	3. 043	9. 155
Glycine	g	1. 051			4. 769	1. 030	3. 099
Proline	g	0. 861			3. 908	0. 844	2. 540
Serine	g	0. 833			3. 779	0. 816	2. 456

[1] Trimmed to 0.10 inch fat.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, CENTER RIB (RIB CHOPS OR ROASTS), BONELESS, SEPARABLE LEAN AND FAT, Raw[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 chop yields 101 g[2]	Refuse: Connective tissue 11%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	66. 15			300. 07	66. 81	267. 06
Food energy	kcal	211			959	213	853
	kJ	885			4,014	894	3,572
Protein (N x 6.25)	g	19. 90			90. 26	20. 10	80. 33
Total lipid (fat)	g	14. 01			63. 57	14. 15	56. 58
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 89			4. 04	0. 90	3. 59
Minerals:							
Calcium	mg	5			23	5	20
Iron	mg	0. 71			3. 23	0. 72	2. 88
Magnesium	mg	20			90	20	80
Phosphorus	mg	193			875	195	778
Potassium	mg	384			1,741	388	1,549
Sodium	mg	42			190	42	169
Zinc	mg	1. 57			7. 11	1. 58	6. 33
Copper	mg	0. 054			0. 245	0. 054	0. 218
Manganese	mg	0. 009			0. 041	0. 009	0. 037
Vitamins:							
Ascorbic acid	mg	0. 3			1. 2	0. 3	1. 1
Thiamin	mg	0. 779			3. 534	0. 787	3. 145
Riboflavin	mg	0. 247			1. 122	0. 250	0. 998
Niacin	mg	4. 638			21. 038	4. 684	18. 723
Pantothenic acid	mg	0. 703			3. 187	0. 710	2. 836
Vitamin B-6	mg	0. 417			1. 892	0. 421	1. 684
Folate	mcg	6			29	6	26
Vitamin B-12	mcg	0. 50			2. 29	0. 51	2. 04
Vitamin A	RE	2			9	2	8
	IU	6			29	7	26
Lipids:							
Fatty acids:							
Saturated, total	g	4. 86			22. 02	4. 90	19. 60
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 05	0. 01	0. 04
12:0	g	0. 02			0. 07	0. 02	0. 06
14:0	g	0. 17			0. 79	0. 18	0. 70
16:0	g	3. 03			13. 75	3. 06	12. 23
18:0	g	1. 58			7. 18	1. 60	6. 39
Monounsaturated, total	g	6. 25			28. 36	6. 31	25. 24
16:1	g	0. 40			1. 83	0. 41	1. 63
18:1	g	5. 73			25. 99	5. 79	23. 13
20:1	g	0. 10			0. 47	0. 10	0. 42
22:1	g						
Polyunsaturated, total	g	1. 50			6. 80	1. 51	6. 05
18:2	g	1. 25			5. 65	1. 26	5. 03
18:3	g	0. 10			0. 43	0. 10	0. 39
18:4	g						
20:4	g	0. 09			0. 41	0. 09	0. 36
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	60			271	60	241
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 245			1. 113	0. 248	0. 991
Threonine	g	0. 897			4. 070	0. 906	3. 622
Isoleucine	g	0. 916			4. 153	0. 925	3. 696
Leucine	g	1. 584			7. 184	1. 600	6. 393
Lysine	g	1. 780			8. 074	1. 798	7. 185
Methionine	g	0. 517			2. 345	0. 522	2. 087
Cystine	g	0. 250			1. 134	0. 253	1. 010
Phenylalanine	g	0. 791			3. 586	0. 799	3. 192
Tyrosine	g	0. 680			3. 083	0. 686	2. 743
Valine	g	1. 072			4. 861	1. 082	4. 326
Arginine	g	1. 258			5. 706	1. 270	5. 078
Histidine	g	0. 774			3. 510	0. 782	3. 124
Alanine	g	1. 169			5. 301	1. 180	4. 718
Aspartic acid	g	1. 827			8. 287	1. 845	7. 376
Glutamic acid	g	3. 063			13. 892	3. 093	12. 364
Glycine	g	1. 038			4. 710	1. 049	4. 192
Proline	g	0. 850			3. 858	0. 859	3. 433
Serine	g	0. 822			3. 728	0. 830	3. 317

[1] Trimmed to 0.07 inch fat.
[2] One raw chop with refuse weighs 113 g, which applies to chops cut 4 per pound.

PORK, FRESH, LOIN, CENTER RIB (RIB CHOPS), BONE-IN, SEPARABLE LEAN AND FAT, Cooked, braised[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 75 g[2]	Refuse: Bone 33%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	56. 99			48. 44	42. 74	173. 20
Food energy	kcal	250			212	187	759
	kJ	1,046			889	784	3,178
Protein (N x 6.25)	g	26. 67			22. 67	20. 00	81. 05
Total lipid (fat)	g	15. 07			12. 81	11. 30	45. 80
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 23			1. 04	0. 92	3. 73
Minerals:							
Calcium	mg	25			21	19	76
Iron	mg	0. 91			0. 77	0. 68	2. 76
Magnesium	mg	18			15	13	53
Phosphorus	mg	177			151	133	539
Potassium	mg	387			329	290	1,176
Sodium	mg	40			34	30	122
Zinc	mg	2. 01			1. 71	1. 51	6. 11
Copper	mg	0. 072			0. 061	0. 054	0. 220
Manganese	mg	0. 010			0. 008	0. 007	0. 029
Vitamins:							
Ascorbic acid	mg	0. 3			0. 2	0. 2	0. 8
Thiamin	mg	0. 593			0. 504	0. 444	1. 801
Riboflavin	mg	0. 232			0. 197	0. 174	0. 706
Niacin	mg	4. 939			4. 198	3. 704	15. 010
Pantothenic acid	mg	0. 514			0. 437	0. 385	1. 561
Vitamin B-6	mg	0. 315			0. 268	0. 236	0. 958
Folate	mcg	2			2	2	6
Vitamin B-12	mcg	0. 53			0. 45	0. 40	1. 62
Vitamin A	RE	2			2	1	6
	IU	7			6	5	20
Lipids:							
Fatty acids:							
Saturated, total	g	5. 84			4. 96	4. 38	17. 74
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 01	0. 03
12:0	g	0. 01			0. 01	0. 01	0. 03
14:0	g	0. 20			0. 17	0. 15	0. 62
16:0	g	3. 59			3. 05	2. 69	10. 91
18:0	g	1. 92			1. 63	1. 44	5. 84
Monounsaturated, total	g	6. 87			5. 84	5. 15	20. 88
16:1	g	0. 47			0. 40	0. 35	1. 44
18:1	g	6. 24			5. 31	4. 68	18. 97
20:1	g	0. 12			0. 10	0. 09	0. 37
22:1	g						
Polyunsaturated, total	g	1. 27			1. 08	0. 95	3. 86
18:2	g	1. 15			0. 98	0. 86	3. 50
18:3	g	0. 04			0. 03	0. 03	0. 12
18:4	g						
20:4	g	0. 05			0. 04	0. 03	0. 14
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	73			62	55	221
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 327			0. 278	0. 245	0. 993
Threonine	g	1. 199			1. 019	0. 899	3. 645
Isoleucine	g	1. 222			1. 039	0. 917	3. 715
Leucine	g	2. 119			1. 801	1. 589	6. 439
Lysine	g	2. 383			2. 025	1. 787	7. 241
Methionine	g	0. 690			0. 587	0. 518	2. 097
Cystine	g	0. 334			0. 284	0. 251	1. 015
Phenylalanine	g	1. 059			0. 900	0. 794	3. 217
Tyrosine	g	0. 907			0. 771	0. 680	2. 756
Valine	g	1. 434			1. 219	1. 075	4. 358
Arginine	g	1. 692			1. 438	1. 269	5. 141
Histidine	g	1. 031			0. 876	0. 773	3. 134
Alanine	g	1. 569			1. 334	1. 177	4. 768
Aspartic acid	g	2. 443			2. 077	1. 833	7. 425
Glutamic acid	g	4. 090			3. 476	3. 067	12. 429
Glycine	g	1. 418			1. 206	1. 064	4. 311
Proline	g	1. 155			0. 981	0. 866	3. 509
Serine	g	1. 101			0. 936	0. 826	3. 347

[1] Trimmed to 0.10 inch fat before cooking.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, CENTER RIB (RIB CHOPS), BONELESS, SEPARABLE LEAN AND FAT, Cooked, braised[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 81 g[2]	Refuse: Connective tissue 5%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58. 15			49. 43	47. 10	250. 57
Food energy	kcal	255			216	206	1,097
	kJ	1,066			906	864	4,594
Protein (N x 6.25)	g	26. 29			22. 35	21. 30	113. 30
Total lipid (fat)	g	15. 79			13. 42	12. 79	68. 03
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 20			1. 02	0. 97	5. 18
Minerals:							
Calcium	mg	5			5	4	23
Iron	mg	0. 92			0. 79	0. 75	3. 98
Magnesium	mg	17			15	14	74
Phosphorus	mg	172			146	139	739
Potassium	mg	387			329	313	1,667
Sodium	mg	40			34	32	172
Zinc	mg	2. 07			1. 76	1. 68	8. 91
Copper	mg	0. 071			0. 061	0. 058	0. 308
Manganese	mg	0. 009			0. 008	0. 008	0. 041
Vitamins:							
Ascorbic acid	mg	0. 3			0. 2	0. 2	1. 1
Thiamin	mg	0. 525			0. 446	0. 425	2. 263
Riboflavin	mg	0. 242			0. 206	0. 196	1. 044
Niacin	mg	4. 311			3. 664	3. 492	18. 574
Pantothenic acid	mg	0. 605			0. 514	0. 490	2. 607
Vitamin B-6	mg	0. 310			0. 264	0. 251	1. 337
Folate	mcg	4			4	3	18
Vitamin B-12	mcg	0. 44			0. 38	0. 36	1. 91
Vitamin A	RE	2			2	2	8
	IU	7			6	5	28
Lipids:							
Fatty acids:							
Saturated, total	g	6. 12			5. 20	4. 96	26. 37
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 01	0. 05
12:0	g	0. 01			0. 01	0. 01	0. 05
14:0	g	0. 21			0. 18	0. 17	0. 92
16:0	g	3. 76			3. 20	3. 05	16. 21
18:0	g	2. 01			1. 71	1. 63	8. 67
Monounsaturated, total	g	7. 21			6. 13	5. 84	31. 07
16:1	g	0. 50			0. 42	0. 40	2. 14
18:1	g	6. 55			5. 57	5. 31	28. 23
20:1	g	0. 13			0. 11	0. 10	0. 56
22:1	g						
Polyunsaturated, total	g	1. 32			1. 12	1. 07	5. 70
18:2	g	1. 20			1. 02	0. 97	5. 17
18:3	g	0. 04			0. 03	0. 03	0. 17
18:4	g						
20:4	g	0. 05			0. 04	0. 04	0. 21
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	73			62	59	314
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 322			0. 274	0. 261	1. 387
Threonine	g	1. 182			1. 005	0. 957	5. 093
Isoleucine	g	1. 205			1. 024	0. 976	5. 191
Leucine	g	2. 089			1. 775	1. 692	9. 000
Lysine	g	2. 349			1. 997	1. 903	10. 122
Methionine	g	0. 680			0. 578	0. 551	2. 931
Cystine	g	0. 329			0. 280	0. 267	1. 419
Phenylalanine	g	1. 044			0. 887	0. 845	4. 497
Tyrosine	g	0. 894			0. 760	0. 724	3. 851
Valine	g	1. 414			1. 201	1. 145	6. 091
Arginine	g	1. 669			1. 419	1. 352	7. 191
Histidine	g	1. 016			0. 863	0. 823	4. 377
Alanine	g	1. 547			1. 315	1. 253	6. 668
Aspartic acid	g	2. 408			2. 047	1. 951	10. 378
Glutamic acid	g	4. 030			3. 426	3. 265	17. 367
Glycine	g	1. 402			1. 192	1. 136	6. 042
Proline	g	1. 140			0. 969	0. 924	4. 914
Serine	g	1. 086			0. 923	0. 880	4. 679

[1] Trimmed to 0.07 inch fat before cooking
[2] One raw chop with refuse weighs 113 g, which applies to chops cut 4 per pound.

PORK, FRESH, LOIN, CENTER RIB (RIB CHOPS), BONE-IN, SEPARABLE LEAN AND FAT, Cooked, broiled[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 74 g[2]	Refuse: Bone 34%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	53. 37			45. 37	39. 50	159. 80
Food energy	kcal	263			223	194	786
	kJ	1,099			934	813	3,291
Protein (N x 6.25)	g	28. 79			24. 47	21. 30	86. 20
Total lipid (fat)	g	15. 48			13. 16	11. 46	46. 36
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 19			1. 01	0. 88	3. 56
Minerals:							
Calcium	mg	33			28	25	100
Iron	mg	0. 77			0. 66	0. 57	2. 32
Magnesium	mg	26			22	19	78
Phosphorus	mg	237			201	175	709
Potassium	mg	401			340	296	1,199
Sodium	mg	62			53	46	185
Zinc	mg	2. 26			1. 92	1. 67	6. 77
Copper	mg	0. 068			0. 058	0. 050	0. 203
Manganese	mg	0. 018			0. 015	0. 013	0. 054
Vitamins:							
Ascorbic acid	mg	0. 3			0. 2	0. 2	0. 8
Thiamin	mg	1. 033			0. 878	0. 764	3. 092
Riboflavin	mg	0. 303			0. 258	0. 224	0. 908
Niacin	mg	5. 781			4. 914	4. 278	17. 309
Pantothenic acid	mg	0. 663			0. 564	0. 491	1. 985
Vitamin B-6	mg	0. 434			0. 369	0. 321	1. 300
Folate	mcg	3			2	2	8
Vitamin B-12	mcg	0. 73			0. 62	0. 54	2. 18
Vitamin A	RE	2			2	1	6
	IU	7			6	5	20
Lipids:							
Fatty acids:							
Saturated, total	g	5. 69			4. 84	4. 21	17. 04
4:0	g						
6:0	g						
8:0	g	0. 01			0. 00	0. 00	0. 02
10:0	g	0. 01			0. 01	0. 01	0. 03
12:0	g	0. 01			0. 01	0. 01	0. 03
14:0	g	0. 20			0. 17	0. 15	0. 60
16:0	g	3. 51			2. 99	2. 60	10. 52
18:0	g	1. 85			1. 57	1. 37	5. 54
Monounsaturated, total	g	6. 88			5. 85	5. 09	20. 60
16:1	g	0. 48			0. 41	0. 35	1. 43
18:1	g	6. 22			5. 28	4. 60	18. 61
20:1	g	0. 12			0. 10	0. 09	0. 36
22:1	g						
Polyunsaturated, total	g	1. 23			1. 04	0. 91	3. 67
18:2	g	1. 08			0. 92	0. 80	3. 25
18:3	g	0. 04			0. 03	0. 03	0. 10
18:4	g						
20:4	g	0. 05			0. 04	0. 04	0. 15
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	82			70	61	246
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 354			0. 301	0. 262	1. 059
Threonine	g	1. 296			1. 101	0. 959	3. 880
Isoleucine	g	1. 321			1. 123	0. 978	3. 956
Leucine	g	2. 289			1. 945	1. 694	6. 852
Lysine	g	2. 573			2. 187	1. 904	7. 704
Methionine	g	0. 746			0. 634	0. 552	2. 234
Cystine	g	0. 361			0. 307	0. 267	1. 081
Phenylalanine	g	1. 143			0. 972	0. 846	3. 423
Tyrosine	g	0. 980			0. 833	0. 725	2. 935
Valine	g	1. 549			1. 316	1. 146	4. 637
Arginine	g	1. 824			1. 551	1. 350	5. 462
Histidine	g	1. 115			0. 948	0. 825	3. 339
Alanine	g	1. 693			1. 439	1. 253	5. 068
Aspartic acid	g	2. 639			2. 244	1. 953	7. 903
Glutamic acid	g	4. 420			3. 757	3. 271	13. 234
Glycine	g	1. 522			1. 294	1. 126	4. 557
Proline	g	1. 241			1. 055	0. 919	3. 717
Serine	g	1. 189			1. 011	0. 880	3. 560

[1] Trimmed to 0.10 inch fat before cooking.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, CENTER RIB (RIB CHOPS), BONELESS, SEPARABLE LEAN AND FAT, Cooked, broiled[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 80 g[2]	Refuse: Connective tissue 6%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	53. 37			45. 37	42. 70	227. 59
Food energy	kcal	260			221	208	1,109
	kJ	1,089			926	871	4,643
Protein (N x 6.25)	g	27. 63			23. 49	22. 10	117. 82
Total lipid (fat)	g	15. 76			13. 40	12. 61	67. 20
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 12			0. 95	0. 89	4. 76
Minerals:							
Calcium	mg	28			24	23	120
Iron	mg	0. 77			0. 66	0. 62	3. 30
Magnesium	mg	26			22	21	110
Phosphorus	mg	237			201	189	1,009
Potassium	mg	401			340	320	1,708
Sodium	mg	62			53	49	263
Zinc	mg	2. 26			1. 92	1. 81	9. 64
Copper	mg	0. 068			0. 058	0. 054	0. 290
Manganese	mg	0. 018			0. 015	0. 015	0. 078
Vitamins:							
Ascorbic acid	mg	0. 3			0. 2	0. 2	1. 1
Thiamin	mg	0. 834			0. 709	0. 667	3. 555
Riboflavin	mg	0. 300			0. 255	0. 240	1. 281
Niacin	mg	4. 945			4. 203	3. 956	21. 084
Pantothenic acid	mg	0. 701			0. 596	0. 561	2. 988
Vitamin B-6	mg	0. 371			0. 316	0. 297	1. 584
Folate	mcg	8			7	7	35
Vitamin B-12	mcg	0. 67			0. 57	0. 54	2. 87
Vitamin A	RE	2			2	2	9
	IU	7			6	5	29
Lipids:							
Fatty acids:							
Saturated, total	g	5. 79			4. 92	4. 63	24. 69
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 01	0. 05
12:0	g	0. 01			0. 01	0. 01	0. 04
14:0	g	0. 20			0. 17	0. 16	0. 87
16:0	g	3. 58			3. 04	2. 86	15. 25
18:0	g	1. 88			1. 60	1. 51	8. 02
Monounsaturated, total	g	7. 01			5. 96	5. 61	29. 88
16:1	g	0. 49			0. 42	0. 39	2. 08
18:1	g	6. 33			5. 38	5. 06	26. 99
20:1	g	0. 12			0. 11	0. 10	0. 53
22:1	g						
Polyunsaturated, total	g	1. 24			1. 06	1. 00	5. 31
18:2	g	1. 10			0. 93	0. 88	4. 69
18:3	g	0. 04			0. 03	0. 03	0. 15
18:4	g						
20:4	g	0. 05			0. 04	0. 04	0. 22
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	82			70	66	351
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 339			0. 288	0. 271	1. 445
Threonine	g	1. 243			1. 056	0. 994	5. 300
Isoleucine	g	1. 267			1. 077	1. 014	5. 402
Leucine	g	2. 196			1. 866	1. 756	9. 362
Lysine	g	2. 469			2. 099	1. 975	10. 528
Methionine	g	0. 715			0. 608	0. 572	3. 050
Cystine	g	0. 346			0. 294	0. 277	1. 476
Phenylalanine	g	1. 097			0. 932	0. 878	4. 677
Tyrosine	g	0. 940			0. 799	0. 752	4. 008
Valine	g	1. 486			1. 263	1. 189	6. 336
Arginine	g	1. 752			1. 489	1. 402	7. 472
Histidine	g	1. 069			0. 909	0. 855	4. 558
Alanine	g	1. 625			1. 382	1. 300	6. 930
Aspartic acid	g	2. 532			2. 152	2. 026	10. 796
Glutamic acid	g	4. 239			3. 603	3. 391	18. 074
Glycine	g	1. 467			1. 247	1. 174	6. 255
Proline	g	1. 195			1. 016	0. 956	5. 095
Serine	g	1. 141			0. 970	0. 913	4. 865

[1] Trimmed to 0.07 inch fat before cooking
[2] One raw chop with refuse weighs 113 g, which applies to chops cut 4 per pound.

PORK, FRESH, LOIN, CENTER RIB (RIB CHOPS), BONE-IN, SEPARABLE LEAN AND FAT, Cooked, pan-fried[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 73 g[2]	Refuse: Bone 39%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	55. 50			47. 17	40. 51	153. 56
Food energy	kcal	265			225	194	734
	kJ	1,110			943	810	3,071
Protein (N x 6.25)	g	26. 28			22. 34	19. 19	72. 72
Total lipid (fat)	g	16. 97			14. 42	12. 39	46. 95
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 21			1. 03	0. 89	3. 36
Minerals:							
Calcium	mg	24			20	17	66
Iron	mg	0. 72			0. 62	0. 53	2. 00
Magnesium	mg	25			21	18	69
Phosphorus	mg	236			201	173	654
Potassium	mg	430			365	314	1,189
Sodium	mg	50			42	36	138
Zinc	mg	1. 99			1. 69	1. 45	5. 49
Copper	mg	0. 068			0. 058	0. 050	0. 189
Manganese	mg	0. 007			0. 006	0. 005	0. 018
Vitamins:							
Ascorbic acid	mg	0. 3			0. 2	0. 2	0. 7
Thiamin	mg	0. 804			0. 683	0. 587	2. 224
Riboflavin	mg	0. 301			0. 256	0. 220	0. 833
Niacin	mg	5. 525			4. 696	4. 033	15. 288
Pantothenic acid	mg	0. 616			0. 524	0. 450	1. 704
Vitamin B-6	mg	0. 364			0. 309	0. 266	1. 007
Folate	mcg	3			3	2	9
Vitamin B-12	mcg	0. 71			0. 61	0. 52	1. 97
Vitamin A	RE	2			2	1	5
	IU	7			6	5	18
Lipids:							
Fatty acids:							
Saturated, total	g	6. 34			5. 39	4. 63	17. 54
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 01	0. 03
12:0	g	0. 01			0. 01	0. 01	0. 03
14:0	g	0. 22			0. 18	0. 16	0. 60
16:0	g	3. 91			3. 32	2. 85	10. 81
18:0	g	2. 08			1. 77	1. 52	5. 75
Monounsaturated, total	g	7. 49			6. 37	5. 47	20. 73
16:1	g	0. 50			0. 42	0. 36	1. 38
18:1	g	6. 83			5. 80	4. 98	18. 89
20:1	g	0. 13			0. 11	0. 10	0. 36
22:1	g						
Polyunsaturated, total	g	1. 92			1. 63	1. 40	5. 31
18:2	g	1. 73			1. 47	1. 26	4. 78
18:3	g	0. 11			0. 09	0. 08	0. 30
18:4	g						
20:4	g	0. 05			0. 04	0. 03	0. 13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	73			62	53	201
Phytosterols	mg	2			2	2	7
Amino acids:							
Tryptophan	g	0. 321			0. 273	0. 234	0. 887
Threonine	g	1. 180			1. 003	0. 861	3. 264
Isoleucine	g	1. 201			1. 021	0. 877	3. 324
Leucine	g	2. 086			1. 773	1. 522	5. 771
Lysine	g	2. 346			1. 994	1. 713	6. 492
Methionine	g	0. 678			0. 577	0. 495	1. 877
Cystine	g	0. 329			0. 279	0. 240	0. 909
Phenylalanine	g	1. 043			0. 886	0. 761	2. 885
Tyrosine	g	0. 891			0. 757	0. 650	2. 465
Valine	g	1. 412			1. 200	1. 030	3. 906
Arginine	g	1. 671			1. 421	1. 220	4. 625
Histidine	g	1. 012			0. 860	0. 739	2. 800
Alanine	g	1. 548			1. 316	1. 130	4. 284
Aspartic acid	g	2. 404			2. 044	1. 755	6. 653
Glutamic acid	g	4. 020			3. 417	2. 935	11. 124
Glycine	g	1. 416			1. 204	1. 034	3. 918
Proline	g	1. 148			0. 976	0. 838	3. 176
Serine	g	1. 085			0. 923	0. 792	3. 003

[1] Trimmed to 0.10 inch fat before cooking.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, CENTER RIB (RIB CHOPS), BONELESS, SEPARABLE LEAN AND FAT, Cooked, pan-fried[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 75 g[2]	Refuse: Connective tissue 8%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	56. 34			47. 89	42. 26	235. 11
Food energy	kcal	273			232	205	1,139
	kJ	1,142			971	857	4,767
Protein (N x 6.25)	g	25. 82			21. 95	19. 37	107. 75
Total lipid (fat)	g	18. 05			15. 35	13. 54	75. 34
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 18			1. 01	0. 89	4. 94
Minerals:							
Calcium	mg	11			9	8	45
Iron	mg	0. 73			0. 62	0. 55	3. 06
Magnesium	mg	24			21	18	102
Phosphorus	mg	228			194	171	951
Potassium	mg	428			364	321	1,785
Sodium	mg	50			42	37	207
Zinc	mg	2. 04			1. 73	1. 53	8. 50
Copper	mg	0. 067			0. 057	0. 050	0. 281
Manganese	mg	0. 007			0. 006	0. 005	0. 027
Vitamins:							
Ascorbic acid	mg	0. 3			0. 2	0. 2	1. 1
Thiamin	mg	0. 708			0. 602	0. 531	2. 956
Riboflavin	mg	0. 313			0. 266	0. 234	1. 305
Niacin	mg	4. 805			4. 084	3. 604	20. 051
Pantothenic acid	mg	0. 723			0. 615	0. 542	3. 017
Vitamin B-6	mg	0. 357			0. 303	0. 268	1. 489
Folate	mcg	7			6	5	29
Vitamin B-12	mcg	0. 59			0. 50	0. 44	2. 45
Vitamin A	RE	2			2	1	8
	IU	7			6	5	27
Lipids:							
Fatty acids:							
Saturated, total	g	6. 72			5. 71	5. 04	28. 05
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 01	0. 05
12:0	g	0. 01			0. 01	0. 01	0. 05
14:0	g	0. 23			0. 20	0. 17	0. 96
16:0	g	4. 15			3. 53	3. 11	17. 31
18:0	g	2. 20			1. 87	1. 65	9. 20
Monounsaturated, total	g	7. 96			6. 76	5. 97	33. 20
16:1	g	0. 53			0. 45	0. 40	2. 21
18:1	g	7. 25			6. 16	5. 44	30. 26
20:1	g	0. 14			0. 12	0. 10	0. 58
22:1	g						
Polyunsaturated, total	g	2. 08			1. 77	1. 56	8. 68
18:2	g	1. 87			1. 59	1. 40	7. 81
18:3	g	0. 12			0. 10	0. 09	0. 50
18:4	g	0. 00			0. 00	0. 00	0. 00
20:4	g	0. 05			0. 04	0. 04	0. 21
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	73			62	54	303
Phytosterols	mg	3			2	2	11
Amino acids:							
Tryptophan	g	0. 314			0. 267	0. 236	1. 311
Threonine	g	1. 158			0. 984	0. 868	4. 831
Isoleucine	g	1. 179			1. 002	0. 884	4. 918
Leucine	g	2. 048			1. 740	1. 536	8. 545
Lysine	g	2. 304			1. 959	1. 728	9. 615
Methionine	g	0. 665			0. 565	0. 499	2. 776
Cystine	g	0. 322			0. 274	0. 242	1. 345
Phenylalanine	g	1. 024			0. 870	0. 768	4. 273
Tyrosine	g	0. 874			0. 743	0. 655	3. 647
Valine	g	1. 386			1. 178	1. 039	5. 783
Arginine	g	1. 644			1. 398	1. 233	6. 862
Histidine	g	0. 992			0. 843	0. 744	4. 140
Alanine	g	1. 522			1. 294	1. 141	6. 351
Aspartic acid	g	2. 360			2. 006	1. 770	9. 849
Glutamic acid	g	3. 944			3. 352	2. 958	16. 458
Glycine	g	1. 402			1. 191	1. 051	5. 849
Proline	g	1. 133			0. 963	0. 850	4. 729
Serine	g	1. 066			0. 906	0. 800	4. 450

[1] Trimmed to 0.07 inch fat before cooking.
[2] One raw chop with refuse weighs 113 g, which applies to chops cut 4 per pound.

PORK, FRESH, LOIN, CENTER RIB (RIB ROASTS), BONE-IN, SEPARABLE LEAN AND FAT, Cooked, roasted[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 224 g[2]	Refuse: Bone 36%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	55. 99			47. 59	125. 43	162. 55
Food energy	kcal	255			217	571	740
	kJ	1,067			907	2,390	3,098
Protein (N x 6.25)	g	27. 43			23. 31	61. 44	79. 62
Total lipid (fat)	g	15. 28			12. 98	34. 22	44. 35
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 26			1. 07	2. 82	3. 65
Minerals:							
Calcium	mg	28			24	63	82
Iron	mg	0. 94			0. 80	2. 10	2. 72
Magnesium	mg	21			18	47	60
Phosphorus	mg	231			197	519	672
Potassium	mg	421			358	944	1,224
Sodium	mg	46			39	103	134
Zinc	mg	2. 06			1. 75	4. 61	5. 97
Copper	mg	0. 074			0. 063	0. 165	0. 214
Manganese	mg	0. 010			0. 009	0. 023	0. 030
Vitamins:							
Ascorbic acid	mg	0. 3			0. 2	0. 6	0. 8
Thiamin	mg	0. 724			0. 616	1. 623	2. 103
Riboflavin	mg	0. 300			0. 255	0. 673	0. 872
Niacin	mg	6. 116			5. 199	13. 700	17. 755
Pantothenic acid	mg	0. 526			0. 447	1. 178	1. 526
Vitamin B-6	mg	0. 324			0. 276	0. 727	0. 942
Folate	mcg	3			2	6	8
Vitamin B-12	mcg	0. 66			0. 56	1. 48	1. 92
Vitamin A	RE	2			2	4	6
	IU	6			5	14	19
Lipids:							
Fatty acids:							
Saturated, total	g	5. 92			5. 03	13. 26	17. 19
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 02	0. 03
12:0	g	0. 01			0. 01	0. 02	0. 03
14:0	g	0. 21			0. 18	0. 46	0. 60
16:0	g	3. 64			3. 09	8. 15	10. 57
18:0	g	1. 95			1. 66	4. 36	5. 65
Monounsaturated, total	g	6. 98			5. 93	15. 63	20. 26
16:1	g	0. 48			0. 41	1. 08	1. 40
18:1	g	6. 34			5. 39	14. 20	18. 40
20:1	g	0. 12			0. 11	0. 28	0. 36
22:1	g						
Polyunsaturated, total	g	1. 28			1. 09	2. 87	3. 71
18:2	g	1. 16			0. 99	2. 60	3. 37
18:3	g	0. 04			0. 03	0. 09	0. 11
18:4	g						
20:4	g	0. 05			0. 04	0. 11	0. 14
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	73			62	164	212
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 339			0. 289	0. 760	0. 985
Threonine	g	1. 239			1. 053	2. 774	3. 596
Isoleucine	g	1. 265			1. 075	2. 833	3. 671
Leucine	g	2. 185			1. 857	4. 894	6. 343
Lysine	g	2. 455			2. 087	5. 499	7. 127
Methionine	g	0. 714			0. 607	1. 600	2. 074
Cystine	g	0. 345			0. 294	0. 773	1. 002
Phenylalanine	g	1. 090			0. 927	2. 443	3. 165
Tyrosine	g	0. 939			0. 798	2. 103	2. 726
Valine	g	1. 478			1. 257	3. 311	4. 292
Arginine	g	1. 730			1. 471	3. 876	5. 024
Histidine	g	1. 070			0. 910	2. 397	3. 106
Alanine	g	1. 609			1. 368	3. 605	4. 672
Aspartic acid	g	2. 521			2. 143	5. 648	7. 319
Glutamic acid	g	4. 230			3. 595	9. 475	12. 279
Glycine	g	1. 416			1. 204	3. 173	4. 112
Proline	g	1. 164			0. 990	2. 608	3. 380
Serine	g	1. 133			0. 963	2. 537	3. 288

[1] Trimmed to 0.10 inch fat before cooking.
[2] Raw weight includes refuse; cooked weight excludes refuse.

PORK, FRESH, LOIN, CENTER RIB (RIB ROASTS), BONELESS, SEPARABLE LEAN AND FAT, Cooked, roasted[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 317 g[2]	Refuse: Connective tissue 8%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57. 33	0. 865	15	48. 73	181. 74	239. 24
Food energy	kcal	252			214	799	1,051
	kJ	1,054			896	3,343	4,400
Protein (N x 6.25)	g	26. 99	0. 395	15	22. 94	85. 56	112. 63
Total lipid (fat)	g	15. 15	0. 884	15	12. 88	48. 03	63. 22
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 11	0. 028	15	0. 94	3. 52	4. 63
Minerals:							
Calcium	mg	6			5	18	24
Iron	mg	0. 93			0. 79	2. 94	3. 87
Magnesium	mg	22			19	71	94
Phosphorus	mg	214			182	677	891
Potassium	mg	346			294	1,097	1,444
Sodium	mg	48			41	153	202
Zinc	mg	2. 64			2. 24	8. 37	11. 02
Copper	mg	0. 016			0. 014	0. 052	0. 068
Manganese	mg	0. 010			0. 009	0. 032	0. 042
Vitamins:							
Ascorbic acid	mg	0. 4			0. 3	1. 1	1. 5
Thiamin	mg	0. 604			0. 514	1. 916	2. 522
Riboflavin	mg	0. 290			0. 246	0. 919	1. 209
Niacin	mg	5. 044			4. 288	15. 990	21. 050
Pantothenic acid	mg	0. 531			0. 451	1. 684	2. 217
Vitamin B-6	mg	0. 363			0. 308	1. 149	1. 513
Folate	mcg	8			7	26	34
Vitamin B-12	mcg	0. 56			0. 47	1. 76	2. 32
Vitamin A	RE	3			2	8	11
	IU	9			7	27	36
Lipids:							
Fatty acids:							
Saturated, total	g	5. 35			4. 54	16. 95	22. 31
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 03	0. 05
12:0	g	0. 01			0. 01	0. 04	0. 05
14:0	g	0. 18			0. 16	0. 58	0. 76
16:0	g	3. 32			2. 82	10. 52	13. 85
18:0	g	1. 70			1. 44	5. 38	7. 09
Monounsaturated, total	g	6. 68			5. 68	21. 19	27. 89
16:1	g	0. 48			0. 40	1. 51	1. 99
18:1	g	6. 00			5. 10	19. 02	25. 04
20:1	g	0. 13			0. 11	0. 43	0. 56
22:1	g						
Polyunsaturated, total	g	1. 30			1. 10	4. 12	5. 42
18:2	g	1. 12			0. 95	3. 55	4. 67
18:3	g	0. 03			0. 03	0. 10	0. 13
18:4	g						
20:4	g	0. 08			0. 07	0. 26	0. 35
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	81	2. 486	15	69	258	339
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 343			0. 291	1. 087	1. 431
Threonine	g	1. 232			1. 048	3. 907	5. 143
Isoleucine	g	1. 264			1. 074	4. 006	5. 274
Leucine	g	2. 166			1. 841	6. 865	9. 037
Lysine	g	2. 427			2. 063	7. 694	10. 128
Methionine	g	0. 715			0. 607	2. 265	2. 982
Cystine	g	0. 344			0. 293	1. 091	1. 437
Phenylalanine	g	1. 077			0. 916	3. 415	4. 496
Tyrosine	g	0. 940			0. 799	2. 981	3. 924
Valine	g	1. 464			1. 245	4. 642	6. 110
Arginine	g	1. 678			1. 426	5. 319	7. 001
Histidine	g	1. 078			0. 916	3. 418	4. 499
Alanine	g	1. 572			1. 336	4. 984	6. 561
Aspartic acid	g	2. 503			2. 128	7. 936	10. 446
Glutamic acid	g	4. 225			3. 591	13. 393	17. 631
Glycine	g	1. 282			1. 089	4. 063	5. 348
Proline	g	1. 084			0. 922	3. 437	4. 524
Serine	g	1. 115			0. 948	3. 534	4. 652

[1] Trimmed to 0.07 inch fat before cooking.
[2] Raw weight includes refuse; cooked weight excludes refuse.

PORK, FRESH, LOIN, CENTER RIB (RIB CHOPS OR ROASTS), BONE-IN, SEPARABLE LEAN ONLY, Raw[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 chop yields 86 g[2]	Refuse: Bone 35% Separable fat 8%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	70. 83	0. 242	23	321. 31	60. 92	183. 18
Food energy	kcal	149			674	128	384
	kJ	622			2,822	535	1,609
Protein (N x 6.25)	g	22. 11	0. 311	61	100. 30	19. 02	57. 18
Total lipid (fat)	g	6. 01	0. 227	23	27. 26	5. 17	15. 54
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 00	0. 013	57	4. 54	0. 86	2. 59
Minerals:							
Calcium	mg	21	0. 924	5	96	18	55
Iron	mg	0. 76	0. 019	60	3. 44	0. 65	1. 96
Magnesium	mg	23	0. 786	26	102	19	58
Phosphorus	mg	215	0. 705	5	975	185	556
Potassium	mg	421	2. 539	146	1,909	362	1,088
Sodium	mg	45	1. 077	164	206	39	117
Zinc	mg	1. 64	0. 020	48	7. 42	1. 41	4. 23
Copper	mg	0. 058	0. 002	60	0. 264	0. 050	0. 151
Manganese	mg	0. 010	0. 003	2	0. 045	0. 009	0. 026
Vitamins:							
Ascorbic acid	mg	0. 3	0. 211	3	1. 4	0. 3	0. 8
Thiamin	mg	0. 973	0. 037	65	4. 413	0. 837	2. 516
Riboflavin	mg	0. 256	0. 006	68	1. 163	0. 221	0. 663
Niacin	mg	5. 815	0. 301	19	26. 378	5. 001	15. 038
Pantothenic acid	mg	0. 643	0. 028	20	2. 918	0. 553	1. 664
Vitamin B-6	mg	0. 477	0. 022	12	2. 165	0. 411	1. 234
Folate	mcg	3	0. 602	19	14	3	8
Vitamin B-12	mcg	0. 65	0. 032	27	2. 96	0. 56	1. 69
Vitamin A	RE	2		1	8	2	5
	IU	6		1	27	5	16
Lipids:							
Fatty acids:							
Saturated, total	g	2. 07			9. 41	1. 78	5. 36
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01		73	0. 03	0. 00	0. 01
12:0	g	0. 01		75	0. 03	0. 01	0. 02
14:0	g	0. 07		378	0. 34	0. 06	0. 19
16:0	g	1. 32		378	6. 00	1. 14	3. 42
18:0	g	0. 65		378	2. 95	0. 56	1. 68
Monounsaturated, total	g	2. 71			12. 32	2. 33	7. 02
16:1	g	0. 19		378	0. 86	0. 16	0. 49
18:1	g	2. 47		378	11. 19	2. 12	6. 38
20:1	g	0. 04		71	0. 19	0. 04	0. 11
22:1	g						
Polyunsaturated, total	g	0. 65			2. 93	0. 56	1. 67
18:2	g	0. 52		378	2. 37	0. 45	1. 35
18:3	g	0. 02		190	0. 11	0. 02	0. 06
18:4	g						
20:4	g	0. 07		315	0. 33	0. 06	0. 19
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	55	1. 054	58	249	47	142
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 281			1. 274	0. 242	0. 726
Threonine	g	1. 010			4. 580	0. 868	2. 611
Isoleucine	g	1. 035			4. 696	0. 890	2. 677
Leucine	g	1. 774			8. 047	1. 526	4. 588
Lysine	g	1. 988			9. 019	1. 710	5. 142
Methionine	g	0. 585			2. 656	0. 503	1. 514
Cystine	g	0. 282			1. 279	0. 243	0. 729
Phenylalanine	g	0. 883			4. 004	0. 759	2. 283
Tyrosine	g	0. 770			3. 495	0. 663	1. 992
Valine	g	1. 200			5. 441	1. 032	3. 102
Arginine	g	1. 375			6. 235	1. 182	3. 554
Histidine	g	0. 883			4. 007	0. 760	2. 284
Alanine	g	1. 288			5. 843	1. 108	3. 331
Aspartic acid	g	2. 051			9. 303	1. 764	5. 304
Glutamic acid	g	3. 461			15. 701	2. 977	8. 951
Glycine	g	1. 050			4. 762	0. 903	2. 715
Proline	g	0. 888			4. 029	0. 764	2. 297
Serine	g	0. 913			4. 143	0. 785	2. 362

[1] Trimmed to 0.10 inch fat.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, CENTER RIB (RIB CHOPS OR ROASTS), BONELESS, SEPARABLE LEAN ONLY, Raw[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 chop yields 88 g[2]	Refuse: Connective tissue 11% Separable fat 11%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	71. 98	0. 198	15	326. 51	63. 34	254. 67
Food energy	kcal	152			688	133	536
	kJ	634			2,878	558	2,245
Protein (N x 6.25)	g	21. 80	0. 330	53	98. 88	19. 18	77. 13
Total lipid (fat)	g	6. 48	0. 335	15	29. 41	5. 71	22. 94
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 98	0. 013	49	4. 45	0. 86	3. 47
Minerals:							
Calcium	mg	5	0. 159	5	24	5	19
Iron	mg	0. 77	0. 019	60	3. 50	0. 68	2. 73
Magnesium	mg	22	0. 759	26	101	20	79
Phosphorus	mg	207	1. 242	5	940	182	733
Potassium	mg	421	2. 549	146	1,909	370	1,489
Sodium	mg	45	1. 072	164	205	40	160
Zinc	mg	1. 69	0. 035	48	7. 65	1. 48	5. 97
Copper	mg	0. 058	0. 002	60	0. 261	0. 051	0. 204
Manganese	mg	0. 010	0. 003	2	0. 045	0. 009	0. 035
Vitamins:							
Ascorbic acid	mg	0. 3	0. 211	3	1. 4	0. 3	1. 1
Thiamin	mg	0. 856	0. 032	49	3. 883	0. 753	3. 029
Riboflavin	mg	0. 268	0. 007	52	1. 216	0. 236	0. 948
Niacin	mg	5. 036	0. 299	11	22. 843	4. 432	17. 817
Pantothenic acid	mg	0. 766	0. 082	4	3. 475	0. 674	2. 710
Vitamin B-6	mg	0. 470	0. 033	4	2. 132	0. 414	1. 663
Folate	mcg	7	1. 450	4	32	6	25
Vitamin B-12	mcg	0. 53	0. 044	11	2. 40	0. 47	1. 88
Vitamin A	RE	2		1	8	2	6
	IU	6		1	27	5	21
Lipids:							
Fatty acids:							
Saturated, total	g	2. 24			10. 15	1. 97	7. 92
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01		73	0. 03	0. 01	0. 02
12:0	g	0. 01		75	0. 03	0. 01	0. 02
14:0	g	0. 08		378	0. 37	0. 07	0. 29
16:0	g	1. 43		378	6. 48	1. 26	5. 05
18:0	g	0. 70		378	3. 18	0. 62	2. 48
Monounsaturated, total	g	2. 93			13. 29	2. 58	10. 36
16:1	g	0. 20		378	0. 93	0. 18	0. 72
18:1	g	2. 66		378	12. 08	2. 34	9. 42
20:1	g	0. 05		71	0. 21	0. 04	0. 16
22:1	g						
Polyunsaturated, total	g	0. 70			3. 17	0. 61	2. 47
18:2	g	0. 56		378	2. 55	0. 50	1. 99
18:3	g	0. 03		190	0. 12	0. 02	0. 09
18:4	g						
20:4	g	0. 08		315	0. 36	0. 07	0. 28
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	55	1. 054	58	249	48	195
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 277			1. 256	0. 244	0. 980
Threonine	g	0. 995			4. 515	0. 876	3. 522
Isoleucine	g	1. 021			4. 630	0. 898	3. 612
Leucine	g	1. 749			7. 934	1. 539	6. 188
Lysine	g	1. 960			8. 892	1. 725	6. 936
Methionine	g	0. 577			2. 618	0. 508	2. 042
Cystine	g	0. 278			1. 261	0. 245	0. 984
Phenylalanine	g	0. 870			3. 947	0. 766	3. 079
Tyrosine	g	0. 760			3. 445	0. 668	2. 687
Valine	g	1. 183			5. 365	1. 041	4. 184
Arginine	g	1. 355			6. 147	1. 193	4. 795
Histidine	g	0. 871			3. 950	0. 766	3. 081
Alanine	g	1. 270			5. 761	1. 118	4. 493
Aspartic acid	g	2. 022			9. 172	1. 779	7. 154
Glutamic acid	g	3. 413			15. 479	3. 003	12. 074
Glycine	g	1. 035			4. 695	0. 911	3. 662
Proline	g	0. 876			3. 972	0. 771	3. 098
Serine	g	0. 900			4. 084	0. 792	3. 186

[1] Trimmed to 0.07 inch fat.
[2] One raw chop with refuse weighs 113 g, which applies to chops cut 4 per pound.

PORK, FRESH, LOIN, CENTER RIB (RIB CHOPS), BONE-IN, SEPARABLE LEAN ONLY, Cooked, braised[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 67 g[2]	Refuse: Bone 33% Separable fat 7%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60. 91			51. 78	40. 81	165. 81
Food energy	kcal	206			175	138	560
	kJ	862			732	577	2,345
Protein (N x 6.25)	g	28. 35			24. 10	18. 99	77. 16
Total lipid (fat)	g	9. 40			7. 99	6. 30	25. 59
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 28			1. 09	0. 86	3. 49
Minerals:							
Calcium	mg	22			18	15	59
Iron	mg	0. 97			0. 83	0. 65	2. 65
Magnesium	mg	19			16	13	51
Phosphorus	mg	179			152	120	488
Potassium	mg	405			344	271	1,102
Sodium	mg	41			35	27	111
Zinc	mg	2. 10			1. 78	1. 41	5. 71
Copper	mg	0. 075			0. 063	0. 050	0. 203
Manganese	mg	0. 010			0. 009	0. 007	0. 028
Vitamins:							
Ascorbic acid	mg	0. 3			0. 2	0. 2	0. 8
Thiamin	mg	0. 624			0. 530	0. 418	1. 698
Riboflavin	mg	0. 247			0. 210	0. 165	0. 671
Niacin	mg	5. 219			4. 436	3. 497	14. 205
Pantothenic acid	mg	0. 536			0. 456	0. 359	1. 459
Vitamin B-6	mg	0. 337			0. 286	0. 226	0. 916
Folate	mcg	2			2	1	5
Vitamin B-12	mcg	0. 54			0. 46	0. 36	1. 48
Vitamin A	RE	2			1	1	5
	IU	6			5	4	16
Lipids:							
Fatty acids:							
Saturated, total	g	3. 67			3. 12	2. 46	10. 00
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 00	0. 02
12:0	g	0. 01			0. 00	0. 00	0. 02
14:0	g	0. 13			0. 11	0. 09	0. 35
16:0	g	2. 27			1. 93	1. 52	6. 19
18:0	g	1. 20			1. 02	0. 80	3. 25
Monounsaturated, total	g	4. 49			3. 82	3. 01	12. 23
16:1	g	0. 33			0. 28	0. 22	0. 91
18:1	g	4. 07			3. 46	2. 72	11. 07
20:1	g	0. 08			0. 07	0. 06	0. 23
22:1	g						
Polyunsaturated, total	g	0. 68			0. 57	0. 45	1. 84
18:2	g	0. 61			0. 52	0. 41	1. 67
18:3	g	0. 02			0. 02	0. 01	0. 05
18:4	g						
20:4	g	0. 04			0. 03	0. 03	0. 10
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	71			60	47	192
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 360			0. 306	0. 241	0. 980
Threonine	g	1. 294			1. 100	0. 867	3. 524
Isoleucine	g	1. 327			1. 128	0. 889	3. 613
Leucine	g	2. 275			1. 933	1. 524	6. 191
Lysine	g	2. 549			2. 167	1. 708	6. 939
Methionine	g	0. 751			0. 638	0. 503	2. 043
Cystine	g	0. 362			0. 307	0. 242	0. 984
Phenylalanine	g	1. 132			0. 962	0. 758	3. 080
Tyrosine	g	0. 988			0. 840	0. 662	2. 689
Valine	g	1. 538			1. 307	1. 030	4. 186
Arginine	g	1. 762			1. 498	1. 181	4. 797
Histidine	g	1. 132			0. 963	0. 759	3. 083
Alanine	g	1. 651			1. 404	1. 106	4. 495
Aspartic acid	g	2. 629			2. 235	1. 762	7. 157
Glutamic acid	g	4. 438			3. 772	2. 973	12. 079
Glycine	g	1. 346			1. 144	0. 902	3. 664
Proline	g	1. 139			0. 968	0. 763	3. 100
Serine	g	1. 171			0. 995	0. 785	3. 187

[1] Trimmed to 0.10 inch fat before cooking.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, CENTER RIB (RIB CHOPS), BONELESS, SEPARABLE LEAN ONLY, Cooked, braised[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 72 g[2]	Refuse: Connective tissue 5% Separable fat 10%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	62. 25			52. 91	44. 82	240. 04
Food energy	kcal	211			179	152	813
	kJ	882			750	635	3,403
Protein (N x 6.25)	g	27. 95			23. 76	20. 12	107. 77
Total lipid (fat)	g	10. 14			8. 62	7. 30	39. 10
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 26			1. 07	0. 90	4. 84
Minerals:							
Calcium	mg	5			5	4	21
Iron	mg	0. 99			0. 84	0. 71	3. 82
Magnesium	mg	19			16	13	71
Phosphorus	mg	173			147	124	666
Potassium	mg	405			344	291	1,560
Sodium	mg	41			34	29	156
Zinc	mg	2. 16			1. 84	1. 56	8. 34
Copper	mg	0. 074			0. 063	0. 053	0. 284
Manganese	mg	0. 010			0. 009	0. 007	0. 040
Vitamins:							
Ascorbic acid	mg	0. 3			0. 2	0. 2	1. 1
Thiamin	mg	0. 549			0. 466	0. 395	2. 116
Riboflavin	mg	0. 258			0. 219	0. 186	0. 994
Niacin	mg	4. 519			3. 842	3. 254	17. 427
Pantothenic acid	mg	0. 638			0. 543	0. 460	2. 461
Vitamin B-6	mg	0. 331			0. 282	0. 239	1. 278
Folate	mcg	4			4	3	17
Vitamin B-12	mcg	0. 44			0. 38	0. 32	1. 70
Vitamin A	RE	2			1	1	7
	IU	6			5	4	22
Lipids:							
Fatty acids:							
Saturated, total	g	3. 96			3. 37	2. 85	15. 28
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 00	0. 03
12:0	g	0. 01			0. 01	0. 00	0. 02
14:0	g	0. 14			0. 12	0. 10	0. 54
16:0	g	2. 45			2. 08	1. 77	9. 45
18:0	g	1. 29			1. 10	0. 93	4. 97
Monounsaturated, total	g	4. 85			4. 12	3. 49	18. 70
16:1	g	0. 36			0. 31	0. 26	1. 39
18:1	g	4. 39			3. 73	3. 16	16. 91
20:1	g	0. 09			0. 08	0. 07	0. 35
22:1	g						
Polyunsaturated, total	g	0. 73			0. 62	0. 52	2. 81
18:2	g	0. 66			0. 56	0. 48	2. 55
18:3	g	0. 02			0. 02	0. 01	0. 08
18:4	g						
20:4	g	0. 04			0. 03	0. 03	0. 16
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	71			60	51	272
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 355			0. 302	0. 256	1. 369
Threonine	g	1. 276			1. 085	0. 919	4. 921
Isoleucine	g	1. 309			1. 112	0. 942	5. 046
Leucine	g	2. 242			1. 906	1. 615	8. 647
Lysine	g	2. 513			2. 136	1. 810	9. 691
Methionine	g	0. 740			0. 629	0. 533	2. 853
Cystine	g	0. 356			0. 303	0. 257	1. 375
Phenylalanine	g	1. 116			0. 948	0. 803	4. 302
Tyrosine	g	0. 974			0. 828	0. 701	3. 755
Valine	g	1. 516			1. 289	1. 092	5. 847
Arginine	g	1. 737			1. 477	1. 251	6. 699
Histidine	g	1. 116			0. 949	0. 804	4. 305
Alanine	g	1. 628			1. 384	1. 172	6. 278
Aspartic acid	g	2. 592			2. 203	1. 866	9. 996
Glutamic acid	g	4. 375			3. 719	3. 150	16. 870
Glycine	g	1. 327			1. 128	0. 955	5. 117
Proline	g	1. 123			0. 954	0. 808	4. 329
Serine	g	1. 154			0. 981	0. 831	4. 451

[1] Trimmed to 0.07 inch fat before cooking
[2] One raw chop with refuse weighs 113 g, which applies to chops cut 4 per pound.

PORK, FRESH, LOIN, CENTER RIB (RIB CHOPS), BONE-IN, SEPARABLE LEAN ONLY, Cooked, broiled[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 67 g[2]	Refuse: Bone 34% Separable fat 7%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	56. 95	3. 547	15	48. 41	38. 16	152. 40
Food energy	kcal	219			186	147	587
	kJ	918			780	615	2,455
Protein (N x 6.25)	g	30. 76	0. 490	23	26. 14	20. 61	82. 30
Total lipid (fat)	g	9. 74	0. 353	23	8. 28	6. 53	26. 06
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 24	0. 035	23	1. 05	0. 83	3. 32
Minerals:							
Calcium	mg	31	1. 585	5	26	21	83
Iron	mg	0. 82	0. 029	17	0. 70	0. 55	2. 20
Magnesium	mg	28	1. 453	8	24	19	75
Phosphorus	mg	245	4. 537	6	209	164	657
Potassium	mg	420	9. 962	17	357	281	1,124
Sodium	mg	65	1. 154	17	55	44	174
Zinc	mg	2. 38	0. 070	17	2. 02	1. 59	6. 37
Copper	mg	0. 070	0. 004	17	0. 059	0. 047	0. 187
Manganese	mg	0. 020	0. 010	2	0. 017	0. 013	0. 054
Vitamins:							
Ascorbic acid	mg	0. 3	0. 049	3	0. 3	0. 2	0. 8
Thiamin	mg	1. 117	0. 094	20	0. 949	0. 748	2. 988
Riboflavin	mg	0. 326	0. 012	20	0. 277	0. 218	0. 873
Niacin	mg	6. 167	0. 437	15	5. 242	4. 132	16. 502
Pantothenic acid	mg	0. 704	0. 034	14	0. 598	0. 472	1. 883
Vitamin B-6	mg	0. 470	0. 037	8	0. 400	0. 315	1. 258
Folate	mcg	3	0. 788	9	2	2	7
Vitamin B-12	mcg	0. 76	0. 028	20	0. 65	0. 51	2. 03
Vitamin A	RE	2		1	2	1	5
	IU	6		1	5	4	16
Lipids:							
Fatty acids:							
Saturated, total	g	3. 46			2. 94	2. 32	9. 27
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01		15	0. 00	0. 00	0. 02
12:0	g	0. 01		15	0. 00	0. 00	0. 02
14:0	g	0. 12		15	0. 10	0. 08	0. 33
16:0	g	2. 16		15	1. 84	1. 45	5. 78
18:0	g	1. 10		15	0. 94	0. 74	2. 94
Monounsaturated, total	g	4. 45			3. 79	2. 98	11. 92
16:1	g	0. 34		15	0. 29	0. 23	0. 90
18:1	g	3. 99		15	3. 39	2. 67	10. 67
20:1	g	0. 08		15	0. 07	0. 06	0. 22
22:1	g						
Polyunsaturated, total	g	0. 62			0. 52	0. 41	1. 65
18:2	g	0. 53		15	0. 45	0. 35	1. 41
18:3	g	0. 01		15	0. 01	0. 01	0. 04
18:4	g						
20:4	g	0. 04		15	0. 04	0. 03	0. 11
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	81	1. 862	15	69	54	217
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 391			0. 332	0. 262	1. 045
Threonine	g	1. 404			1. 194	0. 941	3. 758
Isoleucine	g	1. 440			1. 224	0. 965	3. 854
Leucine	g	2. 468			2. 098	1. 653	6. 604
Lysine	g	2. 766			2. 351	1. 853	7. 401
Methionine	g	0. 814			0. 692	0. 546	2. 179
Cystine	g	0. 392			0. 333	0. 263	1. 050
Phenylalanine	g	1. 228			1. 044	0. 823	3. 285
Tyrosine	g	1. 072			0. 911	0. 718	2. 868
Valine	g	1. 669			1. 418	1. 118	4. 465
Arginine	g	1. 912			1. 625	1. 281	5. 116
Histidine	g	1. 229			1. 044	0. 823	3. 288
Alanine	g	1. 792			1. 523	1. 200	4. 795
Aspartic acid	g	2. 853			2. 425	1. 911	7. 634
Glutamic acid	g	4. 815			4. 092	3. 226	12. 884
Glycine	g	1. 460			1. 241	0. 978	3. 908
Proline	g	1. 236			1. 050	0. 828	3. 306
Serine	g	1. 270			1. 080	0. 851	3. 400

[1] Trimmed to 0.10 inch fat before cooking.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, CENTER RIB (RIB CHOPS), BONELESS, SEPARABLE LEAN ONLY, Cooked, broiled[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 71 g[2]	Refuse: Connective tissue 6% Separable fat 10%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	56. 95	3. 547	15	48. 41	40. 43	216. 98
Food energy	kcal	216			184	154	825
	kJ	906			770	643	3,452
Protein (N x 6.25)	g	29. 46	0. 261	15	25. 04	20. 92	112. 24
Total lipid (fat)	g	10. 05	0. 453	15	8. 54	7. 14	38. 29
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 16	0. 022	15	0. 99	0. 82	4. 42
Minerals:							
Calcium	mg	31	1. 585	5	26	22	118
Iron	mg	0. 82	0. 029	17	0. 70	0. 58	3. 13
Magnesium	mg	28	1. 453	8	24	20	107
Phosphorus	mg	245	4. 537	6	209	174	935
Potassium	mg	420	9. 962	17	357	298	1,601
Sodium	mg	65	1. 154	17	55	46	248
Zinc	mg	2. 38	0. 070	17	2. 02	1. 69	9. 07
Copper	mg	0. 070	0. 004	17	0. 059	0. 050	0. 266
Manganese	mg	0. 020	0. 010	2	0. 017	0. 014	0. 076
Vitamins:							
Ascorbic acid	mg	0. 3	0. 049	3	0. 3	0. 2	1. 1
Thiamin	mg	0. 894	0. 084	12	0. 760	0. 635	3. 406
Riboflavin	mg	0. 323	0. 019	12	0. 275	0. 229	1. 231
Niacin	mg	5. 231	0. 188	11	4. 446	3. 714	19. 930
Pantothenic acid	mg	0. 746	0. 025	6	0. 634	0. 530	2. 842
Vitamin B-6	mg	0. 400	0. 038	4	0. 340	0. 284	1. 524
Folate	mcg	9		1	8	6	34
Vitamin B-12	mcg	0. 70	0. 031	12	0. 59	0. 50	2. 67
Vitamin A	RE	2		1	2	1	7
	IU	6		1	5	4	23
Lipids:							
Fatty acids:							
Saturated, total	g	3. 57			3. 04	2. 54	13. 61
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01		15	0. 01	0. 00	0. 02
12:0	g	0. 01		15	0. 01	0. 00	0. 02
14:0	g	0. 13		15	0. 11	0. 09	0. 48
16:0	g	2. 23		15	1. 90	1. 58	8. 49
18:0	g	1. 14		15	0. 96	0. 81	4. 33
Monounsaturated, total	g	4. 60			3. 91	3. 26	17. 51
16:1	g	0. 35		15	0. 30	0. 25	1. 33
18:1	g	4. 12		15	3. 50	2. 92	15. 68
20:1	g	0. 09		15	0. 07	0. 06	0. 32
22:1	g						
Polyunsaturated, total	g	0. 64			0. 54	0. 45	2. 42
18:2	g	0. 54		15	0. 46	0. 39	2. 07
18:3	g	0. 01		15	0. 01	0. 01	0. 05
18:4	g						
20:4	g	0. 04		15	0. 04	0. 03	0. 17
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	81	1. 862	15	69	58	309
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 374			0. 318	0. 266	1. 426
Threonine	g	1. 345			1. 143	0. 955	5. 125
Isoleucine	g	1. 379			1. 173	0. 979	5. 256
Leucine	g	2. 364			2. 009	1. 678	9. 006
Lysine	g	2. 649			2. 252	1. 881	10. 094
Methionine	g	0. 780			0. 663	0. 554	2. 972
Cystine	g	0. 376			0. 319	0. 267	1. 432
Phenylalanine	g	1. 176			1. 000	0. 835	4. 480
Tyrosine	g	1. 026			0. 872	0. 729	3. 911
Valine	g	1. 598			1. 358	1. 135	6. 089
Arginine	g	1. 831			1. 557	1. 300	6. 977
Histidine	g	1. 177			1. 000	0. 836	4. 484
Alanine	g	1. 716			1. 459	1. 219	6. 539
Aspartic acid	g	2. 732			2. 323	1. 940	10. 411
Glutamic acid	g	4. 612			3. 920	3. 274	17. 570
Glycine	g	1. 399			1. 189	0. 993	5. 330
Proline	g	1. 183			1. 006	0. 840	4. 509
Serine	g	1. 217			1. 034	0. 864	4. 636

[1] Trimmed to 0.07 inch fat before cooking.
[2] One raw chop with refuse weighs 113 g, which applies to chops cut 4 per pound.

PORK, FRESH, LOIN, CENTER RIB (RIB CHOPS), BONE-IN, SEPARABLE LEAN ONLY, Cooked, pan-fried[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 64 g[2]	Refuse: Bone 39% Separable fat 7%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59. 69			50. 74	38. 20	146. 19
Food energy	kcal	218			185	139	534
	kJ	912			775	584	2,234
Protein (N x 6.25)	g	28. 11			23. 89	17. 99	68. 85
Total lipid (fat)	g	10. 87			9. 24	6. 96	26. 62
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 27			1. 08	0. 81	3. 12
Minerals:							
Calcium	mg	20			17	13	49
Iron	mg	0. 77			0. 66	0. 49	1. 89
Magnesium	mg	27			23	17	67
Phosphorus	mg	246			209	157	602
Potassium	mg	455			387	291	1,114
Sodium	mg	52			44	33	127
Zinc	mg	2. 08			1. 77	1. 33	5. 10
Copper	mg	0. 070			0. 060	0. 045	0. 172
Manganese	mg	0. 007			0. 006	0. 004	0. 017
Vitamins:							
Ascorbic acid	mg	0. 3			0. 3	0. 2	0. 7
Thiamin	mg	0. 866			0. 736	0. 554	2. 120
Riboflavin	mg	0. 326			0. 277	0. 209	0. 798
Niacin	mg	5. 915			5. 027	3. 785	14. 485
Pantothenic acid	mg	0. 654			0. 556	0. 419	1. 603
Vitamin B-6	mg	0. 394			0. 335	0. 252	0. 966
Folate	mcg	3			3	2	8
Vitamin B-12	mcg	0. 75			0. 63	0. 48	1. 83
Vitamin A	RE	2			1	1	4
	IU	6			5	4	14
Lipids:							
Fatty acids:							
Saturated, total	g	3. 98			3. 38	2. 55	9. 74
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 00	0. 02
12:0	g	0. 01			0. 01	0. 00	0. 01
14:0	g	0. 14			0. 11	0. 09	0. 33
16:0	g	2. 48			2. 10	1. 58	6. 06
18:0	g	1. 29			1. 09	0. 82	3. 15
Monounsaturated, total	g	4. 91			4. 17	3. 14	12. 02
16:1	g	0. 35			0. 29	0. 22	0. 85
18:1	g	4. 46			3. 79	2. 86	10. 93
20:1	g	0. 09			0. 08	0. 06	0. 22
22:1	g						
Polyunsaturated, total	g	1. 34			1. 14	0. 86	3. 28
18:2	g	1. 20			1. 02	0. 77	2. 94
18:3	g	0. 09			0. 08	0. 06	0. 23
18:4	g						
20:4	g	0. 04			0. 03	0. 02	0. 09
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	70			59	45	171
Phytosterols	mg	3			2	2	7
Amino acids:							
Tryptophan	g	0. 357			0. 304	0. 229	0. 875
Threonine	g	1. 284			1. 091	0. 822	3. 144
Isoleucine	g	1. 316			1. 119	0. 842	3. 224
Leucine	g	2. 256			1. 917	1. 444	5. 524
Lysine	g	2. 528			2. 149	1. 618	6. 191
Methionine	g	0. 744			0. 633	0. 476	1. 823
Cystine	g	0. 359			0. 305	0. 229	0. 878
Phenylalanine	g	1. 122			0. 954	0. 718	2. 748
Tyrosine	g	0. 979			0. 833	0. 627	2. 399
Valine	g	1. 525			1. 296	0. 976	3. 735
Arginine	g	1. 748			1. 485	1. 118	4. 280
Histidine	g	1. 123			0. 955	0. 719	2. 750
Alanine	g	1. 638			1. 392	1. 048	4. 011
Aspartic acid	g	2. 607			2. 216	1. 669	6. 385
Glutamic acid	g	4. 401			3. 740	2. 816	10. 777
Glycine	g	1. 335			1. 135	0. 854	3. 269
Proline	g	1. 129			0. 960	0. 723	2. 766
Serine	g	1. 161			0. 987	0. 743	2. 844

[1] Trimmed to 0.10 inch fat before cooking.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, CENTER RIB (RIB CHOPS), BONELESS, SEPARABLE LEAN ONLY, Cooked, pan-fried[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 66 g[2]	Refuse: Connective tissue 8% Separable fat 11%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60. 86			51. 73	40. 17	223. 59
Food energy	kcal	224			191	148	824
	kJ	939			798	620	3,451
Protein (N x 6.25)	g	27. 68			23. 53	18. 27	101. 69
Total lipid (fat)	g	11. 80			10. 03	7. 79	43. 35
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 24			1. 06	0. 82	4. 57
Minerals:							
Calcium	mg	5			4	3	19
Iron	mg	0. 78			0. 67	0. 52	2. 88
Magnesium	mg	27			23	18	98
Phosphorus	mg	237			201	156	870
Potassium	mg	454			386	300	1,668
Sodium	mg	52			44	34	190
Zinc	mg	2. 14			1. 82	1. 41	7. 87
Copper	mg	0. 069			0. 059	0. 046	0. 255
Manganese	mg	0. 007			0. 006	0. 005	0. 026
Vitamins:							
Ascorbic acid	mg	0. 3			0. 3	0. 2	1. 1
Thiamin	mg	0. 761			0. 647	0. 502	2. 795
Riboflavin	mg	0. 340			0. 289	0. 225	1. 250
Niacin	mg	5. 115			4. 348	3. 376	18. 793
Pantothenic acid	mg	0. 778			0. 661	0. 514	2. 859
Vitamin B-6	mg	0. 388			0. 330	0. 256	1. 425
Folate	mcg	8			6	5	28
Vitamin B-12	mcg	0. 61			0. 51	0. 40	2. 23
Vitamin A	RE	2			1	1	6
	IU	6			5	4	21
Lipids:							
Fatty acids:							
Saturated, total	g	4. 30			3. 65	2. 84	15. 80
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 00	0. 03
12:0	g	0. 01			0. 01	0. 00	0. 02
14:0	g	0. 15			0. 12	0. 10	0. 53
16:0	g	2. 68			2. 28	1. 77	9. 84
18:0	g	1. 39			1. 18	0. 92	5. 11
Monounsaturated, total	g	5. 31			4. 51	3. 51	19. 51
16:1	g	0. 37			0. 32	0. 25	1. 37
18:1	g	4. 83			4. 10	3. 19	17. 74
20:1	g	0. 10			0. 08	0. 06	0. 36
22:1	g						
Polyunsaturated, total	g	1. 49			1. 27	0. 99	5. 49
18:2	g	1. 34			1. 14	0. 88	4. 91
18:3	g	0. 11			0. 09	0. 07	0. 39
18:4	g						
20:4	g	0. 04			0. 03	0. 03	0. 15
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	70			59	46	257
Phytosterols	mg	3			3	2	11
Amino acids:							
Tryptophan	g	0. 352			0. 299	0. 232	1. 292
Threonine	g	1. 264			1. 074	0. 834	4. 644
Isoleucine	g	1. 296			1. 102	0. 855	4. 762
Leucine	g	2. 221			1. 888	1. 466	8. 159
Lysine	g	2. 489			2. 116	1. 643	9. 145
Methionine	g	0. 733			0. 623	0. 484	2. 692
Cystine	g	0. 353			0. 300	0. 233	1. 297
Phenylalanine	g	1. 105			0. 939	0. 729	4. 059
Tyrosine	g	0. 964			0. 820	0. 636	3. 543
Valine	g	1. 502			1. 276	0. 991	5. 517
Arginine	g	1. 721			1. 462	1. 136	6. 321
Histidine	g	1. 106			0. 940	0. 730	4. 062
Alanine	g	1. 612			1. 371	1. 064	5. 924
Aspartic acid	g	2. 567			2. 182	1. 694	9. 432
Glutamic acid	g	4. 333			3. 683	2. 860	15. 918
Glycine	g	1. 314			1. 117	0. 867	4. 829
Proline	g	1. 112			0. 945	0. 734	4. 085
Serine	g	1. 143			0. 972	0. 755	4. 200

[1] Trimmed to 0.07 inch fat before cooking.
[2] One raw chop with refuse weighs 113 g, which applies to chops cut 4 per pound.

PORK, FRESH, LOIN, CENTER RIB (RIB ROASTS), BONE-IN, SEPARABLE LEAN ONLY, Cooked, roasted[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 206 g[2]	Refuse: Bone 36% Separable fat 5%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58. 77			49. 95	121. 06	157. 26
Food energy	kcal	223			190	460	598
	kJ	935			795	1,926	2,501
Protein (N x 6.25)	g	28. 72			24. 41	59. 16	76. 84
Total lipid (fat)	g	11. 16			9. 49	22. 99	29. 87
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 30			1. 11	2. 68	3. 48
Minerals:							
Calcium	mg	26			22	54	70
Iron	mg	0. 98			0. 84	2. 03	2. 64
Magnesium	mg	22			19	45	59
Phosphorus	mg	237			202	489	635
Potassium	mg	437			372	901	1,170
Sodium	mg	47			40	97	126
Zinc	mg	2. 13			1. 81	4. 38	5. 69
Copper	mg	0. 076			0. 064	0. 156	0. 202
Manganese	mg	0. 011			0. 009	0. 023	0. 030
Vitamins:							
Ascorbic acid	mg	0. 3			0. 3	0. 6	0. 8
Thiamin	mg	0. 758			0. 644	1. 562	2. 029
Riboflavin	mg	0. 316			0. 269	0. 652	0. 847
Niacin	mg	6. 419			5. 456	13. 224	17. 178
Pantothenic acid	mg	0. 543			0. 462	1. 119	1. 453
Vitamin B-6	mg	0. 341			0. 290	0. 702	0. 912
Folate	mcg	3			2	6	8
Vitamin B-12	mcg	0. 68			0. 58	1. 40	1. 81
Vitamin A	RE	2			1	4	5
	IU	6			5	12	16
Lipids:							
Fatty acids:							
Saturated, total	g	4. 35			3. 70	8. 96	11. 64
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 02	0. 02
12:0	g	0. 01			0. 01	0. 01	0. 02
14:0	g	0. 15			0. 13	0. 31	0. 41
16:0	g	2. 69			2. 28	5. 53	7. 19
18:0	g	1. 42			1. 21	2. 93	3. 80
Monounsaturated, total	g	5. 25			4. 47	10. 82	14. 06
16:1	g	0. 38			0. 32	0. 78	1. 02
18:1	g	4. 76			4. 05	9. 80	12. 74
20:1	g	0. 10			0. 08	0. 20	0. 26
22:1	g						
Polyunsaturated, total	g	0. 85			0. 72	1. 75	2. 27
18:2	g	0. 77			0. 65	1. 58	2. 06
18:3	g	0. 02			0. 02	0. 05	0. 06
18:4	g						
20:4	g	0. 04			0. 03	0. 08	0. 11
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	71			61	147	191
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 365			0. 310	0. 751	0. 976
Threonine	g	1. 311			1. 115	2. 701	3. 509
Isoleucine	g	1. 345			1. 143	2. 770	3. 598
Leucine	g	2. 304			1. 958	4. 746	6. 166
Lysine	g	2. 582			2. 195	5. 320	6. 910
Methionine	g	0. 760			0. 646	1. 566	2. 035
Cystine	g	0. 366			0. 311	0. 755	0. 980
Phenylalanine	g	1. 146			0. 974	2. 361	3. 067
Tyrosine	g	1. 001			0. 850	2. 061	2. 677
Valine	g	1. 558			1. 324	3. 209	4. 169
Arginine	g	1. 785			1. 517	3. 677	4. 777
Histidine	g	1. 147			0. 975	2. 363	3. 070
Alanine	g	1. 673			1. 422	3. 446	4. 477
Aspartic acid	g	2. 663			2. 264	5. 487	7. 127
Glutamic acid	g	4. 495			3. 821	9. 260	12. 029
Glycine	g	1. 364			1. 159	2. 809	3. 649
Proline	g	1. 154			0. 981	2. 376	3. 087
Serine	g	1. 186			1. 008	2. 443	3. 174

[1] Trimmed to 0.10 inch fat before cooking.
[2] Raw weight includes refuse; cooked weight excludes refuse.

PORK, FRESH, LOIN, CENTER RIB (RIB ROASTS), BONELESS, SEPARABLE LEAN ONLY, Cooked, roasted[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 283 g[2]	Refuse: Connective tissue 8% Separable fat 10%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60. 61	0. 723	15	51. 52	171. 53	225. 47
Food energy	kcal	214			182	607	798
	kJ	897			763	2,540	3,339
Protein (N x 6.25)	g	28. 81	0. 466	15	24. 49	81. 53	107. 17
Total lipid (fat)	g	10. 13	0. 460	15	8. 61	28. 67	37. 68
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 14	0. 031	15	0. 97	3. 23	4. 24
Minerals:							
Calcium	mg	6	0. 558	5	5	17	22
Iron	mg	1. 00	0. 052	5	0. 85	2. 82	3. 71
Magnesium	mg	24	0. 649	5	21	69	91
Phosphorus	mg	222	5. 177	5	189	628	826
Potassium	mg	363	7. 466	5	308	1,027	1,350
Sodium	mg	50	2. 188	5	43	142	186
Zinc	mg	2. 83	0. 173	5	2. 40	8. 00	10. 51
Copper	mg	0. 012	0. 004	5	0. 010	0. 034	0. 045
Manganese	mg	0. 011			0. 009	0. 031	0. 041
Vitamins:							
Ascorbic acid	mg	0. 4			0. 3	1. 1	1. 5
Thiamin	mg	0. 639			0. 543	1. 808	2. 377
Riboflavin	mg	0. 312			0. 265	0. 883	1. 161
Niacin	mg	5. 355			4. 552	15. 155	19. 921
Pantothenic acid	mg	0. 581			0. 494	1. 644	2. 161
Vitamin B-6	mg	0. 400			0. 340	1. 132	1. 488
Folate	mcg	9			8	25	33
Vitamin B-12	mcg	0. 55			0. 47	1. 56	2. 05
Vitamin A	RE	2			2	7	9
	IU	8			7	23	30
Lipids:							
Fatty acids:							
Saturated, total	g	3. 54			3. 01	10. 01	13. 16
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01		15	0. 01	0. 02	0. 03
12:0	g	0. 01		15	0. 01	0. 02	0. 03
14:0	g	0. 12		15	0. 10	0. 34	0. 45
16:0	g	2. 20		15	1. 87	6. 23	8. 19
18:0	g	1. 12		15	0. 95	3. 16	4. 15
Monounsaturated, total	g	4. 49			3. 81	12. 69	16. 69
16:1	g	0. 33		15	0. 28	0. 92	1. 21
18:1	g	4. 02		15	3. 42	11. 37	14. 95
20:1	g	0. 09		15	0. 08	0. 26	0. 34
22:1	g						
Polyunsaturated, total	g	0. 85			0. 72	2. 41	3. 17
18:2	g	0. 73		15	0. 62	2. 06	2. 71
18:3	g	0. 02		15	0. 02	0. 06	0. 07
18:4	g						
20:4	g	0. 06		15	0. 05	0. 17	0. 22
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	83	3. 503	15	70	234	307
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 366			0. 311	1. 036	1. 361
Threonine	g	1. 316			1. 118	3. 723	4. 894
Isoleucine	g	1. 349			1. 147	3. 818	5. 018
Leucine	g	2. 312			1. 965	6. 542	8. 599
Lysine	g	2. 591			2. 202	7. 332	9. 638
Methionine	g	0. 763			0. 648	2. 159	2. 838
Cystine	g	0. 367			0. 312	1. 040	1. 367
Phenylalanine	g	1. 150			0. 978	3. 255	4. 278
Tyrosine	g	1. 004			0. 853	2. 841	3. 734
Valine	g	1. 563			1. 329	4. 423	5. 814
Arginine	g	1. 791			1. 522	5. 068	6. 662
Histidine	g	1. 151			0. 978	3. 257	4. 281
Alanine	g	1. 678			1. 427	4. 750	6. 243
Aspartic acid	g	2. 672			2. 271	7. 562	9. 940
Glutamic acid	g	4. 510			3. 833	12. 763	16. 777
Glycine	g	1. 368			1. 163	3. 871	5. 089
Proline	g	1. 157			0. 984	3. 275	4. 305
Serine	g	1. 190			1. 012	3. 368	4. 427

[1] Trimmed to 0.07 inch fat before cooking.
[2] Raw weight includes refuse; cooked weight excludes refuse.

PORK, FRESH, LOIN, COUNTRY-STYLE RIBS, SEPARABLE LEAN AND FAT, Raw[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 32%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	63. 49			288. 00	18. 00	195. 81
Food energy	kcal	241			1,095	68	744
	kJ	1,010			4,583	286	3,116
Protein (N x 6.25)	g	16. 99			77. 09	4. 82	52. 41
Total lipid (fat)	g	18. 71			84. 89	5. 31	57. 71
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 87			3. 94	0. 25	2. 68
Minerals:							
Calcium	mg	27			121	8	82
Iron	mg	0. 89			4. 05	0. 25	2. 75
Magnesium	mg	18			80	5	55
Phosphorus	mg	173			787	49	535
Potassium	mg	302			1,368	85	930
Sodium	mg	58			264	17	180
Zinc	mg	2. 56			11. 59	0. 72	7. 88
Copper	mg	0. 067			0. 302	0. 019	0. 205
Manganese	mg	0. 011			0. 051	0. 003	0. 035
Vitamins:							
Ascorbic acid	mg	0. 7			3. 0	0. 2	2. 0
Thiamin	mg	0. 706			3. 204	0. 200	2. 178
Riboflavin	mg	0. 247			1. 123	0. 070	0. 763
Niacin	mg	3. 880			17. 599	1. 100	11. 965
Pantothenic acid	mg	0. 668			3. 029	0. 189	2. 059
Vitamin B-6	mg	0. 411			1. 863	0. 116	1. 267
Folate	mcg	4			17	1	11
Vitamin B-12	mcg	0. 75			3. 40	0. 21	2. 31
Vitamin A	RE	2			10	1	7
	IU	8			34	2	23
Lipids:							
Fatty acids:							
Saturated, total	g	6. 49			29. 42	1. 84	20. 00
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 07	0. 00	0. 04
12:0	g	0. 02			0. 09	0. 01	0. 06
14:0	g	0. 23			1. 06	0. 07	0. 72
16:0	g	4. 04			18. 33	1. 15	12. 46
18:0	g	2. 12			9. 61	0. 60	6. 54
Monounsaturated, total	g	8. 34			37. 83	2. 36	25. 72
16:1	g	0. 53			2. 43	0. 15	1. 65
18:1	g	7. 65			34. 70	2. 17	23. 59
20:1	g	0. 14			0. 63	0. 04	0. 43
22:1	g						
Polyunsaturated, total	g	2. 00			9. 07	0. 57	6. 17
18:2	g	1. 67			7. 56	0. 47	5. 14
18:3	g	0. 13			0. 60	0. 04	0. 41
18:4	g						
20:4	g	0. 11			0. 51	0. 03	0. 34
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	69			313	20	213
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 205			0. 932	0. 058	0. 633
Threonine	g	0. 760			3. 446	0. 215	2. 343
Isoleucine	g	0. 773			3. 504	0. 219	2. 383
Leucine	g	1. 345			6. 102	0. 381	4. 148
Lysine	g	1. 515			6. 870	0. 429	4. 671
Methionine	g	0. 436			1. 977	0. 124	1. 344
Cystine	g	0. 211			0. 959	0. 060	0. 652
Phenylalanine	g	0. 673			3. 053	0. 191	2. 076
Tyrosine	g	0. 572			2. 597	0. 162	1. 765
Valine	g	0. 911			4. 131	0. 258	2. 808
Arginine	g	1. 086			4. 928	0. 308	3. 350
Histidine	g	0. 649			2. 943	0. 184	2. 001
Alanine	g	1. 004			4. 552	0. 285	3. 095
Aspartic acid	g	1. 550			7. 029	0. 439	4. 779
Glutamic acid	g	2. 586			11. 728	0. 733	7. 974
Glycine	g	0. 941			4. 267	0. 267	2. 901
Proline	g	0. 756			3. 429	0. 214	2. 331
Serine	g	0. 702			3. 183	0. 199	2. 164

[1] Trimmed to 0.11 inch fat.

PORK, FRESH, LOIN, COUNTRY-STYLE RIBS, SEPARABLE LEAN AND FAT, Cooked, braised[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 235 g[2]	Refuse: Bone 30%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	53. 75			45. 69	126. 32	170. 67
Food energy	kcal	296			251	695	939
	kJ	1,238			1,053	2,910	3,932
Protein (N x 6.25)	g	23. 87			20. 29	56. 09	75. 78
Total lipid (fat)	g	21. 50			18. 28	50. 53	68. 26
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 26			1. 07	2. 95	3. 99
Minerals:							
Calcium	mg	29			25	68	92
Iron	mg	1. 22			1. 04	2. 87	3. 87
Magnesium	mg	17			14	39	53
Phosphorus	mg	167			142	393	530
Potassium	mg	328			279	770	1,040
Sodium	mg	59			50	138	186
Zinc	mg	3. 56			3. 02	8. 36	11. 30
Copper	mg	0. 093			0. 079	0. 219	0. 297
Manganese	mg	0. 012			0. 010	0. 029	0. 039
Vitamins:							
Ascorbic acid	mg	0. 7			0. 6	1. 6	2. 2
Thiamin	mg	0. 511			0. 435	1. 201	1. 623
Riboflavin	mg	0. 256			0. 217	0. 601	0. 812
Niacin	mg	3. 845			3. 269	9. 036	12. 209
Pantothenic acid	mg	0. 611			0. 519	1. 435	1. 939
Vitamin B-6	mg	0. 327			0. 278	0. 769	1. 040
Folate	mcg	3			2	6	8
Vitamin B-12	mcg	0. 69			0. 59	1. 63	2. 20
Vitamin A	RE	2			2	6	8
	IU	8			7	19	25
Lipids:							
Fatty acids:							
Saturated, total	g	8. 01			6. 81	18. 82	25. 42
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 02			0. 01	0. 04	0. 05
12:0	g	0. 01			0. 01	0. 03	0. 05
14:0	g	0. 28			0. 24	0. 66	0. 89
16:0	g	4. 86			4. 13	11. 43	15. 44
18:0	g	2. 68			2. 27	6. 29	8. 49
Monounsaturated, total	g	9. 28			7. 89	21. 80	29. 46
16:1	g	0. 59			0. 50	1. 39	1. 88
18:1	g	8. 42			7. 16	19. 80	26. 75
20:1	g	0. 17			0. 15	0. 41	0. 55
22:1	g						
Polyunsaturated, total	g	1. 91			1. 62	4. 48	6. 05
18:2	g	1. 71			1. 45	4. 01	5. 42
18:3	g	0. 06			0. 05	0. 14	0. 19
18:4	g						
20:4	g	0. 05			0. 05	0. 13	0. 17
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	87			74	205	278
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 285			0. 242	0. 670	0. 905
Threonine	g	1. 062			0. 903	2. 496	3. 372
Isoleucine	g	1. 078			0. 916	2. 533	3. 422
Leucine	g	1. 883			1. 601	4. 426	5. 980
Lysine	g	2. 123			1. 805	4. 989	6. 741
Methionine	g	0. 608			0. 517	1. 429	1. 930
Cystine	g	0. 295			0. 251	0. 694	0. 938
Phenylalanine	g	0. 944			0. 802	2. 218	2. 997
Tyrosine	g	0. 798			0. 678	1. 875	2. 533
Valine	g	1. 275			1. 084	2. 997	4. 049
Arginine	g	1. 535			1. 305	3. 607	4. 874
Histidine	g	0. 902			0. 767	2. 119	2. 863
Alanine	g	1. 414			1. 202	3. 322	4. 488
Aspartic acid	g	2. 168			1. 843	5. 095	6. 884
Glutamic acid	g	3. 608			3. 067	8. 479	11. 455
Glycine	g	1. 363			1. 158	3. 203	4. 327
Proline	g	1. 084			0. 922	2. 548	3. 443
Serine	g	0. 985			0. 838	2. 316	3. 129

[1] Trimmed to 0.11 inch fat before cooking.
[2] Raw weight includes refuse; cooked weight excludes refuse.

PORK, FRESH, LOIN, COUNTRY-STYLE RIBS, SEPARABLE LEAN AND FAT, Cooked, roasted[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 241 g[2]	Refuse: Bone 30%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	50. 87	0. 847	15	43. 24	122. 60	161. 51
Food energy	kcal	328			279	792	1,043
	kJ	1,375			1,169	3,314	4,366
Protein (N x 6.25)	g	23. 40	0. 384	15	19. 89	56. 39	74. 29
Total lipid (fat)	g	25. 34	1. 130	15	21. 54	61. 07	80. 45
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0 00	0. 00	0. 00
Ash	g	1. 05	0. 021	15	0. 89	2. 53	3. 33
Minerals:							
Calcium	mg	25			22	61	81
Iron	mg	1. 06			0. 90	2. 56	3. 38
Magnesium	mg	23			20	56	74
Phosphorus	mg	226			192	544	717
Potassium	mg	344			292	829	1,092
Sodium	mg	52			44	125	165
Zinc	mg	2. 36			2. 01	5. 69	7. 49
Copper	mg	0. 053			0. 045	0. 127	0. 167
Manganese	mg	0. 003			0. 003	0. 007	0. 010
Vitamins:							
Ascorbic acid	mg	0. 3			0. 3	0. 8	1. 0
Thiamin	mg	0. 889			0. 756	2. 142	2. 823
Riboflavin	mg	0. 344			0. 292	0. 828	1. 091
Niacin	mg	4. 317			3. 670	10. 404	13. 707
Pantothenic acid	mg	0. 750			0. 638	1. 808	2. 383
Vitamin B-6	mg	0. 444			0. 377	1. 070	1. 410
Folate	mcg	5			4	12	16
Vitamin B-12	mcg	0. 79			0. 67	1. 91	2. 51
Vitamin A	RE	3			2	7	9
	IU	9			8	22	29
Lipids:							
Fatty acids:							
Saturated, total	g	9. 21			7. 83	22. 20	29. 24
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 02			0. 02	0. 04	0. 06
12:0	g	0. 02			0. 01	0. 04	0. 05
14:0	g	0. 33			0. 28	0. 79	1. 04
16:0	g	5. 57			4. 74	13. 43	17. 70
18:0	g	3. 08			2. 62	7. 42	9. 78
Monounsaturated, total	g	11. 01			9. 36	26. 53	34. 96
16:1	g	0. 73			0. 62	1. 76	2. 31
18:1	g	9. 94			8. 45	23. 96	31. 56
20:1	g	0. 22			0. 19	0. 54	0. 71
22:1	g						
Polyunsaturated, total	g	2. 01			1. 71	4. 85	6. 39
18:2	g	1. 78			1. 51	4. 28	5. 64
18:3	g	0. 06			0. 05	0. 14	0. 18
18:4	g						
20:4	g	0. 08			0. 07	0. 19	0. 25
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	92	0. 948	15	78	222	292
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 297			0. 253	0. 716	0. 944
Threonine	g	1. 069			0. 908	2. 575	3. 393
Isoleucine	g	1. 096			0. 931	2. 641	3. 479
Leucine	g	1. 878			1. 596	4. 525	5. 961
Lysine	g	2. 104			1. 789	5. 071	6. 681
Methionine	g	0. 620			0. 527	1. 493	1. 967
Cystine	g	0. 298			0. 254	0. 719	0. 948
Phenylalanine	g	0. 934			0. 794	2. 251	2. 966
Tyrosine	g	0. 815			0. 693	1. 965	2. 589
Valine	g	1. 269			1. 079	3. 059	4. 031
Arginine	g	1. 455			1. 236	3. 506	4. 618
Histidine	g	0. 935			0. 795	2. 253	2. 968
Alanine	g	1. 363			1. 159	3. 285	4. 328
Aspartic acid	g	2. 170			1. 845	5. 231	6. 891
Glutamic acid	g	3. 663			3. 114	8. 828	11. 630
Glycine	g	1. 111			0. 944	2. 678	3. 528
Proline	g	0. 940			0. 799	2. 265	2. 985
Serine	g	0. 967			0. 822	2. 329	3. 069

[1] Trimmed to 0.11 inch fat before cooking.
[2] Raw weight includes refuse; cooked weight excludes refuse.

PORK, FRESH, LOIN, COUNTRY-STYLE RIBS, SEPARABLE LEAN ONLY, Raw[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 32% Separable fat 12%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	71. 80	0. 337	15	325. 69	20. 36	182. 37
Food energy	kcal	157			711	44	398
	kJ	656			2,975	186	1,666
Protein (N x 6.25)	g	19. 27	0. 344	17	87. 41	5. 46	48. 95
Total lipid (fat)	g	8. 25	0. 463	15	37. 42	2. 34	20. 95
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 00	0. 028	13	4. 54	0. 28	2. 54
Minerals:							
Calcium	mg	23	0. 925	5	103	6	58
Iron	mg	1. 02	0. 049	17	4. 63	0. 29	2. 59
Magnesium	mg	21	0. 263	5	95	6	53
Phosphorus	mg	191	3. 368	5	867	54	486
Potassium	mg	340	6. 602	16	1,544	96	864
Sodium	mg	67	1. 173	16	303	19	170
Zinc	mg	2. 95	0. 078	16	13. 38	0. 84	7. 49
Copper	mg	0. 075	0. 003	16	0. 339	0. 021	0. 190
Manganese	mg	0. 013			0. 059	0. 004	0. 033
Vitamins:							
Ascorbic acid	mg	0. 8			3. 6	0. 2	2. 0
Thiamin	mg	0. 808	0. 046	12	3. 665	0. 229	2. 052
Riboflavin	mg	0. 279	0. 009	13	1. 266	0. 079	0. 709
Niacin	mg	4. 324	0. 259	13	19. 614	1. 226	10. 983
Pantothenic acid	mg	0. 757			3. 434	0. 215	1. 923
Vitamin B-6	mg	0. 490		1	2. 223	0. 139	1. 245
Folate	mcg	4			18	1	10
Vitamin B-12	mcg	0. 84	0. 055	11	3. 81	0. 24	2. 13
Vitamin A	RE	2			10	1	5
	IU	7			32	2	18
Lipids:							
Fatty acids:							
Saturated, total	g	2. 85			12. 92	0. 81	7. 23
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01		73	0. 03	0. 00	0. 02
12:0	g	0. 01		75	0. 04	0. 00	0. 02
14:0	g	0. 10		378	0. 47	0. 03	0. 26
16:0	g	1. 82		378	8. 24	0. 51	4. 61
18:0	g	0. 89		378	4. 05	0. 25	2. 27
Monounsaturated, total	g	3. 73			16. 91	1. 06	9. 47
16:1	g	0. 26		378	1. 18	0. 07	0. 66
18:1	g	3. 39		378	15. 37	0. 96	8. 60
20:1	g	0. 06		71	0. 26	0. 02	0. 15
22:1	g						
Polyunsaturated, total	g	0. 89			4. 03	0. 25	2. 26
18:2	g	0. 72		378	3. 25	0. 20	1. 82
18:3	g	0. 03		190	0. 15	0. 01	0. 09
18:4	g						
20:4	g	0. 10		315	0. 45	0. 03	0. 25
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	64	1. 290	11	290	18	163
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 245			1. 110	0. 069	0. 622
Threonine	g	0. 880			3. 991	0. 249	2. 235
Isoleucine	g	0. 902			4. 093	0. 256	2. 292
Leucine	g	1. 546			7. 013	0. 438	3. 927
Lysine	g	1. 733			7. 860	0. 491	4. 402
Methionine	g	0. 510			2. 314	0. 145	1. 296
Cystine	g	0. 246			1. 115	0. 070	0. 624
Phenylalanine	g	0. 769			3. 489	0. 218	1. 954
Tyrosine	g	0. 671			3. 046	0. 190	1. 705
Valine	g	1. 045			4. 742	0. 296	2. 655
Arginine	g	1. 198			5. 434	0. 340	3. 043
Histidine	g	0. 770			3. 492	0. 218	1. 955
Alanine	g	1. 123			5. 092	0. 318	2. 851
Aspartic acid	g	1. 787			8. 107	0. 507	4. 540
Glutamic acid	g	3. 017			13. 683	0. 855	7. 662
Glycine	g	0. 915			4. 150	0. 259	2. 324
Proline	g	0. 774			3. 511	0. 219	1. 966
Serine	g	0. 796			3. 610	0. 226	2. 022

[1] Trimmed to 0.11 inch fat.

PORK, FRESH, LOIN, COUNTRY-STYLE RIBS, SEPARABLE LEAN ONLY, Cooked, braised[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 198 g[2]	Refuse: Bone 30% Separable fat 11%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59. 44			50. 52	117. 69	159. 06
Food energy	kcal	234			199	463	626
	kJ	979			832	1,938	2,620
Protein (N x 6.25)	g	26. 04			22. 13	51. 56	69. 68
Total lipid (fat)	g	13. 60			11. 56	26. 93	36. 40
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 35			1. 15	2. 68	3. 62
Minerals:							
Calcium	mg	25			21	49	66
Iron	mg	1. 38			1. 17	2. 73	3. 69
Magnesium	mg	18			16	37	49
Phosphorus	mg	168			143	333	449
Potassium	mg	345			293	683	923
Sodium	mg	63			54	125	169
Zinc	mg	3. 99			3. 39	7. 89	10. 67
Copper	mg	0. 101			0. 086	0. 200	0. 271
Manganese	mg	0. 014			0. 012	0. 028	0. 038
Vitamins:							
Ascorbic acid	mg	0. 8			0. 7	1. 6	2. 2
Thiamin	mg	0. 546			0. 464	1. 081	1. 461
Riboflavin	mg	0. 283			0. 240	0. 560	0. 757
Niacin	mg	4. 090			3. 477	8. 099	10. 946
Pantothenic acid	mg	0. 665			0. 565	1. 317	1. 779
Vitamin B-6	mg	0. 364			0. 310	0. 721	0. 975
Folate	mcg	3			2	5	7
Vitamin B-12	mcg	0. 74			0. 63	1. 46	1. 97
Vitamin A	RE	2			2	4	6
	IU	7			6	14	19
Lipids:							
Fatty acids:							
Saturated, total	g	4. 94			4. 20	9. 78	13. 21
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 02	0. 03
12:0	g	0. 01			0. 01	0. 02	0. 02
14:0	g	0. 18			0. 15	0. 35	0. 47
16:0	g	2. 99			2. 54	5. 91	7. 99
18:0	g	1. 65			1. 40	3. 27	4. 42
Monounsaturated, total	g	5. 91			5. 03	11. 71	15. 82
16:1	g	0. 39			0. 33	0. 78	1. 05
18:1	g	5. 34			4. 54	10. 57	14. 28
20:1	g	0. 12			0. 10	0. 24	0. 32
22:1	g						
Polyunsaturated, total	g	1. 07			0. 91	2. 13	2. 87
18:2	g	0. 95			0. 80	1. 88	2. 53
18:3	g	0. 03			0. 03	0. 06	0. 08
18:4	g						
20:4	g	0. 04			0. 04	0. 08	0. 11
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	86			74	171	231
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 331			0. 281	0. 655	0. 885
Threonine	g	1. 189			1. 011	2. 354	3. 182
Isoleucine	g	1. 219			1. 036	2. 414	3. 263
Leucine	g	2. 089			1. 776	4. 137	5. 591
Lysine	g	2. 342			1. 990	4. 637	6. 266
Methionine	g	0. 689			0. 586	1. 365	1. 845
Cystine	g	0. 332			0. 282	0. 658	0. 889
Phenylalanine	g	1. 039			0. 884	2. 058	2. 782
Tyrosine	g	0. 907			0. 771	1. 796	2. 428
Valine	g	1. 413			1. 201	2. 797	3. 780
Arginine	g	1. 619			1. 376	3. 205	4. 332
Histidine	g	1. 040			0. 884	2. 060	2. 784
Alanine	g	1. 517			1. 289	3. 004	4. 060
Aspartic acid	g	2. 415			2. 053	4. 782	6. 463
Glutamic acid	g	4. 076			3. 465	8. 071	10. 908
Glycine	g	1. 236			1. 051	2. 448	3. 309
Proline	g	1. 046			0. 889	2. 071	2. 799
Serine	g	1. 076			0. 914	2. 130	2. 878

[1] Trimmed to 0.11 inch fat before cooking.
[2] Raw weight includes refuse; cooked weight excludes refuse.

PORK, FRESH, LOIN, COUNTRY-STYLE RIBS, SEPARABLE LEAN ONLY, Cooked, roasted[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 193 g[2]	Refuse: Bone 30% Separable fat 14%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58. 20	0. 390	15	49. 47	112. 33	147. 84
Food energy	kcal	247			210	477	628
	kJ	1,035			879	1,997	2,628
Protein (N x 6.25)	g	26. 60	0. 371	15	22. 61	51. 35	67. 57
Total lipid (fat)	g	14. 81	0. 558	15	12. 59	28. 58	37. 61
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 18	0. 019	15	1. 00	2. 27	2. 99
Minerals:							
Calcium	mg	29	1. 704	5	25	57	75
Iron	mg	1. 29	0. 021	16	1. 10	2. 49	3. 28
Magnesium	mg	24	0. 355	5	20	46	60
Phosphorus	mg	221	3. 587	5	188	427	562
Potassium	mg	349	1. 299	16	296	673	885
Sodium	mg	29	8. 540	16	25	56	74
Zinc	mg	3. 81	0. 101	16	3. 24	7. 35	9. 68
Copper	mg	0. 086	0. 006	16	0. 073	0. 166	0. 218
Manganese	mg	0. 013			0. 011	0. 025	0. 033
Vitamins:							
Ascorbic acid	mg	0. 3			0. 3	0. 6	0. 8
Thiamin	mg	0. 574	0. 037	11	0. 488	1. 108	1. 458
Riboflavin	mg	0. 342	0. 020	11	0. 291	0. 660	0. 869
Niacin	mg	4. 664	0. 170	11	3. 964	9. 002	11. 847
Pantothenic acid	mg	0. 528			0. 449	1. 019	1. 341
Vitamin B-6	mg	0. 440		1	0. 374	0. 849	1. 118
Folate	mcg	5			4	10	13
Vitamin B-12	mcg	0. 80	0. 05	11	0. 68	1. 54	2. 03
Vitamin A	RE	2			2	5	6
	IU	8			7	15	20
Lipids:							
Fatty acids:							
Saturated, total	g	5. 31			4. 51	10. 25	13. 49
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01		21	0. 01	0. 02	0. 03
12:0	g	0. 01		21	0. 01	0. 02	0. 02
14:0	g	0. 19		32	0. 16	0. 37	0. 48
16:0	g	3. 21		32	2. 73	6. 19	8. 15
18:0	g	1. 78		32	1. 51	3. 43	4. 51
Monounsaturated, total	g	6. 46			5. 49	12. 46	16. 40
16:1	g	0. 44		32	0. 37	0. 84	1. 11
18:1	g	5. 81		32	4. 94	11. 22	14. 77
20:1	g	0. 14		15	0. 12	0. 27	0. 35
22:1	g						
Polyunsaturated, total	g	1. 10			0. 94	2. 12	2. 80
18:2	g	0. 96		32	0. 82	1. 86	2. 45
18:3	g	0. 03		32	0. 03	0. 06	0. 08
18:4	g						
20:4	g	0. 05		32	0. 04	0. 10	0. 13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	93	0. 862	15	79	179	235
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 338			0. 287	0. 652	0. 858
Threonine	g	1. 215			1. 033	2. 345	3. 086
Isoleucine	g	1. 246			1. 059	2. 404	3. 164
Leucine	g	2. 135			1. 814	4. 120	5. 422
Lysine	g	2. 392			2. 034	4. 617	6. 077
Methionine	g	0. 704			0. 599	1. 359	1. 789
Cystine	g	0. 339			0. 288	0. 655	0. 862
Phenylalanine	g	1. 062			0. 903	2. 050	2. 697
Tyrosine	g	0. 927			0. 788	1. 789	2. 354
Valine	g	1. 443			1. 227	2. 786	3. 666
Arginine	g	1. 654			1. 406	3. 192	4. 201
Histidine	g	1. 063			0. 903	2. 051	2. 699
Alanine	g	1. 550			1. 317	2. 991	3. 937
Aspartic acid	g	2. 468			2. 097	4. 762	6. 268
Glutamic acid	g	4. 165			3. 540	8. 038	10. 578
Glycine	g	1. 263			1. 074	2. 438	3. 209
Proline	g	1. 069			0. 908	2. 063	2. 715
Serine	g	1. 099			0. 934	2. 121	2. 791

[1] Trimmed to 0.11 inch fat before cooking.
[2] Raw weight includes refuse; cooked weight excludes refuse.

PORK, FRESH, LOIN, SIRLOIN (SIRLOIN CHOPS OR ROASTS), BONE-IN, SEPARABLE LEAN AND FAT, Raw[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 raw chop yields 107 g[2]	Refuse: Bone 29%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	66. 44			301. 39	71. 09	214. 01
Food energy	kcal	205			929	219	660
	kJ	858			3,890	918	2,762
Protein (N x 6.25)	g	19. 19			87. 05	20. 53	61. 81
Total lipid (fat)	g	13. 63			61. 82	14. 58	43. 90
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 98			4. 46	1. 05	3. 17
Minerals:							
Calcium	mg	17			77	18	55
Iron	mg	0. 90			4. 08	0. 96	2. 90
Magnesium	mg	22			98	23	70
Phosphorus	mg	196			888	210	631
Potassium	mg	320			1,453	343	1,031
Sodium	mg	54			246	58	175
Zinc	mg	1. 86			8. 43	1. 99	5. 99
Copper	mg	0. 044			0. 198	0. 047	0. 140
Manganese	mg	0. 013			0. 057	0. 013	0. 041
Vitamins:							
Ascorbic acid	mg	0. 8			3. 6	0. 8	2. 5
Thiamin	mg	0. 977			4. 433	1. 046	3. 148
Riboflavin	mg	0. 268			1. 214	0. 286	0. 862
Niacin	mg	4. 076			18. 488	4. 361	13. 128
Pantothenic acid	mg	0. 755			3. 423	0. 807	2. 431
Vitamin B-6	mg	0. 555			2. 518	0. 594	1. 788
Folate	mcg	5			21	5	15
Vitamin B-12	mcg	0. 64			2. 92	0. 69	2. 07
Vitamin A	RE	2			10	2	7
	IU	7			33	8	24
Lipids:							
Fatty acids:							
Saturated, total	g	4. 72			21. 42	5. 05	15. 21
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 05	0. 01	0. 03
12:0	g	0. 01			0. 07	0. 02	0. 05
14:0	g	0. 17			0. 77	0. 18	0. 55
16:0	g	2. 94			13. 35	3. 15	9. 48
18:0	g	1. 54			7. 00	1. 65	4. 97
Monounsaturated, total	g	6. 07			27. 55	6. 50	19. 57
16:1	g	0. 39			1. 77	0. 42	1. 26
18:1	g	5. 57			25. 27	5. 96	17. 94
20:1	g	0. 10			0. 46	0. 11	0. 33
22:1	g						
Polyunsaturated, total	g	1. 46			6. 61	1. 56	4. 69
18:2	g	1. 21			5. 50	1. 30	3. 91
18:3	g	0. 10			0. 43	0. 10	0. 31
18:4	g						
20:4	g	0. 08			0. 37	0. 09	0. 26
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	67			303	71	215
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 236			1. 071	0. 253	0. 761
Threonine	g	0. 865			3. 922	0. 925	2. 785
Isoleucine	g	0. 882			4. 000	0. 944	2. 840
Leucine	g	1. 526			6. 924	1. 633	4. 917
Lysine	g	1. 716			7. 784	1. 836	5. 527
Methionine	g	0. 498			2. 259	0. 533	1. 604
Cystine	g	0. 241			1. 093	0. 258	0. 776
Phenylalanine	g	0. 762			3. 458	0. 816	2. 455
Tyrosine	g	0. 654			2. 969	0. 700	2. 108
Valine	g	1. 033			4. 685	1. 105	3. 327
Arginine	g	1. 215			5. 509	1. 300	3. 912
Histidine	g	0. 745			3. 379	0. 797	2. 399
Alanine	g	1. 128			5. 115	1. 207	3. 632
Aspartic acid	g	1. 761			7. 987	1. 884	5. 671
Glutamic acid	g	2. 950			13. 382	3. 157	9. 503
Glycine	g	1. 008			4. 571	1. 078	3. 246
Proline	g	0. 824			3. 736	0. 881	2. 653
Serine	g	0. 793			3. 595	0. 848	2. 553

[1] Trimmed to 0.17 inch fat.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, SIRLOIN (SIRLOIN CHOPS OR ROASTS), BONELESS, SEPARABLE LEAN AND FAT, Raw[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 raw chop yields 104 g[2]	Refuse: Connective tissue 8%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	71. 93			326. 28	74. 81	300. 17
Food energy	kcal	145			657	151	604
	kJ	606			2,750	630	2,530
Protein (N x 6.25)	g	20. 57			93. 32	21. 40	85. 86
Total lipid (fat)	g	6. 31			28. 64	6. 57	26. 35
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 06			4. 82	1. 10	4. 43
Minerals:							
Calcium	mg	13			57	13	52
Iron	mg	0. 85			3. 84	0. 88	3. 53
Magnesium	mg	25			114	26	105
Phosphorus	mg	214			972	223	894
Potassium	mg	361			1,640	376	1,508
Sodium	mg	50			228	52	210
Zinc	mg	1. 81			8. 22	1. 88	7. 56
Copper	mg	0. 068			0. 308	0. 071	0. 284
Manganese	mg	0. 014			0. 062	0. 014	0. 057
Vitamins:							
Ascorbic acid	mg	0. 9			3. 9	0. 9	3. 6
Thiamin	mg	1. 058			4. 798	1. 100	4. 414
Riboflavin	mg	0. 286			1. 296	0. 297	1. 192
Niacin	mg	4. 321			19. 600	4. 494	18. 031
Pantothenic acid	mg	0. 809			3. 669	0. 841	3. 376
Vitamin B-6	mg	0. 611			2. 769	0. 635	2. 548
Folate	mcg	5			22	5	20
Vitamin B-12	mcg	0. 68			3. 07	0. 70	2. 83
Vitamin A	RE	2			10	2	9
	IU	7			32	7	30
Lipids:							
Fatty acids:							
Saturated, total	g	2. 18			9. 91	2. 27	9. 12
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 02	0. 01	0. 02
12:0	g	0. 01			0. 03	0. 01	0. 03
14:0	g	0. 08			0. 36	0. 08	0. 33
16:0	g	1. 38			6. 24	1. 43	5. 74
18:0	g	0. 70			3. 18	0. 73	2. 92
Monounsaturated, total	g	2. 83			12. 84	2. 94	11. 81
16:1	g	0. 19			0. 86	0. 20	0. 79
18:1	g	2. 59			11. 73	2. 69	10. 79
20:1	g	0. 05			0. 21	0. 05	0. 19
22:1	g						
Polyunsaturated, total	g	0. 68			3. 07	0. 70	2. 83
18:2	g	0. 56			2. 52	0. 58	2. 32
18:3	g	0. 04			0. 16	0. 04	0. 15
18:4	g						
20:4	g	0. 06			0. 25	0. 06	0. 23
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	64			290	67	267
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 259			1. 177	0. 270	1. 082
Threonine	g	0. 936			4. 248	0. 974	3. 908
Isoleucine	g	0. 959			4. 350	0. 997	4. 002
Leucine	g	1. 647			7. 472	1. 713	6. 874
Lysine	g	1. 848			8. 381	1. 922	7. 710
Methionine	g	0. 542			2. 459	0. 564	2. 262
Cystine	g	0. 261			1. 186	0. 272	1. 091
Phenylalanine	g	0. 820			3. 721	0. 853	3. 423
Tyrosine	g	0. 713			3. 235	0. 742	2. 976
Valine	g	1. 114			5. 053	1. 159	4. 649
Arginine	g	1. 285			5. 827	1. 336	5. 360
Histidine	g	0. 816			3. 703	0. 849	3. 406
Alanine	g	1. 201			5. 448	1. 249	5. 012
Aspartic acid	g	1. 903			8. 633	1. 979	7. 942
Glutamic acid	g	3. 207			14. 545	3. 335	13. 381
Glycine	g	1. 002			4. 545	1. 042	4. 181
Proline	g	0. 840			3. 811	0. 874	3. 506
Serine	g	0. 850			3. 855	0. 884	3. 546

[1] Trimmed to 0.03 inch fat.
[2] One raw chop with refuse weighs 113 g, which applies to chops cut 4 per pound.

PORK, FRESH, LOIN, SIRLOIN (SIRLOIN CHOPS), BONE-IN, SEPARABLE LEAN AND FAT, Cooked, braised[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 80 g[2]	Refuse: Bone 28%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58. 73			49. 92	46. 98	191. 80
Food energy	kcal	245			208	196	799
	kJ	1,024			870	819	3,343
Protein (N x 6.25)	g	25. 36			21. 55	20. 29	82. 82
Total lipid (fat)	g	15. 11			12. 84	12. 08	49. 34
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 33			1. 13	1. 06	4. 33
Minerals:							
Calcium	mg	18			15	14	57
Iron	mg	1. 17			0. 99	0. 93	3. 81
Magnesium	mg	19			16	15	62
Phosphorus	mg	174			148	140	570
Potassium	mg	325			276	260	1,061
Sodium	mg	51			44	41	167
Zinc	mg	2. 45			2. 08	1. 96	8. 00
Copper	mg	0. 058			0. 049	0. 046	0. 189
Manganese	mg	0. 013			0. 011	0. 010	0. 043
Vitamins:							
Ascorbic acid	mg	0. 8			0. 7	0. 6	2. 5
Thiamin	mg	0. 655			0. 557	0. 524	2. 139
Riboflavin	mg	0. 262			0. 223	0. 209	0. 855
Niacin	mg	3. 797			3. 227	3. 037	12. 400
Pantothenic acid	mg	0. 649			0. 552	0. 519	2. 119
Vitamin B-6	mg	0. 409			0. 348	0. 327	1. 337
Folate	mcg	3			3	2	10
Vitamin B-12	mcg	0. 56			0. 48	0. 45	1. 83
Vitamin A	RE	2			2	2	7
	IU	7			6	6	24
Lipids:							
Fatty acids:							
Saturated, total	g	5. 56			4. 73	4. 45	18. 17
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 01	0. 04
12:0	g	0. 01			0. 01	0. 01	0. 04
14:0	g	0. 19			0. 16	0. 15	0. 63
16:0	g	3. 42			2. 91	2. 74	11. 17
18:0	g	1. 82			1. 54	1. 45	5. 93
Monounsaturated, total	g	6. 56			5. 58	5. 25	21. 43
16:1	g	0. 43			0. 37	0. 35	1. 42
18:1	g	5. 95			5. 05	4. 76	19. 42
20:1	g	0. 12			0. 10	0. 10	0. 39
22:1	g						
Polyunsaturated, total	g	1. 40			1. 19	1. 12	4. 59
18:2	g	1. 24			1. 06	1. 00	4. 07
18:3	g	0. 04			0. 04	0. 03	0. 14
18:4	g						
20:4	g	0. 06			0. 05	0. 04	0. 18
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	82			70	66	268
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 309			0. 263	0. 248	1. 010
Threonine	g	1. 138			0. 967	0. 911	3. 717
Isoleucine	g	1. 159			0. 985	0. 927	3. 786
Leucine	g	2. 012			1. 710	1. 610	6. 572
Lysine	g	2. 264			1. 924	1. 811	7. 394
Methionine	g	0. 654			0. 556	0. 524	2. 137
Cystine	g	0. 317			0. 269	0. 254	1. 035
Phenylalanine	g	1. 006			0. 855	0. 805	3. 285
Tyrosine	g	0. 860			0. 731	0. 688	2. 808
Valine	g	1. 362			1. 158	1. 090	4. 448
Arginine	g	1. 613			1. 371	1. 290	5. 267
Histidine	g	0. 976			0. 830	0. 781	3. 189
Alanine	g	1. 494			1. 270	1. 195	4. 878
Aspartic acid	g	2. 320			1. 972	1. 856	7. 576
Glutamic acid	g	3. 879			3. 297	3. 103	12. 668
Glycine	g	1. 366			1. 161	1. 093	4. 463
Proline	g	1. 107			0. 941	0. 886	3. 617
Serine	g	1. 047			0. 890	0. 838	3. 420

[1] Trimmed to 0.17 inch fat before cooking.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, SIRLOIN (SIRLOIN CHOPS), BONELESS, SEPARABLE LEAN AND FAT, Cooked, braised[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 82 g[2]	Refuse: Connective tissue 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	63. 60			54. 06	52. 16	279. 86
Food energy	kcal	189			161	155	831
	kJ	791			672	648	3,479
Protein (N x 6.25)	g	26. 54			22. 56	21. 76	116. 78
Total lipid (fat)	g	8. 38			7. 12	6. 87	36. 85
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 38			1. 17	1. 13	6. 06
Minerals:							
Calcium	mg	13			11	11	57
Iron	mg	1. 09			0. 92	0. 89	4. 78
Magnesium	mg	21			18	17	93
Phosphorus	mg	181			154	149	798
Potassium	mg	352			299	288	1,548
Sodium	mg	46			39	37	201
Zinc	mg	2. 34			1. 99	1. 92	10. 28
Copper	mg	0. 088			0. 075	0. 072	0. 386
Manganese	mg	0. 014			0. 012	0. 011	0. 062
Vitamins:							
Ascorbic acid	mg	0. 8			0. 7	0. 7	3. 7
Thiamin	mg	0. 685			0. 582	0. 561	3. 012
Riboflavin	mg	0. 275			0. 234	0. 226	1. 212
Niacin	mg	3. 911			3. 324	3. 207	17. 208
Pantothenic acid	mg	0. 679			0. 577	0. 556	2. 986
Vitamin B-6	mg	0. 434			0. 369	0. 356	1. 912
Folate	mcg	3			3	3	14
Vitamin B-12	mcg	0. 57			0. 49	0. 47	2. 51
Vitamin A	RE	2			2	2	9
	IU	7			6	6	30
Lipids:							
Fatty acids:							
Saturated, total	g	3. 03			2. 58	2. 49	13. 34
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 01	0. 03
12:0	g	0. 01			0. 01	0. 01	0. 03
14:0	g	0. 10			0. 09	0. 09	0. 46
16:0	g	1. 87			1. 59	1. 53	8. 23
18:0	g	0. 98			0. 83	0. 80	4. 30
Monounsaturated, total	g	3. 66			3. 11	3. 00	16. 11
16:1	g	0. 25			0. 21	0. 21	1. 10
18:1	g	3. 31			2. 81	2. 71	14. 54
20:1	g	0. 07			0. 06	0. 06	0. 31
22:1	g						
Polyunsaturated, total	g	0. 75			0. 64	0. 62	3. 31
18:2	g	0. 66			0. 56	0. 54	2. 91
18:3	g	0. 02			0. 02	0. 02	0. 09
18:4	g						
20:4	g	0. 04			0. 03	0. 03	0. 16
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	81			69	67	357
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 334			0. 284	0. 274	1. 468
Threonine	g	1. 206			1. 025	0. 989	5. 308
Isoleucine	g	1. 235			1. 050	1. 013	5. 434
Leucine	g	2. 123			1. 805	1. 741	9. 343
Lysine	g	2. 382			2. 025	1. 953	10. 481
Methionine	g	0. 698			0. 593	0. 572	3. 071
Cystine	g	0. 337			0. 286	0. 276	1. 482
Phenylalanine	g	1. 058			0. 899	0. 867	4. 654
Tyrosine	g	0. 918			0. 780	0. 753	4. 040
Valine	g	1. 436			1. 221	1. 178	6. 318
Arginine	g	1. 660			1. 411	1. 361	7. 304
Histidine	g	1. 050			0. 893	0. 861	4. 620
Alanine	g	1. 551			1. 318	1. 272	6. 823
Aspartic acid	g	2. 453			2. 085	2. 011	10. 792
Glutamic acid	g	4. 129			3. 510	3. 386	18. 169
Glycine	g	1. 306			1. 110	1. 071	5. 745
Proline	g	1. 091			0. 927	0. 895	4. 800
Serine	g	1. 096			0. 932	0. 899	4. 823

[1] Trimmed to 0.03 inch fat before cooking.
[2] One raw chop with refuse weighs 113 g, which applies to chops cut 4 per pound.

PORK, FRESH, LOIN, SIRLOIN (SIRLOIN CHOPS), BONE-IN, SEPARABLE LEAN AND FAT, Cooked, broiled[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 75 g[2]	Refuse: Bone 28%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	56. 40			47. 94	42. 30	184. 21
Food energy	kcal	259			220	194	846
	kJ	1,084			921	813	3,541
Protein (N x 6.25)	g	26. 65			22. 66	19. 99	87. 05
Total lipid (fat)	g	16. 09			13. 68	12. 07	52. 56
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 39			1. 18	1. 04	4. 55
Minerals:							
Calcium	mg	17			15	13	57
Iron	mg	0. 99			0. 84	0. 74	3. 23
Magnesium	mg	29			24	21	93
Phosphorus	mg	246			209	185	805
Potassium	mg	383			325	287	1,251
Sodium	mg	68			58	51	222
Zinc	mg	2. 57			2. 19	1. 93	8. 40
Copper	mg	0. 058			0. 049	0. 044	0. 190
Manganese	mg	0. 010			0. 008	0. 007	0. 031
Vitamins:							
Ascorbic acid	mg	0. 9			0. 7	0. 6	2. 8
Thiamin	mg	0. 949			0. 807	0. 712	3. 101
Riboflavin	mg	0. 345			0. 294	0. 259	1. 128
Niacin	mg	4. 516			3. 839	3. 387	14. 750
Pantothenic acid	mg	0. 732			0. 622	0. 549	2. 390
Vitamin B-6	mg	0. 544			0. 463	0. 408	1. 777
Folate	mcg	5			4	4	16
Vitamin B-12	mcg	0. 75			0. 64	0. 57	2. 46
Vitamin A	RE	2			2	2	8
	IU	8			7	6	25
Lipids:							
Fatty acids:							
Saturated, total	g	5. 93			5. 04	4. 45	19. 37
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 01	0. 04
12:0	g	0. 01			0. 01	0. 01	0. 04
14:0	g	0. 20			0. 17	0. 15	0. 67
16:0	g	3. 65			3. 10	2. 73	11. 91
18:0	g	1. 94			1. 64	1. 45	6. 32
Monounsaturated, total	g	6. 99			5. 94	5. 24	22. 83
16:1	g	0. 46			0. 39	0. 35	1. 51
18:1	g	6. 33			5. 38	4. 75	20. 69
20:1	g	0. 13			0. 11	0. 10	0. 42
22:1	g						
Polyunsaturated, total	g	1. 50			1. 27	1. 12	4. 89
18:2	g	1. 33			1. 13	1. 00	4. 34
18:3	g	0. 04			0. 04	0. 03	0. 14
18:4	g						
20:4	g	0. 06			0. 05	0. 04	0. 19
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	86			73	64	281
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 326			0. 277	0. 244	1. 064
Threonine	g	1. 197			1. 018	0. 898	3. 911
Isoleucine	g	1. 220			1. 037	0. 915	3. 984
Leucine	g	2. 116			1. 799	1. 587	6. 912
Lysine	g	2. 380			2. 023	1. 785	7. 775
Methionine	g	0. 689			0. 585	0. 517	2. 249
Cystine	g	0. 334			0. 284	0. 250	1. 089
Phenylalanine	g	1. 058			0. 899	0. 793	3. 454
Tyrosine	g	0. 905			0. 769	0. 679	2. 955
Valine	g	1. 432			1. 217	1. 074	4. 678
Arginine	g	1. 693			1. 439	1. 270	5. 530
Histidine	g	1. 028			0. 874	0. 771	3. 358
Alanine	g	1. 569			1. 334	1. 177	5. 125
Aspartic acid	g	2. 440			2. 074	1. 830	7. 969
Glutamic acid	g	4. 082			3. 470	3. 061	13. 331
Glycine	g	1. 428			1. 214	1. 071	4. 664
Proline	g	1. 160			0. 986	0. 870	3. 787
Serine	g	1. 101			0. 936	0. 826	3. 595

[1] Trimmed to 0.17 inch fat before cooking.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, SIRLOIN (SIRLOIN CHOPS), BONELESS, SEPARABLE LEAN AND FAT, Cooked, broiled[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 74 g[2]	Refuse: Connective tissue 7%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60. 11	0. 756	14	51. 09	44. 48	253. 54
Food energy	kcal	208			177	154	877
	kJ	870			740	644	3,671
Protein (N x 6.25)	g	30. 52	0. 588	14	25. 94	22. 58	128. 73
Total lipid (fat)	g	8. 60	0. 472	14	7. 31	6. 36	36. 27
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 32	0. 032	14	1. 12	0. 98	5. 57
Minerals:							
Calcium	mg	18			15	13	76
Iron	mg	1. 21			1. 03	0. 90	5. 12
Magnesium	mg	27			23	20	113
Phosphorus	mg	243			206	180	1,024
Potassium	mg	372			317	276	1,571
Sodium	mg	56			47	41	235
Zinc	mg	2. 62			2. 23	1. 94	11. 04
Copper	mg	0. 053			0. 045	0. 039	0. 223
Manganese	mg	0. 003			0. 003	0. 002	0. 013
Vitamins:							
Ascorbic acid	mg	0. 4			0. 3	0. 3	1. 6
Thiamin	mg	1. 009			0. 858	0. 747	4. 255
Riboflavin	mg	0. 393			0. 334	0. 291	1. 659
Niacin	mg	4. 697			3. 992	3. 476	19. 812
Pantothenic acid	mg	0. 883			0. 750	0. 653	3. 723
Vitamin B-6	mg	0. 526			0. 447	0. 389	2. 217
Folate	mcg	6			5	4	25
Vitamin B-12	mcg	0. 83			0. 71	0. 62	3. 51
Vitamin A	RE	2			2	2	10
	IU	8			7	6	34
Lipids:							
Fatty acids:							
Saturated, total	g	2. 88			2. 45	2. 13	12. 15
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 00	0. 03
12:0	g	0. 01			0. 01	0. 00	0. 03
14:0	g	0. 10			0. 08	0. 07	0. 40
16:0	g	1. 79			1. 52	1. 33	7. 56
18:0	g	0. 89			0. 76	0. 66	3. 77
Monounsaturated, total	g	3. 75			3. 19	2. 78	15. 84
16:1	g	0. 28			0. 24	0. 21	1. 17
18:1	g	3. 35			2. 85	2. 48	14. 14
20:1	g	0. 08			0. 07	0. 06	0. 35
22:1	g						
Polyunsaturated, total	g	0. 69			0. 59	0. 51	2. 91
18:2	g	0. 56			0. 47	0. 41	2. 36
18:3	g	0. 02			0. 01	0. 01	0. 07
18:4	g						
20:4	g	0. 07			0. 06	0. 05	0. 31
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	91	3. 838	14	78	68	386
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 388			0. 330	0. 287	1. 635
Threonine	g	1. 394			1. 185	1. 031	5. 878
Isoleucine	g	1. 429			1. 215	1. 058	6. 028
Leucine	g	2. 449			2. 081	1. 812	10. 329
Lysine	g	2. 745			2. 333	2. 031	11. 577
Methionine	g	0. 808			0. 687	0. 598	3. 409
Cystine	g	0. 389			0. 331	0. 288	1. 642
Phenylalanine	g	1. 218			1. 036	0. 902	5. 139
Tyrosine	g	1. 063			0. 904	0. 787	4. 485
Valine	g	1. 656			1. 407	1. 225	6. 984
Arginine	g	1. 897			1. 613	1. 404	8. 002
Histidine	g	1. 219			1. 036	0. 902	5. 143
Alanine	g	1. 778			1. 511	1. 316	7. 499
Aspartic acid	g	2. 831			2. 406	2. 095	11. 940
Glutamic acid	g	4. 778			4. 061	3. 535	20. 152
Glycine	g	1. 449			1. 232	1. 072	6. 113
Proline	g	1. 226			1. 042	0. 907	5. 171
Serine	g	1. 261			1. 072	0. 933	5. 317

[1] Trimmed to 0.03 inch fat before cooking.
[2] One raw chop with refuse weighs 113 g, which applies to chops cut 4 per pound.

PORK, FRESH, LOIN, SIRLOIN (SIRLOIN ROASTS), BONE-IN, SEPARABLE LEAN AND FAT, Cooked, roasted[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 231 g[2]	Refuse: Bone 31%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	56. 36	0. 501	15	47. 91	130. 36	176. 41
Food energy	kcal	261			222	603	816
	kJ	1,092			928	2,525	3,417
Protein (N x 6.25)	g	27. 24	0. 266	15	23. 15	63. 01	85. 26
Total lipid (fat)	g	16. 02	0. 380	15	13. 62	37. 05	50. 14
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 08	0. 028	15	0. 92	2. 50	3. 38
Minerals:							
Calcium	mg	23			20	53	72
Iron	mg	1. 04			0. 89	2. 41	3. 27
Magnesium	mg	24			20	55	74
Phosphorus	mg	220			187	508	687
Potassium	mg	350			298	810	1,096
Sodium	mg	60			51	140	189
Zinc	mg	2. 43			2. 07	5. 62	7. 61
Copper	mg	0. 083			0. 070	0. 192	0. 259
Manganese	mg	0. 003			0. 003	0. 007	0. 009
Vitamins:							
Ascorbic acid	mg	0. 3			0. 2	0. 6	0. 8
Thiamin	mg	0. 748			0. 636	1. 730	2. 341
Riboflavin	mg	0. 312			0. 265	0. 721	0. 975
Niacin	mg	5. 250			4. 462	12. 143	16. 432
Pantothenic acid	mg	0. 579			0. 492	1. 339	1. 812
Vitamin B-6	mg	0. 384			0. 326	0. 888	1. 202
Folate	mcg	6			5	13	17
Vitamin B-12	mcg	0. 76			0. 65	1. 76	2. 39
Vitamin A	RE	2			2	5	7
	IU	8			6	18	24
Lipids:							
Fatty acids:							
Saturated, total	g	5. 69			4. 83	13. 15	17. 80
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 03	0. 03
12:0	g	0. 01			0. 01	0. 03	0. 04
14:0	g	0. 20			0. 17	0. 46	0. 62
16:0	g	3. 53			3. 00	8. 17	11. 05
18:0	g	1. 82			1. 55	4. 21	5. 69
Monounsaturated, total	g	7. 02			5. 97	16. 25	21. 99
16:1	g	0. 50			0. 42	1. 15	1. 55
18:1	g	6. 32			5. 38	14. 63	19. 80
20:1	g	0. 13			0. 11	0. 31	0. 42
22:1	g	0. 01			0. 01	0. 02	0. 02
Polyunsaturated, total	g	1. 38			1. 17	3. 19	4. 32
18:2	g	1. 22			1. 04	2. 82	3. 82
18:3	g	0. 03			0. 03	0. 08	0. 11
18:4	g						
20:4	g	0. 07			0. 06	0. 16	0. 21
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	87	1. 218	15	74	201	272
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 346			0. 294	0. 800	1. 083
Threonine	g	1. 244			1. 057	2. 877	3. 893
Isoleucine	g	1. 276			1. 084	2. 950	3. 992
Leucine	g	2. 186			1. 858	5. 055	6. 841
Lysine	g	2. 450			2. 082	5. 666	7. 667
Methionine	g	0. 721			0. 613	1. 668	2. 257
Cystine	g	0. 347			0. 295	0. 804	1. 087
Phenylalanine	g	1. 087			0. 924	2. 515	3. 403
Tyrosine	g	0. 949			0. 807	2. 195	2. 971
Valine	g	1. 478			1. 256	3. 418	4. 625
Arginine	g	1. 693			1. 439	3. 917	5. 300
Histidine	g	1. 088			0. 925	2. 517	3. 406
Alanine	g	1. 587			1. 349	3. 670	4. 967
Aspartic acid	g	2. 527			2. 148	5. 844	7. 908
Glutamic acid	g	4. 264			3. 625	9. 863	13. 347
Glycine	g	1. 293			1. 099	2. 992	4. 048
Proline	g	1. 094			0. 930	2. 531	3. 425
Serine	g	1. 125			0. 956	2. 602	3. 522

[1] Trimmed to 0.17 inch fat before cooking.
[2] Raw weight includes refuse; cooked weight excludes refuse.

PORK, FRESH, LOIN, SIRLOIN (SIRLOIN ROASTS), BONELESS, SEPARABLE LEAN AND FAT, Cooked, roasted[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 315 g[2]	Refuse: Connective tissue 5%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60. 48			51. 41	190. 50	260. 60
Food energy	kcal	207			176	651	891
	kJ	866			736	2,727	3,730
Protein (N x 6.25)	g	28. 50			24. 22	89. 77	122. 80
Total lipid (fat)	g	9. 43			8. 02	29. 72	40. 65
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 48			1. 26	4. 65	6. 37
Minerals:							
Calcium	mg	16			14	52	71
Iron	mg	1. 17			0. 99	3. 68	5. 03
Magnesium	mg	26			22	83	113
Phosphorus	mg	252			215	795	1,088
Potassium	mg	402			341	1,265	1,731
Sodium	mg	56			47	176	240
Zinc	mg	2. 51			2. 13	7. 90	10. 80
Copper	mg	0. 094			0. 080	0. 296	0. 405
Manganese	mg	0. 016			0. 014	0. 050	0. 069
Vitamins:							
Ascorbic acid	mg	1. 0			0. 8	3. 0	4. 2
Thiamin	mg	0. 881			0. 749	2. 774	3. 795
Riboflavin	mg	0. 374			0. 318	1. 179	1. 613
Niacin	mg	5. 077			4. 315	15. 992	21. 876
Pantothenic acid	mg	0. 728			0. 619	2. 295	3. 139
Vitamin B-6	mg	0. 467			0. 397	1. 472	2. 014
Folate	mcg	5			4	15	20
Vitamin B-12	mcg	0. 75			0. 64	2. 36	3. 23
Vitamin A	RE	2			2	7	9
	IU	7			6	23	32
Lipids:							
Fatty acids:							
Saturated, total	g	3. 42			2. 91	10. 78	14. 75
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 02	0. 03
12:0	g	0. 01			0. 01	0. 02	0. 03
14:0	g	0. 12			0. 10	0. 37	0. 51
16:0	g	2. 11			1. 79	6. 65	9. 10
18:0	g	1. 11			0. 94	3. 48	4. 77
Monounsaturated, total	g	4. 12			3. 50	12. 98	17. 76
16:1	g	0. 28			0. 24	0. 88	1. 21
18:1	g	3. 72			3. 16	11. 72	16. 04
20:1	g	0. 08			0. 07	0. 25	0. 34
22:1	g						
Polyunsaturated, total	g	0. 85			0. 72	2. 69	3. 67
18:2	g	0. 75			0. 64	2. 36	3. 23
18:3	g	0. 02			0. 02	0. 07	0. 10
18:4	g						
20:4	g	0. 04			0. 03	0. 13	0. 18
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	86			73	272	372
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 360			0. 306	1. 133	1. 550
Threonine	g	1. 298			1. 103	4. 088	5. 592
Isoleucine	g	1. 329			1. 130	4. 187	5. 727
Leucine	g	2. 282			1. 940	7. 190	9. 835
Lysine	g	2. 560			2. 176	8. 063	11. 030
Methionine	g	0. 751			0. 639	2. 367	3. 238
Cystine	g	0. 362			0. 308	1. 141	1. 561
Phenylalanine	g	1. 136			0. 966	3. 580	4. 897
Tyrosine	g	0. 988			0. 840	3. 114	4. 259
Valine	g	1. 544			1. 312	4. 862	6. 651
Arginine	g	1. 778			1. 512	5. 602	7. 663
Histidine	g	1. 132			0. 962	3. 565	4. 876
Alanine	g	1. 663			1. 414	5. 240	7. 168
Aspartic acid	g	2. 637			2. 242	8. 307	11. 364
Glutamic acid	g	4. 444			3. 778	13. 999	19. 150
Glycine	g	1. 384			1. 176	4. 359	5. 963
Proline	g	1. 162			0. 987	3. 659	5. 006
Serine	g	1. 177			1. 001	3. 708	5. 072

[1] Trimmed to 0.03 inch fat before cooking.
[2] Raw weight includes refuse; cooked weight excludes refuse.

PORK, FRESH, LOIN, SIRLOIN (SIRLOIN CHOPS OR ROASTS), BONE-IN, SEPARABLE LEAN ONLY, Raw[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 chop yields 94 g[2]	Refuse: Bone 29% Separable fat 9%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	72. 53	0. 255	15	329. 00	68. 18	203. 96
Food energy	kcal	142			644	133	399
	kJ	594			2,694	558	1,670
Protein (N x 6.25)	g	21. 06	0. 351	11	95. 53	19. 80	59. 22
Total lipid (fat)	g	5. 76	0. 307	15	26. 14	5. 42	16. 20
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 09	0. 026	11	4. 94	1. 02	3. 07
Minerals:							
Calcium	mg	13	2. 308	5	58	12	36
Iron	mg	0. 87	0. 044	16	3. 93	0. 81	2. 43
Magnesium	mg	26	0. 383	13	118	24	73
Phosphorus	mg	218	2. 020	13	991	205	614
Potassium	mg	370	5. 052	36	1,677	348	1,040
Sodium	mg	51	1. 315	36	233	48	144
Zinc	mg	1. 85	0. 057	16	8. 39	1. 74	5. 20
Copper	mg	0. 069	0. 005	16	0. 314	0. 065	0. 195
Manganese	mg	0. 014			0. 064	0. 013	0. 039
Vitamins:							
Ascorbic acid	mg	0. 9			4. 1	0. 8	2. 5
Thiamin	mg	1. 086	0. 082	15	4. 926	1. 021	3. 054
Riboflavin	mg	0. 292	0. 015	15	1. 325	0. 274	0. 821
Niacin	mg	4. 407	0. 222	16	19. 990	4. 143	12. 392
Pantothenic acid	mg	0. 828			3. 756	0. 778	2. 328
Vitamin B-6	mg	0. 630		1	2. 858	0. 592	1. 772
Folate	mcg	5			23	5	14
Vitamin B-12	mcg	0. 69	0. 041	10	3. 13	0. 65	1. 94
Vitamin A	RE	2			10	2	6
	IU	7			32	7	20
Lipids:							
Fatty acids:							
Saturated, total	g	1. 99			9. 02	1. 87	5. 59
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01		73	0. 02	0. 01	0. 01
12:0	g	0. 01		75	0. 03	0. 01	0. 02
14:0	g	0. 07		378	0. 32	0. 07	0. 20
16:0	g	1. 27		378	5. 75	1. 19	3. 57
18:0	g	0. 62		378	2. 83	0. 59	1. 75
Monounsaturated, total	g	2. 60			11. 81	2. 45	7. 32
16:1	g	0. 18		378	0. 83	0. 17	0. 51
18:1	g	2. 37		378	10. 73	2. 22	6. 65
20:1	g	0. 04		71	0. 18	0. 04	0. 11
22:1	g						
Polyunsaturated, total	g	0. 62			2. 81	0. 58	1. 74
18:2	g	0. 50		378	2. 27	0. 47	1. 41
18:3	g	0. 02		190	0. 11	0. 02	0. 07
18:4	g						
20:4	g	0. 07		315	0. 32	0. 07	0. 20
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	63	0. 965	11	286	59	177
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 268			1. 213	0. 251	0. 752
Threonine	g	0. 962			4. 362	0. 904	2. 704
Isoleucine	g	0. 986			4. 473	0. 927	2. 773
Leucine	g	1. 690			7. 665	1. 588	4. 752
Lysine	g	1. 894			8. 591	1. 780	5. 326
Methionine	g	0. 558			2. 529	0. 524	1. 568
Cystine	g	0. 269			1. 218	0. 252	0. 755
Phenylalanine	g	0. 841			3. 813	0. 790	2. 364
Tyrosine	g	0. 734			3. 328	0. 690	2. 063
Valine	g	1. 143			5. 182	1. 074	3. 213
Arginine	g	1. 309			5. 938	1. 231	3. 681
Histidine	g	0. 841			3. 816	0. 791	2. 366
Alanine	g	1. 227			5. 565	1. 153	3. 450
Aspartic acid	g	1. 953			8. 860	1. 836	5. 493
Glutamic acid	g	3. 297			14. 954	3. 099	9. 270
Glycine	g	1. 000			4. 536	0. 940	2. 812
Proline	g	0. 846			3. 838	0. 795	2. 379
Serine	g	0. 870			3. 946	0. 818	2. 446

[1] Trimmed to 0.17 inch fat.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, SIRLOIN (SIRLOIN CHOPS OR ROASTS), BONELESS, SEPARABLE LEAN ONLY, Raw[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 chop yields 101 g[2]	Refuse: Connective tissue 8% Separable fat 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	73. 55	0. 244	14	333. 61	74. 28	296. 91
Food energy	kcal	128			581	129	517
	kJ	536			2,430	541	2,163
Protein (N x 6.25)	g	21. 06	0. 351	11	95. 53	21. 27	85. 02
Total lipid (fat)	g	4. 22	0. 201	14	19. 14	4. 26	17. 03
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 09	0. 026	11	4. 94	1. 10	4. 40
Minerals:							
Calcium	mg	13	2. 308	5	58	13	52
Iron	mg	0. 87	0. 044	16	3. 93	0. 87	3. 49
Magnesium	mg	26	0. 383	13	118	26	105
Phosphorus	mg	218	2. 020	13	991	221	882
Potassium	mg	370	5. 052	36	1,677	373	1,493
Sodium	mg	51	1. 315	36	233	52	207
Zinc	mg	1. 85	0. 057	16	8. 39	1. 87	7. 47
Copper	mg	0. 069	0. 005	16	0. 314	0. 070	0. 280
Manganese	mg	0. 014			0. 064	0. 014	0. 057
Vitamins:							
Ascorbic acid	mg	0. 9			4. 1	0. 9	3. 6
Thiamin	mg	1. 086	0. 082	15	4. 926	1. 097	4. 384
Riboflavin	mg	0. 292	0. 015	15	1. 325	0. 295	1. 179
Niacin	mg	4. 407	0. 222	16	19. 990	4. 451	17. 791
Pantothenic acid	mg	0. 828			3. 756	0. 836	3. 343
Vitamin B-6	mg	0. 630		1	2. 858	0. 636	2. 543
Folate	mcg	5			23	5	20
Vitamin B-12	mcg	0. 69	0. 041	10	3. 13	0. 70	2. 79
Vitamin A	RE	2			10	2	8
	IU	7			32	7	28
Lipids:							
Fatty acids:							
Saturated, total	g	1. 46			6. 61	1. 47	5. 88
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 00		73	0. 02	0. 00	0. 02
12:0	g	0. 00		75	0. 02	0. 00	0. 02
14:0	g	0. 05		378	0. 24	0. 05	0. 21
16:0	g	0. 93		378	4. 21	0. 94	3. 75
18:0	g	0. 46		378	2. 07	0. 46	1. 84
Monounsaturated, total	g	1. 91			8. 65	1. 92	7. 69
16:1	g	0. 13		378	0. 60	0. 13	0. 54
18:1	g	1. 73		378	7. 86	1. 75	6. 99
20:1	g	0. 03		71	0. 13	0. 03	0. 12
22:1	g						
Polyunsaturated, total	g	0. 45			2. 06	0. 46	1. 83
18:2	g	0. 37		378	1. 66	0. 37	1. 48
18:3	g	0. 02		190	0. 08	0. 02	0. 07
18:4	g						
20:4	g	0. 05		315	0. 23	0. 05	0. 21
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	63	0. 965	11	286	64	254
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 268			1. 213	0. 270	1. 080
Threonine	g	0. 962			4. 362	0. 971	3. 882
Isoleucine	g	0. 986			4. 473	0. 996	3. 981
Leucine	g	1. 690			7. 665	1. 707	6. 822
Lysine	g	1. 894			8. 591	1. 913	7. 645
Methionine	g	0. 558			2. 529	0. 563	2. 251
Cystine	g	0. 269			1. 218	0. 271	1. 084
Phenylalanine	g	0. 841			3. 813	0. 849	3. 394
Tyrosine	g	0. 734			3. 328	0. 741	2. 962
Valine	g	1. 143			5. 182	1. 154	4. 612
Arginine	g	1. 309			5. 938	1. 322	5. 285
Histidine	g	0. 841			3. 816	0. 850	3. 396
Alanine	g	1. 227			5. 565	1. 239	4. 953
Aspartic acid	g	1. 953			8. 860	1. 973	7. 886
Glutamic acid	g	3. 297			14. 954	3. 330	13. 309
Glycine	g	1. 000			4. 536	1. 010	4. 037
Proline	g	0. 846			3. 838	0. 854	3. 415
Serine	g	0. 870			3. 946	0. 879	3. 512

[1] Trimmed to 0.03 inch fat.
[2] One raw chop with refuse weighs 113 g, which applies to chops cut 4 per pound.

PORK, FRESH, LOIN, SIRLOIN (SIRLOIN CHOPS), BONE-IN, SEPARABLE LEAN ONLY, Cooked, braised[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 72 g[2]	Refuse: Bone 28% Separable fat 8%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	63. 16			53. 68	45. 47	183. 35
Food energy	kcal	197			167	142	571
	kJ	823			699	592	2,389
Protein (N x 6.25)	g	27. 00			22. 95	19. 44	78. 38
Total lipid (fat)	g	9. 01			7. 66	6. 49	26. 16
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 40			1. 19	1. 01	4. 06
Minerals:							
Calcium	mg	13			11	9	38
Iron	mg	1. 27			1. 08	0. 91	3. 68
Magnesium	mg	20			17	15	59
Phosphorus	mg	176			150	127	511
Potassium	mg	336			286	242	975
Sodium	mg	53			45	38	155
Zinc	mg	2. 60			2. 21	1. 87	7. 54
Copper	mg	0. 059			0. 050	0. 042	0. 170
Manganese	mg	0. 014			0. 012	0. 010	0. 042
Vitamins:							
Ascorbic acid	mg	0. 9			0. 7	0. 6	2. 5
Thiamin	mg	0. 696			0. 592	0. 501	2. 021
Riboflavin	mg	0. 281			0. 239	0. 202	0. 815
Niacin	mg	3. 955			3. 362	2. 848	11. 481
Pantothenic acid	mg	0. 690			0. 586	0. 497	2. 003
Vitamin B-6	mg	0. 444			0. 378	0. 320	1. 290
Folate	mcg	3			3	2	9
Vitamin B-12	mcg	0. 57			0. 49	0. 41	1. 67
Vitamin A	RE	2			2	1	6
	IU	7			6	5	20
Lipids:							
Fatty acids:							
Saturated, total	g	3. 20			2. 72	2. 31	9. 29
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 00	0. 02
12:0	g	0. 01			0. 01	0. 00	0. 02
14:0	g	0. 11			0. 09	0. 08	0. 32
16:0	g	1. 98			1. 69	1. 43	5. 76
18:0	g	1. 02			0. 87	0. 74	2. 97
Monounsaturated, total	g	3. 97			3. 37	2. 86	11. 51
16:1	g	0. 28			0. 24	0. 20	0. 81
18:1	g	3. 57			3. 03	2. 57	10. 35
20:1	g	0. 08			0. 07	0. 06	0. 23
22:1	g						
Polyunsaturated, total	g	0. 78			0. 67	0. 56	2. 27
18:2	g	0. 68			0. 58	0. 49	1. 97
18:3	g	0. 02			0. 02	0. 01	0. 06
18:4	g						
20:4	g	0. 05			0. 04	0. 03	0. 14
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	81			69	58	234
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 343			0. 292	0. 247	0. 996
Threonine	g	1. 233			1. 048	0. 888	3. 579
Isoleucine	g	1. 264			1. 075	0. 910	3. 670
Leucine	g	2. 166			1. 841	1. 560	6. 289
Lysine	g	2. 428			2. 064	1. 748	7. 049
Methionine	g	0. 715			0. 608	0. 515	2. 075
Cystine	g	0. 344			0. 293	0. 248	1. 000
Phenylalanine	g	1. 078			0. 916	0. 776	3. 129
Tyrosine	g	0. 941			0. 800	0. 677	2. 731
Valine	g	1. 465			1. 245	1. 055	4. 252
Arginine	g	1. 678			1. 427	1. 208	4. 872
Histidine	g	1. 079			0. 917	0. 777	3. 131
Alanine	g	1. 573			1. 337	1. 132	4. 566
Aspartic acid	g	2. 504			2. 129	1. 803	7. 270
Glutamic acid	g	4. 227			3. 593	3. 043	12. 270
Glycine	g	1. 282			1. 090	0. 923	3. 722
Proline	g	1. 085			0. 922	0. 781	3. 149
Serine	g	1. 115			0. 948	0. 803	3. 238

[1] Trimmed to 0.17 inch fat before cooking.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, SIRLOIN (SIRLOIN CHOPS), BONELESS, SEPARABLE LEAN ONLY, Cooked, braised[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 80 g[2]	Refuse: Connective tissue 3% Separable fat 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	64. 90			55. 16	51. 92	276. 72
Food energy	kcal	175			149	140	745
	kJ	732			622	585	3,120
Protein (N x 6.25)	g	27. 00			22. 95	21. 60	115. 13
Total lipid (fat)	g	6. 60			5. 61	5. 28	28. 14
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 40			1. 19	1. 12	5. 96
Minerals:							
Calcium	mg	13			11	11	56
Iron	mg	1. 11			0. 94	0. 89	4. 73
Magnesium	mg	22			18	17	92
Phosphorus	mg	182			155	146	776
Potassium	mg	356			302	284	1,516
Sodium	mg	46			39	37	196
Zinc	mg	2. 37			2. 02	1. 90	10. 11
Copper	mg	0. 089			0. 076	0. 071	0. 379
Manganese	mg	0. 014			0. 012	0. 011	0. 061
Vitamins:							
Ascorbic acid	mg	0. 9			0. 7	0. 7	3. 7
Thiamin	mg	0. 696			0. 592	0. 557	2. 968
Riboflavin	mg	0. 281			0. 239	0. 225	1. 197
Niacin	mg	3. 955			3. 362	3. 164	16. 864
Pantothenic acid	mg	0. 690			0. 586	0. 552	2. 942
Vitamin B-6	mg	0. 444			0. 378	0. 355	1. 894
Folate	mcg	3			3	3	14
Vitamin B-12	mcg	0. 57			0. 49	0. 46	2. 45
Vitamin A	RE	2			2	2	9
	IU	7			6	5	29
Lipids:							
Fatty acids:							
Saturated, total	g	2. 34			1. 99	1. 88	10. 00
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 00			0. 00	0. 00	0. 02
12:0	g	0. 00			0. 00	0. 00	0. 02
14:0	g	0. 08			0. 07	0. 06	0. 34
16:0	g	1. 45			1. 23	1. 16	6. 19
18:0	g	0. 75			0. 64	0. 60	3. 19
Monounsaturated, total	g	2. 90			2. 47	2. 32	12. 38
16:1	g	0. 20			0. 17	0. 16	0. 87
18:1	g	2. 61			2. 22	2. 09	11. 13
20:1	g	0. 06			0. 05	0. 05	0. 25
22:1	g						
Polyunsaturated, total	g	0. 57			0. 49	0. 46	2. 44
18:2	g	0. 50			0. 42	0. 40	2. 12
18:3	g	0. 01			0. 01	0. 01	0. 06
18:4	g						
20:4	g	0. 03			0. 03	0. 03	0. 15
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	81			69	65	344
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 343			0. 292	0. 274	1. 462
Threonine	g	1. 233			1. 048	0. 986	5. 257
Isoleucine	g	1. 264			1. 075	1. 011	5. 391
Leucine	g	2. 166			1. 841	1. 733	9. 237
Lysine	g	2. 428			2. 064	1. 942	10. 353
Methionine	g	0. 715			0. 608	0. 572	3. 048
Cystine	g	0. 344			0. 293	0. 275	1. 468
Phenylalanine	g	1. 078			0. 916	0. 862	4. 596
Tyrosine	g	0. 941			0. 800	0. 753	4. 011
Valine	g	1. 465			1. 245	1. 172	6. 246
Arginine	g	1. 678			1. 427	1. 343	7. 157
Histidine	g	1. 079			0. 917	0. 863	4. 599
Alanine	g	1. 573			1. 337	1. 258	6. 707
Aspartic acid	g	2. 504			2. 129	2. 003	10. 678
Glutamic acid	g	4. 227			3. 593	3. 381	18. 022
Glycine	g	1. 282			1. 090	1. 026	5. 467
Proline	g	1. 085			0. 922	0. 868	4. 625
Serine	g	1. 115			0. 948	0. 892	4. 755

[1] Trimmed to 0.03 inch fat before cooking.
[2] One raw chop with refuse weighs 113 g, which applies to chops cut 4 per pound.

PORK, FRESH, LOIN, SIRLOIN (SIRLOIN CHOPS), BONE-IN, SEPARABLE LEAN ONLY, Cooked, broiled[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 67 g[2]	Refuse: Bone 28% Separable fat 8%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60. 54			51. 46	40. 56	175. 76
Food energy	kcal	213			181	143	618
	kJ	891			757	597	2,586
Protein (N x 6.25)	g	28. 46			24. 19	19. 07	82. 62
Total lipid (fat)	g	10. 12			8. 60	6. 78	29. 38
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 47			1. 25	0. 99	4. 28
Minerals:							
Calcium	mg	13			11	9	38
Iron	mg	1. 07			0. 91	0. 72	3. 10
Magnesium	mg	31			27	21	91
Phosphorus	mg	257			218	172	746
Potassium	mg	401			341	269	1,165
Sodium	mg	72			61	48	210
Zinc	mg	2. 74			2. 33	1. 83	7. 95
Copper	mg	0. 059			0. 050	0. 039	0. 171
Manganese	mg	0. 010			0. 009	0. 007	0. 030
Vitamins:							
Ascorbic acid	mg	1. 0			0. 8	0. 7	2. 8
Thiamin	mg	1. 027			0. 873	0. 688	2. 982
Riboflavin	mg	0. 375			0. 319	0. 251	1. 088
Niacin	mg	4. 764			4. 050	3. 192	13. 831
Pantothenic acid	mg	0. 783			0. 666	0. 525	2. 274
Vitamin B-6	mg	0. 596			0. 507	0. 399	1. 730
Folate	mcg	5			5	4	16
Vitamin B-12	mcg	0. 79			0. 67	0. 53	2. 30
Vitamin A	RE	2			2	1	6
	IU	7			6	5	21
Lipids:							
Fatty acids:							
Saturated, total	g	3. 61			3. 07	2. 42	10. 49
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 00	0. 02
12:0	g	0. 01			0. 01	0. 00	0. 02
14:0	g	0. 12			0. 11	0. 08	0. 36
16:0	g	2. 24			1. 90	1. 50	6. 49
18:0	g	1. 16			0. 98	0. 77	3. 36
Monounsaturated, total	g	4. 45			3. 78	2. 98	12. 91
16:1	g	0. 31			0. 26	0. 21	0. 90
18:1	g	4. 00			3. 40	2. 68	11. 62
20:1	g	0. 09			0. 07	0. 06	0. 25
22:1	g						
Polyunsaturated, total	g	0. 89			0. 75	0. 59	2. 58
18:2	g	0. 77			0. 66	0. 52	2. 24
18:3	g	0. 02			0. 02	0. 02	0. 07
18:4	g						
20:4	g	0. 05			0. 04	0. 03	0. 15
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	85			72	57	247
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 362			0. 307	0. 242	1. 049
Threonine	g	1. 300			1. 105	0. 871	3. 773
Isoleucine	g	1. 333			1. 133	0. 893	3. 869
Leucine	g	2. 283			1. 941	1. 530	6. 629
Lysine	g	2. 559			2. 175	1. 715	7. 430
Methionine	g	0. 754			0. 640	0. 505	2. 187
Cystine	g	0. 363			0. 309	0. 243	1. 054
Phenylalanine	g	1. 136			0. 966	0. 761	3. 298
Tyrosine	g	0. 992			0. 843	0. 664	2. 879
Valine	g	1. 544			1. 312	1. 034	4. 482
Arginine	g	1. 769			1. 504	1. 185	5. 136
Histidine	g	1. 137			0. 966	0. 762	3. 300
Alanine	g	1. 658			1. 409	1. 111	4. 813
Aspartic acid	g	2. 640			2. 244	1. 769	7. 663
Glutamic acid	g	4. 455			3. 787	2. 985	12. 933
Glycine	g	1. 351			1. 149	0. 905	3. 923
Proline	g	1. 143			0. 972	0. 766	3. 319
Serine	g	1. 176			0. 999	0. 788	3. 413

[1] Trimmed to 0.17 inch fat before cooking.
[2] One raw chop with refuse weighs 151 g, which applies to chops cut 3 per pound.

PORK, FRESH, LOIN, SIRLOIN (SIRLOIN CHOPS), BONELESS, SEPARABLE LEAN ONLY, Cooked, broiled[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 71 g[2]	Refuse: Connective tissue 7% Separable fat 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	61. 43	0. 720	14	52. 22	43. 62	250. 76
Food energy	kcal	193			164	137	788
	kJ	808			687	574	3,299
Protein (N x 6.25)	g	31. 13	0. 470	14	26. 46	22. 10	127. 07
Total lipid (fat)	g	6. 67	0. 360	14	5. 67	4. 74	27. 23
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 37	0. 034	14	1. 16	0. 97	5. 59
Minerals:							
Calcium	mg	18	4. 602	5	16	13	75
Iron	mg	1. 24	0. 038	5	1. 05	0. 88	5. 06
Magnesium	mg	27	0. 790	5	23	19	112
Phosphorus	mg	246	7. 269	5	209	175	1,003
Potassium	mg	377	11. 977	5	321	268	1,541
Sodium	mg	56	2. 980	5	48	40	230
Zinc	mg	2. 66	0. 104	5	2. 26	1. 89	10. 87
Copper	mg	0. 053	0. 019	5	0. 045	0. 037	0. 216
Manganese	mg	0. 010			0. 008	0. 007	0. 041
Vitamins:							
Ascorbic acid	mg	0. 4			0. 3	0. 3	1. 6
Thiamin	mg	1. 030			0. 875	0. 731	4. 204
Riboflavin	mg	0. 402			0. 342	0. 285	1. 641
Niacin	mg	4. 764			4. 049	3. 382	19. 447
Pantothenic acid	mg	0. 906			0. 770	0. 643	3. 698
Vitamin B-6	mg	0. 540			0. 459	0. 383	2. 204
Folate	mcg	6			5	4	24
Vitamin B-12	mcg	0. 84			0. 71	0. 60	3. 43
Vitamin A	RE	2			2	2	10
	IU	8			7	6	33
Lipids:							
Fatty acids:							
Saturated, total	g	2. 22			1. 89	1. 58	9. 08
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 00		14	0. 00	0. 00	0. 02
12:0	g	0. 00		14	0. 00	0. 00	0. 02
14:0	g	0. 07		14	0. 06	0. 05	0. 30
16:0	g	1. 38		14	1. 18	0. 98	5. 65
18:0	g	0. 69		14	0. 59	0. 49	2. 81
Monounsaturated, total	g	2. 91			2. 48	2. 07	11. 89
16:1	g	0. 22		14	0. 18	0. 15	0. 89
18:1	g	2. 60		14	2. 21	1. 85	10. 61
20:1	g	0. 06		14	0. 05	0. 05	0. 26
22:1	g						
Polyunsaturated, total	g	0. 53			0. 45	0. 38	2. 17
18:2	g	0. 43		14	0. 36	0. 30	1. 75
18:3	g	0. 01		14	0. 01	0. 01	0. 05
18:4	g						
20:4	g	0. 06		14	0. 05	0. 04	0. 24
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	92	4. 032	14	78	66	377
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 395			0. 336	0. 281	1. 614
Threonine	g	1. 422			1. 208	1. 009	5. 803
Isoleucine	g	1. 458			1. 239	1. 035	5. 950
Leucine	g	2. 498			2. 123	1. 773	10. 196
Lysine	g	2. 799			2. 379	1. 988	11. 427
Methionine	g	0. 824			0. 701	0. 585	3. 365
Cystine	g	0. 397			0. 337	0. 282	1. 621
Phenylalanine	g	1. 243			1. 056	0. 882	5. 072
Tyrosine	g	1. 085			0. 922	0. 770	4. 428
Valine	g	1. 689			1. 435	1. 199	6. 894
Arginine	g	1. 935			1. 645	1. 374	7. 899
Histidine	g	1. 244			1. 057	0. 883	5. 076
Alanine	g	1. 814			1. 541	1. 288	7. 403
Aspartic acid	g	2. 887			2. 454	2. 050	11. 786
Glutamic acid	g	4. 873			4. 142	3. 460	19. 892
Glycine	g	1. 478			1. 256	1. 049	6. 034
Proline	g	1. 251			1. 063	0. 888	5. 105
Serine	g	1. 286			1. 093	0. 913	5. 249

[1] Trimmed to 0.03 inch fat before cooking.
[2] One raw chop with refuse weighs 113 g, which applies to chops cut 4 per pound.

PORK, FRESH, LOIN, SIRLOIN (SIRLOIN ROASTS), BONE-IN, SEPARABLE LEAN ONLY, Cooked, roasted[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 208 g[2]	Refuse: Bone 31% Separable fat 7%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60. 54	0. 491	15	51. 46	125. 92	170. 24
Food energy	kcal	216			183	449	607
	kJ	904			768	1,879	2,541
Protein (N x 6.25)	g	28. 81	0. 298	15	24. 49	59. 92	81. 01
Total lipid (fat)	g	10. 29	0. 416	15	8. 75	21. 40	28. 94
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 12	0. 029	15	0. 95	2. 33	3. 15
Minerals:							
Calcium	mg	20	2. 423	5	17	41	56
Iron	mg	1. 12	0. 042	17	0. 95	2. 33	3. 15
Magnesium	mg	25	0. 562	7	22	53	72
Phosphorus	mg	228	2. 397	5	194	474	641
Potassium	mg	366	6. 475	17	311	761	1,029
Sodium	mg	63	1. 270	17	54	132	178
Zinc	mg	2. 57	0. 059	17	2. 19	5. 35	7. 24
Copper	mg	0. 086	0. 009	17	0. 073	0. 180	0. 243
Manganese	mg	0. 028		1	0. 024	0. 058	0. 079
Vitamins:							
Ascorbic acid	mg	0. 3			0. 3	0. 6	0. 8
Thiamin	mg	0. 795	0. 069	12	0. 676	1. 654	2. 236
Riboflavin	mg	0. 334	0. 018	12	0. 284	0. 695	0. 939
Niacin	mg	5. 552	0. 232	12	4. 719	11. 548	15. 612
Pantothenic acid	mg	0. 629			0. 535	1. 308	1. 769
Vitamin B-6	mg	0. 420		1	0. 357	0. 874	1. 181
Folate	mcg	6			5	12	17
Vitamin B-12	mcg	0. 78	0. 075	12	0. 66	1. 62	2. 19
Vitamin A	RE	2			2	4	6
	IU	7			6	15	20
Lipids:							
Fatty acids:							
Saturated, total	g	3. 62			3. 08	7. 53	10. 18
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01		21	0. 01	0. 01	0. 02
12:0	g	0. 01		21	0. 01	0. 01	0. 02
14:0	g	0. 13		32	0. 11	0. 26	0. 35
16:0	g	2. 25		32	1. 92	4. 69	6. 34
18:0	g	1. 15		32	0. 98	2. 40	3. 24
Monounsaturated, total	g	4. 52			3. 85	9. 41	12. 72
16:1	g	0. 32		32	0. 28	0. 67	0. 91
18:1	g	4. 07		32	3. 46	8. 46	11. 43
20:1	g	0. 09		15	0. 07	0. 18	0. 24
22:1	g						
Polyunsaturated, total	g	0. 87			0. 74	1. 81	2. 45
18:2	g	0. 77		32	0. 65	1. 59	2. 16
18:3	g	0. 02		32	0. 02	0. 04	0. 06
18:4	g						
20:4	g	0. 05		32	0. 04	0. 10	0. 13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	86	1. 257	15	73	180	243
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 366			0. 311	0. 761	1. 029
Threonine	g	1. 316			1. 118	2. 736	3. 699
Isoleucine	g	1. 349			1. 147	2. 806	3. 793
Leucine	g	2. 312			1. 965	4. 808	6. 500
Lysine	g	2. 591			2. 202	5. 389	7. 285
Methionine	g	0. 763			0. 648	1. 587	2. 145
Cystine	g	0. 367			0. 312	0. 764	1. 033
Phenylalanine	g	1. 150			0. 978	2. 392	3. 234
Tyrosine	g	1. 004			0. 853	2. 088	2. 823
Valine	g	1. 563			1. 329	3. 251	4. 395
Arginine	g	1. 791			1. 522	3. 725	5. 036
Histidine	g	1. 151			0. 978	2. 394	3. 236
Alanine	g	1. 678			1. 427	3. 491	4. 720
Aspartic acid	g	2. 672			2. 271	5. 558	7. 514
Glutamic acid	g	4. 510			3. 833	9. 381	12. 682
Glycine	g	1. 368			1. 163	2. 845	3. 847
Proline	g	1. 157			0. 984	2. 407	3. 254
Serine	g	1. 190			1. 012	2. 475	3. 346

[1] Trimmed to 0.17 inch fat before cooking.
[2] Raw weight includes refuse; cooked weight excludes refuse.

PORK, FRESH, LOIN, SIRLOIN (SIRLOIN ROASTS), BONELESS, SEPARABLE LEAN ONLY, Cooked, roasted[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 308 g[2]	Refuse: Connective tissue 5% Separable fat 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	61. 28			52. 09	188. 73	258. 46
Food energy	kcal	198			168	609	834
	kJ	828			704	2,550	3,492
Protein (N x 6.25)	g	28. 85			24. 52	88. 86	121. 69
Total lipid (fat)	g	8. 27			7. 03	25. 46	34. 86
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 49			1. 27	4. 60	6. 30
Minerals:							
Calcium	mg	17			14	51	70
Iron	mg	1. 19			1. 01	3. 65	5. 00
Magnesium	mg	27			23	82	113
Phosphorus	mg	254			216	783	1,073
Potassium	mg	405			344	1,248	1,709
Sodium	mg	56			48	173	237
Zinc	mg	2. 53			2. 15	7. 81	10. 69
Copper	mg	0. 095			0. 081	0. 292	0. 400
Manganese	mg	0. 016			0. 014	0. 050	0. 069
Vitamins:							
Ascorbic acid	mg	1. 0			0. 8	3. 0	4. 2
Thiamin	mg	0. 893			0. 759	2. 749	3. 765
Riboflavin	mg	0. 380			0. 323	1. 170	1. 603
Niacin	mg	5. 131			4. 362	15. 805	21. 644
Pantothenic acid	mg	0. 737			0. 627	2. 271	3. 110
Vitamin B-6	mg	0. 475			0. 403	1. 462	2. 002
Folate	mcg	5			4	15	20
Vitamin B-12	mcg	0. 76			0. 64	2. 33	3. 19
Vitamin A	RE	2			2	7	9
	IU	7			6	22	30
Lipids:							
Fatty acids:							
Saturated, total	g	2. 97			2. 53	9. 15	12. 53
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 02	0. 03
12:0	g	0. 01			0. 01	0. 02	0. 03
14:0	g	0. 10			0. 09	0. 31	0. 43
16:0	g	1. 84			1. 56	5. 66	7. 74
18:0	g	0. 95			0. 81	2. 94	4. 03
Monounsaturated, total	g	3. 62			3. 08	11. 16	15. 28
16:1	g	0. 25			0. 21	0. 77	1. 06
18:1	g	3. 27			2. 78	10. 06	13. 77
20:1	g	0. 07			0. 06	0. 22	0. 30
22:1	g						
Polyunsaturated, total	g	0. 73			0. 62	2. 26	3. 10
18:2	g	0. 64			0. 54	1. 97	2. 70
18:3	g	0. 02			0. 02	0. 06	0. 08
18:4	g						
20:4	g	0. 04			0. 03	0. 12	0. 16
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	86			73	266	364
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 366			0. 311	1. 129	1. 546
Threonine	g	1. 317			1. 120	4. 057	5. 557
Isoleucine	g	1. 351			1. 148	4. 161	5. 698
Leucine	g	2. 315			1. 968	7. 129	9. 764
Lysine	g	2. 594			2. 205	7. 990	10. 943
Methionine	g	0. 764			0. 649	2. 353	3. 222
Cystine	g	0. 368			0. 313	1. 133	1. 552
Phenylalanine	g	1. 152			0. 979	3. 547	4. 857
Tyrosine	g	1. 005			0. 854	3. 096	4. 240
Valine	g	1. 565			1. 330	4. 820	6. 601
Arginine	g	1. 793			1. 524	5. 524	7. 564
Histidine	g	1. 152			0. 980	3. 550	4. 861
Alanine	g	1. 681			1. 429	5. 176	7. 089
Aspartic acid	g	2. 676			2. 274	8. 241	11. 286
Glutamic acid	g	4. 516			3. 839	13. 909	19. 049
Glycine	g	1. 370			1. 164	4. 219	5. 778
Proline	g	1. 159			0. 985	3. 569	4. 888
Serine	g	1. 192			1. 013	3. 670	5. 026

[1] Trimmed to 0.03 inch fat before cooking.
[2] Raw weight includes refuse; cooked weight excludes refuse.

PORK, FRESH, LOIN, TENDERLOIN, SEPARABLE LEAN AND FAT, Raw[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 5%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	73. 38			332. 87	20. 80	316. 21
Food energy	kcal	136			619	39	588
	kJ	571			2,591	162	2,461
Protein (N x 6.25)	g	20. 54			93. 15	5. 82	88. 49
Total lipid (fat)	g	5. 41			24. 52	1. 53	23. 29
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 71			7. 77	0. 49	7. 38
Minerals:							
Calcium	mg	5			22	1	21
Iron	mg	1. 20			5. 45	0. 34	5. 18
Magnesium	mg	25			114	7	108
Phosphorus	mg	222			1,005	63	955
Potassium	mg	359			1,627	102	1,545
Sodium	mg	49			220	14	209
Zinc	mg	1. 99			9. 03	0. 56	8. 58
Copper	mg	0. 048			0. 220	0. 014	0. 209
Manganese	mg	0. 015			0. 066	0. 004	0. 063
Vitamins:							
Ascorbic acid	mg	0. 9			4. 0	0. 2	3. 8
Thiamin	mg	0. 951			4. 313	0. 270	4. 098
Riboflavin	mg	0. 275			1. 249	0. 078	1. 187
Niacin	mg	4. 347			19. 720	1. 233	18. 733
Pantothenic acid	mg	0. 884			4. 009	0. 251	3. 808
Vitamin B-6	mg	0. 505			2. 291	0. 143	2. 177
Folate	mcg	5			22	1	21
Vitamin B-12	mcg	0. 79			3. 61	0. 23	3. 42
Vitamin A	RE	2			8	1	8
	IU	6			28	2	26
Lipids:							
Fatty acids:							
Saturated, total	g	1. 87			8. 48	0. 53	8. 06
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 00			0. 02	0. 00	0. 02
12:0	g	0. 01			0. 03	0. 00	0. 03
14:0	g	0. 07			0. 31	0. 02	0. 29
16:0	g	1. 18			5. 33	0. 33	5. 07
18:0	g	0. 60			2. 73	0. 17	2. 59
Monounsaturated, total	g	2. 42			10. 98	0. 69	10. 43
16:1	g	0. 16			0. 73	0. 05	0. 69
18:1	g	2. 21			10. 04	0. 63	9. 54
20:1	g	0. 04			0. 18	0. 01	0. 17
22:1	g						
Polyunsaturated, total	g	0. 58			2. 63	0. 16	2. 50
18:2	g	0. 48			2. 16	0. 14	2. 05
18:3	g	0. 03			0. 14	0. 01	0. 14
18:4	g						
20:4	g	0. 05			0. 21	0. 01	0. 20
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	66			299	19	284
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 259			1. 175	0. 073	1. 116
Threonine	g	0. 935			4. 241	0. 265	4. 028
Isoleucine	g	0. 958			4. 343	0. 271	4. 126
Leucine	g	1. 644			7. 459	0. 466	7. 086
Lysine	g	1. 844			8. 366	0. 523	7. 947
Methionine	g	0. 541			2. 455	0. 153	2. 332
Cystine	g	0. 261			1. 184	0. 074	1. 125
Phenylalanine	g	0. 819			3. 714	0. 232	3. 528
Tyrosine	g	0. 712			3. 230	0. 202	3. 068
Valine	g	1. 112			5. 044	0. 315	4. 792
Arginine	g	1. 282			5. 814	0. 363	5. 523
Histidine	g	0. 815			3. 697	0. 231	3. 512
Alanine	g	1. 199			5. 437	0. 340	5. 165
Aspartic acid	g	1. 900			8. 619	0. 539	8. 187
Glutamic acid	g	3. 202			14. 522	0. 908	13. 795
Glycine	g	0. 999			4. 530	0. 283	4. 303
Proline	g	0. 838			3. 800	0. 238	3. 610
Serine	g	0. 848			3. 847	0. 240	3. 655

[1] Trimmed to 0.02 inch fat.

PORK, FRESH, LOIN, TENDERLOIN, SEPARABLE LEAN AND FAT, Cooked, broiled[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 76 g[2]	Refuse: Connective tissue 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	61. 09			51. 93	46. 43	268. 80
Food energy	kcal	201			171	153	883
	kJ	840			714	638	3,696
Protein (N x 6.25)	g	29. 86			25. 38	22. 69	131. 36
Total lipid (fat)	g	8. 11			6. 90	6. 17	35. 70
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	2. 49			2. 12	1. 90	10. 98
Minerals:							
Calcium	mg	5			4	4	23
Iron	mg	1. 39			1. 19	1. 06	6. 13
Magnesium	mg	35			30	26	153
Phosphorus	mg	290			247	221	1,278
Potassium	mg	444			378	338	1,956
Sodium	mg	64			54	48	280
Zinc	mg	2. 89			2. 46	2. 20	12. 73
Copper	mg	0. 067			0. 057	0. 051	0. 295
Manganese	mg	0. 012			0. 010	0. 009	0. 051
Vitamins:							
Ascorbic acid	mg	1. 0			0. 9	0. 8	4. 4
Thiamin	mg	0. 968			0. 822	0. 735	4. 257
Riboflavin	mg	0. 378			0. 322	0. 288	1. 665
Niacin	mg	5. 054			4. 296	3. 841	22. 239
Pantothenic acid	mg	0. 899			0. 764	0. 683	3. 954
Vitamin B-6	mg	0. 515			0. 438	0. 392	2. 267
Folate	mcg	6			5	4	25
Vitamin B-12	mcg	0. 98			0. 83	0. 75	4. 32
Vitamin A	RE	2			2	2	9
	IU	7			6	5	30
Lipids:							
Fatty acids:							
Saturated, total	g	2. 93			2. 49	2. 23	12. 89
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 01	0. 03
12:0	g	0. 01			0. 01	0. 01	0. 03
14:0	g	0. 10			0. 08	0. 07	0. 42
16:0	g	1. 79			1. 52	1. 36	7. 87
18:0	g	0. 97			0. 82	0. 74	4. 26
Monounsaturated, total	g	3. 34			2. 84	2. 54	14. 72
16:1	g	0. 23			0. 20	0. 18	1. 02
18:1	g	3. 01			2. 56	2. 29	13. 26
20:1	g	0. 06			0. 05	0. 05	0. 28
22:1	g						
Polyunsaturated, total	g	0. 74			0. 63	0. 57	3. 27
18:2	g	0. 65			0. 55	0. 49	2. 87
18:3	g	0. 02			0. 02	0. 01	0. 08
18:4	g						
20:4	g	0. 04			0. 04	0. 03	0. 18
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	94			80	72	414
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 376			0. 319	0. 286	1. 653
Threonine	g	1. 358			1. 154	1. 032	5. 974
Isoleucine	g	1. 390			1. 182	1. 056	6. 116
Leucine	g	2. 389			2. 031	1. 816	10. 513
Lysine	g	2. 680			2. 278	2. 037	11. 793
Methionine	g	0. 786			0. 668	0. 597	3. 457
Cystine	g	0. 379			0. 322	0. 288	1. 668
Phenylalanine	g	1. 190			1. 011	0. 904	5. 236
Tyrosine	g	1. 034			0. 879	0. 786	4. 548
Valine	g	1. 616			1. 373	1. 228	7. 110
Arginine	g	1. 866			1. 586	1. 418	8. 211
Histidine	g	1. 182			1. 005	0. 899	5. 203
Alanine	g	1. 744			1. 482	1. 325	7. 673
Aspartic acid	g	2. 760			2. 346	2. 098	12. 145
Glutamic acid	g	4. 648			3. 951	3. 533	20. 452
Glycine	g	1. 463			1. 244	1. 112	6. 437
Proline	g	1. 224			1. 041	0. 930	5. 386
Serine	g	1. 233			1. 048	0. 937	5. 426

[1] Trimmed to 0.02 inch fat before cooking.
[2] One raw chop with refuse weighs 113 g, which applies to chops cut 4 per pound.

PORK, FRESH, LOIN, TENDERLOIN, SEPARABLE LEAN AND FAT, Cooked, roasted[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 340 g[2]	Refuse: Connective tissue 4%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	65. 44			55. 63	222. 51	285. 01
Food energy	kcal	173			147	589	755
	kJ	725			617	2,467	3,160
Protein (N x 6.25)	g	27. 81			23. 63	94. 54	121. 09
Total lipid (fat)	g	6. 05			5. 14	20. 57	26. 35
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 28			1. 09	4. 35	5. 57
Minerals:							
Calcium	mg	6			5	20	25
Iron	mg	1. 45			1. 23	4. 92	6. 31
Magnesium	mg	27			23	93	119
Phosphorus	mg	257			219	875	1,121
Potassium	mg	433			368	1,473	1,887
Sodium	mg	55			47	189	242
Zinc	mg	2. 60			2. 21	8. 83	11. 31
Copper	mg	0. 048			0. 041	0. 165	0. 211
Manganese	mg	0. 038			0. 033	0. 130	0. 167
Vitamins:							
Ascorbic acid	mg	0. 4			0. 3	1. 3	1. 7
Thiamin	mg	0. 927			0. 788	3. 152	4. 037
Riboflavin	mg	0. 384			0. 327	1. 306	1. 673
Niacin	mg	4. 663			3. 964	15. 855	20. 308
Pantothenic acid	mg	0. 679			0. 577	2. 310	2. 958
Vitamin B-6	mg	0. 414			0. 352	1. 407	1. 803
Folate	mcg	6			5	20	26
Vitamin B-12	mcg	0. 55			0. 47	1. 86	2. 39
Vitamin A	RE	2			2	7	9
	IU	7			6	24	31
Lipids:							
Fatty acids:							
Saturated, total	g	2. 14			1. 82	7. 28	9. 33
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 02	0. 03
12:0	g	0. 01			0. 01	0. 02	0. 03
14:0	g	0. 07			0. 06	0. 23	0. 30
16:0	g	1. 31			1. 11	4. 45	5. 70
18:0	g	0. 71			0. 60	2. 40	3. 07
Monounsaturated, total	g	2. 46			2. 09	8. 38	10. 73
16:1	g	0. 18			0. 15	0. 60	0. 77
18:1	g	2. 21			1. 88	7. 51	9. 62
20:1	g	0. 05			0. 04	0. 17	0. 22
22:1	g						
Polyunsaturated, total	g	0. 54			0. 46	1. 83	2. 35
18:2	g	0. 47			0. 40	1. 58	2. 03
18:3	g	0. 01			0. 01	0. 04	0. 05
18:4	g						
20:4	g	0. 04			0. 03	0. 13	0. 16
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	79			67	269	344
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 351			0. 298	1. 193	1. 528
Threonine	g	1. 266			1. 076	4. 304	5. 513
Isoleucine	g	1. 297			1. 102	4. 409	5. 647
Leucine	g	2. 227			1. 893	7. 571	9. 697
Lysine	g	2. 497			2. 123	8. 491	10. 876
Methionine	g	0. 733			0. 623	2. 492	3. 192
Cystine	g	0. 353			0. 300	1. 202	1. 539
Phenylalanine	g	1. 109			0. 942	3. 770	4. 829
Tyrosine	g	0. 964			0. 820	3. 279	4. 199
Valine	g	1. 506			1. 280	5. 120	6. 558
Arginine	g	1. 735			1. 475	5. 900	7. 557
Histidine	g	1. 104			0. 938	3. 753	4. 807
Alanine	g	1. 623			1. 379	5. 518	7. 068
Aspartic acid	g	2. 573			2. 187	8. 748	11. 205
Glutamic acid	g	4. 335			3. 685	14. 741	18. 881
Glycine	g	1. 351			1. 148	4. 593	5. 884
Proline	g	1. 134			0. 964	3. 855	4. 938
Serine	g	1. 148			0. 976	3. 905	5. 002

[1] Trimmed to 0.02 inch fat before cooking.
[2] Raw weight includes refuse; cooked weight excludes refuse.

PORK, FRESH, LOIN, TENDERLOIN, SEPARABLE LEAN ONLY, Raw[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 5% Separable fat 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	74. 94	0. 297	15	339. 95	21. 25	312. 74
Food energy	kcal	120			546	34	502
	kJ	504			2,286	143	2,103
Protein (N x 6.25)	g	20. 99	0. 317	12	95. 21	5. 95	87. 59
Total lipid (fat)	g	3. 41	0. 133	15	15. 48	0. 97	14. 24
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 76			7. 98	0. 50	7. 34
Minerals:							
Calcium	mg	5	0. 316	5	22	1	20
Iron	mg	1. 23	0. 040	9	5. 58	0. 35	5. 14
Magnesium	mg	26	0. 242	5	117	7	108
Phosphorus	mg	226	2. 558	5	1,024	64	942
Potassium	mg	366	4. 048	17	1,661	104	1,528
Sodium	mg	50	0. 951	17	225	14	207
Zinc	mg	2. 03	0. 086	7	9. 22	0. 58	8. 48
Copper	mg	0. 049	0. 013	5	0. 223	0. 014	0. 205
Manganese	mg	0. 015			0. 068	0. 004	0. 063
Vitamins:							
Ascorbic acid	mg	0. 9			4. 1	0. 3	3. 8
Thiamin	mg	0. 974			4. 418	0. 276	4. 065
Riboflavin	mg	0. 281			1. 275	0. 080	1. 173
Niacin	mg	4. 429			20. 090	1. 256	18. 482
Pantothenic acid	mg	0. 904			4. 101	0. 256	3. 772
Vitamin B-6	mg	0. 520			2. 359	0. 147	2. 170
Folate	mcg	5			23	1	21
Vitamin B-12	mcg	0. 81			3. 67	0. 23	3. 38
Vitamin A	RE	2			8	1	8
	IU	6			27	2	25
Lipids:							
Fatty acids:							
Saturated, total	g	1. 18			5. 34	0. 33	4. 91
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 00		73	0. 01	0. 00	0. 01
12:0	g	0. 00		75	0. 02	0. 00	0. 02
14:0	g	0. 04		378	0. 19	0. 01	0. 18
16:0	g	0. 75		378	3. 41	0. 21	3. 13
18:0	g	0. 37		378	1. 67	0. 10	1. 54
Monounsaturated, total	g	1. 54			6. 99	0. 44	6. 43
16:1	g	0. 11		378	0. 49	0. 03	0. 45
18:1	g	1. 40		378	6. 36	0. 40	5. 85
20:1	g	0. 02		71	0. 11	0. 01	0. 10
22:1	g						
Polyunsaturated, total	g	0. 37			1. 67	0. 10	1. 53
18:2	g	0. 30		378	1. 34	0. 08	1. 24
18:3	g	0. 01		190	0. 06	0. 00	0. 06
18:4	g						
20:4	g	0. 04		315	0. 19	0. 01	0. 17
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	65	2. 045	4	295	18	271
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 267			1. 209	0. 076	1. 113
Threonine	g	0. 958			4. 348	0. 272	4. 000
Isoleucine	g	0. 983			4. 458	0. 279	4. 101
Leucine	g	1. 684			7. 639	0. 477	7. 028
Lysine	g	1. 888			8. 562	0. 535	7. 877
Methionine	g	0. 556			2. 521	0. 158	2. 319
Cystine	g	0. 268			1. 214	0. 076	1. 117
Phenylalanine	g	0. 838			3. 801	0. 238	3. 496
Tyrosine	g	0. 731			3. 317	0. 207	3. 052
Valine	g	1. 139			5. 165	0. 323	4. 752
Arginine	g	1. 305			5. 919	0. 370	5. 445
Histidine	g	0. 839			3. 803	0. 238	3. 499
Alanine	g	1. 223			5. 547	0. 347	5. 103
Aspartic acid	g	1. 947			8. 831	0. 552	8. 124
Glutamic acid	g	3. 286			14. 904	0. 932	13. 712
Glycine	g	0. 997			4. 521	0. 283	4. 159
Proline	g	0. 843			3. 825	0. 239	3. 519
Serine	g	0. 867			3. 933	0. 246	3. 618

[1] Trimmed to 0.02 inch fat.

PORK, FRESH, LOIN, TENDERLOIN, SEPARABLE LEAN ONLY, Cooked, broiled[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 73 g[2]	Refuse: Connective tissue 3% Separable fat 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	62. 30			52. 96	45. 48	265. 66
Food energy	kcal	187			159	136	797
	kJ	783			665	571	3,338
Protein (N x 6.25)	g	30. 42			25. 86	22. 21	129. 71
Total lipid (fat)	g	6. 33			5. 38	4. 62	26. 99
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	2. 55			2. 17	1. 86	10. 88
Minerals:							
Calcium	mg	5			5	4	23
Iron	mg	1. 43			1. 21	1. 04	6. 09
Magnesium	mg	36			30	26	152
Phosphorus	mg	295			250	215	1,256
Potassium	mg	451			383	329	1,924
Sodium	mg	65			55	47	276
Zinc	mg	2. 95			2. 50	2. 15	12. 56
Copper	mg	0. 068			0. 057	0. 049	0. 288
Manganese	mg	0. 012			0. 010	0. 009	0. 051
Vitamins:							
Ascorbic acid	mg	1. 0			0. 9	0. 8	4. 4
Thiamin	mg	0. 988			0. 840	0. 721	4. 213
Riboflavin	mg	0. 387			0. 329	0. 282	1. 650
Niacin	mg	5. 135			4. 365	3. 749	21. 896
Pantothenic acid	mg	0. 917			0. 780	0. 669	3. 911
Vitamin B-6	mg	0. 528			0. 448	0. 385	2. 249
Folate	mcg	6			5	4	25
Vitamin B-12	mcg	1. 00			0. 85	0. 73	4. 25
Vitamin A	RE	2			2	1	8
	IU	7			6	5	28
Lipids:							
Fatty acids:							
Saturated, total	g	2. 24			1. 90	1. 64	9. 55
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 00	0. 03
12:0	g	0. 01			0. 01	0. 00	0. 03
14:0	g	0. 07			0. 06	0. 05	0. 31
16:0	g	1. 37			1. 16	1. 00	5. 83
18:0	g	0. 74			0. 63	0. 54	3. 15
Monounsaturated, total	g	2. 58			2. 19	1. 88	10. 99
16:1	g	0. 19			0. 16	0. 14	0. 79
18:1	g	2. 31			1. 96	1. 69	9. 85
20:1	g	0. 05			0. 04	0. 04	0. 22
22:1	g						
Polyunsaturated, total	g	0. 56			0. 48	0. 41	2. 40
18:2	g	0. 49			0. 41	0. 36	2. 08
18:3	g	0. 01			0. 01	0. 01	0. 05
18:4	g						
20:4	g	0. 04			0. 03	0. 03	0. 16
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	94			80	69	402
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 386			0. 328	0. 282	1. 648
Threonine	g	1. 389			1. 181	1. 014	5. 923
Isoleucine	g	1. 424			1. 211	1. 040	6. 074
Leucine	g	2. 441			2. 075	1. 782	10. 407
Lysine	g	2. 736			2. 325	1. 997	11. 665
Methionine	g	0. 805			0. 685	0. 588	3. 434
Cystine	g	0. 388			0. 330	0. 283	1. 654
Phenylalanine	g	1. 214			1. 032	0. 886	5. 178
Tyrosine	g	1. 060			0. 901	0. 774	4. 519
Valine	g	1. 650			1. 403	1. 205	7. 037
Arginine	g	1. 891			1. 607	1. 380	8. 063
Histidine	g	1. 215			1. 033	0. 887	5. 182
Alanine	g	1. 772			1. 506	1. 294	7. 557
Aspartic acid	g	2. 822			2. 398	2. 060	12. 031
Glutamic acid	g	4. 762			4. 048	3. 476	20. 305
Glycine	g	1. 444			1. 228	1. 054	6. 159
Proline	g	1. 222			1. 039	0. 892	5. 211
Serine	g	1. 257			1. 068	0. 917	5. 358

[1] Trimmed to 0.02 inch fat before cooking.
[2] One raw chop with refuse weighs 113 g, which applies to chops cut 4 per pound.

PORK, FRESH, LOIN, TENDERLOIN, SEPARABLE LEAN ONLY, Cooked, roasted[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 333 g[2]	Refuse: Connective tissue 4% Separable fat 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	66. 35	0. 367	15	56. 40	220. 95	282. 92
Food energy	kcal	164			139	545	697
	kJ	685			582	2,280	2,919
Protein (N x 6.25)	g	28. 14	0. 268	15	23. 92	93. 71	119. 99
Total lipid (fat)	g	4. 81	0. 200	15	4. 09	16. 02	20. 51
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 29	0. 015	15	1. 10	4. 30	5. 50
Minerals:							
Calcium	mg	6	0. 602	5	5	19	25
Iron	mg	1. 47	0. 034	6	1. 25	4. 90	6. 28
Magnesium	mg	28	0. 615	6	24	93	119
Phosphorus	mg	259	6. 796	6	221	864	1,107
Potassium	mg	437	20. 312	6	372	1,457	1,865
Sodium	mg	56	2. 516	6	48	186	239
Zinc	mg	2. 63	0. 097	6	2. 23	8. 75	11. 20
Copper	mg	0. 048	0. 024	6	0. 041	0. 161	0. 206
Manganese	mg	0. 039		1	0. 033	0. 130	0. 166
Vitamins:							
Ascorbic acid	mg	0. 4			0. 3	1. 3	1. 7
Thiamin	mg	0. 940		1	0. 799	3. 130	4. 008
Riboflavin	mg	0. 390		1	0. 331	1. 299	1. 663
Niacin	mg	4. 709			4. 003	15. 681	20. 079
Pantothenic acid	mg	0. 687			0. 584	2. 288	2. 929
Vitamin B-6	mg	0. 420			0. 357	1. 399	1. 791
Folate	mcg	6			5	20	26
Vitamin B-12	mcg	0. 55		1	0. 47	1. 83	2. 35
Vitamin A	RE	2			2	7	9
	IU	7			6	23	30
Lipids:							
Fatty acids:							
Saturated, total	g	1. 66			1. 41	5. 54	7. 09
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 00		15	0. 00	0. 02	0. 02
12:0	g	0. 00		15	0. 00	0. 02	0. 02
14:0	g	0. 05		15	0. 04	0. 17	0. 22
16:0	g	1. 02		15	0. 86	3. 38	4. 33
18:0	g	0. 55		15	0. 46	1. 82	2. 33
Monounsaturated, total	g	1. 93			1. 64	6. 43	8. 23
16:1	g	0. 14		15	0. 12	0. 48	0. 62
18:1	g	1. 72		15	1. 46	5. 73	7. 33
20:1	g	0. 04		15	0. 03	0. 14	0. 17
22:1	g						
Polyunsaturated, total	g	0. 41			0. 35	1. 38	1. 76
18:2	g	0. 35		15	0. 30	1. 17	1. 50
18:3	g	0. 01		15	0. 01	0. 02	0. 03
18:4	g						
20:4	g	0. 03		15	0. 03	0. 12	0. 15
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	79	2. 092	15	67	262	336
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 357			0. 304	1. 190	1. 524
Threonine	g	1. 285			1. 092	4. 279	5. 479
Isoleucine	g	1. 318			1. 120	4. 388	5. 618
Leucine	g	2. 258			1. 919	7. 519	9. 627
Lysine	g	2. 531			2. 151	8. 427	10. 790
Methionine	g	0. 745			0. 633	2. 481	3. 177
Cystine	g	0. 359			0. 305	1. 195	1. 530
Phenylalanine	g	1. 123			0. 955	3. 741	4. 790
Tyrosine	g	0. 980			0. 833	3. 265	4. 181
Valine	g	1. 527			1. 298	5. 084	6. 509
Arginine	g	1. 749			1. 487	5. 825	7. 459
Histidine	g	1. 124			0. 956	3. 743	4. 793
Alanine	g	1. 639			1. 393	5. 459	6. 990
Aspartic acid	g	2. 610			2. 219	8. 691	11. 129
Glutamic acid	g	4. 405			3. 744	14. 669	18. 783
Glycine	g	1. 336			1. 136	4. 449	5. 697
Proline	g	1. 130			0. 961	3. 764	4. 820
Serine	g	1. 162			0. 988	3. 871	4. 956

[1] Trimmed to 0.02 inch fat before cooking.
[2] Raw weight includes refuse; cooked weight excludes refuse.

PORK, FRESH, LOIN, TOP LOIN (LOIN CHOPS), BONELESS, SEPARABLE LEAN AND FAT, Raw[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 raw chop yields 102 g[2]	Refuse: Connective tissue 10%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	67. 71			307. 12	69. 06	276. 38
Food energy	kcal	185			839	189	755
	kJ	774			3,512	790	3,161
Protein (N x 6.25)	g	20. 42			92. 64	20. 83	83. 37
Total lipid (fat)	g	10. 84			49. 16	11. 05	44. 24
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 92			4. 15	0. 93	3. 74
Minerals:							
Calcium	mg	20			89	20	80
Iron	mg	0. 72			3. 25	0. 73	2. 93
Magnesium	mg	21			94	21	85
Phosphorus	mg	204			925	208	832
Potassium	mg	394			1,787	402	1,609
Sodium	mg	43			195	44	175
Zinc	mg	1. 55			7. 05	1. 58	6. 34
Copper	mg	0. 056			0. 252	0. 057	0. 227
Manganese	mg	0. 009			0. 043	0. 010	0. 038
Vitamins:							
Ascorbic acid	mg	0. 3			1. 2	0. 3	1. 1
Thiamin	mg	0. 800			3. 630	0. 816	3. 267
Riboflavin	mg	0. 253			1. 148	0. 258	1. 033
Niacin	mg	4. 748			21. 537	4. 843	19. 381
Pantothenic acid	mg	0. 720			3. 266	0. 734	2. 939
Vitamin B-6	mg	0. 432			1. 958	0. 440	1. 762
Folate	mcg	7			30	7	27
Vitamin B-12	mcg	0. 51			2. 32	0. 52	2. 09
Vitamin A	RE	2			9	2	8
	IU	6			29	6	26
Lipids:							
Fatty acids:							
Saturated, total	g	3. 75			17. 03	3. 83	15. 32
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 04	0. 01	0. 03
12:0	g	0. 01			0. 05	0. 01	0. 05
14:0	g	0. 13			0. 61	0. 14	0. 55
16:0	g	2. 35			10. 64	2. 39	9. 58
18:0	g	1. 22			5. 54	1. 24	4. 98
Monounsaturated, total	g	4. 84			21. 95	4. 94	19. 75
16:1	g	0. 31			1. 42	0. 32	1. 28
18:1	g	4. 43			20. 11	4. 52	18. 09
20:1	g	0. 08			0. 36	0. 08	0. 33
22:1	g						
Polyunsaturated, total	g	1. 16			5. 26	1. 18	4. 73
18:2	g	0. 96			4. 36	0. 98	3. 93
18:3	g	0. 07			0. 33	0. 07	0. 29
18:4	g						
20:4	g	0. 07			0. 33	0. 07	0. 30
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	58			265	60	238
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 254			1. 153	0. 259	1. 037
Threonine	g	0. 924			4. 193	0. 943	3. 773
Isoleucine	g	0. 945			4. 285	0. 964	3. 856
Leucine	g	1. 629			7. 391	1. 662	6. 651
Lysine	g	1. 830			8. 300	1. 866	7. 469
Methionine	g	0. 534			2. 421	0. 544	2. 179
Cystine	g	0. 258			1. 169	0. 263	1. 052
Phenylalanine	g	0. 813			3. 686	0. 829	3. 317
Tyrosine	g	0. 702			3. 183	0. 716	2. 864
Valine	g	1. 102			5. 000	1. 124	4. 500
Arginine	g	1. 285			5. 828	1. 310	5. 244
Histidine	g	0. 801			3. 632	0. 817	3. 268
Alanine	g	1. 197			5. 428	1. 221	4. 885
Aspartic acid	g	1. 881			8. 532	1. 919	7. 678
Glutamic acid	g	3. 159			14. 331	3. 223	12. 897
Glycine	g	1. 037			4. 706	1. 058	4. 235
Proline	g	0. 857			3. 889	0. 875	3. 500
Serine	g	0. 844			3. 826	0. 860	3. 443

[1] Trimmed to 0.11 inch fat.
[2] One raw chop with refuse weighs 113 g, which applies to chops cut 4 per pound.

PORK, FRESH, LOIN, TOP LOIN (LOIN ROASTS), BONELESS, SEPARABLE LEAN AND FAT, Raw[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 11%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	67. 05			304. 16	19. 01	270. 70
Food energy	kcal	191			867	54	772
	kJ	800			3,630	227	3,230
Protein (N x 6.25)	g	20. 24			91. 80	5. 74	81. 70
Total lipid (fat)	g	11. 61			52. 67	3. 29	46. 88
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 91			4. 11	0. 26	3. 66
Minerals:							
Calcium	mg	19			88	5	78
Iron	mg	0. 71			3. 23	0. 20	2. 87
Magnesium	mg	21			93	6	83
Phosphorus	mg	202			918	57	817
Potassium	mg	390			1,771	111	1,576
Sodium	mg	43			193	12	172
Zinc	mg	1. 54			7. 00	0. 44	6. 23
Copper	mg	0. 055			0. 250	0. 016	0. 223
Manganese	mg	0. 009			0. 042	0. 003	0. 038
Vitamins:							
Ascorbic acid	mg	0. 3			1. 2	0. 1	1. 1
Thiamin	mg	0. 793			3. 596	0. 225	3. 200
Riboflavin	mg	0. 251			1. 139	0. 071	1. 013
Niacin	mg	4. 709			21. 361	1. 335	19. 011
Pantothenic acid	mg	0. 714			3. 238	0. 202	2. 882
Vitamin B-6	mg	0. 427			1. 935	0. 121	1. 722
Folate	mcg	6			29	2	26
Vitamin B-12	mcg	0. 51			2. 31	0. 14	2. 05
Vitamin A	RE	2			9	1	8
	IU	6			29	2	26
Lipids:							
Fatty acids:							
Saturated, total	g	4. 02			18. 25	1. 14	16. 24
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 04	0. 00	0. 04
12:0	g	0. 01			0. 06	0. 00	0. 05
14:0	g	0. 14			0. 66	0. 04	0. 58
16:0	g	2. 51			11. 39	0. 71	10. 14
18:0	g	1. 31			5. 95	0. 37	5. 29
Monounsaturated, total	g	5. 18			23. 50	1. 47	20. 91
16:1	g	0. 33			1. 52	0. 09	1. 35
18:1	g	4. 75			21. 54	1. 35	19. 17
20:1	g	0. 09			0. 39	0. 02	0. 35
22:1	g						
Polyunsaturated, total	g	1. 24			5. 63	0. 35	5. 01
18:2	g	1. 03			4. 68	0. 29	4. 17
18:3	g	0. 08			0. 36	0. 02	0. 32
18:4	g						
20:4	g	0. 07			0. 34	0. 02	0. 30
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	59			267	17	238
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 251			1. 139	0. 071	1. 014
Threonine	g	0. 915			4. 150	0. 259	3. 693
Isoleucine	g	0. 934			4. 238	0. 265	3. 772
Leucine	g	1. 613			7. 318	0. 457	6. 513
Lysine	g	1. 812			8. 220	0. 514	7. 316
Methionine	g	0. 528			2. 394	0. 150	2. 131
Cystine	g	0. 255			1. 157	0. 072	1. 030
Phenylalanine	g	0. 805			3. 651	0. 228	3. 249
Tyrosine	g	0. 694			3. 147	0. 197	2. 801
Valine	g	1. 091			4. 951	0. 309	4. 406
Arginine	g	1. 275			5. 785	0. 362	5. 148
Histidine	g	0. 791			3. 589	0. 224	3. 194
Alanine	g	1. 187			5. 383	0. 336	4. 791
Aspartic acid	g	1. 862			8. 446	0. 528	7. 517
Glutamic acid	g	3. 125			14. 176	0. 886	12. 617
Glycine	g	1. 038			4. 707	0. 294	4. 189
Proline	g	0. 855			3. 878	0. 242	3. 452
Serine	g	0. 836			3. 791	0. 237	3. 374

[1] Trimmed to 0.10 inch fat.

PORK, FRESH, LOIN, TOP LOIN (LOIN CHOPS), BONELESS, SEPARABLE LEAN AND FAT, Cooked, braised[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 79 g[2]	Refuse: Connective tissue 5%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58. 22			49. 48	45. 99	250. 85
Food energy	kcal	233			198	184	1,005
	kJ	976			830	771	4,206
Protein (N x 6.25)	g	27. 82			23. 65	21. 98	119. 87
Total lipid (fat)	g	12. 68			10. 78	10. 02	54. 65
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 27			1. 08	1. 00	5. 45
Minerals:							
Calcium	mg	21			18	17	91
Iron	mg	0. 96			0. 82	0. 76	4. 15
Magnesium	mg	19			16	15	80
Phosphorus	mg	185			157	146	795
Potassium	mg	407			346	322	1,754
Sodium	mg	42			35	33	180
Zinc	mg	2. 11			1. 80	1. 67	9. 11
Copper	mg	0. 076			0. 064	0. 060	0. 326
Manganese	mg	0. 010			0. 009	0. 008	0. 044
Vitamins:							
Ascorbic acid	mg	0. 3			0. 2	0. 2	1. 2
Thiamin	mg	0. 552			0. 470	0. 436	2. 381
Riboflavin	mg	0. 256			0. 218	0. 202	1. 104
Niacin	mg	4. 540			3. 859	3. 586	19. 561
Pantothenic acid	mg	0. 638			0. 543	0. 504	2. 751
Vitamin B-6	mg	0. 329			0. 279	0. 260	1. 417
Folate	mcg	4			4	4	19
Vitamin B-12	mcg	0. 46			0. 39	0. 36	1. 98
Vitamin A	RE	2			2	2	8
	IU	7			6	5	28
Lipids:							
Fatty acids:							
Saturated, total	g	4. 71			4. 00	3. 72	20. 29
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 01	0. 04
12:0	g	0. 01			0. 01	0. 01	0. 04
14:0	g	0. 16			0. 14	0. 13	0. 71
16:0	g	2. 92			2. 48	2. 31	12. 59
18:0	g	1. 52			1. 29	1. 20	6. 55
Monounsaturated, total	g	5. 70			4. 85	4. 51	24. 57
16:1	g	0. 40			0. 34	0. 32	1. 72
18:1	g	5. 15			4. 38	4. 07	22. 19
20:1	g	0. 10			0. 09	0. 08	0. 44
22:1	g						
Polyunsaturated, total	g	1. 04			0. 88	0. 82	4. 47
18:2	g	0. 92			0. 79	0. 73	3. 98
18:3	g	0. 03			0. 03	0. 02	0. 13
18:4	g						
20:4	g	0. 04			0. 03	0. 03	0. 17
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	75			64	59	322
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 345			0. 293	0. 272	1. 486
Threonine	g	1. 257			1. 069	0. 993	5. 417
Isoleucine	g	1. 284			1. 091	1. 014	5. 532
Leucine	g	2. 217			1. 885	1. 752	9. 554
Lysine	g	2. 491			2. 117	1. 968	10. 732
Methionine	g	0. 725			0. 616	0. 573	3. 125
Cystine	g	0. 351			0. 298	0. 277	1. 510
Phenylalanine	g	1. 106			0. 940	0. 874	4. 767
Tyrosine	g	0. 953			0. 810	0. 753	4. 108
Valine	g	1. 500			1. 275	1. 185	6. 463
Arginine	g	1. 753			1. 490	1. 385	7. 556
Histidine	g	1. 087			0. 924	0. 859	4. 684
Alanine	g	1. 632			1. 387	1. 289	7. 030
Aspartic acid	g	2. 559			2. 175	2. 021	11. 025
Glutamic acid	g	4. 294			3. 650	3. 392	18. 504
Glycine	g	1. 429			1. 215	1. 129	6. 158
Proline	g	1. 177			1. 000	0. 930	5. 070
Serine	g	1. 149			0. 977	0. 908	4. 951

[1] Trimmed to 0.11 inch fat before cooking.
[2] One raw chop with refuse weighs 113 g, which applies to chops cut 4 per pound.

PORK, FRESH, LOIN, TOP LOIN (LOIN CHOPS), BONELESS SEPARABLE LEAN AND FAT, Cooked, broiled[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 71 g[2]	Refuse: Connective tissue 10%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58. 35	0. 421	15	49. 60	41. 43	238. 18
Food energy	kcal	229			195	163	936
	kJ	960			816	681	3,917
Protein (N x 6.25)	g	29. 96	0. 193	15	25. 47	21. 27	122. 30
Total lipid (fat)	g	11. 23	0. 398	15	9. 55	7. 97	45. 84
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 14	0. 026	15	0. 97	0. 81	4. 65
Minerals:							
Calcium	mg	29			25	21	119
Iron	mg	0. 79			0. 67	0. 56	3. 23
Magnesium	mg	27			23	19	109
Phosphorus	mg	238			203	169	973
Potassium	mg	405			345	288	1,655
Sodium	mg	63			53	45	257
Zinc	mg	2. 29			1. 95	1. 63	9. 36
Copper	mg	0. 069			0. 058	0. 049	0. 280
Manganese	mg	0. 003			0. 003	0. 002	0. 012
Vitamins:							
Ascorbic acid	mg	0. 3			0. 2	0. 2	1. 1
Thiamin	mg	0. 854			0. 726	0. 606	3. 487
Riboflavin	mg	0. 308			0. 262	0. 219	1. 258
Niacin	mg	5. 042			4. 286	3. 580	20. 581
Pantothenic acid	mg	0. 703			0. 597	0. 499	2. 869
Vitamin B-6	mg	0. 376			0. 320	0. 267	1. 536
Folate	mcg	8			7	6	34
Vitamin B-12	mcg	0. 69			0. 59	0. 49	2. 83
Vitamin A	RE	2			2	1	8
	IU	6			6	5	26
Lipids:							
Fatty acids:							
Saturated, total	g	3. 95			3. 36	2. 81	16. 14
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 01	0. 03
12:0	g	0. 01			0. 01	0. 01	0. 03
14:0	g	0. 14			0. 12	0. 10	0. 58
16:0	g	2. 50			2. 12	1. 77	10. 19
18:0	g	1. 23			1. 05	0. 87	5. 02
Monounsaturated, total	g	5. 17			4. 39	3. 67	21. 09
16:1	g	0. 39			0. 33	0. 27	1. 58
18:1	g	4. 63			3. 94	3. 29	18. 91
20:1	g	0. 10			0. 08	0. 07	0. 40
22:1	g						
Polyunsaturated, total	g	0. 73			0. 62	0. 52	2. 99
18:2	g	0. 64			0. 54	0. 45	2. 61
18:3	g	0. 02			0. 01	0. 01	0. 07
18:4	g						
20:4	g	0. 05			0. 04	0. 03	0. 19
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	81	1. 600	15	69	57	329
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 381			0. 323	0. 270	1. 553
Threonine	g	1. 368			1. 163	0. 971	5. 584
Isoleucine	g	1. 403			1. 192	0. 996	5. 727
Leucine	g	2. 404			2. 043	1. 707	9. 813
Lysine	g	2. 694			2. 290	1. 913	10. 998
Methionine	g	0. 793			0. 674	0. 563	3. 238
Cystine	g	0. 382			0. 325	0. 271	1. 560
Phenylalanine	g	1. 196			1. 017	0. 849	4. 882
Tyrosine	g	1. 044			0. 887	0. 741	4. 261
Valine	g	1. 625			1. 382	1. 154	6. 635
Arginine	g	1. 862			1. 583	1. 322	7. 602
Histidine	g	1. 197			1. 017	0. 850	4. 886
Alanine	g	1. 745			1. 484	1. 239	7. 125
Aspartic acid	g	2. 779			2. 362	1. 973	11. 343
Glutamic acid	g	4. 690			3. 986	3. 330	19. 144
Glycine	g	1. 423			1. 209	1. 010	5. 807
Proline	g	1. 204			1. 023	0. 855	4. 913
Serine	g	1. 238			1. 052	0. 879	5. 051

[1] Trimmed to 0.11 inch fat before cooking.
[2] One raw chop with refuse weighs 113 g, which applies to chops cut 4 per pound.

PORK, FRESH, LOIN, TOP LOIN (LOIN CHOPS), BONELESS, SEPARABLE LEAN AND FAT, Cooked, pan-fried[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 69 g[2]	Refuse: Connective tissue 7%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	54. 84			46. 61	37. 84	231. 30
Food energy	kcal	257			219	178	1,086
	kJ	1,077			916	743	4,545
Protein (N x 6.25)	g	29. 00			24. 65	20. 01	122. 31
Total lipid (fat)	g	14. 83			12. 60	10. 23	62. 54
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 32			1. 12	0. 91	5. 57
Minerals:							
Calcium	mg	21			18	14	87
Iron	mg	0. 81			0. 69	0. 56	3. 41
Magnesium	mg	28			24	19	118
Phosphorus	mg	262			223	181	1,104
Potassium	mg	479			407	330	2,019
Sodium	mg	55			47	38	233
Zinc	mg	2. 20			1. 87	1. 52	9. 30
Copper	mg	0. 075			0. 064	0. 052	0. 318
Manganese	mg	0. 007			0. 006	0. 005	0. 031
Vitamins:							
Ascorbic acid	mg	0. 3			0. 3	0. 2	1. 3
Thiamin	mg	0. 796			0. 677	0. 549	3. 358
Riboflavin	mg	0. 353			0. 300	0. 244	1. 490
Niacin	mg	5. 381			4. 574	3. 713	22. 699
Pantothenic acid	mg	0. 813			0. 691	0. 561	3. 430
Vitamin B-6	mg	0. 403			0. 343	0. 278	1. 700
Folate	mcg	8			7	5	33
Vitamin B-12	mcg	0. 65			0. 55	0. 45	2. 74
Vitamin A	RE	2			2	1	9
	IU	7			6	5	29
Lipids:							
Fatty acids:							
Saturated, total	g	5. 30			4. 50	3. 65	22. 34
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 01	0. 05
12:0	g	0. 01			0. 01	0. 01	0. 04
14:0	g	0. 18			0. 15	0. 13	0. 76
16:0	g	3. 30			2. 80	2. 28	13. 91
18:0	g	1. 70			1. 45	1. 18	7. 19
Monounsaturated, total	g	6. 45			5. 48	4. 45	27. 19
16:1	g	0. 43			0. 37	0. 30	1. 83
18:1	g	5. 84			4. 97	4. 03	24. 64
20:1	g	0. 11			0. 10	0. 08	0. 48
22:1	g						
Polyunsaturated, total	g	1. 70			1. 44	1. 17	7. 17
18:2	g	1. 51			1. 28	1. 04	6. 37
18:3	g	0. 10			0. 08	0. 07	0. 42
18:4	g						
20:4	g	0. 04			0. 04	0. 03	0. 18
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	78			66	54	330
Phytosterols	mg	2			2	2	10
Amino acids:							
Tryptophan	g	0. 359			0. 305	0. 248	1. 515
Threonine	g	1. 310			1. 113	0. 904	5. 525
Isoleucine	g	1. 337			1. 137	0. 923	5. 641
Leucine	g	2. 310			1. 964	1. 594	9. 745
Lysine	g	2. 596			2. 206	1. 791	10. 949
Methionine	g	0. 755			0. 642	0. 521	3. 186
Cystine	g	0. 365			0. 310	0. 252	1. 540
Phenylalanine	g	1. 153			0. 980	0. 796	4. 863
Tyrosine	g	0. 993			0. 844	0. 685	4. 188
Valine	g	1. 563			1. 329	1. 079	6. 593
Arginine	g	1. 829			1. 555	1. 262	7. 715
Histidine	g	1. 132			0. 962	0. 781	4. 774
Alanine	g	1. 701			1. 446	1. 174	7. 176
Aspartic acid	g	2. 666			2. 266	1. 840	11. 246
Glutamic acid	g	4. 473			3. 802	3. 087	18. 868
Glycine	g	1. 495			1. 271	1. 032	6. 308
Proline	g	1. 230			1. 045	0. 849	5. 187
Serine	g	1. 198			1. 018	0. 826	5. 051

[1] Trimmed to 0.11 inch fat before cooking.
[2] One raw chop with refuse weighs 113 g, which applies to chops cut 4 per pound.

PORK, FRESH, LOIN, TOP LOIN (LOIN ROASTS), BONELESS, SEPARABLE LEAN AND FAT, Cooked, roasted[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 305 g[2]	Refuse: Connective tissue 8%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59. 23	0. 966	13	50. 35	180. 65	247. 17
Food energy	kcal	226			192	690	944
	kJ	947			805	2,887	3,950
Protein (N x 6.25)	g	28. 81	0. 398	13	24. 49	87. 87	120. 22
Total lipid (fat)	g	11. 43	0. 884	13	9. 72	34. 86	47. 70
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 09	0. 022	13	0. 93	3. 32	4. 55
Minerals:							
Calcium	mg	5			4	15	21
Iron	mg	0. 80			0. 68	2. 44	3. 34
Magnesium	mg	23			20	71	97
Phosphorus	mg	215			182	654	895
Potassium	mg	342			291	1,044	1,429
Sodium	mg	44			38	135	184
Zinc	mg	2. 21			1. 88	6. 75	9. 24
Copper	mg	0. 019			0. 016	0. 058	0. 079
Manganese	mg	0. 003			0. 003	0. 009	0. 013
Vitamins:							
Ascorbic acid	mg	0. 4			0. 3	1. 1	1. 5
Thiamin	mg	0. 614			0. 522	1. 872	2. 562
Riboflavin	mg	0. 296			0. 251	0. 902	1. 235
Niacin	mg	5. 129			4. 360	15. 643	21. 403
Pantothenic acid	mg	0. 545			0. 463	1. 662	2. 273
Vitamin B-6	mg	0. 373			0. 317	1. 137	1. 556
Folate	mcg	8			7	25	35
Vitamin B-12	mcg	0. 55			0. 47	1. 69	2. 31
Vitamin A	RE	3			2	8	11
	IU	8			7	26	35
Lipids:							
Fatty acids:							
Saturated, total	g	4. 17			3. 54	12. 71	17. 39
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 03	0. 04
12:0	g	0. 01			0. 01	0. 03	0. 04
14:0	g	0. 14			0. 12	0. 44	0. 60
16:0	g	2. 62			2. 22	7. 98	10. 91
18:0	g	1. 32			1. 12	4. 02	5. 51
Monounsaturated, total	g	5. 29			4. 50	16. 14	22. 08
16:1	g	0. 42			0. 35	1. 27	1. 74
18:1	g	4. 72			4. 02	14. 41	19. 72
20:1	g	0. 10			0. 09	0. 31	0. 42
22:1	g						
Polyunsaturated, total	g	0. 79			0. 67	2. 39	3. 28
18:2	g	0. 68			0. 58	2. 08	2. 84
18:3	g	0. 02			0. 02	0. 06	0. 08
18:4	g						
20:4	g	0. 05			0. 04	0. 14	0. 19
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	78	2. 357	13	66	238	325
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 366			0. 311	1. 116	1. 527
Threonine	g	1. 316			1. 118	4. 012	5. 490
Isoleucine	g	1. 349			1. 147	4. 115	5. 629
Leucine	g	2. 312			1. 965	7. 050	9. 646
Lysine	g	2. 591			2. 202	7. 902	10. 811
Methionine	g	0. 763			0. 648	2. 327	3. 183
Cystine	g	0. 367			0. 312	1. 121	1. 533
Phenylalanine	g	1. 150			0. 978	3. 508	4. 799
Tyrosine	g	1. 004			0. 853	3. 062	4. 189
Valine	g	1. 563			1. 329	4. 767	6. 522
Arginine	g	1. 791			1. 522	5. 462	7. 473
Histidine	g	1. 151			0. 978	3. 510	4. 803
Alanine	g	1. 678			1. 427	5. 119	7. 004
Aspartic acid	g	2. 672			2. 271	8. 150	11. 151
Glutamic acid	g	4. 510			3. 833	13. 755	18. 820
Glycine	g	1. 368			1. 163	4. 172	5. 709
Proline	g	1. 157			0. 984	3. 530	4. 830
Serine	g	1. 190			1. 012	3. 630	4. 966

[1] Trimmed to 0.10 inch fat before cooking.
[2] Raw weight includes refuse; cooked weight excludes refuse.

PORK, FRESH, LOIN, TOP LOIN (LOIN CHOPS), BONELESS SEPARABLE LEAN ONLY, Raw[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 chop yields 93 g[2]	Refuse: Connective tissue 10% Separable fat 8%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	71. 82	0. 182	15	325. 79	66. 80	267. 18
Food energy	kcal	141			639	131	524
	kJ	590			2,677	549	2,195
Protein (N x 6.25)	g	21. 80	0. 330	53	98. 88	20. 27	81. 10
Total lipid (fat)	g	5. 31	0. 200	15	24. 09	4. 94	19. 75
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 98	0. 013	49	4. 45	0. 91	3. 65
Minerals:							
Calcium	mg	21	0. 924	5	96	20	79
Iron	mg	0. 76	0. 019	60	3. 44	0. 71	2. 82
Magnesium	mg	23	0. 786	26	102	21	84
Phosphorus	mg	215	0. 705	5	975	200	800
Potassium	mg	421	2. 539	146	1,909	391	1,566
Sodium	mg	45	1. 077	164	206	42	169
Zinc	mg	1. 64	0. 020	48	7. 42	1. 52	6. 09
Copper	mg	0. 058	0. 002	60	0. 264	0. 054	0. 217
Manganese	mg	0. 010	0. 003	2	0. 045	0. 009	0. 037
Vitamins:							
Ascorbic acid	mg	0. 3	0. 211	3	1. 4	0. 3	1. 1
Thiamin	mg	0. 856	0. 032	49	3. 883	0. 796	3. 184
Riboflavin	mg	0. 268	0. 007	52	1. 216	0. 249	0. 997
Niacin	mg	5. 036	0. 299	11	22. 843	4. 683	18. 734
Pantothenic acid	mg	0. 766	0. 082	4	3. 475	0. 712	2. 850
Vitamin B-6	mg	0. 470	0. 033	4	2. 132	0. 437	1. 748
Folate	mcg	7	1. 450	4	32	7	26
Vitamin B-12	mcg	0. 53	0. 044	11	2. 40	0. 49	1. 97
Vitamin A	RE	2			8	2	7
	IU	6		1	27	6	22
Lipids:							
Fatty acids:							
Saturated, total	g	1. 83			8. 31	1. 70	6. 82
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 00		73	0. 02	0. 00	0. 02
12:0	g	0. 01		75	0. 03	0. 01	0. 02
14:0	g	0. 07		378	0. 30	0. 06	0. 25
16:0	g	1. 17		378	5. 30	1. 09	4. 35
18:0	g	0. 57		378	2. 60	0. 53	2. 14
Monounsaturated, total	g	2. 40			10. 88	2. 23	8. 92
16:1	g	0. 17		378	0. 76	0. 16	0. 62
18:1	g	2. 18		378	9. 89	2. 03	8. 11
20:1	g	0. 04		71	0. 17	0. 03	0. 14
22:1	g						
Polyunsaturated, total	g	0. 57			2. 59	0. 53	2. 13
18:2	g	0. 46		378	2. 09	0. 43	1. 71
18:3	g	0. 02		190	0. 10	0. 02	0. 08
18:4	g						
20:4	g	0. 06		315	0. 29	0. 06	0. 24
20:5	g	0. 02					
22:5	g						
22:6	g						
Cholesterol	mg	55	1. 054	58	249	51	205
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 277			1. 256	0. 258	1. 030
Threonine	g	0. 995			4. 515	0. 926	3. 703
Isoleucine	g	1. 021			4. 630	0. 949	3. 797
Leucine	g	1. 749			7. 934	1. 627	6. 507
Lysine	g	1. 960			8. 892	1. 823	7. 293
Methionine	g	0. 577			2. 618	0. 537	2. 147
Cystine	g	0. 278			1. 261	0. 259	1. 034
Phenylalanine	g	0. 870			3. 947	0. 809	3. 237
Tyrosine	g	0. 760			3. 445	0. 706	2. 826
Valine	g	1. 183			5. 365	1. 100	4. 399
Arginine	g	1. 355			6. 147	1. 260	5. 041
Histidine	g	0. 871			3. 950	0. 810	3. 240
Alanine	g	1. 270			5. 761	1. 181	4. 724
Aspartic acid	g	2. 022			9. 172	1. 880	7. 522
Glutamic acid	g	3. 413			15. 479	3. 174	12. 695
Glycine	g	1. 035			4. 695	0. 963	3. 851
Proline	g	0. 876			3. 972	0. 814	3. 258
Serine	g	0. 900			4. 084	0. 837	3. 350

[1] Trimmed to 0.11 inch fat.
[2] One raw chop with refuse weighs 113 g, which applies to chops cut 4 per pound.

PORK, FRESH, LOIN, TOP LOIN (LOIN ROASTS), BONELESS, SEPARABLE LEAN ONLY, Raw[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 11% Separable fat 9%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	71. 92	0. 295	13	326. 23	20. 39	261. 00
Food energy	kcal	141			638	40	511
	kJ	589			2,672	167	2,138
Protein (N x 6.25)	g	21. 80	0. 330	53	98. 88	6. 18	79. 11
Total lipid (fat)	g	5. 28	0. 358	13	23. 96	1. 50	19. 17
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 98	0. 013	49	4. 45	0. 28	3. 56
Minerals:							
Calcium	mg	21	0. 924	5	96	6	77
Iron	mg	0. 76	0. 019	60	3. 44	0. 21	2. 75
Magnesium	mg	23	0. 786	26	102	6	82
Phosphorus	mg	215	0. 705	5	975	61	780
Potassium	mg	421	2. 539	146	1,909	119	1,527
Sodium	mg	45	1. 077	164	206	13	164
Zinc	mg	1. 64	0. 020	48	7. 42	0. 46	5. 94
Copper	mg	0. 058	0. 002	60	0. 264	0. 017	0. 211
Manganese	mg	0. 010	0. 003	2	0. 045	0. 003	0. 036
Vitamins:							
Ascorbic acid	mg	0. 3	0. 211	3	1. 4	0. 1	1. 1
Thiamin	mg	0. 856	0. 032	49	3. 883	0. 243	3. 106
Riboflavin	mg	0. 268	0. 007	52	1. 216	0. 076	0. 973
Niacin	mg	5. 036	0. 299	11	22. 843	1. 428	18. 276
Pantothenic acid	mg	0. 766	0. 082	4	3. 475	0. 217	2. 780
Vitamin B-6	mg	0. 470	0. 033	4	2. 132	0. 133	1. 706
Folate	mcg	7	1. 450	4	32	2	25
Vitamin B-12	mcg	0. 53	0. 044	11	2. 40	0. 15	1. 92
Vitamin A	RE	2		1	8	1	7
	IU	6		1	27	2	22
Lipids:							
Fatty acids:							
Saturated, total	g	1. 82			8. 27	0. 52	6. 62
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 00		73	0. 02	0. 00	0. 02
12:0	g	0. 01		75	0. 03	0. 00	0. 02
14:0	g	0. 07		378	0. 30	0. 02	0. 24
16:0	g	1. 16		378	5. 27	0. 33	4. 22
18:0	g	0. 57		378	2. 59	0. 16	2. 07
Monounsaturated, total	g	2. 39			10. 82	0. 68	8. 66
16:1	g	0. 17		378	0. 76	0. 05	0. 61
18:1	g	2. 17		378	9. 84	0. 61	7. 87
20:1	g	0. 04		71	0. 17	0. 01	0. 13
22:1	g						
Polyunsaturated, total	g	0. 57			2. 58	0. 16	2. 06
18:2	g	0. 46		378	2. 08	0. 13	1. 66
18:3	g	0. 02		190	0. 10	0. 01	0. 08
18:4	g						
20:4	g	0. 06		315	0. 29	0. 02	0. 23
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	55	1. 054	58	249	16	200
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 277			1. 256	0. 079	1. 005
Threonine	g	0. 995			4. 515	0. 282	3. 613
Isoleucine	g	1. 021			4. 630	0. 289	3. 704
Leucine	g	1. 749			7. 934	0. 496	6. 348
Lysine	g	1. 960			8. 892	0. 556	7. 114
Methionine	g	0. 577			2. 618	0. 164	2. 095
Cystine	g	0. 278			1. 261	0. 079	1. 009
Phenylalanine	g	0. 870			3. 947	0. 247	3. 158
Tyrosine	g	0. 760			3. 445	0. 215	2. 756
Valine	g	1. 183			5. 365	0. 335	4. 292
Arginine	g	1. 355			6. 147	0. 384	4. 918
Histidine	g	0. 871			3. 950	0. 247	3. 160
Alanine	g	1. 270			5. 761	0. 360	4. 609
Aspartic acid	g	2. 022			9. 172	0. 573	7. 338
Glutamic acid	g	3. 413			15. 479	0. 967	12. 384
Glycine	g	1. 035			4. 695	0. 293	3. 756
Proline	g	0. 876			3. 972	0. 248	3. 178
Serine	g	0. 900			4. 084	0. 255	3. 268

[1] Trimmed to 0.10 inch fat.

PORK, FRESH, LOIN, TOP LOIN (LOIN CHOPS), BONELESS, SEPARABLE LEAN ONLY, Cooked, braised[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 74 g[2]	Refuse: Connective tissue 5% Separable fat 7%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	61. 01			51. 86	45. 15	243. 56
Food energy	kcal	202			171	149	805
	kJ	844			717	624	3,369
Protein (N x 6.25)	g	29. 07			24. 71	21. 51	116. 03
Total lipid (fat)	g	8. 59			7. 30	6. 36	34. 29
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 31			1. 11	0. 97	5. 22
Minerals:							
Calcium	mg	23			19	17	90
Iron	mg	1. 01			0. 86	0. 75	4. 04
Magnesium	mg	20			17	14	78
Phosphorus	mg	186			158	138	744
Potassium	mg	421			358	311	1,680
Sodium	mg	42			36	31	169
Zinc	mg	2. 18			1. 85	1. 61	8. 71
Copper	mg	0. 078			0. 066	0. 057	0. 310
Manganese	mg	0. 011			0. 009	0. 008	0. 043
Vitamins:							
Ascorbic acid	mg	0. 3			0. 3	0. 2	1. 2
Thiamin	mg	0. 571			0. 485	0. 422	2. 278
Riboflavin	mg	0. 268			0. 228	0. 198	1. 070
Niacin	mg	4. 700			3. 995	3. 478	18. 763
Pantothenic acid	mg	0. 664			0. 564	0. 491	2. 650
Vitamin B-6	mg	0. 345			0. 293	0. 255	1. 376
Folate	mcg	5			4	3	19
Vitamin B-12	mcg	0. 46			0. 39	0. 34	1. 83
Vitamin A	RE	2			2	1	7
	IU	6			5	4	24
Lipids:							
Fatty acids:							
Saturated, total	g	3. 13			2. 66	2. 31	12. 49
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 01	0. 03
12:0	g	0. 01			0. 01	0. 00	0. 02
14:0	g	0. 11			0. 09	0. 08	0. 44
16:0	g	1. 96			1. 67	1. 45	7. 83
18:0	g	0. 99			0. 84	0. 73	3. 94
Monounsaturated, total	g	3. 97			3. 38	2. 94	15. 86
16:1	g	0. 30			0. 25	0. 22	1. 19
18:1	g	3. 56			3. 03	2. 64	14. 22
20:1	g	0. 07			0. 06	0. 06	0. 30
22:1	g						
Polyunsaturated, total	g	0. 61			0. 52	0. 45	2. 44
18:2	g	0. 54			0. 46	0. 40	2. 14
18:3	g	0. 02			0. 01	0. 01	0. 06
18:4	g						
20:4	g	0. 03			0. 03	0. 03	0. 14
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	73			62	54	293
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 369			0. 314	0. 273	1. 474
Threonine	g	1. 327			1. 128	0. 982	5. 299
Isoleucine	g	1. 361			1. 157	1. 007	5. 433
Leucine	g	2. 332			1. 982	1. 726	9. 310
Lysine	g	2. 614			2. 222	1. 934	10. 435
Methionine	g	0. 770			0. 654	0. 570	3. 072
Cystine	g	0. 371			0. 315	0. 274	1. 480
Phenylalanine	g	1. 160			0. 986	0. 859	4. 632
Tyrosine	g	1. 013			0. 861	0. 749	4. 043
Valine	g	1. 577			1. 340	1. 167	6. 295
Arginine	g	1. 807			1. 536	1. 337	7. 213
Histidine	g	1. 161			0. 987	0. 859	4. 635
Alanine	g	1. 693			1. 439	1. 253	6. 760
Aspartic acid	g	2. 696			2. 292	1. 995	10. 762
Glutamic acid	g	4. 550			3. 868	3. 367	18. 164
Glycine	g	1. 380			1. 173	1. 021	5. 510
Proline	g	1. 168			0. 993	0. 864	4. 661
Serine	g	1. 201			1. 021	0. 888	4. 793

[1] Trimmed to 0.11 inch fat before cooking.
[2] One raw chop with refuse weighs 113 g, which applies to chops cut 4 per pound.

PORK, FRESH, LOIN, TOP LOIN (LOIN CHOPS), BONELESS, SEPARABLE LEAN ONLY, Cooked, broiled[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 66 g[2]	Refuse: Connective tissue 10% Separable fat 6%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60. 72	0. 360	15	51. 61	40. 08	231. 34
Food energy	kcal	203			173	134	774
	kJ	850			722	561	3,238
Protein (N x 6.25)	g	31. 14	0. 185	15	26. 47	20. 55	118. 64
Total lipid (fat)	g	7. 77	0. 306	15	6. 60	5. 13	29. 60
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 16	0. 025	15	0. 99	0. 77	4. 42
Minerals:							
Calcium	mg	31	1. 585	5	26	21	118
Iron	mg	0. 82	0. 029	17	0. 70	0. 54	3. 13
Magnesium	mg	28	1. 453	8	24	19	107
Phosphorus	mg	245	4. 537	6	209	162	935
Potassium	mg	420	9. 962	17	357	277	1,601
Sodium	mg	65	1. 154	17	55	43	248
Zinc	mg	2. 38	0. 070	17	2. 02	1. 57	9. 07
Copper	mg	0. 070	0. 004	17	0. 059	0. 046	0. 266
Manganese	mg	0. 020	0. 010	2	0. 017	0. 013	0. 076
Vitamins:							
Ascorbic acid	mg	0. 3	0. 049	3	0. 3	0. 2	1. 1
Thiamin	mg	0. 894	0. 084	12	0. 760	0. 590	3. 406
Riboflavin	mg	0. 323	0. 019	12	0. 275	0. 213	1. 231
Niacin	mg	5. 231	0. 188	11	4. 446	3. 452	19. 930
Pantothenic acid	mg	0. 746	0. 025	6	0. 634	0. 492	2. 842
Vitamin B-6	mg	0. 400	0. 038	4	0. 340	0. 264	1. 524
Folate	mcg	9			8	6	34
Vitamin B-12	mcg	0. 70	0. 031	12	0. 59	0. 46	2. 67
Vitamin A	RE	2		1	2	1	7
	IU	6		1	5	4	23
Lipids:							
Fatty acids:							
Saturated, total	g	2. 72			2. 31	1. 79	10. 36
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 00		15	0. 00	0. 00	0. 02
12:0	g	0. 00		15	0. 00	0. 00	0. 02
14:0	g	0. 10		15	0. 08	0. 06	0. 37
16:0	g	1. 72		15	1. 46	1. 14	6. 56
18:0	g	0. 84		15	0. 71	0. 55	3. 20
Monounsaturated, total	g	3. 59			3. 05	2. 37	13. 69
16:1	g	0. 27		15	0. 23	0. 18	1. 04
18:1	g	3. 22		15	2. 73	2. 12	12. 26
20:1	g	0. 07		15	0. 06	0. 05	0. 26
22:1	g						
Polyunsaturated, total	g	0. 49			0. 41	0. 32	1. 85
18:2	g	0. 42		15	0. 36	0. 28	1. 61
18:3	g	0. 01		15	0. 01	0. 01	0. 04
18:4	g						
20:4	g	0. 03		15	0. 03	0. 02	0. 13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	80	1. 864	15	68	53	305
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 396			0. 336	0. 261	1. 507
Threonine	g	1. 422			1. 209	0. 938	5. 418
Isoleucine	g	1. 458			1. 239	0. 962	5. 555
Leucine	g	2. 499			2. 124	1. 649	9. 519
Lysine	g	2. 800			2. 380	1. 848	10. 669
Methionine	g	0. 825			0. 701	0. 544	3. 141
Cystine	g	0. 397			0. 338	0. 262	1. 513
Phenylalanine	g	1. 243			1. 057	0. 820	4. 736
Tyrosine	g	1. 085			0. 922	0. 716	4. 134
Valine	g	1. 689			1. 436	1. 115	6. 436
Arginine	g	1. 936			1. 645	1. 278	7. 375
Histidine	g	1. 244			1. 057	0. 821	4. 740
Alanine	g	1. 814			1. 542	1. 197	6. 912
Aspartic acid	g	2. 888			2. 455	1. 906	11. 004
Glutamic acid	g	4. 875			4. 143	3. 217	18. 572
Glycine	g	1. 479			1. 257	0. 976	5. 634
Proline	g	1. 251			1. 063	0. 826	4. 766
Serine	g	1. 286			1. 093	0. 849	4. 901

[1] Trimmed to 0.11 inch fat before cooking.
[2] One raw chop with refuse weighs 113 g, which applies to chops cut 4 per pound.

PORK, FRESH, LOIN, TOP LOIN (LOIN CHOPS), BONELESS, SEPARABLE LEAN ONLY, Cooked, pan-fried[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw chop yields 63 g[2]	Refuse: Connective tissue 7% Separable fat 8%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57. 62			48. 98	36. 30	222. 20
Food energy	kcal	225			191	142	866
	kJ	941			799	593	3,627
Protein (N x 6.25)	g	30. 48			25. 91	19. 20	117. 53
Total lipid (fat)	g	10. 50			8. 93	6. 62	40. 49
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 37			1. 16	0. 86	5. 28
Minerals:							
Calcium	mg	22			19	14	86
Iron	mg	0. 85			0. 72	0. 53	3. 27
Magnesium	mg	30			25	19	115
Phosphorus	mg	271			230	170	1,043
Potassium	mg	500			425	315	1,929
Sodium	mg	57			48	36	220
Zinc	mg	2. 29			1. 94	1. 44	8. 82
Copper	mg	0. 077			0. 066	0. 049	0. 298
Manganese	mg	0. 008			0. 007	0. 005	0. 030
Vitamins:							
Ascorbic acid	mg	0. 3			0. 3	0. 2	1. 3
Thiamin	mg	0. 838			0. 712	0. 528	3. 230
Riboflavin	mg	0. 375			0. 318	0. 236	1. 445
Niacin	mg	5. 633			4. 788	3. 549	21. 720
Pantothenic acid	mg	0. 857			0. 728	0. 540	3. 304
Vitamin B-6	mg	0. 427			0. 363	0. 269	1. 647
Folate	mcg	8			7	5	32
Vitamin B-12	mcg	0. 67			0. 57	0. 42	2. 57
Vitamin A	RE	2			2	1	7
	IU	6			5	4	24
Lipids:							
Fatty acids:							
Saturated, total	g	3. 60			3. 06	2. 27	13. 90
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 00	0. 03
12:0	g	0. 01			0. 01	0. 00	0. 03
14:0	g	0. 12			0. 10	0. 08	0. 47
16:0	g	2. 27			1. 93	1. 43	8. 76
18:0	g	1. 13			0. 96	0. 71	4. 37
Monounsaturated, total	g	4. 60			3. 91	2. 90	17. 75
16:1	g	0. 33			0. 28	0. 21	1. 26
18:1	g	4. 15			3. 53	2. 62	16. 01
20:1	g	0. 08			0. 07	0. 05	0. 32
22:1	g						
Polyunsaturated, total	g	1. 29			1. 09	0. 81	4. 96
18:2	g	1. 13			0. 96	0. 71	4. 37
18:3	g	0. 09			0. 08	0. 06	0. 34
18:4	g						
20:4	g	0. 04			0. 03	0. 02	0. 14
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	77			65	48	297
Phytosterols	mg	3			2	2	10
Amino acids:							
Tryptophan	g	0. 387			0. 329	0. 244	1. 493
Threonine	g	1. 392			1. 183	0. 877	5. 367
Isoleucine	g	1. 427			1. 213	0. 899	5. 503
Leucine	g	2. 445			2. 079	1. 541	9. 430
Lysine	g	2. 741			2. 330	1. 727	10. 569
Methionine	g	0. 807			0. 686	0. 508	3. 112
Cystine	g	0. 389			0. 330	0. 245	1. 499
Phenylalanine	g	1. 217			1. 034	0. 766	4. 691
Tyrosine	g	1. 062			0. 903	0. 669	4. 095
Valine	g	1. 653			1. 405	1. 042	6. 376
Arginine	g	1. 895			1. 610	1. 194	7. 306
Histidine	g	1. 218			1. 035	0. 767	4. 695
Alanine	g	1. 776			1. 509	1. 119	6. 847
Aspartic acid	g	2. 827			2. 403	1. 781	10. 901
Glutamic acid	g	4. 771			4. 055	3. 006	18. 398
Glycine	g	1. 447			1. 230	0. 912	5. 580
Proline	g	1. 224			1. 041	0. 771	4. 721
Serine	g	1. 259			1. 070	0. 793	4. 854

[1] Trimmed to 0.11 inch fat before cooking.
[2] One raw chop with refuse weighs 113 g, which applies to chops cut 4 per pound.

PORK, FRESH, LOIN, TOP LOIN (LOIN ROASTS), BONELESS, SEPARABLE LEAN ONLY, Cooked, roasted[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 281 g[2]	Refuse: Connective tissue 8% Separable fat 7%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	62. 21	0. 812	19	52. 88	174. 80	239. 87
Food energy	kcal	194			165	545	749
	kJ	813			691	2,283	3,133
Protein (N x 6.25)	g	30. 24	0. 379	19	25. 70	84. 96	116. 59
Total lipid (fat)	g	7. 21	0. 607	21	6. 13	20. 25	27. 79
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 11	0. 024	13	0. 94	3. 12	4. 28
Minerals:							
Calcium	mg	5	0. 244	5	4	14	20
Iron	mg	1. 06	0. 098	11	0. 90	2. 99	4. 10
Magnesium	mg	25	0. 632	5	21	69	95
Phosphorus	mg	221	4. 274	5	188	620	851
Potassium	mg	354	9. 050	5	301	995	1,365
Sodium	mg	45	1. 011	5	38	127	174
Zinc	mg	2. 31	0. 215	5	1. 96	6. 48	8. 89
Copper	mg	0. 016	0. 008	5	0. 014	0. 045	0. 062
Manganese	mg	0. 011			0. 009	0. 031	0. 042
Vitamins:							
Ascorbic acid	mg	0. 4			0. 3	1. 1	1. 5
Thiamin	mg	0. 639			0. 543	1. 796	2. 464
Riboflavin	mg	0. 312			0. 265	0. 877	1. 203
Niacin	mg	5. 355			4. 552	15. 048	20. 649
Pantothenic acid	mg	0. 581			0. 494	1. 633	2. 240
Vitamin B-6	mg	0. 400			0. 340	1. 124	1. 542
Folate	mcg	9			8	25	35
Vitamin B-12	mcg	0. 55			0. 47	1. 55	2. 12
Vitamin A	RE	2			2	7	9
	IU	8			7	22	31
Lipids:							
Fatty acids:							
Saturated, total	g	2. 62			2. 22	7. 35	10. 09
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01		19	0. 01	0. 02	0. 03
12:0	g	0. 01		19	0. 00	0. 02	0. 02
14:0	g	0. 09		19	0. 08	0. 25	0. 35
16:0	g	1. 65		19	1. 40	4. 63	6. 35
18:0	g	0. 82		19	0. 70	2. 32	3. 18
Monounsaturated, total	g	3. 36			2. 86	9. 44	12. 95
16:1	g	0. 27		19	0. 23	0. 76	1. 04
18:1	g	2. 99		19	2. 54	8. 41	11. 54
20:1	g	0. 07		19	0. 06	0. 18	0. 25
22:1	g						
Polyunsaturated, total	g	0. 48			0. 40	1. 34	1. 83
18:2	g	0. 41		19	0. 35	1. 15	1. 58
18:3	g	0. 01		19	0. 01	0. 03	0. 05
18:4	g						
20:4	g	0. 03		19	0. 03	0. 09	0. 12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	78	2. 497	13	66	220	301
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 384			0. 326	1. 079	1. 481
Threonine	g	1. 381			1. 174	3. 880	5. 324
Isoleucine	g	1. 416			1. 203	3. 978	5. 459
Leucine	g	2. 426			2. 062	6. 817	9. 355
Lysine	g	2. 719			2. 311	7. 640	10. 484
Methionine	g	0. 801			0. 680	2. 250	3. 087
Cystine	g	0. 386			0. 328	1. 084	1. 487
Phenylalanine	g	1. 207			1. 026	3. 392	4. 654
Tyrosine	g	1. 053			0. 895	2. 960	4. 062
Valine	g	1. 640			1. 394	4. 609	6. 325
Arginine	g	1. 880			1. 598	5. 282	7. 248
Histidine	g	1. 208			1. 027	3. 394	4. 658
Alanine	g	1. 761			1. 497	4. 950	6. 792
Aspartic acid	g	2. 804			2. 384	7. 880	10. 814
Glutamic acid	g	4. 733			4. 023	13. 300	18. 251
Glycine	g	1. 436			1. 220	4. 034	5. 536
Proline	g	1. 215			1. 032	3. 413	4. 684
Serine	g	1. 249			1. 062	3. 509	4. 816

[1] Trimmed to 0.10 inch fat before cooking.
[2] Raw weight includes refuse; cooked weight excludes refuse.

PORK, FRESH, SHOULDER, WHOLE, SEPARABLE LEAN AND FAT, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone and skin 25%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	64. 02			290. 40	18. 15	217. 80
Food energy	kcal	236			1,069	67	802
	kJ	986			4,475	280	3,356
Protein (N x 6.25)	g	17. 18			77. 93	4. 87	58. 45
Total lipid (fat)	g	17. 99			81. 62	5. 10	61. 21
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 88			3. 98	0. 25	2. 99
Minerals:							
Calcium	mg	15			68	4	51
Iron	mg	1. 05			4. 78	0. 30	3. 59
Magnesium	mg	18			80	5	60
Phosphorus	mg	182			826	52	620
Potassium	mg	302			1,368	86	1,026
Sodium	mg	65			297	19	222
Zinc	mg	2. 70			12. 26	0. 77	9. 20
Copper	mg	0. 084			0. 383	0. 024	0. 287
Manganese	mg	0. 011			0. 049	0. 003	0. 037
Vitamins:							
Ascorbic acid	mg	0. 7			3. 2	0. 2	2. 4
Thiamin	mg	0. 767			3. 478	0. 217	2. 608
Riboflavin	mg	0. 275			1. 248	0. 078	0. 936
Niacin	mg	3. 833			17. 385	1. 087	13. 038
Pantothenic acid	mg	0. 719			3. 262	0. 204	2. 446
Vitamin B-6	mg	0. 348			1. 579	0. 099	1. 184
Folate	mcg	5			21	1	16
Vitamin B-12	mcg	0. 74			3. 37	0. 21	2. 53
Vitamin A	RE	2			9	1	7
	IU	7			31	2	23
Lipids:							
Fatty acids:							
Saturated, total	g	6. 24			28. 29	1. 77	21. 22
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 06	0. 00	0. 05
12:0	g	0. 02			0. 09	0. 01	0. 07
14:0	g	0. 22			1. 02	0. 06	0. 76
16:0	g	3. 88			17. 60	1. 10	13. 20
18:0	g	2. 04			9. 27	0. 58	6. 95
Monounsaturated, total	g	8. 01			36. 34	2. 27	27. 26
16:1	g	0. 51			2. 32	0. 14	1. 74
18:1	g	7. 35			33. 35	2. 08	25. 01
20:1	g	0. 13			0. 61	0. 04	0. 46
22:1	g						
Polyunsaturated, total	g	1. 92			8. 72	0. 55	6. 54
18:2	g	1. 60			7. 28	0. 45	5. 46
18:3	g	0. 13			0. 59	0. 04	0. 44
18:4	g						
20:4	g	0. 10			0. 46	0. 03	0. 34
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	71			324	20	243
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 208			0. 942	0. 059	0. 706
Threonine	g	0. 768			3. 484	0. 218	2. 613
Isoleucine	g	0. 781			3. 542	0. 221	2. 657
Leucine	g	1. 360			6. 168	0. 386	4. 626
Lysine	g	1. 531			6. 946	0. 434	5. 209
Methionine	g	0. 441			1. 999	0. 125	1. 499
Cystine	g	0. 214			0. 970	0. 061	0. 727
Phenylalanine	g	0. 681			3. 087	0. 193	2. 315
Tyrosine	g	0. 579			2. 625	0. 164	1. 968
Valine	g	0. 921			4. 176	0. 261	3. 132
Arginine	g	1. 098			4. 983	0. 311	3. 737
Histidine	g	0. 656			2. 974	0. 186	2. 231
Alanine	g	1. 015			4. 603	0. 288	3. 452
Aspartic acid	g	1. 567			7. 106	0. 444	5. 329
Glutamic acid	g	2. 614			11. 855	0. 741	8. 891
Glycine	g	0. 952			4. 318	0. 270	3. 239
Proline	g	0. 765			3. 469	0. 217	2. 602
Serine	g	0. 709			3. 218	0. 201	2. 414

PORK, FRESH, SHOULDER, WHOLE, SEPARABLE LEAN AND FAT, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g[1]	1 cup = 135 g	Refuse: Bone and skin 25%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	54. 80			46. 58	73. 99	139. 86
Food energy	kcal	292			248	395	746
	kJ	1,224			1,040	1,652	3,123
Protein (N x 6.25)	g	23. 28			19. 79	31. 43	59. 42
Total lipid (fat)	g	21. 39			18. 18	28. 87	54. 58
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 11			0. 94	1. 50	2. 83
Minerals:							
Calcium	mg	24			20	32	60
Iron	mg	1. 32			1. 12	1. 78	3. 37
Magnesium	mg	18			15	24	45
Phosphorus	mg	212			180	286	541
Potassium	mg	329			279	444	839
Sodium	mg	68			58	92	174
Zinc	mg	3. 71			3. 15	5. 00	9. 46
Copper	mg	0. 113			0. 096	0. 152	0. 288
Manganese	mg	0. 022			0. 019	0. 030	0. 056
Vitamins:							
Ascorbic acid	mg	0. 5			0. 4	0. 7	1. 2
Thiamin	mg	0. 581			0. 494	0. 784	1. 482
Riboflavin	mg	0. 329			0. 280	0. 444	0. 840
Niacin	mg	3. 991			3. 392	5. 387	10. 184
Pantothenic acid	mg	0. 600			0. 510	0. 809	1. 530
Vitamin B-6	mg	0. 288			0. 245	0. 389	0. 735
Folate	mcg	5			4	6	12
Vitamin B-12	mcg	0. 80			0. 68	1. 08	2. 03
Vitamin A	RE	2			2	3	6
	IU	8			7	10	20
Lipids:							
Fatty acids:							
Saturated, total	g	7. 86			6. 68	10. 61	20. 06
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 02	0. 04
12:0	g	0. 01			0. 01	0. 02	0. 03
14:0	g	0. 27			0. 23	0. 36	0. 68
16:0	g	4. 83			4. 10	6. 52	12. 32
18:0	g	2. 59			2. 20	3. 50	6. 61
Monounsaturated, total	g	9. 47			8. 05	12. 79	24. 18
16:1	g	0. 58			0. 49	0. 78	1. 48
18:1	g	8. 62			7. 32	11. 63	21. 99
20:1	g	0. 19			0. 16	0. 26	0. 48
22:1	g						
Polyunsaturated, total	g	2. 05			1. 74	2. 77	5. 23
18:2	g	1. 82			1. 55	2. 45	4. 64
18:3	g	0. 07			0. 06	0. 09	0. 17
18:4	g						
20:4	g	0. 07			0. 06	0. 10	0. 19
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	90			77	122	230
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 278			0. 236	0. 375	0. 709
Threonine	g	1. 036			0. 880	1. 398	2. 643
Isoleucine	g	1. 051			0. 893	1. 418	2. 681
Leucine	g	1. 837			1. 561	2. 480	4. 688
Lysine	g	2. 071			1. 760	2. 795	5. 284
Methionine	g	0. 593			0. 504	0. 800	1. 512
Cystine	g	0. 288			0. 245	0. 389	0. 735
Phenylalanine	g	0. 921			0. 782	1. 243	2. 349
Tyrosine	g	0. 778			0. 661	1. 050	1. 985
Valine	g	1. 244			1. 057	1. 679	3. 174
Arginine	g	1. 498			1. 274	2. 023	3. 824
Histidine	g	0. 879			0. 747	1. 186	2. 243
Alanine	g	1. 380			1. 173	1. 862	3. 521
Aspartic acid	g	2. 114			1. 797	2. 854	5. 396
Glutamic acid	g	3. 518			2. 990	4. 749	8. 977
Glycine	g	1. 333			1. 133	1. 800	3. 403
Proline	g	1. 060			0. 901	1. 431	2. 705
Serine	g	0. 961			0. 817	1. 298	2. 454

[1] Yield from 5.3 oz (151 g) raw meat with refuse.

PORK, FRESH, SHOULDER, WHOLE, SEPARABLE LEAN ONLY, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone and skin 25% Separable fat 14%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	72. 63			329. 44	20. 59	200. 96
Food energy	kcal	148			671	42	409
	kJ	619			2,808	176	1,713
Protein (N x 6.25)	g	19. 55			88. 67	5. 54	54. 09
Total lipid (fat)	g	7. 14			32. 39	2. 02	19. 76
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 02			4. 60	0. 29	2. 81
Minerals:							
Calcium	mg	14			65	4	40
Iron	mg	1. 22			5. 54	0. 35	3. 38
Magnesium	mg	21			95	6	58
Phosphorus	mg	202			917	57	559
Potassium	mg	341			1,548	97	945
Sodium	mg	76			343	21	209
Zinc	mg	3. 14			14. 24	0. 89	8. 69
Copper	mg	0. 097			0. 439	0. 027	0. 268
Manganese	mg	0. 012			0. 057	0. 004	0. 034
Vitamins:							
Ascorbic acid	mg	0. 8			3. 8	0. 2	2. 3
Thiamin	mg	0. 884			4. 009	0. 251	2. 446
Riboflavin	mg	0. 314			1. 422	0. 089	0. 868
Niacin	mg	4. 275			19. 393	1. 212	11. 830
Pantothenic acid	mg	0. 822			3. 727	0. 233	2. 274
Vitamin B-6	mg	0. 415			1. 884	0. 118	1. 149
Folate	mcg	5			23	1	14
Vitamin B-12	mcg	0. 84			3. 79	0. 24	2. 31
Vitamin A	RE	2			8	1	5
	IU	6			28	2	17
Lipids:							
Fatty acids:							
Saturated, total	g	2. 47			11. 18	0. 70	6. 82
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 03	0. 00	0. 02
12:0	g	0. 01			0. 03	0. 00	0. 02
14:0	g	0. 09			0. 40	0. 03	0. 25
16:0	g	1. 57			7. 13	0. 45	4. 35
18:0	g	0. 77			3. 50	0. 22	2. 14
Monounsaturated, total	g	3. 23			14. 63	0. 91	8. 93
16:1	g	0. 23			1. 02	0. 06	0. 62
18:1	g	2. 93			13. 30	0. 83	8. 11
20:1	g	0. 05			0. 23	0. 01	0. 14
22:1	g						
Polyunsaturated, total	g	0. 77			3. 49	0. 22	2. 13
18:2	g	0. 62			2. 81	0. 18	1. 71
18:3	g	0. 03			0. 13	0. 01	0. 08
18:4	g						
20:4	g	0. 09			0. 39	0. 02	0. 24
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	67			302	19	184
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 248			1. 126	0. 070	0. 687
Threonine	g	0. 893			4. 049	0. 253	2. 470
Isoleucine	g	0. 915			4. 152	0. 259	2. 533
Leucine	g	1. 568			7. 114	0. 445	4. 340
Lysine	g	1. 758			7. 974	0. 498	4. 864
Methionine	g	0. 518			2. 348	0. 147	1. 432
Cystine	g	0. 249			1. 131	0. 071	0. 690
Phenylalanine	g	0. 780			3. 539	0. 221	2. 159
Tyrosine	g	0. 681			3. 089	0. 193	1. 885
Valine	g	1. 060			4. 810	0. 301	2. 934
Arginine	g	1. 215			5. 512	0. 344	3. 362
Histidine	g	0. 781			3. 542	0. 221	2. 161
Alanine	g	1. 139			5. 166	0. 323	3. 151
Aspartic acid	g	1. 813			8. 224	0. 514	5. 017
Glutamic acid	g	3. 060			13. 880	0. 868	8. 467
Glycine	g	0. 928			4. 210	0. 263	2. 568
Proline	g	0. 785			3. 562	0. 223	2. 173
Serine	g	0. 807			3. 663	0. 229	2. 234

PORK, FRESH, SHOULDER, WHOLE, SEPARABLE LEAN ONLY, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g[1]	1 cup = 135 g	Refuse: Bone and skin 25% Separable fat 14%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60. 64			51. 54	81. 86	129. 94
Food energy	kcal	230			196	311	493
	kJ	964			819	1,301	2,066
Protein (N x 6.25)	g	25. 33			21. 53	34. 20	54. 29
Total lipid (fat)	g	13. 54			11. 51	18. 28	29. 01
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 18			1. 00	1. 59	2. 52
Minerals:							
Calcium	mg	18			15	24	39
Iron	mg	1. 50			1. 27	2. 02	3. 21
Magnesium	mg	20			17	27	42
Phosphorus	mg	221			188	299	474
Potassium	mg	346			294	467	741
Sodium	mg	75			63	101	160
Zinc	mg	4. 16			3. 53	5. 61	8. 91
Copper	mg	0. 124			0. 105	0. 167	0. 266
Manganese	mg	0. 026			0. 022	0. 034	0. 055
Vitamins:							
Ascorbic acid	mg	0. 6			0. 5	0. 8	1. 2
Thiamin	mg	0. 628			0. 534	0. 848	1. 346
Riboflavin	mg	0. 370			0. 314	0. 499	0. 792
Niacin	mg	4. 260			3. 621	5. 751	9. 130
Pantothenic acid	mg	0. 651			0. 553	0. 879	1. 395
Vitamin B-6	mg	0. 317			0. 270	0. 428	0. 680
Folate	mcg	5			4	7	11
Vitamin B-12	mcg	0. 86			0. 73	1. 16	1. 85
Vitamin A	RE	2			2	3	4
	IU	7			6	9	14
Lipids:							
Fatty acids:							
Saturated, total	g	4. 79			4. 07	6. 47	10. 26
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 01	0. 02
12:0	g	0. 01			0. 01	0. 01	0. 02
14:0	g	0. 16			0. 13	0. 21	0. 34
16:0	g	2. 96			2. 52	4. 00	6. 35
18:0	g	1. 56			1. 32	2. 10	3. 34
Monounsaturated, total	g	6. 17			5. 25	8. 34	13. 23
16:1	g	0. 38			0. 32	0. 51	0. 81
18:1	g	5. 59			4. 75	7. 55	11. 98
20:1	g	0. 14			0. 12	0. 19	0. 30
22:1	g						
Polyunsaturated, total	g	1. 25			1. 06	1. 69	2. 68
18:2	g	1. 09			0. 92	1. 47	2. 33
18:3	g	0. 04			0. 03	0. 05	0. 09
18:4	g						
20:4	g	0. 07			0. 06	0. 09	0. 14
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	90			76	121	192
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 322			0. 274	0. 434	0. 690
Threonine	g	1. 157			0. 983	1. 562	2. 479
Isoleucine	g	1. 186			1. 008	1. 601	2. 542
Leucine	g	2. 032			1. 728	2. 744	4. 356
Lysine	g	2. 278			1. 936	3. 075	4. 882
Methionine	g	0. 671			0. 570	0. 905	1. 437
Cystine	g	0. 323			0. 275	0. 436	0. 692
Phenylalanine	g	1. 011			0. 859	1. 365	2. 167
Tyrosine	g	0. 883			0. 750	1. 192	1. 891
Valine	g	1. 374			1. 168	1. 855	2. 945
Arginine	g	1. 575			1. 338	2. 126	3. 375
Histidine	g	1. 012			0. 860	1. 366	2. 169
Alanine	g	1. 476			1. 254	1. 992	3. 162
Aspartic acid	g	2. 350			1. 997	3. 172	5. 035
Glutamic acid	g	3. 965			3. 371	5. 353	8. 498
Glycine	g	1. 203			1. 022	1. 624	2. 578
Proline	g	1. 018			0. 865	1. 374	2. 181
Serine	g	1. 046			0. 889	1. 413	2. 242

[1] Yield from 6.4 oz (180 g) raw meat with refuse.

PORK, FRESH, SHOULDER, ARM PICNIC, SEPARABLE LEAN AND FAT, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 27%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	62. 06			281. 52	17. 60	205. 49
Food energy	kcal	253			1,149	72	839
	kJ	1,061			4,812	301	3,512
Protein (N x 6.25)	g	16. 69			75. 72	4. 73	55. 27
Total lipid (fat)	g	20. 19			91. 59	5. 72	66. 86
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 84			3. 80	0. 24	2. 77
Minerals:							
Calcium	mg	5			24	2	18
Iron	mg	0. 99			4. 47	0. 28	3. 26
Magnesium	mg	17			76	5	56
Phosphorus	mg	189			857	54	626
Potassium	mg	291			1,318	82	962
Sodium	mg	68			306	19	224
Zinc	mg	2. 37			10. 75	0. 67	7. 84
Copper	mg	0. 081			0. 369	0. 023	0. 269
Manganese	mg	0. 011			0. 049	0. 003	0. 035
Vitamins:							
Ascorbic acid	mg	0. 7			3. 2	0. 2	2. 3
Thiamin	mg	0. 727			3. 298	0. 206	2. 408
Riboflavin	mg	0. 259			1. 175	0. 073	0. 858
Niacin	mg	3. 983			18. 068	1. 129	13. 188
Pantothenic acid	mg	0. 656			2. 976	0. 186	2. 172
Vitamin B-6	mg	0. 387			1. 757	0. 110	1. 283
Folate	mcg	4			16	1	12
Vitamin B-12	mcg	0. 64			2. 89	0. 18	2. 11
Vitamin A	RE	2			8	1	6
	IU	6			28	2	20
Lipids:							
Fatty acids:							
Saturated, total	g	7. 00			31. 77	1. 99	23. 19
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 07	0. 00	0. 05
12:0	g	0. 02			0. 10	0. 01	0. 07
14:0	g	0. 25			1. 14	0. 07	0. 83
16:0	g	4. 34			19. 70	1. 23	14. 38
18:0	g	2. 31			10. 47	0. 65	7. 64
Monounsaturated, total	g	8. 97			40. 71	2. 54	29. 71
16:1	g	0. 56			2. 56	0. 16	1. 87
18:1	g	8. 25			37. 40	2. 34	27. 30
20:1	g	0. 15			0. 69	0. 04	0. 50
22:1	g						
Polyunsaturated, total	g	2. 16			9. 78	0. 61	7. 14
18:2	g	1. 81			8. 19	0. 51	5. 98
18:3	g	0. 15			0. 70	0. 04	0. 51
18:4	g						
20:4	g	0. 10			0. 43	0. 03	0. 32
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	71			324	20	236
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 198			0. 900	0. 056	0. 657
Threonine	g	0. 741			3. 362	0. 210	2. 454
Isoleucine	g	0. 752			3. 409	0. 213	2. 488
Leucine	g	1. 315			5. 967	0. 373	4. 356
Lysine	g	1. 484			6. 729	0. 421	4. 912
Methionine	g	0. 424			1. 922	0. 120	1. 403
Cystine	g	0. 206			0. 935	0. 058	0. 682
Phenylalanine	g	0. 660			2. 992	0. 187	2. 184
Tyrosine	g	0. 556			2. 523	0. 158	1. 841
Valine	g	0. 891			4. 041	0. 253	2. 950
Arginine	g	1. 076			4. 883	0. 305	3. 564
Histidine	g	0. 628			2. 848	0. 178	2. 079
Alanine	g	0. 990			4. 491	0. 281	3. 278
Aspartic acid	g	1. 514			6. 867	0. 429	5. 012
Glutamic acid	g	2. 516			11. 414	0. 713	8. 331
Glycine	g	0. 966			4. 381	0. 274	3. 198
Proline	g	0. 765			3. 472	0. 217	2. 534
Serine	g	0. 689			3. 126	0. 195	2. 282

PORK, FRESH, SHOULDER, ARM PICNIC, SEPARABLE LEAN AND FAT, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g[1]	1 cup = 135 g	Refuse: Bone and skin 25%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	47. 65			40. 50	64. 32	162. 10
Food energy	kcal	329			280	444	1,119
	kJ	1,377			1,171	1,859	4,685
Protein (N x 6.25)	g	27. 99			23. 79	37. 78	95. 21
Total lipid (fat)	g	23. 22			19. 74	31. 35	79. 01
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 16			0. 98	1. 56	3. 94
Minerals:							
Calcium	mg	18			15	24	60
Iron	mg	1. 61			1. 37	2. 17	5. 48
Magnesium	mg	19			16	25	64
Phosphorus	mg	212			181	287	723
Potassium	mg	369			314	498	1,255
Sodium	mg	88			74	118	298
Zinc	mg	4. 18			3. 55	5. 64	14. 22
Copper	mg	0. 138			0. 117	0. 186	0. 469
Manganese	mg	0. 014			0. 012	0. 019	0. 048
Vitamins:							
Ascorbic acid	mg	0. 3			0. 3	0. 4	1. 1
Thiamin	mg	0. 541			0. 460	0. 731	1. 842
Riboflavin	mg	0. 307			0. 261	0. 414	1. 044
Niacin	mg	5. 214			4. 432	7. 038	17. 737
Pantothenic acid	mg	0. 595			0. 506	0. 804	2. 026
Vitamin B-6	mg	0. 350			0. 298	0. 473	1. 192
Folate	mcg	4			4	6	15
Vitamin B-12	mcg	0. 65			0. 56	0. 88	2. 23
Vitamin A	RE	3			2	4	9
	IU	9			8	12	31
Lipids:							
Fatty acids:							
Saturated, total	g	8. 49			7. 22	11. 47	28. 89
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 02	0. 05
12:0	g	0. 01			0. 01	0. 02	0. 05
14:0	g	0. 29			0. 24	0. 39	0. 97
16:0	g	5. 24			4. 45	7. 07	17. 82
18:0	g	2. 78			2. 36	3. 75	9. 45
Monounsaturated, total	g	10. 38			8. 82	14. 01	35. 31
16:1	g	0. 62			0. 53	0. 84	2. 11
18:1	g	9. 47			8. 05	12. 78	32. 21
20:1	g	0. 20			0. 17	0. 27	0. 67
22:1	g						
Polyunsaturated, total	g	2. 28			1. 93	3. 07	7. 74
18:2	g	2. 02			1. 72	2. 73	6. 89
18:3	g	0. 07			0. 06	0. 10	0. 25
18:4	g						
20:4	g	0. 09			0. 07	0. 12	0. 30
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	109			93	148	372
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 331			0. 281	0. 447	1. 126
Threonine	g	1. 240			1. 054	1. 674	4. 219
Isoleucine	g	1. 256			1. 068	1. 696	4. 274
Leucine	g	2. 203			1. 872	2. 974	7. 494
Lysine	g	2. 485			2. 112	3. 355	8. 455
Methionine	g	0. 708			0. 602	0. 956	2. 410
Cystine	g	0. 345			0. 293	0. 465	1. 172
Phenylalanine	g	1. 105			0. 939	1. 492	3. 759
Tyrosine	g	0. 929			0. 790	1. 255	3. 162
Valine	g	1. 492			1. 268	2. 014	5. 076
Arginine	g	1. 809			1. 538	2. 443	6. 156
Histidine	g	1. 048			0. 891	1. 415	3. 565
Alanine	g	1. 662			1. 413	2. 244	5. 354
Aspartic acid	g	2. 534			2. 154	3. 421	8. 621
Glutamic acid	g	4. 207			3. 576	5. 680	14. 313
Glycine	g	1. 640			1. 394	2. 215	5. 581
Proline	g	1. 295			1. 101	1. 748	4. 405
Serine	g	1. 156			0. 982	1. 560	3. 931

[1] Yield from 5.4 oz (153 g) raw meat with refuse.

PORK, FRESH, SHOULDER, ARM PICNIC, SEPARABLE LEAN AND FAT, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g[1]	1 cup = 135 g	Refuse: Bone and skin 27%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	52. 04			44. 24	70. 26	172. 32
Food energy	kcal	317			269	428	1,049
	kJ	1,326			1,127	1,790	4,390
Protein (N x 6.25)	g	23. 47			19. 95	31. 68	77. 69
Total lipid (fat)	g	24. 01			20. 41	32. 41	79. 49
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 99			0. 84	1. 34	3. 28
Minerals:							
Calcium	mg	19			16	25	62
Iron	mg	1. 18			1. 01	1. 60	3. 92
Magnesium	mg	17			14	23	56
Phosphorus	mg	228			194	308	756
Potassium	mg	325			276	439	1,077
Sodium	mg	70			59	94	231
Zinc	mg	3. 45			2. 93	4. 65	11. 41
Copper	mg	0. 111			0. 094	0. 150	0. 368
Manganese	mg	0. 033			0. 028	0. 044	0. 108
Vitamins:							
Ascorbic acid	mg	0. 2			0. 2	0. 3	0. 8
Thiamin	mg	0. 522			0. 444	0. 704	1. 728
Riboflavin	mg	0. 302			0. 257	0. 408	1. 000
Niacin	mg	3. 918			3. 330	5. 289	12. 972
Pantothenic acid	mg	0. 532			0. 452	0. 718	1. 760
Vitamin B-6	mg	0. 348			0. 296	0. 470	1. 152
Folate	mcg	4			4	6	14
Vitamin B-12	mcg	0. 71			0. 60	0. 95	2. 34
Vitamin A	RE	2			2	3	8
	IU	8			7	11	28
Lipids:							
Fatty acids:							
Saturated, total	g	8. 78			7. 47	11. 86	29. 09
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 02			0. 01	0. 02	0. 05
12:0	g	0. 01			0. 01	0. 02	0. 05
14:0	g	0. 30			0. 25	0. 40	0. 98
16:0	g	5. 42			4. 60	7. 31	17. 94
18:0	g	2. 87			2. 44	3. 88	9. 52
Monounsaturated, total	g	10. 72			9. 12	14. 48	35. 51
16:1	g	0. 64			0. 54	0. 86	2. 12
18:1	g	9. 78			8. 32	13. 21	32. 39
20:1	g	0. 20			0. 17	0. 28	0. 68
22:1	g						
Polyunsaturated, total	g	2. 35			2. 00	3. 18	7. 79
18:2	g	2. 09			1. 78	2. 83	6. 93
18:3	g	0. 07			0. 06	0. 10	0. 25
18:4	g						
20:4	g	0. 09			0. 08	0. 12	0. 30
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	94			80	128	313
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 273			0. 232	0. 368	0. 903
Threonine	g	1. 032			0. 877	1. 393	3. 417
Isoleucine	g	1. 042			0. 886	1. 407	3. 452
Leucine	g	1. 838			1. 562	2. 481	6. 086
Lysine	g	2. 077			1. 766	2. 804	6. 878
Methionine	g	0. 587			0. 499	0. 793	1. 945
Cystine	g	0. 286			0. 243	0. 387	0. 948
Phenylalanine	g	0. 924			0. 785	1. 247	3. 060
Tyrosine	g	0. 770			0. 654	1. 039	2. 549
Valine	g	1. 246			1. 059	1. 681	4. 124
Arginine	g	1. 531			1. 302	2. 067	5. 070
Histidine	g	0. 864			0. 735	1. 167	2. 862
Alanine	g	1. 400			1. 190	1. 890	4. 635
Aspartic acid	g	2. 112			1. 795	2. 851	6. 993
Glutamic acid	g	3. 492			2. 968	4. 714	11. 562
Glycine	g	1. 439			1. 223	1. 942	4. 764
Proline	g	1. 120			0. 952	1. 512	3. 709
Serine	g	0. 969			0. 823	1. 308	3. 208

[1] Yield from 5.5 oz (157 g) raw meat with refuse.

PORK, FRESH, SHOULDER, ARM PICNIC, SEPARABLE LEAN ONLY, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 27% Separable fat 17%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	73. 13	0. 167	40	331. 72	20. 73	185. 75
Food energy	kcal	140			635	40	355
	kJ	586			2,656	166	1,487
Protein (N x 6.25)	g	19. 75	0. 146	40	89. 59	5. 60	50. 16
Total lipid (fat)	g	6. 16	0. 236	40	27. 94	1. 75	15. 65
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 01	0. 016	24	4. 58	0. 29	2. 57
Minerals:							
Calcium	mg	6	0. 304	12	27	2	15
Iron	mg	1. 19	0. 040	23	5. 40	0. 34	3. 02
Magnesium	mg	21	0. 777	12	95	6	53
Phosphorus	mg	218			989	62	554
Potassium	mg	341	5. 414	11	1,547	97	866
Sodium	mg	82	2. 088	23	372	23	208
Zinc	mg	2. 86	0. 071	11	12. 97	0. 81	7. 26
Copper	mg	0. 097	0. 005	23	0. 440	0. 027	0. 246
Manganese	mg	0. 013			0. 059	0. 004	0. 033
Vitamins:							
Ascorbic acid	mg	0. 9			4. 1	0. 3	2. 3
Thiamin	mg	0. 874	0. 049	23	3. 964	0. 248	2. 220
Riboflavin	mg	0. 306	0. 015	23	1. 388	0. 087	0. 777
Niacin	mg	4. 628	0. 265	11	20. 993	1. 312	11. 755
Pantothenic acid	mg	0. 776			3. 520	0. 220	1. 971
Vitamin B-6	mg	0. 490			2. 223	0. 139	1. 245
Folate	mcg	4			18	1	10
Vitamin B-12	mcg	0. 73	0. 057	12	3. 31	0. 21	1. 85
Vitamin A	RE	2			7	0	4
	IU	5			23	1	13
Lipids:							
Fatty acids:							
Saturated, total	g	2. 13			9. 65	0. 60	5. 40
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01		73	0. 03	0. 00	0. 01
12:0	g	0. 01		75	0. 03	0. 00	0. 02
14:0	g	0. 08		378	0. 35	0. 02	0. 19
16:0	g	1. 36		378	6. 15	0. 38	3. 44
18:0	g	0. 67		378	3. 02	0. 19	1. 69
Monounsaturated, total	g	2. 78			12. 62	0. 79	7. 07
16:1	g	0. 19		378	0. 88	0. 06	0. 49
18:1	g	2. 53		378	11. 47	0. 72	6. 42
20:1	g	0. 04		71	0. 20	0. 01	0. 11
22:1	g						
Polyunsaturated, total	g	0. 66			3. 01	0. 19	1. 68
18:2	g	0. 53		378	2. 42	0. 15	1. 36
18:3	g	0. 03		190	0. 12	0. 01	0. 06
18:4	g						
20:4	g	0. 07		315	0. 34	0. 02	0. 19
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	65	1. 004	11	295	18	165
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 251			1. 138	0. 071	0. 637
Threonine	g	0. 902			4. 091	0. 256	2. 291
Isoleucine	g	0. 925			4. 195	0. 262	2. 349
Leucine	g	1. 585			7. 188	0. 449	4. 025
Lysine	g	1. 776			8. 056	0. 504	4. 511
Methionine	g	0. 523			2. 372	0. 148	1. 328
Cystine	g	0. 252			1. 143	0. 071	0. 640
Phenylalanine	g	0. 788			3. 576	0. 224	2. 002
Tyrosine	g	0. 688			3. 121	0. 195	1. 748
Valine	g	1. 071			4. 860	0. 304	2. 721
Arginine	g	1. 228			5. 569	0. 348	3. 118
Histidine	g	0. 789			3. 579	0. 224	2. 004
Alanine	g	1. 151			5. 219	0. 326	2. 922
Aspartic acid	g	1. 832			8. 309	0. 519	4. 653
Glutamic acid	g	3. 092			14. 024	0. 876	7. 853
Glycine	g	0. 938			4. 254	0. 266	2. 382
Proline	g	0. 793			3. 599	0. 225	2. 015
Serine	g	0. 816			3. 700	0. 231	2. 072

PORK, FRESH, SHOULDER, ARM PICNIC, SEPARABLE LEAN ONLY, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 198 g[1]	Refuse: Bone and skin 25% Separable fat 16%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	54. 26			46. 12	107. 43	145. 20
Food energy	kcal	248			211	491	663
	kJ	1,038			882	2,055	2,777
Protein (N x 6.25)	g	32. 26			27. 42	63. 87	86. 33
Total lipid (fat)	g	12. 21			10. 38	24. 18	32. 67
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 27			1. 08	2. 51	3. 40
Minerals:							
Calcium	mg	8			7	16	21
Iron	mg	1. 95			1. 66	3. 86	5. 22
Magnesium	mg	22			19	44	59
Phosphorus	mg	226			192	447	605
Potassium	mg	405			344	802	1,084
Sodium	mg	102			87	202	273
Zinc	mg	4. 97			4. 22	9. 84	13. 30
Copper	mg	0. 161			0. 137	0. 319	0. 431
Manganese	mg	0. 017			0. 014	0. 034	0. 045
Vitamins:							
Ascorbic acid	mg	0. 4			0. 3	0. 8	1. 1
Thiamin	mg	0. 600			0. 510	1. 188	1. 606
Riboflavin	mg	0. 360			0. 306	0. 713	0. 963
Niacin	mg	5. 940			5. 049	11. 761	15. 895
Pantothenic acid	mg	0. 670			0. 569	1. 327	1. 793
Vitamin B-6	mg	0. 410			0. 348	0. 812	1. 097
Folate	mcg	5			4	10	13
Vitamin B-12	mcg	0. 71			0. 60	1. 41	1. 90
Vitamin A	RE	2			2	5	6
	IU	8			7	16	21
Lipids:							
Fatty acids:							
Saturated, total	g	4. 16			3. 54	8. 24	11. 14
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 00		11	0. 00	0. 01	0. 01
12:0	g	0. 00		11	0. 00	0. 01	0. 01
14:0	g	0. 13		11	0. 11	0. 27	0. 36
16:0	g	2. 61		11	2. 22	5. 18	7. 00
18:0	g	1. 32		11	1. 12	2. 61	3. 53
Monounsaturated, total	g	5. 78			4. 92	11. 45	15. 48
16:1	g	0. 34		11	0. 28	0. 66	0. 90
18:1	g	5. 26		11	4. 47	10. 42	14. 08
20:1	g	0. 13		11	0. 11	0. 26	0. 35
22:1	g						
Polyunsaturated, total	g	1. 16			0. 99	2. 30	3. 11
18:2	g	1. 01		11	0. 85	1. 99	2. 69
18:3	g	0. 03		11	0. 03	0. 07	0. 09
18:4	g						
20:4	g	0. 08		11	0. 07	0. 15	0. 21
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	114			97	226	305
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 410			0. 348	0. 811	1. 097
Threonine	g	1. 473			1. 252	2. 917	3. 942
Isoleucine	g	1. 511			1. 284	2. 991	4. 042
Leucine	g	2. 588			2. 200	5. 125	6. 927
Lysine	g	2. 901			2. 466	5. 744	7. 763
Methionine	g	0. 854			0. 726	1. 691	2. 286
Cystine	g	0. 411			0. 350	0. 815	1. 101
Phenylalanine	g	1. 288			1. 095	2. 550	3. 446
Tyrosine	g	1. 124			0. 955	2. 226	3. 008
Valine	g	1. 750			1. 488	3. 465	4. 683
Arginine	g	2. 005			1. 705	3. 971	5. 366
Histidine	g	1. 289			1. 095	2. 552	3. 449
Alanine	g	1. 879			1. 597	3. 721	5. 029
Aspartic acid	g	2. 992			2. 543	5. 924	8. 007
Glutamic acid	g	5. 050			4. 292	9. 999	13. 514
Glycine	g	1. 532			1. 302	3. 033	4. 099
Proline	g	1. 296			1. 102	2. 566	3. 468
Serine	g	1. 333			1. 133	2. 638	3. 566

[1] Raw weight includes refuse; cooked weight excludes refuse.

PORK, FRESH, SHOULDER, ARM PICNIC, SEPARABLE LEAN ONLY, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 191 g[1]	Refuse: Bone and skin 27% Separable fat 16%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60. 27	0. 872	12	51. 23	115. 12	155. 86
Food energy	kcal	228			194	435	589
	kJ	953			810	1,821	2,466
Protein (N x 6.25)	g	26. 68	0. 675	12	22. 68	50. 96	68. 99
Total lipid (fat)	g	12. 62	0. 851	12	10. 73	24. 10	32. 64
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 06	0. 023	12	0. 90	2. 02	2. 74
Minerals:							
Calcium	mg	9		1	8	17	23
Iron	mg	1. 42	0. 051	12	1. 21	2. 71	3. 67
Magnesium	mg	20		1	17	38	52
Phosphorus	mg	247		1	210	472	639
Potassium	mg	351	9. 259	12	298	670	908
Sodium	mg	80	2. 216	12	68	153	207
Zinc	mg	4. 07	0. 159	12	3. 46	7. 77	10. 53
Copper	mg	0. 128	0. 008	12	0. 109	0. 244	0. 331
Manganese	mg	0. 041		1	0. 035	0. 078	0. 106
Vitamins:							
Ascorbic acid	mg	0. 3			0. 3	0. 6	0. 8
Thiamin	mg	0. 578	0. 049	12	0. 491	1. 104	1. 495
Riboflavin	mg	0. 357	0. 013	12	0. 303	0. 682	0. 923
Niacin	mg	4. 314	0. 135	12	3. 667	8. 240	11. 156
Pantothenic acid	mg	0. 592			0. 503	1. 131	1. 531
Vitamin B-6	mg	0. 410			0. 348	0. 783	1. 060
Folate	mcg	5			4	10	13
Vitamin B-12	mcg	0. 78	0. 066	12	0. 66	1. 49	2. 02
Vitamin A	RE	2			2	4	5
	IU	7			6	13	18
Lipids:							
Fatty acids:							
Saturated, total	g	4. 30			3. 66	8. 22	11. 13
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 00		11	0. 00	0. 01	0. 01
12:0	g	0. 00		11	0. 00	0. 01	0. 01
14:0	g	0. 14		11	0. 12	0. 26	0. 36
16:0	g	2. 70		11	2. 30	5. 16	6. 99
18:0	g	1. 36		11	1. 16	2. 60	3. 52
Monounsaturated, total	g	5. 98			5. 08	11. 42	15. 46
16:1	g	0. 35		11	0. 29	0. 66	0. 90
18:1	g	5. 44		11	4. 62	10. 39	14. 07
20:1	g	0. 13		11	0. 11	0. 26	0. 35
22:1	g						
Polyunsaturated, total	g	1. 20			1. 02	2. 30	3. 11
18:2	g	1. 04		11	0. 88	1. 99	2. 69
18:3	g	0. 03		11	0. 03	0. 07	0. 09
18:4	g						
20:4	g	0. 08		11	0. 07	0. 15	0. 21
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	95	3. 596	11	81	181	246
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 339			0. 288	0. 647	0. 876
Threonine	g	1. 218			1. 036	2. 327	3. 151
Isoleucine	g	1. 249			1. 062	2. 386	3. 231
Leucine	g	2. 141			1. 820	4. 089	5. 536
Lysine	g	2. 399			2. 039	4. 583	6. 204
Methionine	g	0. 706			0. 600	1. 349	1. 827
Cystine	g	0. 340			0. 289	0. 650	0. 880
Phenylalanine	g	1. 065			0. 905	2. 034	2. 754
Tyrosine	g	0. 930			0. 790	1. 776	2. 404
Valine	g	1. 447			1. 230	2. 765	3. 743
Arginine	g	1. 659			1. 410	3. 168	4. 289
Histidine	g	1. 066			0. 906	2. 036	2. 756
Alanine	g	1. 554			1. 321	2. 969	4. 019
Aspartic acid	g	2. 475			2. 103	4. 726	6. 399
Glutamic acid	g	4. 176			3. 550	7. 977	10. 800
Glycine	g	1. 267			1. 077	2. 420	3. 276
Proline	g	1. 072			0. 911	2. 047	2. 772
Serine	g	1. 102			0. 937	2. 105	2. 850

[1] Raw weight includes refuse; cooked weight excludes refuse.

PORK, FRESH, SHOULDER, BLADE, BOSTON (ROASTS OR STEAKS), SEPARABLE LEAN AND FAT, Raw[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 raw steak yields 228 g[2]	Refuse: Bone 24%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	65. 96			299. 18	150. 38	227. 35
Food energy	kcal	218			989	497	752
	kJ	913			4,142	2,082	3,147
Protein (N x 6.25)	g	17. 66			80. 13	40. 28	60. 89
Total lipid (fat)	g	15. 82			71. 76	36. 07	54. 53
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 92			4. 17	2. 09	3. 17
Minerals:							
Calcium	mg	25			112	56	85
Iron	mg	1. 12			5. 10	2. 56	3. 87
Magnesium	mg	18			83	42	63
Phosphorus	mg	175			796	400	605
Potassium	mg	313			1,418	713	1,078
Sodium	mg	63			287	144	218
Zinc	mg	3. 03			13. 76	6. 92	10. 46
Copper	mg	0. 088			0. 397	0. 200	0. 302
Manganese	mg	0. 011			0. 049	0. 025	0. 037
Vitamins:							
Ascorbic acid	mg	0. 7			3. 2	1. 6	2. 4
Thiamin	mg	0. 806			3. 655	1. 837	2. 777
Riboflavin	mg	0. 291			1. 321	0. 664	1. 004
Niacin	mg	3. 684			16. 710	8. 399	12. 698
Pantothenic acid	mg	0. 781			3. 544	1. 782	2. 693
Vitamin B-6	mg	0. 309			1. 403	0. 705	1. 066
Folate	mcg	6			25	13	19
Vitamin B-12	mcg	0. 85			3. 85	1. 94	2. 93
Vitamin A	RE	2			10	5	8
	IU	7			34	17	25
Lipids:							
Fatty acids:							
Saturated, total	g	5. 48			24. 86	12. 49	18. 89
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 06	0. 03	0. 04
12:0	g	0. 02			0. 08	0. 04	0. 06
14:0	g	0. 20			0. 89	0. 45	0. 68
16:0	g	3. 42			15. 53	7. 81	11. 80
18:0	g	1. 78			8. 08	4. 06	6. 14
Monounsaturated, total	g	7. 06			32. 03	16. 10	24. 34
16:1	g	0. 46			2. 08	1. 04	1. 58
18:1	g	6. 47			29. 35	14. 75	22. 30
20:1	g	0. 12			0. 53	0. 27	0. 40
22:1	g						
Polyunsaturated, total	g	1. 69			7. 68	3. 86	5. 83
18:2	g	1. 40			6. 37	3. 20	4. 84
18:3	g	0. 11			0. 48	0. 24	0. 36
18:4	g						
20:4	g	0. 11			0. 48	0. 24	0. 37
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	71			323	163	246
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 217			0. 982	0. 494	0. 747
Threonine	g	0. 795			3. 604	1. 812	2. 739
Isoleucine	g	0. 810			3. 674	1. 847	2. 792
Leucine	g	1. 404			6. 367	3. 200	4. 838
Lysine	g	1. 578			7. 160	3. 599	5. 441
Methionine	g	0. 457			2. 074	1. 043	1. 576
Cystine	g	0. 221			1. 004	0. 505	0. 763
Phenylalanine	g	0. 701			3. 181	1. 599	2. 417
Tyrosine	g	0. 601			2. 725	1. 370	2. 071
Valine	g	0. 950			4. 309	2. 166	3. 274
Arginine	g	1. 120			5. 082	2. 554	3. 862
Histidine	g	0. 683			3. 099	1. 558	2. 355
Alanine	g	1. 039			4. 714	2. 369	3. 582
Aspartic acid	g	1. 619			7. 342	3. 691	5. 579
Glutamic acid	g	2. 710			12. 291	6. 178	9. 340
Glycine	g	0. 938			4. 256	2. 139	3. 234
Proline	g	0. 764			3. 466	1. 742	2. 634
Serine	g	0. 729			3. 309	1. 663	2. 515

[1] Trimmed to 0.16 inch fat before cooking.
[2] One raw steak with refuse weighs 300 g.

PORK, FRESH, SHOULDER, BLADE, BOSTON (STEAKS), SEPARABLE LEAN AND FAT, Cooked, braised[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 140 g[2]	Refuse: Bone 22%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	48. 35			41. 10	67. 69	171. 07
Food energy	kcal	319			271	446	1,127
	kJ	1,333			1,133	1,867	4,717
Protein (N x 6.25)	g	28. 67			24. 37	40. 14	101. 45
Total lipid (fat)	g	21. 74			18. 48	30. 43	76. 91
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 19			1. 01	1. 66	4. 19
Minerals:							
Calcium	mg	32			27	45	113
Iron	mg	1. 83			1. 56	2. 57	6. 49
Magnesium	mg	18			16	26	65
Phosphorus	mg	179			153	251	635
Potassium	mg	389			331	545	1,378
Sodium	mg	70			59	98	247
Zinc	mg	5. 02			4. 27	7. 02	17. 75
Copper	mg	0. 151			0. 128	0. 211	0. 533
Manganese	mg	0. 014			0. 012	0. 020	0. 051
Vitamins:							
Ascorbic acid	mg	0. 3			0. 3	0. 5	1. 2
Thiamin	mg	0. 668			0. 568	0. 935	2. 364
Riboflavin	mg	0. 361			0. 307	0. 506	1. 278
Niacin	mg	4. 056			3. 448	5. 679	14. 351
Pantothenic acid	mg	0. 782			0. 665	1. 095	2. 767
Vitamin B-6	mg	0. 270			0. 229	0. 378	0. 955
Folate	mcg	2			2	3	8
Vitamin B-12	mcg	0. 91			0. 78	1. 28	3. 24
Vitamin A	RE	3			2	4	10
	IU	10			8	13	34
Lipids:							
Fatty acids:							
Saturated, total	g	7. 94			6. 75	11. 12	28. 10
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 02			0. 01	0. 02	0. 06
12:0	g	0. 01			0. 01	0. 02	0. 05
14:0	g	0. 27			0. 23	0. 37	0. 94
16:0	g	4. 86			4. 13	6. 80	17. 19
18:0	g	2. 63			2. 24	3. 69	9. 31
Monounsaturated, total	g	9. 60			8. 16	13. 44	33. 95
16:1	g	0. 61			0. 52	0. 86	2. 17
18:1	g	8. 67			7. 37	12. 14	30. 67
20:1	g	0. 22			0. 18	0. 30	0. 76
22:1	g						
Polyunsaturated, total	g	1. 98			1. 68	2. 77	7. 00
18:2	g	1. 74			1. 48	2. 43	6. 15
18:3	g	0. 07			0. 06	0. 10	0. 25
18:4	g						
20:4	g	0. 08			0. 07	0. 11	0. 27
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	113			96	158	400
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 350			0. 297	0. 489	1. 237
Threonine	g	1. 287			1. 094	1. 801	4. 552
Isoleucine	g	1. 310			1. 114	1. 834	4. 635
Leucine	g	2. 275			1. 934	3. 185	8. 049
Lysine	g	2. 560			2. 176	3. 583	9. 056
Methionine	g	0. 740			0. 629	1. 035	2. 617
Cystine	g	0. 358			0. 305	0. 502	1. 268
Phenylalanine	g	1. 137			0. 967	1. 592	4. 024
Tyrosine	g	0. 972			0. 826	1. 360	3. 437
Valine	g	1. 540			1. 309	2. 156	5. 448
Arginine	g	1. 824			1. 551	2. 554	6. 454
Histidine	g	1. 103			0. 938	1. 545	3. 904
Alanine	g	1. 689			1. 436	2. 365	5. 977
Aspartic acid	g	2. 622			2. 229	3. 671	9. 278
Glutamic acid	g	4. 384			3. 727	6. 138	15. 511
Glycine	g	1. 549			1. 316	2. 168	5. 479
Proline	g	1. 254			1. 066	1. 756	4. 438
Serine	g	1. 184			1. 006	1. 658	4. 189

[1] Trimmed to 0.16 inch fat before cooking.
[2] One raw steak with refuse weighs 300 g.

PORK, FRESH, SHOULDER, BLADE, BOSTON (STEAKS), SEPARABLE LEAN AND FAT, Cooked, broiled[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 169 g[2]	Refuse: Bone 23%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57. 25	0. 875	13	48. 66	96. 75	199. 97
Food energy	kcal	259			220	438	905
	kJ	1,084			922	1,833	3,788
Protein (N x 6.25)	g	25. 58	0. 312	13	21. 74	43. 23	89. 35
Total lipid (fat)	g	16. 61	0. 747	13	14. 12	28. 07	58. 02
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 08	0. 028	13	0. 92	1. 83	3. 77
Minerals:							
Calcium	mg	36			30	60	124
Iron	mg	1. 40			1. 19	2. 37	4. 89
Magnesium	mg	21			18	36	75
Phosphorus	mg	210			178	355	733
Potassium	mg	326			277	551	1,139
Sodium	mg	69			59	117	241
Zinc	mg	4. 51			3. 84	7. 63	15. 77
Copper	mg	0. 058			0. 050	0. 098	0. 203
Manganese	mg	0. 003			0. 003	0. 005	0. 010
Vitamins:							
Ascorbic acid	mg	0. 3			0. 2	0. 4	0. 9
Thiamin	mg	0. 695			0. 591	1. 174	2. 427
Riboflavin	mg	0. 397			0. 338	0. 671	1. 387
Niacin	mg	4. 070			3. 459	6. 878	14. 216
Pantothenic acid	mg	0. 727			0. 618	1. 228	2. 538
Vitamin B-6	mg	0. 277			0. 236	0. 469	0. 969
Folate	mcg	4			4	8	16
Vitamin B-12	mcg	1. 06			0. 90	1. 79	3. 71
Vitamin A	RE	3			2	4	9
	IU	9			7	15	30
Lipids:							
Fatty acids:							
Saturated, total	g	5. 95			5. 06	10. 06	20. 79
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 02	0. 04
12:0	g	0. 01			0. 01	0. 02	0. 03
14:0	g	0. 20			0. 17	0. 33	0. 68
16:0	g	3. 65			3. 10	6. 16	12. 74
18:0	g	1. 97			1. 67	3. 32	6. 87
Monounsaturated, total	g	7. 42			6. 31	12. 54	25. 92
16:1	g	0. 48			0. 41	0. 82	1. 69
18:1	g	6. 67			5. 67	11. 28	23. 31
20:1	g	0. 18			0. 16	0. 31	0. 64
22:1	g						
Polyunsaturated, total	g	1. 46			1. 24	2. 46	5. 08
18:2	g	1. 26			1. 07	2. 13	4. 39
18:3	g	0. 05			0. 04	0. 09	0. 18
18:4	g						
20:4	g	0. 07			0. 06	0. 12	0. 25
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	95	2. 322	13	81	161	333
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 325			0. 276	0. 549	1. 135
Threonine	g	1. 168			0. 993	1. 974	4. 080
Isoleucine	g	1. 198			1. 018	2. 024	4. 184
Leucine	g	2. 052			1. 745	3. 469	7. 169
Lysine	g	2. 300			1. 955	3. 888	8. 035
Methionine	g	0. 677			0. 576	1. 145	2. 366
Cystine	g	0. 326			0. 277	0. 551	1. 140
Phenylalanine	g	1. 021			0. 868	1. 726	3. 567
Tyrosine	g	0. 891			0. 758	1. 506	3. 113
Valine	g	1. 388			1. 180	2. 345	4. 847
Arginine	g	1. 590			1. 352	2. 687	5. 554
Histidine	g	1. 022			0. 869	1. 727	3. 569
Alanine	g	1. 490			1. 267	2. 518	5. 205
Aspartic acid	g	2. 373			2. 017	4. 010	8. 287
Glutamic acid	g	4. 004			3. 404	6. 767	13. 987
Glycine	g	1. 215			1. 032	2. 053	4. 243
Proline	g	1. 028			0. 873	1. 737	3. 589
Serine	g	1. 057			0. 898	1. 786	3. 691

[1] Trimmed to 0.16 inch fat before cooking.
[2] One raw steak with refuse weighs 300 g.

PORK, FRESH, SHOULDER, BLADE, BOSTON (ROASTS), SEPARABLE LEAN AND FAT, Cooked, roasted[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 262 g[2]	Refuse: Bone 24%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57. 47			48. 85	150. 57	198. 09
Food energy	kcal	269			228	704	927
	kJ	1,125			956	2,948	3,879
Protein (N x 6.25)	g	23. 11			19. 64	60. 55	79. 66
Total lipid (fat)	g	18. 86			16. 03	49. 42	65. 02
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 23			1. 04	3. 21	4. 23
Minerals:							
Calcium	mg	28			24	74	97
Iron	mg	1. 45			1. 23	3. 80	5. 00
Magnesium	mg	18			16	48	63
Phosphorus	mg	197			167	515	677
Potassium	mg	332			282	870	1,144
Sodium	mg	67			57	175	230
Zinc	mg	3. 96			3. 36	10. 36	13. 64
Copper	mg	0. 114			0. 097	0. 299	0. 394
Manganese	mg	0. 012			0. 010	0. 031	0. 041
Vitamins:							
Ascorbic acid	mg	0. 7			0. 6	1. 9	2. 5
Thiamin	mg	0. 638			0. 542	1. 671	2. 198
Riboflavin	mg	0. 355			0. 302	0. 931	1. 225
Niacin	mg	4. 061			3. 452	10. 639	13. 997
Pantothenic acid	mg	0. 665			0. 565	1. 742	2. 292
Vitamin B-6	mg	0. 230			0. 196	0. 604	0. 794
Folate	mcg	5			4	13	17
Vitamin B-12	mcg	0. 88			0. 75	2. 32	3. 05
Vitamin A	RE	2			2	6	7
	IU	7			6	19	25
Lipids:							
Fatty acids:							
Saturated, total	g	6. 97			5. 92	18. 26	24. 02
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 04	0. 05
12:0	g	0. 01			0. 01	0. 03	0. 04
14:0	g	0. 23			0. 20	0. 62	0. 81
16:0	g	4. 26			3. 62	11. 16	14. 68
18:0	g	2. 31			1. 97	6. 06	7. 98
Monounsaturated, total	g	8. 27			7. 03	21. 67	28. 50
16:1	g	0. 52			0. 45	1. 37	1. 81
18:1	g	7. 49			6. 37	19. 63	25. 82
20:1	g	0. 17			0. 15	0. 46	0. 60
22:1	g						
Polyunsaturated, total	g	1. 76			1. 49	4. 60	6. 05
18:2	g	1. 55			1. 32	4. 07	5. 35
18:3	g	0. 06			0. 05	0. 16	0. 21
18:4	g						
20:4	g	0. 06			0. 05	0. 16	0. 21
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	86			73	225	295
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 283			0. 241	0. 741	0. 976
Threonine	g	1. 039			0. 883	2. 722	3. 581
Isoleucine	g	1. 059			0. 900	2. 774	3. 649
Leucine	g	1. 836			1. 560	4. 809	6. 328
Lysine	g	2. 064			1. 755	5. 409	7. 116
Methionine	g	0. 598			0. 508	1. 566	2. 061
Cystine	g	0. 289			0. 246	0. 758	0. 998
Phenylalanine	g	0. 917			0. 780	2. 403	3. 162
Tyrosine	g	0. 785			0. 668	2. 058	2. 707
Valine	g	1. 242			1. 056	3. 255	4. 282
Arginine	g	1. 467			1. 247	3. 843	5. 055
Histidine	g	0. 893			0. 759	2. 339	3. 078
Alanine	g	1. 360			1. 156	3. 563	4. 688
Aspartic acid	g	2. 117			1. 799	5. 546	7. 296
Glutamic acid	g	3. 542			3. 011	9. 281	12. 211
Glycine	g	1. 232			1. 047	3. 227	4. 246
Proline	g	1. 002			0. 852	2. 625	3. 454
Serine	g	0. 954			0. 811	2. 500	3. 290

[1] Trimmed to 0.16 inch fat before cooking.
[2] Raw weight includes refuse; cooked weight excludes refuse.

PORK, FRESH, SHOULDER, BLADE, BOSTON (ROASTS OR STEAKS), SEPARABLE LEAN ONLY, Raw[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 steak yields 198 g[2]	Refuse: Bone 24% Separable fat 10%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	72. 19	0. 272	21	327. 46	142. 94	215. 85
Food energy	kcal	155			702	307	463
	kJ	648			2,941	1,284	1,938
Protein (N x 6.25)	g	19. 37	0. 176	23	87. 87	38. 36	57. 92
Total lipid (fat)	g	8. 00	0. 357	21	36. 28	15. 84	23. 91
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 02	0. 011	23	4. 63	2. 02	3. 05
Minerals:							
Calcium	mg	22	1. 182	5	98	43	65
Iron	mg	1. 25	0. 041	19	5. 67	2. 47	3. 73
Magnesium	mg	21	0. 577	8	94	41	62
Phosphorus	mg	188	7. 619	5	854	373	563
Potassium	mg	342	7. 951	16	1,550	677	1,022
Sodium	mg	70	1. 819	20	318	139	209
Zinc	mg	3. 38	0. 104	16	15. 35	6. 70	10. 12
Copper	mg	0. 096	0. 002	20	0. 438	0. 191	0. 289
Manganese	mg	0. 012			0. 054	0. 024	0. 036
Vitamins:							
Ascorbic acid	mg	0. 8			3. 6	1. 6	2. 4
Thiamin	mg	0. 892	0. 047	24	4. 048	1. 767	2. 669
Riboflavin	mg	0. 320	0. 011	26	1. 452	0. 634	0. 957
Niacin	mg	3. 968	0. 202	16	17. 998	7. 856	11. 864
Pantothenic acid	mg	0. 861	0. 037	8	3. 908	1. 706	2. 576
Vitamin B-6	mg	0. 350	0. 021	8	1. 588	0. 693	1. 046
Folate	mcg	6	1. 710	7	28	12	18
Vitamin B-12	mcg	0. 93	0. 062	19	4. 21	1. 84	2. 78
Vitamin A	RE	2			10	4	6
	IU	7			32	14	21
Lipids:							
Fatty acids:							
Saturated, total	g	2. 76			12. 52	5. 47	8. 26
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01		73	0. 03	0. 01	0. 02
12:0	g	0. 01		75	0. 04	0. 02	0. 03
14:0	g	0. 10		378	0. 45	0. 20	0. 30
16:0	g	1. 76		378	7. 99	3. 49	5. 27
18:0	g	0. 86		378	3. 92	1. 71	2. 59
Monounsaturated, total	g	3. 61			16. 39	7. 15	10. 80
16:1	g	0. 25		378	1. 15	0. 50	0. 76
18:1	g	3. 28		378	14. 90	6. 50	9. 82
20:1	g	0. 06		71	0. 25	0. 11	0. 17
22:1	g						
Polyunsaturated, total	g	0. 86			3. 91	1. 70	2. 57
18:2	g	0. 69		378	3. 15	1. 37	2. 08
18:3	g	0. 03		190	0. 15	0. 07	0. 10
18:4	g						
20:4	g	0. 10		315	0. 44	0. 19	0. 29
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	68	0. 948	15	308	135	203
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 246			1. 116	0. 487	0. 736
Threonine	g	0. 885			4. 012	1. 751	2. 645
Isoleucine	g	0. 907			4. 115	1. 796	2. 712
Leucine	g	1. 554			7. 050	3. 078	4. 647
Lysine	g	1. 742			7. 902	3. 449	5. 209
Methionine	g	0. 513			2. 327	1. 016	1. 534
Cystine	g	0. 247			1. 121	0. 489	0. 739
Phenylalanine	g	0. 773			3. 508	1. 531	2. 312
Tyrosine	g	0. 675			3. 062	1. 336	2. 018
Valine	g	1. 051			4. 767	2. 081	3. 142
Arginine	g	1. 204			5. 462	2. 384	3. 601
Histidine	g	0. 774			3. 510	1. 532	2. 314
Alanine	g	1. 129			5. 119	2. 234	3. 374
Aspartic acid	g	1. 797			8. 150	3. 558	5. 372
Glutamic acid	g	3. 032			13. 755	6. 004	9. 067
Glycine	g	0. 920			4. 172	1. 821	2. 750
Proline	g	0. 778			3. 530	1. 541	2. 327
Serine	g	0. 800			3. 630	1. 584	2. 392

[1] Trimmed to 0.16 inch fat.
[2] One raw steak with refuse weighs 300 g.

PORK, FRESH, SHOULDER, BLADE, BOSTON (STEAKS), SEPARABLE LEAN ONLY, Cooked, braised[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 122 g[2]	Refuse: Bone 22% Separable fat 10%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	52. 04	1. 118	19	44. 24	63. 49	160. 50
Food energy	kcal	273			232	333	842
	kJ	1,143			971	1,394	3,524
Protein (N x 6.25)	g	31. 09	0. 351	19	26. 43	37. 93	95. 89
Total lipid (fat)	g	15. 55	1. 111	19	13. 21	18. 97	47. 95
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 25	0. 024	19	1. 06	1. 52	3. 85
Minerals:							
Calcium	mg	29			25	35	89
Iron	mg	2. 05	0. 044	11	1. 74	2. 50	6. 32
Magnesium	mg	20			17	24	62
Phosphorus	mg	182			155	222	561
Potassium	mg	412	10. 489	11	350	503	1,271
Sodium	mg	75	1. 844	11	64	91	231
Zinc	mg	5. 57	0. 152	11	4. 73	6. 80	17. 18
Copper	mg	0. 165	0. 006	11	0. 140	0. 201	0. 509
Manganese	mg	0. 016		1	0. 014	0. 020	0. 049
Vitamins:							
Ascorbic acid	mg	0. 4			0. 3	0. 5	1. 2
Thiamin	mg	0. 718	0. 059	19	0. 611	0. 877	2. 216
Riboflavin	mg	0. 398	0. 012	19	0. 338	0. 486	1. 228
Niacin	mg	4. 280	0. 127	15	3. 638	5. 222	13. 200
Pantothenic acid	mg	0. 850	0. 050	9	0. 722	1. 037	2. 621
Vitamin B-6	mg	0. 290	0. 013	8	0. 247	0. 354	0. 896
Folate	mcg	2	0. 476	7	2	3	7
Vitamin B-12	mcg	0. 98	0. 080	18	0. 84	1. 20	3. 03
Vitamin A	RE	3			2	3	8
	IU	9			8	11	28
Lipids:							
Fatty acids:							
Saturated, total	g	5. 51			4. 69	6. 72	17. 00
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01		19	0. 01	0. 01	0. 04
12:0	g	0. 01		19	0. 01	0. 01	0. 03
14:0	g	0. 18		30	0. 15	0. 22	0. 55
16:0	g	3. 38		30	2. 87	4. 12	10. 43
18:0	g	1. 82		30	1. 55	2. 22	5. 61
Monounsaturated, total	g	6. 99			5. 94	8. 53	21. 56
16:1	g	0. 46		30	0. 39	0. 56	1. 42
18:1	g	6. 27		30	5. 33	7. 65	19. 34
20:1	g	0. 18		13	0. 15	0. 22	0. 56
22:1	g						
Polyunsaturated, total	g	1. 33			1. 13	1. 63	4. 11
18:2	g	1. 14		30	0. 97	1. 39	3. 52
18:3	g	0. 05		30	0. 04	0. 06	0. 15
18:4	g						
20:4	g	0. 07		30	0. 06	0. 09	0. 22
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	116	3. 195	11	99	142	358
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 395			0. 336	0. 482	1. 218
Threonine	g	1. 420			1. 207	1. 732	4. 379
Isoleucine	g	1. 456			1. 238	1. 776	4. 490
Leucine	g	2. 495			2. 121	3. 044	7. 694
Lysine	g	2. 796			2. 377	3. 411	8. 623
Methionine	g	0. 823			0. 700	1. 004	2. 539
Cystine	g	0. 397			0. 337	0. 484	1. 223
Phenylalanine	g	1. 241			1. 055	1. 514	3. 828
Tyrosine	g	1. 083			0. 921	1. 322	3. 341
Valine	g	1. 687			1. 434	2. 058	5. 202
Arginine	g	1. 933			1. 643	2. 358	5. 961
Histidine	g	1. 242			1. 056	1. 515	3. 831
Alanine	g	1. 811			1. 540	2. 210	5. 586
Aspartic acid	g	2. 884			2. 451	3. 518	8. 894
Glutamic acid	g	4. 867			4. 137	5. 938	15. 011
Glycine	g	1. 476			1. 255	1. 801	4. 553
Proline	g	1. 249			1. 062	1. 524	3. 852
Serine	g	1. 284			1. 092	1. 567	3. 961

[1] Trimmed to 0.16 inch fat before cooking.
[2] One raw steak with refuse weighs 300 g.

PORK, FRESH, SHOULDER, BLADE, BOSTON (STEAKS), SEPARABLE LEAN ONLY, Cooked, broiled[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 147 g[2]	Refuse: Bone 23% Separable fat 10%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60. 07	0. 910	13	51. 06	88. 30	182. 55
Food energy	kcal	227			193	334	691
	kJ	951			809	1,399	2,891
Protein (N x 6.25)	g	26. 74	0. 326	13	22. 73	39. 31	81. 26
Total lipid (fat)	g	12. 54	0. 696	13	10. 66	18. 43	38. 11
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 10	0. 029	13	0. 93	1. 62	3. 34
Minerals:							
Calcium	mg	33	2. 648	5	28	49	100
Iron	mg	1. 56	0. 050	5	1. 32	2. 29	4. 73
Magnesium	mg	24	0. 502	5	20	35	72
Phosphorus	mg	220	4. 546	5	187	323	667
Potassium	mg	343	10. 614	5	292	505	1,044
Sodium	mg	74	1. 935	5	63	109	226
Zinc	mg	5. 02	0. 374	5	4. 27	7. 38	15. 25
Copper	mg	0. 059	0. 020	5	0. 050	0. 087	0. 180
Manganese	mg	0. 009			0. 008	0. 013	0. 027
Vitamins:							
Ascorbic acid	mg	0. 3			0. 3	0. 4	0. 9
Thiamin	mg	0. 750			0. 637	1. 102	2. 279
Riboflavin	mg	0. 440			0. 374	0. 647	1. 337
Niacin	mg	4. 300			3. 655	6. 321	13. 068
Pantothenic acid	mg	0. 816			0. 694	1. 200	2. 480
Vitamin B-6	mg	0. 310			0. 263	0. 456	0. 942
Folate	mcg	5			4	7	15
Vitamin B-12	mcg	1. 13			0. 96	1. 66	3. 43
Vitamin A	RE	2			2	4	7
	IU	8			7	12	24
Lipids:							
Fatty acids:							
Saturated, total	g	4. 45			3. 78	6. 54	13. 51
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01		19	0. 01	0. 01	0. 03
12:0	g	0. 01		19	0. 01	0. 01	0. 02
14:0	g	0. 14		30	0. 12	0. 21	0. 44
16:0	g	2. 73		30	2. 32	4. 01	8. 29
18:0	g	1. 47		30	1. 25	2. 16	4. 46
Monounsaturated, total	g	5. 64			4. 79	8. 29	17. 14
16:1	g	0. 37		30	0. 32	0. 54	1. 13
18:1	g	5. 06		30	4. 30	7. 44	15. 37
20:1	g	0. 15		13	0. 12	0. 21	0. 44
22:1	g						
Polyunsaturated, total	g	1. 08			0. 91	1. 58	3. 27
18:2	g	0. 92		30	0. 78	1. 35	2. 80
18:3	g	0. 04		30	0. 03	0. 06	0. 12
18:4	g						
20:4	g	0. 06		30	0. 05	0. 08	0. 17
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	94	2. 049	13	80	139	287
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 340			0. 289	0. 499	1. 032
Threonine	g	1. 221			1. 038	1. 795	3. 711
Isoleucine	g	1. 252			1. 064	1. 841	3. 805
Leucine	g	2. 145			1. 824	3. 154	6. 520
Lysine	g	2. 405			2. 044	3. 535	7. 308
Methionine	g	0. 708			0. 602	1. 041	2. 152
Cystine	g	0. 341			0. 290	0. 501	1. 036
Phenylalanine	g	1. 067			0. 907	1. 569	3. 244
Tyrosine	g	0. 932			0. 792	1. 370	2. 831
Valine	g	1. 451			1. 233	2. 132	4. 409
Arginine	g	1. 662			1. 413	2. 443	5. 052
Histidine	g	1. 068			0. 908	1. 570	3. 246
Alanine	g	1. 558			1. 324	2. 290	4. 734
Aspartic acid	g	2. 480			2. 108	3. 646	7. 537
Glutamic acid	g	4. 186			3. 558	6. 153	12. 721
Glycine	g	1. 270			1. 079	1. 866	3. 859
Proline	g	1. 074			0. 913	1. 579	3. 264
Serine	g	1. 105			0. 939	1. 624	3. 357

[1] Trimmed to 0.16 inch fat before cooking.
[2] One raw steak with refuse weighs 300 g.

PORK, FRESH, SHOULDER, BLADE, BOSTON (ROASTS), SEPARABLE LEAN ONLY, Cooked, roasted[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 238 g[2]	Refuse: Bone 24% Separable fat 7%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60. 94			51. 80	145. 03	190. 74
Food energy	kcal	232			198	553	727
	kJ	973			827	2,315	3,045
Protein (N x 6.25)	g	24. 21			20. 58	57. 63	75. 79
Total lipid (fat)	g	14. 30			12. 15	34. 03	44. 75
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 27			1. 08	3. 03	3. 99
Minerals:							
Calcium	mg	26			22	61	80
Iron	mg	1. 56			1. 33	3. 72	4. 89
Magnesium	mg	19			17	46	61
Phosphorus	mg	200			170	476	626
Potassium	mg	342			290	813	1,069
Sodium	mg	70			60	167	219
Zinc	mg	4. 23			3. 60	10. 07	13. 24
Copper	mg	0. 121			0. 103	0. 287	0. 378
Manganese	mg	0. 013			0. 011	0. 030	0. 040
Vitamins:							
Ascorbic acid	mg	0. 8			0. 7	1. 9	2. 5
Thiamin	mg	0. 669			0. 569	1. 593	2. 095
Riboflavin	mg	0. 380			0. 323	0. 905	1. 190
Niacin	mg	4. 216			3. 583	10. 033	13. 195
Pantothenic acid	mg	0. 700			0. 595	1. 666	2. 191
Vitamin B-6	mg	0. 241			0. 205	0. 573	0. 753
Folate	mcg	5			5	13	17
Vitamin B-12	mcg	0. 93			0. 79	2. 21	2. 91
Vitamin A	RE	2			2	5	6
	IU	7			6	16	21
Lipids:							
Fatty acids:							
Saturated, total	g	5. 19			4. 41	12. 36	16. 25
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01			0. 01	0. 03	0. 03
12:0	g	0. 01			0. 01	0. 02	0. 03
14:0	g	0. 17			0. 15	0. 41	0. 54
16:0	g	3. 18			2. 70	7. 56	9. 95
18:0	g	1. 72			1. 46	4. 09	5. 38
Monounsaturated, total	g	6. 34			5. 39	15. 08	19. 83
16:1	g	0. 41			0. 35	0. 97	1. 28
18:1	g	5. 72			4. 86	13. 60	17. 89
20:1	g	0. 15			0. 12	0. 35	0. 46
22:1	g						
Polyunsaturated, total	g	1. 29			1. 09	3. 06	4. 03
18:2	g	1. 12			0. 96	2. 68	3. 52
18:3	g	0. 05			0. 04	0. 11	0. 14
18:4	g						
20:4	g	0. 05			0. 05	0. 13	0. 17
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	85			72	202	266
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 308			0. 261	0. 732	0. 963
Threonine	g	1. 106			0. 940	2. 632	3. 461
Isoleucine	g	1. 134			0. 964	2. 699	3. 549
Leucine	g	1. 943			1. 651	4. 624	6. 081
Lysine	g	2. 178			1. 851	5. 183	6. 816
Methionine	g	0. 641			0. 545	1. 526	2. 007
Cystine	g	0. 309			0. 263	0. 735	0. 967
Phenylalanine	g	0. 967			0. 822	2. 300	3. 025
Tyrosine	g	0. 844			0. 717	2. 008	2. 641
Valine	g	1. 314			1. 117	3. 126	4. 112
Arginine	g	1. 505			1. 279	3. 583	4. 711
Histidine	g	0. 967			0. 822	2. 302	3. 028
Alanine	g	1. 411			1. 199	3. 357	4. 415
Aspartic acid	g	2. 246			1. 909	5. 345	7. 030
Glutamic acid	g	3. 791			3. 222	9. 022	11. 864
Glycine	g	1. 150			0. 977	2. 736	3. 599
Proline	g	0. 973			0. 827	2. 315	3. 045
Serine	g	1. 000			0. 850	2. 380	3. 131

[1] Trimmed to 0.16 inch fat before cooking.
[2] Raw weight includes refuse; cooked weight excludes refuse.

PORK, FRESH, SPARERIBS, SEPARABLE LEAN AND FAT, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 38%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	56. 88	2. 665	6	258. 01	16. 13	159. 95
Food energy	kcal	286			1,297	81	804
	kJ	1,197			5,428	339	3,365
Protein (N x 6.25)	g	17. 09	0. 859	6	77. 52	4. 85	48. 06
Total lipid (fat)	g	23. 60	3. 946	6	107. 05	6. 69	66. 36
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 91	0. 060	6	4. 13	0. 26	2. 56
Minerals:							
Calcium	mg	31			141	9	87
Iron	mg	0. 99	0. 050	4	4. 49	0. 28	2. 78
Magnesium	mg	22			100	6	62
Phosphorus	mg	239			1,084	68	672
Potassium	mg	259	14. 884	6	1,175	73	728
Sodium	mg	76	8. 425	6	345	22	214
Zinc	mg	2. 70	0. 115	5	12. 25	0. 77	7. 59
Copper	mg	0. 085	0. 004	5	0. 386	0. 024	0. 239
Manganese	mg	0. 010			0. 045	0. 003	0. 028
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 619	0. 024	10	2. 808	0. 175	1. 741
Riboflavin	mg	0. 273	0. 008	10	1. 238	0. 077	0. 768
Niacin	mg	4. 860	0. 196	6	22. 045	1. 378	13. 666
Pantothenic acid	mg	0. 793	0. 072	3	3. 597	0. 225	2. 230
Vitamin B-6	mg	0. 420			1. 905	0. 119	1. 181
Folate	mcg	4			18	1	11
Vitamin B-12	mcg	0. 87	0. 091	6	3. 95	0. 25	2. 45
Vitamin A	RE	3	1. 725	2	15	1	9
	IU	11	5. 750	2	50	3	31
Lipids:							
Fatty acids:							
Saturated, total	g	8. 93			40. 53	2. 53	25. 12
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01		6	0. 04	0. 00	0. 03
12:0	g	0. 01		6	0. 04	0. 00	0. 03
14:0	g	0. 28		6	1. 28	0. 08	0. 79
16:0	g	5. 47		6	24. 79	1. 55	15. 37
18:0	g	3. 08		6	13. 97	0. 87	8. 66
Monounsaturated, total	g	10. 21			46. 29	2. 89	28. 70
16:1	g	0. 56		6	2. 56	0. 16	1. 59
18:1	g	9. 46		6	42. 90	2. 68	26. 59
20:1	g	0. 18			0. 84	0. 05	0. 52
22:1	g						
Polyunsaturated, total	g	2. 15			9. 74	0. 61	6. 04
18:2	g	1. 97		6	8. 95	0. 56	5. 55
18:3	g	0. 09		6	0. 39	0. 02	0. 24
18:4	g						
20:4	g	0. 09		6	0. 39	0. 02	0. 24
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	78	1. 684	6	354	22	219
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 217			0. 985	0. 062	0. 610
Threonine	g	0. 780			3. 540	0. 221	2. 194
Isoleucine	g	0. 800			3. 630	0. 227	2. 250
Leucine	g	1. 371			6. 220	0. 389	3. 856
Lysine	g	1. 537			6. 971	0. 436	4. 322
Methionine	g	0. 452			2. 053	0. 128	1. 272
Cystine	g	0. 218			0. 989	0. 062	0. 613
Phenylalanine	g	0. 682			3. 094	0. 193	1. 918
Tyrosine	g	0. 595			2. 701	0. 169	1. 674
Valine	g	0. 927			4. 205	0. 263	2. 607
Arginine	g	1. 062			4. 819	0. 301	2. 987
Histidine	g	0. 683			3. 097	0. 194	1. 920
Alanine	g	0. 996			4. 516	0. 282	2. 800
Aspartic acid	g	1. 585			7. 190	0. 449	4. 457
Glutamic acid	g	2. 675			12. 135	0. 758	7. 523
Glycine	g	0. 811			3. 681	0. 230	2. 282
Proline	g	0. 687			3. 114	0. 195	1. 931
Serine	g	0. 706			3. 202	0. 200	1. 985

PORK, FRESH, SPARERIBS, SEPARABLE LEAN AND FAT, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 177 g[1]	Refuse: Bone 38%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	40. 42	1. 364	6	34. 36	71. 54	113. 66
Food energy	kcal	397			338	703	1,117
	kJ	1,664			1,414	2,944	4,678
Protein (N x 6.25)	g	29. 06	1. 920	6	24. 70	51. 44	81. 72
Total lipid (fat)	g	30. 30	3. 181	6	25. 75	53. 63	85. 20
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 12	0. 068	6	0. 95	1. 98	3. 15
Minerals:							
Calcium	mg	47	7. 992	2	40	83	132
Iron	mg	1. 85	0. 154	5	1. 57	3. 27	5. 20
Magnesium	mg	24	2. 576	2	20	42	67
Phosphorus	mg	261			222	462	734
Potassium	mg	320	11. 313	6	272	566	900
Sodium	mg	93	8. 412	5	79	165	262
Zinc	mg	4. 60	0. 228	6	3. 91	8. 14	12. 94
Copper	mg	0. 142	0. 008	6	0. 121	0. 251	0. 399
Manganese	mg	0. 014	0. 003	2	0. 012	0. 025	0. 039
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 408	0. 035	6	0. 347	0. 722	1. 147
Riboflavin	mg	0. 382	0. 015	6	0. 325	0. 676	1. 074
Niacin	mg	5. 475	0. 359	6	4. 654	9. 691	15. 396
Pantothenic acid	mg	0. 750	0. 087	3	0. 637	1. 327	2. 109
Vitamin B-6	mg	0. 350			0. 297	0. 619	0. 984
Folate	mcg	4			3	7	11
Vitamin B-12	mcg	1. 08	0. 078	6	0. 92	1. 91	3. 04
Vitamin A	RE	3	0. 615	2	3	5	8
	IU	10	2. 050	2	8	18	28
Lipids:							
Fatty acids:							
Saturated, total	g	11. 12			9. 45	19. 68	31. 27
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01		6	0. 01	0. 02	0. 04
12:0	g	0. 01		6	0. 01	0. 02	0. 04
14:0	g	0. 36		6	0. 31	0. 64	1. 02
16:0	g	6. 80		6	5. 78	12. 04	19. 13
18:0	g	3. 82		6	3. 25	6. 76	10. 74
Monounsaturated, total	g	13. 48			11. 46	23. 86	37. 90
16:1	g	0. 72		6	0. 62	1. 28	2. 04
18:1	g	12. 52		6	10. 64	22. 15	35. 20
20:1	g	0. 24		6	0. 20	0. 42	0. 67
22:1	g						
Polyunsaturated, total	g	2. 73			2. 32	4. 84	7. 68
18:2	g	2. 51		6	2. 13	4. 44	7. 06
18:3	g	0. 11		6	0. 09	0. 20	0. 31
18:4	g						
20:4	g	0. 11		6	0. 09	0. 20	0. 31
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	121	3. 643	6	103	214	340
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 369			0. 314	0. 653	1. 038
Threonine	g	1. 327			1. 128	2. 349	3. 731
Isoleucine	g	1. 361			1. 157	2. 408	3. 826
Leucine	g	2. 332			1. 982	4. 127	6. 557
Lysine	g	2. 613			2. 221	4. 625	7. 348
Methionine	g	0. 769			0. 654	1. 362	2. 164
Cystine	g	0. 371			0. 315	0. 656	1. 042
Phenylalanine	g	1. 160			0. 986	2. 053	3. 262
Tyrosine	g	1. 013			0. 861	1. 792	2. 847
Valine	g	1. 577			1. 340	2. 790	4. 433
Arginine	g	1. 806			1. 535	3. 197	5. 080
Histidine	g	1. 161			0. 987	2. 055	3. 264
Alanine	g	1. 693			1. 439	2. 996	4. 760
Aspartic acid	g	2. 695			2. 291	4. 771	7. 579
Glutamic acid	g	4. 549			3. 867	8. 052	12. 792
Glycine	g	1. 380			1. 173	2. 442	3. 880
Proline	g	1. 167			0. 992	2. 066	3. 283
Serine	g	1. 200			1. 020	2. 125	3. 375

[1] Raw weight includes refuse; cooked weight excludes refuse.

PORK, FRESH, GROUND, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 4 oz = 113 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	61. 06	1. 176	12	69. 00	17. 31	276. 97
Food energy	kcal	263			297	75	1,194
	kJ	1,102			1,245	312	4,998
Protein (N x 6.25)	g	16. 88			19. 07	4. 79	76. 57
Total lipid (fat)	g	21. 19	1. 549	12	23. 94	6. 01	96. 12
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 87			0. 98	0. 25	3. 95
Minerals:							
Calcium	mg	14	2. 550	5	16	4	64
Iron	mg	0. 88	0. 026	5	1. 00	0. 25	4. 01
Magnesium	mg	19	0. 771	5	22	5	87
Phosphorus	mg	175	6. 266	5	197	49	792
Potassium	mg	287	9. 740	5	324	81	1,300
Sodium	mg	56	0. 553	5	64	16	256
Zinc	mg	2. 20	0. 067	5	2. 49	0. 62	10. 00
Copper	mg	0. 045	0. 004	5	0. 051	0. 013	0. 205
Manganese	mg	0. 010			0. 011	0. 003	0. 045
Vitamins:							
Ascorbic acid	mg	0. 7			0. 8	0. 2	3. 2
Thiamin	mg	0. 732			0. 827	0. 208	3. 320
Riboflavin	mg	0. 235			0. 266	0. 067	1. 066
Niacin	mg	4. 338			4. 902	1. 230	19. 677
Pantothenic acid	mg	0. 668			0. 755	0. 189	3. 030
Vitamin B-6	mg	0. 383			0. 433	0. 109	1. 737
Folate	mcg	5			6	1	23
Vitamin B-12	mcg	0. 70			0. 79	0. 20	3. 16
Vitamin A	RE	2			2	1	9
	IU	7			8	2	30
Lipids:[1]							
Fatty acids:							
Saturated, total	g	7. 87			8. 90	2. 23	35. 71
4:0	g						
6:0	g						
8:0	g	0. 01			0. 01	0. 00	0. 04
10:0	g	0. 01			0. 01	0. 00	0. 05
12:0	g	0. 02			0. 02	0. 00	0. 07
14:0	g	0. 33			0. 38	0. 09	1. 52
16:0	g	4. 77			5. 38	1. 35	21. 61
18:0	g	2. 55			2. 88	0. 72	11. 58
Monounsaturated, total	g	9. 44			10. 67	2. 68	42. 82
16:1	g	0. 65			0. 73	0. 18	2. 93
18:1	g	8. 50			9. 60	2. 41	38. 55
20:1	g	0. 16			0. 18	0. 04	0. 71
22:1	g						
Polyunsaturated, total	g	1. 91			2. 16	0. 54	8. 65
18:2	g	1. 67			1. 88	0. 47	7. 57
18:3	g	0. 07			0. 08	0. 02	0. 31
18:4	g						
20:4	g	0. 08			0. 09	0. 02	0. 36
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	72			81	20	327
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 214			0. 242	0. 061	0. 973
Threonine	g	0. 771			0. 871	0. 219	3. 496
Isoleucine	g	0. 790			0. 893	0. 224	3. 585
Leucine	g	1. 354			1. 530	0. 384	6. 143
Lysine	g	1. 518			1. 715	0. 430	6. 885
Methionine	g	0. 447			0. 505	0. 127	2. 027
Cystine	g	0. 215			0. 243	0. 061	0. 977
Phenylalanine	g	0. 674			0. 761	0. 191	3. 056
Tyrosine	g	0. 588			0. 665	0. 167	2. 668
Valine	g	0. 916			1. 035	0. 260	4. 154
Arginine	g	1. 049			1. 186	0. 297	4. 760
Histidine	g	0. 674			0. 762	0. 191	3. 059
Alanine	g	0. 983			1. 111	0. 279	4. 461
Aspartic acid	g	1. 566			1. 769	0. 444	7. 102
Glutamic acid	g	2. 642			2. 986	0. 749	11. 986
Glycine	g	0. 802			0. 906	0. 227	3. 636
Proline	g	0. 678			0. 766	0. 192	3. 076
Serine	g	0. 697			0. 788	0. 198	3. 163

[1] Values based on data for NDB No. 10220 (cooked ground pork).

PORK, FRESH, GROUND, Cooked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 313 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	52. 75	0. 678	13	44. 84	165. 11	239. 27
Food energy	kcal	297			252	930	1,347
	kJ	1,243			1,057	3,892	5,640
Protein (N x 6.25)	g	25. 69	0. 484	13	21. 84	80. 41	116. 53
Total lipid (fat)	g	20. 77	0. 975	13	17. 65	65. 01	94. 21
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 29	0. 153	13	1. 10	4. 04	5. 85
Minerals:							
Calcium	mg	22	4. 083	5	19	69	100
Iron	mg	1. 29	0. 034	5	1. 10	4. 05	5. 87
Magnesium	mg	24	0. 542	5	21	76	110
Phosphorus	mg	226	5. 513	5	192	707	1,025
Potassium	mg	362	8. 274	5	307	1,132	1,640
Sodium	mg	73	2. 225	4	62	228	331
Zinc	mg	3. 21	0. 209	5	2. 73	10. 06	14. 58
Copper	mg	0. 044	0. 017	5	0. 037	0. 138	0. 200
Manganese	mg	0. 011			0. 009	0. 034	0. 050
Vitamins:							
Ascorbic acid	mg	0. 7			0. 6	2. 2	3. 2
Thiamin	mg	0. 706			0. 600	2. 210	3. 202
Riboflavin	mg	0. 220			0. 187	0. 689	0. 998
Niacin	mg	4. 206			3. 575	13. 165	19. 078
Pantothenic acid	mg	0. 520			0. 442	1. 628	2. 359
Vitamin B-6	mg	0. 391			0. 332	1. 224	1. 774
Folate	mcg	6			5	17	25
Vitamin B-12	mcg	0. 54			0. 46	1. 68	2. 44
Vitamin A	RE	2			2	7	10
	IU	8			6	24	34
Lipids:							
Fatty acids:							
Saturated, total	g	7. 72			6. 56	24. 15	35. 00
4:0	g						
6:0	g						
8:0	g	0. 01		13	0. 01	0. 02	0. 04
10:0	g	0. 01		13	0. 01	0. 03	0. 05
12:0	g	0. 01		13	0. 01	0. 05	0. 07
14:0	g	0. 33		13	0. 28	1. 03	1. 49
16:0	g	4. 67		13	3. 97	14. 62	21. 19
18:0	g	2. 50		13	2. 13	7. 83	11. 35
Monounsaturated, total	g	9. 25			7. 86	28. 96	41. 97
16:1	g	0. 63		13	0. 54	1. 98	2. 87
18:1	g	8. 33		13	7. 08	26. 07	37. 78
20:1	g	0. 15		13	0. 13	0. 48	0. 70
22:1	g						
Polyunsaturated, total	g	1. 87			1. 59	5. 85	8. 48
18:2	g	1. 64		13	1. 39	5. 12	7. 42
18:3	g	0. 07		13	0. 06	0. 21	0. 31
18:4	g						
20:4	g	0. 08		13	0. 07	0. 25	0. 36
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	94	1. 921	13	80	293	424
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 326			0. 277	1. 021	1. 480
Threonine	g	1. 173			0. 997	3. 672	5. 321
Isoleucine	g	1. 203			1. 022	3. 765	5. 456
Leucine	g	2. 061			1. 752	6. 452	9. 350
Lysine	g	2. 310			1. 964	7. 231	10. 479
Methionine	g	0. 680			0. 578	2. 129	3. 085
Cystine	g	0. 328			0. 279	1. 026	1. 486
Phenylalanine	g	1. 025			0. 872	3. 210	4. 652
Tyrosine	g	0. 895			0. 761	2. 802	4. 060
Valine	g	1. 394			1. 185	4. 362	6. 322
Arginine	g	1. 597			1. 357	4. 999	7. 244
Histidine	g	1. 026			0. 872	3. 212	4. 655
Alanine	g	1. 497			1. 272	4. 684	6. 789
Aspartic acid	g	2. 383			2. 025	7. 458	10. 808
Glutamic acid	g	4. 022			3. 418	12. 587	18. 242
Glycine	g	1. 220			1. 037	3. 818	5. 533
Proline	g	1. 032			0. 877	3. 230	4. 681
Serine	g	1. 061			0. 902	3. 321	4. 813

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 4 oz = 113 g	1 oz = 28.35 g	Refuse: Bloodclots and membrane 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	78. 36	0. 152	9	8. 85	22. 21	348. 29
Food energy	kcal	127			14	36	564
	kJ	531			60	151	2,360
Protein (N x 6.25)	g	10. 28	0. 282	13	1. 16	2. 91	45. 68
Total lipid (fat)	g	9. 21	0. 206	8	1. 04	2. 61	40. 92
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 13	0. 178	5	0. 13	0. 32	5. 04
Minerals:							
Calcium	mg	10	1. 445	3	1	3	43
Iron	mg	1. 60	0. 131	5	0. 18	0. 45	7. 11
Magnesium	mg	14	1. 350	3	2	4	61
Phosphorus	mg	282	15. 567	3	32	80	1,253
Potassium	mg	258	28. 903	6	29	73	1,145
Sodium	mg	120	12. 242	5	14	34	532
Zinc	mg	1. 27			0. 14	0. 36	5. 65
Copper	mg	0. 240	0. 060	2	0. 027	0. 068	1. 067
Manganese	mg	0. 094	0. 005	16	0. 011	0. 027	0. 418
Vitamins:							
Ascorbic acid	mg	13. 5	0. 805	5	1. 5	3. 8	60. 0
Thiamin	mg	0. 155	0. 005	2	0. 018	0. 044	0. 689
Riboflavin	mg	0. 275	0. 005	2	0. 031	0. 078	1. 222
Niacin	mg	4. 275	0. 105	2	0. 483	1. 212	19. 002
Pantothenic acid	mg	2. 800	0. 340	2	0. 316	0. 794	12,446
Vitamin B-6	mg	0. 19		1	0. 02	0. 05	0. 86
Folate	mcg	---			---	---	---
Vitamin B-12	mcg	2. 19	0. 407	3	0. 25	0. 62	9. 72
Vitamin A	RE	0	0. 000	3	0	0	0
	IU	0	0. 000	3	0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2. 08			0. 23	0. 59	9. 23
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 04	0. 009	2	0. 00	0. 01	0. 16
16:0	g	1. 03	0. 049	2	0. 12	0. 29	4. 57
18:0	g	1. 00	0. 087	4	0. 11	0. 28	4. 43
Monounsaturated, total	g	1. 66			0. 19	0. 47	7. 37
16:1	g	0. 12	0. 013	4	0. 01	0. 03	0. 55
18:1	g	1. 07	0. 066	4	0. 12	0. 30	4. 73
20:1	g						
22:1	g						
Polyunsaturated, total	g	1. 43			0. 16	0. 40	6. 33
18:2	g	0. 09	0. 031	4	0. 01	0. 03	0. 40
18:3	g	0. 12	0. 047	2	0. 01	0. 03	0. 53
18:4	g						
20:4	g	0. 47	0. 068	4	0. 05	0. 13	2. 09
20:5	g						
22:5	g	0. 22		1	0. 02	0. 06	0. 96
22:6	g	0. 45		1	0. 05	0. 13	2. 00
Cholesterol	mg	2,195	249. 127	27	248	622	9,757
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 132		3	0. 015	0. 037	0. 587
Threonine	g	0. 480		4	0. 054	0. 136	2. 134
Isoleucine	g	0. 475		4	0. 054	0. 135	2. 111
Leucine	g	0. 896		4	0. 101	0. 254	3. 983
Lysine	g	0. 807		4	0. 091	0. 229	3. 587
Methionine	g	0. 204		4	0. 023	0. 058	0. 907
Cystine	g	---			---	---	---
Phenylalanine	g	0. 523		4	0. 059	0. 148	2. 325
Tyrosine	g	0. 431		1	0. 049	0. 122	1. 916
Valine	g	0. 585		4	0. 066	0. 166	2. 600
Arginine	g	0. 538		3	0. 061	0. 153	2. 391
Histidine	g	0. 276		3	0. 031	0. 078	1. 227
Alanine	g	---			---	---	---
Aspartic acid	g	1. 027		1	0. 116	0. 291	4. 565
Glutamic acid	g	1. 202		1	0. 136	0. 341	5. 343
Glycine	g	0. 493		1	0. 056	0. 140	2. 191
Proline	g	---			---	---	---
Serine	g	---			---	---	---

PORK, FRESH, BRAINS, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g[1]	13.47 = 382 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	75. 88	0. 442	4	64. 49	289. 84	344. 17
Food energy	kcal	138			117	526	624
	kJ	576			489	2,200	2,612
Protein (N x 6.25)	g	12. 14	0. 103	4	10. 32	46. 36	55. 05
Total lipid (fat)	g	9. 51	0. 821	4	8. 09	36. 34	43. 15
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 40	0. 023	3	1. 19	5. 35	6. 35
Minerals:							
Calcium	mg	9			8	34	41
Iron	mg	1. 82			1. 55	6. 95	8. 26
Magnesium	mg	12			10	44	52
Phosphorus	mg	220			187	840	998
Potassium	mg	195			166	745	885
Sodium	mg	91			77	348	413
Zinc	mg	1. 48			1. 26	5. 65	6. 71
Copper	mg	0. 263			0. 224	1. 005	1. 193
Manganese	mg	0. 085			0. 072	0. 325	0. 386
Vitamins:							
Ascorbic acid	mg	14. 0			11. 9	53. 5	63. 5
Thiamin	mg	0. 078			0. 066	0. 298	0. 354
Riboflavin	mg	0. 223			0. 190	0. 852	1. 012
Niacin	mg	3. 330			2. 831	12. 721	15. 105
Pantothenic acid	mg	1. 823			1. 550	6. 964	8. 269
Vitamin B-6	mg	0. 14			0. 12	0. 55	0. 65
Folate	mcg	---			---	---	---
Vitamin B-12	mcg	1. 42			1. 21	5. 44	6. 46
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2. 15			1. 82	8. 20	9. 73
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 04			0. 03	0. 14	0. 16
16:0	g	1. 06			0. 90	4. 05	4. 81
18:0	g	1. 03			0. 88	3. 93	4. 67
Monounsaturated, total	g	1. 72			1. 46	6. 55	7. 78
16:1	g	0. 13			0. 11	0. 49	0. 58
18:1	g	1. 10			0. 94	4. 21	4. 99
20:1	g						
22:1	g						
Polyunsaturated, total	g	1. 47			1. 25	5. 63	6. 68
18:2	g	0. 09			0. 08	0. 36	0. 43
18:3	g	0. 12			0. 10	0. 47	0. 56
18:4	g						
20:4	g	0. 49			0. 41	1. 86	2. 20
20:5	g						
22:5	g	0. 22			0. 19	0. 86	1. 02
22:6	g	0. 46			0. 39	1. 77	2. 10
Cholesterol	mg	2,552			2,169	9,749	11,576
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 155			0. 132	0. 592	0. 703
Threonine	g	0. 567			0. 482	2. 166	2. 572
Isoleucine	g	0. 561			0. 477	2. 143	2. 545
Leucine	g	1. 058			0. 899	4. 042	4. 799
Lysine	g	0. 954			0. 811	3. 644	4. 327
Methionine	g	0. 241			0. 205	0. 921	1. 093
Cystine	g	---			---	---	---
Phenylalanine	g	0. 618			0. 525	2. 361	2. 803
Tyrosine	g	0. 509			0. 433	1. 944	2. 309
Valine	g	0. 691			0. 587	2. 640	3. 134
Arginine	g	0. 635			0. 540	2. 426	2. 880
Histidine	g	0. 326			0. 277	1. 245	1. 479
Alanine	g	---			---	---	---
Aspartic acid	g	1. 214			1. 032	4. 637	5. 507
Glutamic acid	g	1. 420			1. 207	5. 424	6. 441
Glycine	g	0. 583			0. 496	2. 227	2. 644
Proline	g	---			---	---	---
Serine	g	---			---	---	---

[1] Yield from 3.5 oz (100 g) raw brains without refuse.
[2] Yield from 1 lb raw brains with refuse.

PORK, FRESH, CHITTERLINGS, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 6.38 oz = 181 g[1]	1 oz = 28.35 g	Refuse: Thaw juice and fat 20%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:[2]							
Water	g	66. 25	1. 875	6	119. 91	18. 78	240. 42
Food energy	kcal	252			456	71	915
	kJ	1,055			1,909	299	3,828
Protein (N x 6.25)	g	10. 05	0. 764	6	18. 19	2. 85	36. 47
Total lipid (fat)	g	23. 05	1. 832	6	41. 72	6. 53	83. 65
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 33	0. 075	4	0. 59	0. 09	1. 18
Minerals:							
Calcium[2]	mg	20		1	36	6	72
Iron[2]	mg	1. 92	0. 217	6	3. 47	0. 54	6. 96
Magnesium[2]	mg	6		1	10	2	20
Phosphorus[2]	mg	29		1	52	8	103
Potassium[2]	mg	116	53. 367	3	210	33	421
Sodium[2]	mg	35	15. 050	2	63	10	127
Zinc	mg	2. 09		1	3. 78	0. 59	7. 58
Copper	mg	0. 166		1	0. 300	0. 047	0. 602
Manganese	mg	---			---	---	---
Vitamins:							
Ascorbic acid[2]	mg	4. 4	1. 321	8	8. 0	1. 3	16. 1
Thiamin[2]	mg	0. 010		1	0. 018	0. 003	0. 036
Riboflavin[2]	mg	0. 070		1	0. 127	0. 020	0. 254
Niacin[2]	mg	0. 080		1	0. 145	0. 023	0. 290
Pantothenic acid	mg	---			---	---	---
Vitamin B-6	mg	0. 01	0. 000	2	0. 01	0. 00	0. 03
Folate	mcg	---			---	---	---
Vitamin B-12	mcg	0. 81	0. 030	2	1. 47	0. 23	2. 94
Vitamin A[2]	RE	0	0. 000	4	0	0	0
	IU	0	0. 000	4	0	0	0
Lipids:[2]							
Fatty acids:							
Saturated, total	g	7. 93			14. 35	2. 25	28. 76
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 01		1	0. 02	0. 00	0. 03
14:0	g	0. 25		1	0. 45	0. 07	0. 91
16:0	g	4. 42		1	8. 01	1. 25	16. 05
18:0	g	3. 24		1	5. 87	0. 92	11. 77
Monounsaturated, total	g	7. 86			14. 22	2. 23	28. 51
16:1	g	---			---	---	---
18:1	g	---			---	---	---
20:1	g						
22:1	g						
Polyunsaturated, total	g	5. 87			10. 62	1. 66	21. 29
18:2	g	2. 64		1	4. 77	0. 75	9. 57
18:3	g	---			---	---	---
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	159	1. 000	2	288	45	577
Phytosterols	mg						
Amino acids:[2]							
Tryptophan	g	0. 090		1	0. 163	0. 026	0. 327
Threonine	g	0. 421		1	0. 762	0. 119	1. 528
Isoleucine	g	0. 391		1	0. 708	0. 111	1. 419
Leucine	g	0. 764		1	1. 383	0. 217	2. 773
Lysine	g	0. 643		1	1. 164	0. 182	2. 333
Methionine	g	0. 170		1	0. 308	0. 048	0. 617
Cystine	g	---			---	---	---
Phenylalanine	g	0. 371		1	0. 672	0. 105	1. 346
Tyrosine	g	0. 322		1	0. 583	0. 091	1. 169
Valine	g	0. 471		1	0. 853	0. 134	1. 709
Arginine	g	0. 804		1	1. 455	0. 228	2. 918
Histidine	g	0. 201		1	0. 364	0. 057	0. 729
Alanine	g	0. 743		1	1. 345	0. 211	2. 696
Aspartic acid	g	0. 944		1	1. 709	0. 268	3. 426
Glutamic acid	g	1. 346		1	2. 436	0. 382	4. 885
Glycine	g	1. 185		1	2. 145	0. 336	4. 300
Proline	g	0. 753		1	1. 363	0. 213	2. 733
Serine	g	0. 471		1	0. 853	0. 134	1. 709

[1] With refuse = 8oz (227g).
[2] Values based on data from at least 12 samples composited.

PORK, FRESH, CHITTERLINGS, Cooked, simmered

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g[1]	6.03 oz = 171 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:[3]							
Water	g	62. 40		1	53. 04	106. 70	283. 05
Food energy	kcal	303			258	518	1,375
	kJ	1,268			1,078	2,169	5,752
Protein (N x 6.25)	g	10. 25	1. 050	2	8. 71	17. 53	46. 49
Total lipid (fat)	g	28. 75	0. 650	2	24. 44	49. 16	130. 41
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 30		1	0. 26	0. 51	1. 36
Minerals:							
Calcium[3]	mg	27		1	23	47	124
Iron[3]	mg	3. 70		1	3. 15	6. 33	16. 78
Magnesium[3]	mg	10		1	9	18	47
Phosphorus[3]	mg	47		1	40	81	214
Potassium[3]	mg	8		1	7	13	35
Sodium[3]	mg	39		1	33	66	175
Zinc	mg	5. 06			4. 30	8. 65	22. 95
Copper	mg	0. 233			0. 198	0. 398	1. 057
Manganese	mg	---			---	---	---
Vitamins:[3]							
Ascorbic acid	mg	0. 0		1	0. 0	0. 0	0. 0
Thiamin	mg	0. 0		1	0. 0	0. 0	0. 0
Riboflavin	mg	0. 080		1	0. 068	0. 137	0. 363
Niacin	mg	0. 100		1	0. 085	0. 171	0. 454
Pantothenic acid	mg	---			---	---	---
Vitamin B-6	mg	---			---	---	---
Folate	mcg	---			---	---	---
Vitamin B-12	mcg	---			---	---	---
Vitamin A	RE	0		1	0	0	0
	IU	0		1	0	0	0
Lipids:[3]							
Fatty acids:							
Saturated, total	g	10. 10			8. 59	17. 27	45. 82
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 05		1	0. 04	0. 08	0. 21
14:0	g	0. 33		1	0. 28	0. 56	1. 50
16:0	g	5. 80		1	4. 93	9. 92	26. 33
18:0	g	3. 92		1	3. 33	6. 70	17. 79
Monounsaturated, total	g	9. 68			8. 22	16. 54	43. 89
16:1	g	---			---	---	---
18:1	g	---			---	---	---
20:1	g						
22:1	g						
Polyunsaturated, total	g	7. 22			6. 14	12. 34	32. 75
18:2	g	2. 66		1	2. 26	4. 55	12. 08
18:3	g	--			---	---	----
18:4	g						
20:4	g	--			---	---	----
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	143		1	122	245	649
Phytosterols	mg						
Amino acids:[3]							
Tryptophan	g	0. 061		1	0. 052	0. 104	0. 277
Threonine	g	0. 451		1	0. 383	0. 771	2. 046
Isoleucine	g	0. 420		1	0. 357	0. 718	1. 905
Leucine	g	0. 809		1	0. 688	1. 383	3. 670
Lysine	g	0. 656		1	0. 558	1. 122	2. 976
Methionine	g	0. 194		1	0. 165	0. 332	0. 880
Cystine	g	---			---	---	---
Phenylalanine	g	0. 410		1	0. 349	0. 701	1. 860
Tyrosine	g	0. 379		1	0. 322	0. 648	1. 719
Valine	g	0. 502		1	0. 427	0. 858	2. 277
Arginine	g	0. 840		1	0. 714	1. 436	3. 810
Histidine	g	0. 215		1	0. 183	0. 368	0. 975
Alanine	g	0. 727		1	0. 618	1. 243	3. 298
Aspartic acid	g	0. 963		1	0. 819	1. 647	4. 368
Glutamic acid	g	1. 322		1	1. 124	2. 261	5. 997
Glycine	g	1. 096		1	0. 932	1. 874	4. 971
Proline	g	0. 717		1	0. 609	1. 226	3. 252
Serine	g	0. 492		1	0. 418	0. 841	2. 232

[1] Yield from 6.4oz (181g) raw chitterlings without refuse.
[2] Yield from 1 lb raw chitterlings with refuse.
[3] Values based on data from at least 12 samples composited.

PORK, FRESH, EARS, Frozen, raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 ear = 113 g[1]	1 oz = 28.35 g	Refuse: Thaw juice and trim 5%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:[2]							
Water	g	61. 25	1. 150	2	69. 21	17. 36	263. 93
Food energy	kcal	233			263	66	1,002
	kJ	975			1,100	278	4,192
Protein (N x 6.25)	g	22. 45	0. 150	2	25. 37	6. 36	96. 74
Total lipid (fat)	g	15. 10	1. 100	2	17. 06	4. 28	65. 07
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 60		1	0. 68	0. 17	2. 59
Minerals:[2]							
Calcium	mg	21		1	23	6	88
Iron	mg	2. 40		1	2. 71	0. 68	10. 34
Magnesium	mg	7		1	8	2	31
Phosphorus	mg	41		1	46	11	175
Potassium	mg	55		1	62	16	238
Sodium	mg	191		1	215	54	821
Zinc	mg	---			---	---	---
Copper	mg	---			---	---	---
Manganese	mg	---			---	---	---
Vitamins:[2]							
Ascorbic acid	mg	0. 0		1	0. 0	0. 0	0. 0
Thiamin	mg	0. 080		1	0. 090	0. 023	0. 345
Riboflavin	mg	0. 110		1	0. 124	0. 031	0. 474
Niacin	mg	0. 780		1	0. 881	0. 221	3. 361
Pantothenic acid	mg	---			---	---	---
Vitamin B-6	mg	---			---	---	---
Folate	mcg	---			---	---	---
Vitamin B-12	mcg	---			---	---	---
Vitamin A	RE	0		1	0	0	0
	IU	0		1	0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	---			---	---	---
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	---			---	---	---
14:0	g	---			---	---	---
16:0	g	---			---	---	---
18:0	g	---			---	---	---
Monounsaturated, total	g	---			---	---	---
16:1	g	---			---	---	---
18:1	g	---			---	---	---
20:1	g						
22:1	g						
Polyunsaturated, total	g	---			---	---	---
18:2	g	---			---	---	---
18:3	g	---			---	---	---
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol[2]	mg	82		1	93	23	353
Phytosterols	mg						
Amino acids:[2]							
Tryptophan	g	0. 043		1	0. 049	0. 012	0. 185
Threonine	g	0. 629		1	0. 711	0. 178	2. 710
Isoleucine	g	0. 492		1	0. 556	0. 139	2. 120
Leucine	g	1. 167		1	1. 319	0. 331	5. 029
Lysine	g	1. 052		1	1. 189	0. 298	4. 533
Methionine	g	0. 133		1	0. 150	0. 038	0. 573
Cystine	g	---			---	---	---
Phenylalanine	g	0. 718		1	0. 811	0. 204	3. 094
Tyrosine	g	0. 402		1	0. 454	0. 114	1. 732
Valine	g	0. 830		1	0. 938	0. 235	3. 576
Arginine	g	1. 861		1	2. 103	0. 528	8. 019
Histidine	g	0. 269		1	0. 304	0. 076	1. 159
Alanine	g	2. 220		1	2. 509	0. 629	9. 566
Aspartic acid	g	1. 660		1	1. 876	0. 471	7. 153
Glutamic acid	g	2. 805		1	3. 170	0. 795	12. 087
Glycine	g	4. 400		1	4. 972	1. 247	18. 960
Proline	g	2. 848		1	3. 218	0. 807	12. 272
Serine	g	0. 941		1	1. 063	0. 267	4. 055

[1] With refuse = 119 g.
[2] Values based on data from at least 12 samples composited.

PORK, FRESH, EARS, Frozen, cooked, simmered

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 ear = 111 g[1]	14.89 oz = 422 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:[3]							
Water	g	72. 65	2. 950	2	79. 92	306. 58	329. 54
Food energy	kcal	166			183	700	752
	kJ	696			765	2,929	3,146
Protein (N x 6.25)	g	15. 95	0. 450	2	17. 55	67. 31	72. 35
Total lipid (fat)	g	10. 80	2. 700	2	11. 88	45. 58	48. 99
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 40		1	0. 44	1. 69	1. 81
Minerals:[3]							
Calcium	mg	18		1	20	78	83
Iron	mg	1. 50		1	1. 65	6. 33	6. 80
Magnesium	mg	7		1	8	30	32
Phosphorus	mg	24		1	27	103	110
Potassium	mg	40		1	44	170	183
Sodium	mg	167		1	183	703	755
Zinc	mg	---			---	---	---
Copper	mg	---			---	---	---
Manganese	mg	---			---	---	---
Vitamins:[3]							
Ascorbic acid	mg	0. 0		1	0. 0	0. 0	0. 0
Thiamin	mg	0. 020		1	0. 022	0. 084	0. 091
Riboflavin	mg	0. 070		1	0. 077	0. 295	0. 318
Niacin	mg	0. 560		1	0. 616	2. 363	2. 540
Pantothenic acid	mg	---			---	---	---
Vitamin B-6	mg	---			---	---	---
Folate	mcg	---			---	---	---
Vitamin B-12	mcg	---			---	---	---
Vitamin A	RE	0		1	0	0	0
	IU	0		1	0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	---			---	---	---
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	---			---	---	---
14:0	g	---			---	---	---
16:0	g	---			---	---	---
18:0	g	---			---	---	---
Monounsaturated, total	g	---			---	---	---
16:1	g	---			---	---	---
18:1	g	---			---	---	---
20:1	g						
22:1	g						
Polyunsaturated, total	g	---			---	---	---
18:2	g	---			---	---	---
18:3	g	---			---	---	---
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol[3]	mg	90		1	99	380	408
Phytosterols	mg						
Amino acids:[3]							
Tryptophan	g	0. 031		1	0. 034	0. 131	0. 141
Threonine	g	0. 477		1	0. 525	2. 013	2. 164
Isoleucine	g	0. 365		1	0. 402	1. 540	1. 656
Leucine	g	0. 875		1	0. 963	3. 693	3. 969
Lysine	g	0. 732		1	0. 805	3. 089	3. 320
Methionine	g	0. 128		1	0. 141	0. 540	0. 581
Cystine	g	---			---	---	---
Phenylalanine	g	0. 510		1	0. 561	2. 152	2. 313
Tyrosine	g	0. 319		1	0. 351	1. 346	1. 447
Valine	g	0. 638		1	0. 702	2. 692	2. 894
Arginine	g	1. 276		1	1. 404	5. 385	5. 788
Histidine	g	0. 191		1	0. 210	0. 806	0. 866
Alanine	g	1. 531		1	1. 684	6. 461	6. 945
Aspartic acid	g	1. 179		1	1. 297	4. 975	5. 348
Glutamic acid	g	2. 008		1	2. 209	8. 474	9. 108
Glycine	g	3. 142		1	3. 456	13. 259	14. 252
Proline	g	1. 914		1	2. 105	8. 077	8. 682
Serine	g	0. 684		1	0. 752	2. 886	3. 103

[1] Yield from 1 raw ear which weighs 113 g.
[2] Yield from 1 lb raw ears with refuse.
[3] Values based on data from at least 12 samples composited.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 foot = 95 g[1]	1 oz = 28.35 g	Refuse: Bone and hard tissue 58%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:[2]							
Water	g	58. 30	1. 539	3	55. 38	16. 53	111. 10
Food energy	kcal	264			251	75	503
	kJ	1,105			1,050	313	2,105
Protein (N x 6.25)	g	22. 07	0. 636	3	20. 97	6. 26	42. 04
Total lipid (fat)	g	18. 83	2. 902	3	17. 89	5. 34	35. 90
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 75	0. 071	2	0. 71	0. 21	1. 43
Minerals:[2]							
Calcium	mg	59		1	56	17	112
Iron	mg	---			---	---	---
Magnesium	mg	7		1	7	2	13
Phosphorus	mg	55		1	52	16	105
Potassium	mg	274		1	216	78	435
Sodium	mg	62		1	49	18	98
Zinc	mg	---			---	---	---
Copper	mg	---			---	---	---
Manganese	mg	---			---	---	---
Vitamins:[2]							
Ascorbic acid	mg	0. 0		1	0. 0	0. 0	0. 0
Thiamin	mg	0. 04		1	0. 04	0. 01	0. 08
Riboflavin	mg	0. 10		1	0. 10	0. 03	0. 19
Niacin	mg	1. 11		1	1. 05	0. 31	2. 11
Pantothenic acid	mg	---			---	---	---
Vitamin B-6	mg	---			---	---	---
Folate	mcg	---			---	---	---
Vitamin B-12	mcg	---			---	---	---
Vitamin A	RE	0		1	0	0	0
	IU	0		1	0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	6. 50			6. 18	1. 84	12. 38
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 29			0. 28	0. 08	0. 55
16:0	g	4. 25			4. 04	1. 20	8. 10
18:0	g	1. 96			1. 86	0. 56	3. 73
Monounsaturated, total	g	8. 83			8. 39	2. 50	16. 82
16:1	g	0. 68			0. 65	0. 19	1. 29
18:1	g	8. 15			7. 74	2. 31	15. 52
20:1	g						
22:1	g						
Polyunsaturated, total	g	2. 05			1. 94	0. 58	3. 90
18:2	g	1. 78			1. 69	0. 50	3. 39
18:3	g	0. 16			0. 15	0. 05	0. 30
18:4	g						
20:4	g	0. 11			0. 10	0. 03	0. 21
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	106		1	101	30	202
Phytosterols	mg						
Amino acids:[2]							
Tryptophan	g	0. 044		1	0. 042	0. 012	0. 084
Threonine	g	0. 574		1	0. 545	0. 163	1. 093
Isoleucine	g	0. 353		1	0. 335	0. 100	0. 672
Leucine	g	0. 927		1	0. 881	0. 263	1. 766
Lysine	g	0. 949		1	0. 902	0. 269	1. 808
Methionine	g	0. 221		1	0. 210	0. 063	0. 421
Cystine	g	---			---	---	---
Phenylalanine	g	0. 596		1	0. 566	0. 169	1. 135
Tyrosine	g	0. 331		1	0. 314	0. 094	0. 631
Valine	g	0. 508		1	0. 483	0. 144	0. 968
Arginine	g	1. 677		1	1. 593	0. 475	3. 195
Histidine	g	0. 265		1	0. 252	0. 075	0. 505
Alanine	g	1. 854		1	1. 761	0. 526	3. 532
Aspartic acid	g	1. 545		1	1. 468	0. 438	2. 943
Glutamic acid	g	2. 406		1	2. 286	0. 682	4. 583
Glycine	g	3. 663		1	3. 480	1. 038	6. 978
Proline	g	2. 428		1	2. 307	0. 688	4. 625
Serine	g	0. 883		1	0. 839	0. 250	1. 682

[1] With refuse = 8 oz (227 g).
[2] Values based on data from at least 12 samples composited.

PORK, FRESH, FEET, Cooked, simmered

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 2.5 oz = 71 g[1]	5.0 oz = 142 g[2]	Refuse: Bone and hard tissue 66%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:[3]							
Water	g	66. 00		1	46. 86	93. 72	101. 64
Food energy	kcal	194			138	275	299
	kJ	811			576	1,152	1,249
Protein (N x 6.25)	g	19. 20		1	13. 63	27. 26	29. 57
Total lipid (fat)	g	12. 40		1	8. 80	17. 61	19. 10
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 50		1	0. 36	0. 71	0. 77
Minerals:[3]							
Calcium	mg	45		1	32	64	69
Iron	mg	---			---	---	---
Magnesium	mg	5		1	4	7	8
Phosphorus	mg	48		1	34	68	74
Potassium	mg	---			---	---	---
Sodium	mg	---			---	---	---
Zinc	mg	---			---	---	---
Copper	mg	---			---	---	---
Manganese	mg	---			---	---	---
Vitamins:[3]							
Ascorbic acid	mg	0. 0		1	0. 0	0. 0	0. 0
Thiamin	mg	0. 010		1	0. 007	0. 014	0. 015
Riboflavin	mg	0. 060		1	0. 043	0. 085	0. 092
Niacin	mg	0. 520		1	0. 369	0. 738	0. 801
Pantothenic acid	mg	---			---	---	---
Vitamin B-6	mg	---			---	---	---
Folate	mcg	---			---	---	---
Vitamin B-12	mcg	---			---	---	---
Vitamin A	RE	0		1	0	0	0
	IU	0		1	0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	4. 28			3. 04	6. 08	6. 59
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 19			0. 13	0. 27	0. 29
16:0	g	2. 80			1. 99	3. 98	4. 31
18:0	g	1. 29			0. 92	1. 83	1. 99
Monounsaturated, total	g	5. 81			4. 13	8. 25	8. 95
16:1	g	0. 45			0. 32	0. 64	0. 69
18:1	g	5. 36			3. 81	7. 61	8. 25
20:1	g						
22:1	g						
Polyunsaturated, total	g	1. 35			0. 96	1. 92	2. 08
18:2	g	1. 17			0. 83	1. 66	1. 80
18:3	g	0. 11			0. 08	0. 16	0. 17
18:4	g						
20:4	g	0. 07			0. 05	0. 10	0. 11
20:5	g						
22:5	g						
22:6	g						
Cholesterol[3]	mg	100		1	71	142	154
Phytosterols	mg						
Amino acids:[3]							
Tryptophan	g	0. 038		1	0. 027	0. 054	0. 059
Threonine	g	0. 518		1	0. 368	0. 736	0. 798
Isoleucine	g	0. 326		1	0. 231	0. 463	0. 502
Leucine	g	0. 845		1	0. 600	1. 200	1. 301
Lysine	g	0. 826		1	0. 586	1. 173	1. 272
Methionine	g	0. 211		1	0. 150	0. 300	0. 325
Cystine	g	---			---	---	---
Phenylalanine	g	0. 557		1	0. 395	0. 791	0. 858
Tyrosine	g	0. 307		1	0. 218	0. 436	0. 473
Valine	g	0. 480		1	0. 341	0. 682	0. 739
Arginine	g	1. 440		1	1. 022	2. 045	2. 218
Histidine	g	0. 211		1	0. 150	0. 300	0. 325
Alanine	g	1. 574		1	1. 118	2. 235	2. 424
Aspartic acid	g	1. 382		1	0. 981	1. 962	2. 128
Glutamic acid	g	2. 112		1	1. 500	2. 999	3. 252
Glycine	g	3. 360		1	2. 386	4. 771	5. 174
Proline	g	2. 016		1	1. 431	2. 863	3. 105
Serine	g	0. 768		1	0. 545	1. 091	1. 183

[1] Yield from 8.0 oz (227 g) raw feet with refuse.
[2] Yield from 1 lb raw feet with refuse.
[3] Values based on data from at least 12 samples composited.

PORK, FRESH, HEART, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 heart = 226 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	76. 21	0. 265	30	172. 24	21. 61	34571
Food energy	kcal	118			267	33	536
	kJ	494			1,117	140	2,243
Protein (N x 6.25)	g	17. 27	0. 118	23	39. 02	4. 89	78. 31
Total lipid (fat)	g	4. 36	0. 250	35	9. 85	1. 24	19. 77
Carbohydrate, total	g	1. 33			3. 00	0. 38	6. 01
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 84	0. 045	7	1. 89	0. 24	3. 80
Minerals:							
Calcium	mg	5	0. 163	8	12	2	25
Iron	mg	4. 68	0. 345	10	10. 57	1. 33	21. 22
Magnesium	mg	19	1. 211	10	44	5	88
Phosphorus	mg	169	12. 008	7	383	48	768
Potassium	mg	294	8. 883	9	664	83	1,333
Sodium	mg	56	2. 517	3	127	16	254
Zinc	mg	2. 80	0. 256	10	6. 32	0. 79	12. 69
Copper	mg	0. 408	0. 042	7	0. 922	0. 116	1. 851
Manganese	mg	0. 063	0. 003	4	0. 142	0. 018	0. 286
Vitamins:							
Ascorbic acid	mg	5. 3	0. 650	10	11. 9	1. 5	23. 9
Thiamin	mg	0. 613	0. 069	17	1. 385	0. 174	2. 781
Riboflavin	mg	1. 185	0. 076	15	2. 678	0. 336	5. 375
Niacin	mg	6. 765	0. 439	6	15. 289	1. 918	30. 686
Pantothenic acid	mg	2. 515	0. 125	2	5. 684	0. 713	11. 408
Vitamin B-6	mg	0. 39	0. 015	3	0. 88	0. 11	1. 76
Folate	mcg	4	1. 100	4	9	1	19
Vitamin B-12	mcg	3. 79	0. 265	3	8. 56	1. 07	17. 18
Vitamin A	RE	8	3. 969	3	17	2	34
	IU	25	13. 229	3	57	7	113
Lipids:							
Fatty acids:							
Saturated, total	g	1. 16			2. 61	0. 33	5. 24
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 00	0. 001	2	0. 01	0. 00	0. 01
12:0	g	0. 01	0. 004	2	0. 01	0. 00	0. 02
14:0	g	0. 08	0. 047	4	0. 19	0. 02	0. 38
16:0	g	0. 59	0. 100	5	1. 34	0. 17	2. 69
18:0	g	0. 45	0. 080	5	1. 01	0. 13	2. 03
Monounsaturated, total	g	1. 02			2. 31	0. 29	4. 63
16:1	g	0. 10	0. 031	5	0. 22	0. 03	0. 44
18:1	g	0. 90	0. 227	5	2. 04	0. 26	4. 10
20:1	g	0. 02	0. 011	2	0. 04	0. 01	0. 08
22:1	g						
Polyunsaturated, total	g	1. 12			2. 53	0. 32	5. 08
18:2	g	0. 77	0. 205	5	1. 73	0. 22	3. 48
18:3	g	0. 08	0. 084	3	0. 19	0. 02	0. 37
18:4	g						
20:4	g	0. 27	0. 091	4	0. 61	0. 08	1. 22
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	131	12. 852	32	296	37	594
Phytosterols	mg						
Amino acids:[1]							
Tryptophan	g	0. 199		4	0. 450	0. 056	0. 903
Threonine	g	0. 757		11	1. 711	0. 215	3. 434
Isoleucine	g	0. 831		9	1. 878	0. 236	3. 769
Leucine	g	1. 558		9	3. 521	0. 442	7. 067
Lysine	g	1. 428		9	3. 227	0. 405	6. 477
Methionine	g	0. 442		9	0. 999	0. 125	2. 005
Cystine	g	0. 309		1	0. 698	0. 088	1. 402
Phenylalanine	g	0. 762		9	1. 722	0. 216	3. 456
Tyrosine	g	0. 591		5	1. 336	0. 168	2. 681
Valine	g	0. 914		9	2. 066	0. 259	4. 146
Arginine	g	1. 160		9	2. 622	0. 329	5. 262
Histidine	g	0. 439		9	0. 992	0. 124	1. 991
Alanine	g	1. 108		5	2. 504	0. 314	5. 026
Aspartic acid	g	1. 563		6	3. 532	0. 443	7. 090
Glutamic acid	g	2. 770		6	6. 260	0. 785	12. 566
Glycine	g	0. 939		6	2. 122	0. 266	4. 259
Proline	g	0. 795		5	1. 797	0. 225	3. 606
Serine	g	0. 812		5	1. 835	0. 230	3. 683

[1] Includes data for cooked heart.

PORK, FRESH, HEART, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 heart = 129 g[1]	1 c = 145 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	68. 08	0. 693	8	87. 82	98. 72	308. 81
Food energy	kcal	148			191	214	671
	kJ	619			798	897	2,806
Protein (N x 6.25)	g	23. 60	0. 462	3	30. 44	34. 22	107. 05
Total lipid (fat)	g	5. 05	0. 208	8	6. 51	7. 32	22. 91
Carbohydrate, total	g	0. 40			0. 52	0. 58	1. 81
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 00	0. 000	3	1. 29	1. 45	4. 54
Minerals:							
Calcium	mg	7			9	10	32
Iron	mg	5. 83			7. 52	8. 45	26. 44
Magnesium	mg	24			32	35	111
Phosphorus	mg	178			230	258	807
Potassium	mg	206			266	299	934
Sodium	mg	35			46	51	161
Zinc	mg	3. 09			3. 99	4. 48	14. 02
Copper	mg	0. 508			0. 655	0. 737	2. 304
Manganese	mg	0. 073			0. 094	0. 106	0. 331
Vitamins:							
Ascorbic acid	mg	2. 0			2. 6	2. 9	9. 1
Thiamin	mg	0. 555	0. 039	5	0. 716	0. 805	2. 517
Riboflavin	mg	1. 702	0. 093	5	2. 196	2. 468	7. 720
Niacin	mg	6. 050			7. 805	8. 773	27. 443
Pantothenic acid	mg	2. 470			3. 186	3. 582	11. 204
Vitamin B-6	mg	0. 39			0. 50	0. 56	1. 76
Folate	mcg	4			5	6	19
Vitamin B-12	mcg	3. 79			4. 89	5. 49	17. 18
Vitamin A	RE	7			9	10	30
	IU	22			29	32	102
Lipids:							
Fatty acids:							
Saturated, total	g	1. 34			1. 72	1. 94	6. 06
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 00			0. 00	0. 00	0. 01
12:0	g	0. 01			0. 01	0. 01	0. 03
14:0	g	0. 10			0. 12	0. 14	0. 44
16:0	g	0. 69			0. 88	0. 99	3. 11
18:0	g	0. 52			0. 67	0. 75	2. 35
Monounsaturated, total	g	1. 18			1. 52	1. 71	5. 34
16:1	g	0. 11			0. 14	0. 16	0. 50
18:1	g	1. 05			1. 35	1. 52	4. 74
20:1	g	0. 02			0. 03	0. 03	0. 10
22:1	g						
Polyunsaturated, total	g	1. 30			1. 67	1. 88	5. 88
18:2	g	0. 89			1. 15	1. 29	4. 03
18:3	g	0. 10			0. 12	0. 14	0. 43
18:4	g						
20:4	g	0. 31			0. 40	0. 45	1. 42
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	221			285	320	1,001
Phytosterols	mg						
Amino acids:[2]							
Tryptophan	g	0. 272		4	0. 351	0. 394	1. 234
Threonine	g	1. 035		11	1. 335	1. 501	4. 695
Isoleucine	g	1. 137		9	1. 467	1. 649	5. 157
Leucine	g	2. 130		9	2. 748	3. 089	9. 662
Lysine	g	1. 952		9	2. 518	2. 830	8. 854
Methionine	g	0. 604		9	0. 779	0. 876	2. 740
Cystine	g	0. 423		1	0. 546	0. 613	1. 919
Phenylalanine	g	1. 042		9	1. 344	1. 511	4. 727
Tyrosine	g	0. 808		5	1. 042	1. 172	3. 665
Valine	g	1. 250		9	1. 613	1. 813	5. 670
Arginine	g	1. 586		9	2. 046	2. 300	7. 194
Histidine	g	0. 600		9	0. 774	0. 870	2. 722
Alanine	g	1. 514		5	1. 953	2. 195	6. 868
Aspartic acid	g	2. 137		6	2. 757	3. 099	9. 693
Glutamic acid	g	3. 787		6	4. 885	5. 491	17. 178
Glycine	g	1. 284		6	1. 656	1. 862	5. 824
Proline	g	1. 087		5	1. 402	1. 576	4. 931
Serine	g	1. 110		5	1. 432	1. 610	5. 035

[1] Yield from 1 raw heart which weighs 226g.
[2] Includes data for raw heart.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 4 oz = 113 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	22. 19	1. 004	8	25. 07	6. 29	100. 64
Food energy	kcal	655			740	186	2,972
	kJ	2,741			3,097	777	12,433
Protein (N x 6.25)	g	6. 38	0. 479	8	7. 20	1. 81	28. 92
Total lipid (fat)	g	69. 61	1. 951	8	78. 66	19. 74	315. 76
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 32	0. 022	8	0. 36	0. 09	1. 44
Minerals:							
Calcium	mg	4			5	1	18
Iron	mg	0. 42			0. 47	0. 12	1. 89
Magnesium	mg	3			4	1	15
Phosphorus	mg	86			97	24	390
Potassium	mg	148			167	42	670
Sodium	mg	25			29	7	115
Zinc	mg	---			---	---	---
Copper	mg	0. 040			0. 045	0. 011	0. 181
Manganese	mg	0. 005			0. 006	0. 001	0. 024
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 386			0. 436	0. 109	1. 751
Riboflavin	mg	0. 236			0. 267	0. 067	1. 070
Niacin	mg	4. 535			5. 125	1. 286	20. 571
Pantothenic acid	mg	0. 250			0. 282	0. 071	1. 134
Vitamin B-6	mg	0. 09			0. 11	0. 03	0. 43
Folate	mcg	1			2	0	6
Vitamin B-12	mcg	0. 82			0. 93	0. 23	3. 73
Vitamin A	RE	3			3	1	12
	IU	9			10	3	41
Lipids:							
Fatty acids:							
Saturated, total	g	25. 26			28. 54	7. 16	114. 56
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 05			0. 06	0. 02	0. 24
12:0	g	0. 15			0. 17	0. 04	0. 68
14:0	g	0. 88			0. 99	0. 25	3. 97
16:0	g	15. 24			17. 22	4. 32	69. 14
18:0	g	8. 94			10. 10	2. 53	40. 53
Monounsaturated, total	g	32. 89			37. 17	9. 33	149. 21
16:1	g	2. 16			2. 44	0. 61	9. 80
18:1	g	30. 17			34. 09	8. 55	136. 85
20:1	g	0. 56			0. 64	0. 16	2. 55
22:1	g						
Polyunsaturated, total	g	8. 11			9. 16	2. 30	36. 79
18:2	g	7. 45			8. 41	2. 11	33. 78
18:3	g	0. 58			0. 66	0. 16	2. 64
18:4	g						
20:4	g	0. 08			0. 09	0. 02	0. 37
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	90			101	25	407
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 021			0. 024	0. 006	0. 095
Threonine	g	0. 210			0. 237	0. 060	0. 953
Isoleucine	g	0. 168			0. 190	0. 048	0. 762
Leucine	g	0. 446			0. 504	0. 126	2. 023
Lysine	g	0. 528			0. 597	0. 150	2. 395
Methionine	g	0. 095			0. 107	0. 027	0. 431
Cystine	g	0. 056			0. 063	0. 016	0. 254
Phenylalanine	g	0. 239			0. 270	0. 068	1. 084
Tyrosine	g	0. 104			0. 118	0. 029	0. 472
Valine	g	0. 305			0. 345	0. 086	1. 383
Arginine	g	0. 659			0. 745	0. 187	2. 989
Histidine	g	0. 072			0. 081	0. 020	0. 327
Alanine	g	---			---	---	---
Aspartic acid	g	---			---	---	---
Glutamic acid	g	---			---	---	---
Glycine	g	---			---	---	---
Proline	g	---			---	---	---
Serine	g	---			---	---	---

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 kidney = 233 g[1]	1 oz = 28.35 g	Refuse: Fat, veins, and membrane 7%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	80. 06	0. 181	87	186. 54	22. 70	337. 70
Food energy	kcal	100			232	28	420
	kJ	417			971	118	1,757
Protein (N x 6.25)	g	16. 46	0. 372	9	38. 34	4. 67	69. 41
Total lipid (fat)	g	3. 25	0. 298	10	7. 57	0. 92	13. 71
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 17	0. 029	10	2. 72	0. 33	4. 92
Minerals:							
Calcium	mg	9	0. 552	12	22	3	39
Iron	mg	4. 89	0. 184	83	11. 38	1. 39	20. 61
Magnesium	mg	17	0. 213	11	40	5	72
Phosphorus	mg	204	7. 975	8	475	58	859
Potassium	mg	229	8. 971	12	534	65	966
Sodium	mg	121	12. 756	4	283	34	511
Zinc	mg	2. 75	0. 076	52	6. 41	0. 78	11. 60
Copper	mg	0. 622	0. 014	447	1. 449	0. 176	2. 624
Manganese	mg	0. 123	0. 014	3	0. 287	0. 035	0. 519
Vitamins:							
Ascorbic acid	mg	13. 3	1. 750	9	30. 9	3. 8	55. 9
Thiamin	mg	0. 340	0. 033	9	0. 792	0. 096	1. 434
Riboflavin	mg	1. 697	0. 159	8	3. 954	0. 481	7. 158
Niacin	mg	8. 207	0. 281	12	19. 122	2. 327	34. 617
Pantothenic acid	mg	3. 130	0. 010	2	7. 293	0. 887	13. 202
Vitamin B-6	mg	0. 44	0. 036	5	1. 03	0. 13	1. 86
Folate	mcg	42		1	98	12	177
Vitamin B-12	mcg	8. 49	1. 858	3	19. 78	2. 41	35. 81
Vitamin A	RE	59	17. 000	4	137	17	249
	IU	198	56. 500	4	461	56	835
Lipids:							
Fatty acids:							
Saturated, total	g	1. 04			2. 42	0. 29	4. 39
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 00		1	0. 00	0. 00	0. 00
12:0	g	0. 01	0. 002	2	0. 02	0. 00	0. 03
14:0	g	0. 04	0. 008	2	0. 08	0. 01	0. 15
16:0	g	0. 58	0. 134	2	1. 36	0. 17	2. 46
18:0	g	0. 41	0. 100	2	0. 96	0. 12	1. 74
Monounsaturated, total	g	1. 07			2. 50	0. 30	4. 52
16:1	g	0. 09	0. 056	2	0. 20	0. 02	0. 36
18:1	g	0. 97	0. 206	2	2. 26	0. 27	4. 08
20:1	g	0. 02		1	0. 04	0. 00	0. 07
22:1	g						
Polyunsaturated, total	g	0. 26			0. 60	0. 07	1. 09
18:2	g	0. 17	0. 044	2	0. 40	0. 05	0. 72
18:3	g	0. 01		1	0. 02	0. 00	0. 03
18:4	g						
20:4	g	0. 08		1	0. 19	0. 02	0. 34
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	319	18. 568	30	742	90	1,343
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 213		5	0. 496	0. 060	0. 898
Threonine	g	0. 682		8	1. 589	0. 193	2. 877
Isoleucine	g	0. 879		6	2. 048	0. 249	3. 708
Leucine	g	1. 477		6	3. 441	0. 419	6. 230
Lysine	g	1. 185		6	2. 761	0. 336	4. 998
Methionine	g	0. 353		6	0. 822	0. 100	1. 489
Cystine	g	0. 361		1	0. 841	0. 102	1. 523
Phenylalanine	g	0. 777		6	1. 810	0. 220	3. 277
Tyrosine	g	0. 592		2	1. 379	0. 168	2. 497
Valine	g	0. 948		6	2. 209	0. 269	3. 999
Arginine	g	1. 011		5	2. 356	0. 287	4. 264
Histidine	g	0. 395		5	0. 920	0. 112	1. 666
Alanine	g	1. 035		1	2. 412	0. 293	4. 366
Aspartic acid	g	1. 546		2	3. 602	0. 438	6. 521
Glutamic acid	g	1. 964		2	4. 576	0. 557	8. 284
Glycine	g	1. 043		2	2. 430	0. 296	4. 399
Proline	g	1. 019		1	2. 374	0. 289	4. 298
Serine	g	0. 872		1	2. 032	0. 247	3. 678

[1] With refuse = 250 g.

PORK, FRESH, KIDNEYS, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g[1]	1 c = 140 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	68. 70	0. 231	3	58. 40	96. 18	311. 62
Food energy	kcal	151			128	211	684
	kJ	631			536	884	2,863
Protein (N x 6.25)	g	25. 40	0. 173	3	21. 59	35. 56	115. 21
Total lipid (fat)	g	4. 70	0. 289	3	4. 00	6. 58	21. 32
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 30	0. 023	3	1. 11	1. 82	5. 90
Minerals:							
Calcium	mg	13			11	18	59
Iron	mg	5. 29			4. 50	7. 41	24. 00
Magnesium	mg	18			15	25	81
Phosphorus	mg	240			204	337	1,090
Potassium	mg	143			121	200	647
Sodium	mg	80			68	111	361
Zinc	mg	4. 15			3. 53	5. 81	18. 82
Copper	mg	0. 683			0. 581	0. 956	3. 098
Manganese	mg	0. 149			0. 127	0. 209	0. 676
Vitamins:							
Ascorbic acid	mg	10. 6			9. 0	14. 8	48. 1
Thiamin	mg	0. 396			0. 337	0. 554	1. 796
Riboflavin	mg	1. 586			1. 348	2. 220	7. 194
Niacin	mg	5. 785			4. 917	8. 099	26. 241
Pantothenic acid	mg	2. 873			2. 442	4. 022	13. 032
Vitamin B-6	mg	0. 46			0. 39	0. 65	2. 10
Folate	mcg	41			35	57	186
Vitamin B-12	mcg	7. 79			6. 62	10. 91	35. 34
Vitamin A	RE	78			66	109	354
	IU	260			221	364	1,179
Lipids:							
Fatty acids:							
Saturated, total	g	1. 51			1. 28	2. 11	6. 83
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 00			0. 00	0. 00	0. 00
12:0	g	0. 01			0. 01	0. 02	0. 05
14:0	g	0. 05			0. 04	0. 07	0. 23
16:0	g	0. 85			0. 72	1. 18	3. 83
18:0	g	0. 60			0. 51	0. 84	2. 71
Monounsaturated, total	g	1. 55			1. 31	2. 16	7. 01
16:1	g	0. 12			0. 10	0. 17	0. 56
18:1	g	1. 40			1. 19	1. 96	6. 35
20:1	g	0. 02			0. 02	0. 03	0. 10
22:1	g						
Polyunsaturated, total	g	0. 38			0. 32	0. 53	1. 70
18:2	g	0. 25			0. 21	0. 34	1. 12
18:3	g	0. 01			0. 01	0. 02	0. 05
18:4	g						
20:4	g	0. 12			0. 10	0. 16	0. 53
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	480			408	673	2,179
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 329			0. 280	0. 461	1. 492
Threonine	g	1. 053			0. 895	1. 474	4. 776
Isoleucine	g	1. 357			1. 153	1. 900	6. 155
Leucine	g	2. 280			1. 938	3. 192	10. 342
Lysine	g	1. 829			1. 555	2. 561	8. 296
Methionine	g	0. 545			0. 463	0. 763	2. 472
Cystine	g	0. 557			0. 473	0. 780	2. 527
Phenylalanine	g	1. 199			1. 019	1. 679	5. 439
Tyrosine	g	0. 914			0. 777	1. 280	4. 146
Valine	g	1. 463			1. 244	2. 048	6. 636
Arginine	g	1. 561			1. 327	2. 185	7. 081
Histidine	g	0. 610			0. 519	0. 854	2. 767
Alanine	g	1. 597			1. 357	2. 236	7. 244
Aspartic acid	g	2. 386			2. 028	3. 340	10. 823
Glutamic acid	g	3. 032			2. 577	4. 245	13. 753
Glycine	g	1. 609			1. 368	2. 253	7. 298
Proline	g	1. 573			1. 337	2. 202	7. 135
Serine	g	1. 345			1. 143	1. 883	6. 101

[1] Yield from 5.3 oz (150 g) raw kidney with refuse.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 c = 205 g	1 tbsp = 12.8 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	0. 00			0. 00	0. 00	0. 00
Food energy	kcal	902			1,849	115	4,091
	kJ	3,774			7,737	483	17,119
Protein (N x 6.25)	g	0. 00			0. 00	0. 00	0. 00
Total lipid (fat)	g	100. 00			205. 00	12. 80	453. 60
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 00			0. 00	0. 00	0. 00
Minerals:							
Calcium	mg	0. 07		1	0. 13	0. 01	0. 29
Iron	mg						
Magnesium	mg	0. 02		1	0. 03	0. 00	0. 08
Phosphorus	mg						
Potassium	mg	0. 02	0. 000	3	0. 04	0. 00	0. 08
Sodium	mg	0. 01	0. 000	3	0. 03	0. 00	0. 06
Zinc	mg	0. 11		1	0. 23	0. 01	0. 50
Copper	mg						
Manganese	mg						
Vitamins:[1]							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	39. 20			80. 36	5. 02	177. 81
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 10	0. 010	18	0. 21	0. 01	0. 45
12:0	g	0. 20	0. 100	22	0. 41	0. 03	0. 91
14:0	g	1. 30	0. 100	33	2. 67	0. 17	5. 90
16:0	g	23. 80	0. 300	38	48. 79	3. 05	107. 96
18:0	g	13. 50	0. 400	38	27. 68	1. 73	61. 24
Monounsaturated, total	g	45. 10			92. 46	5. 77	204. 57
16:1	g	2. 70	0. 300	36	5. 54	0. 35	12. 25
18:1	g	41. 20	0. 500	38	84. 46	5. 27	186. 88
20:1	g	1. 00	0. 200	7	2. 05	0. 13	4. 54
22:1	g						
Polyunsaturated, total	g	11. 20			22. 96	1. 43	50. 80
18:2	g	10. 20	0. 200	38	20. 91	1. 31	46. 27
18:3	g	1. 00	0. 100	29	2. 05	0. 13	4. 54
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	95		1	195	12	431
Phytosterols	mg						
Amino acids:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] Product contains 1.3 mg total tocopherol per 100 g, of which 1.2 mg is alpha-tocopherol.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 4 oz = 113 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	4. 09	0. 192	24	4. 62	1. 16	18. 53
Food energy	kcal	857			968	243	3,886
	kJ	3,585			4,051	1,016	16,260
Protein (N x 6.25)	g	1. 76	0. 112	24	1. 98	0. 50	7. 97
Total lipid (fat)	g	94. 16	0. 298	24	106. 40	26. 69	427. 09
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 10			0. 11	0. 03	0. 45
Minerals:							
Calcium	mg	1			1	0	4
Iron	mg	0. 09			0. 10	0. 03	0. 40
Magnesium	mg	1			1	0	3
Phosphorus	mg	---			---	---	---
Potassium	mg	---			---	---	---
Sodium	mg	5			6	2	25
Zinc	mg	---			---	---	---
Copper	mg	0. 009			0. 010	0. 003	0. 041
Manganese	mg	---			---	---	---
Vitamins:							
Ascorbic acid	mg	0. 0			0. 0	0. 0	0. 0
Thiamin	mg	0. 106			0. 120	0. 030	0. 481
Riboflavin	mg	0. 065			0. 073	0. 018	0. 295
Niacin	mg	1. 249			1. 411	0. 354	5. 665
Pantothenic acid	mg						
Vitamin B-6	mg	0. 03			0. 03	0. 01	0. 12
Folate	mcg						
Vitamin B-12	mcg	0. 23			0. 26	0. 06	1. 03
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	45. 23			51. 11	12. 82	205. 17
4:0	g						
6:0	g						
8:0	g						
10:0	g	---			---	---	---
12:0	g	---			---	---	---
14:0	g	1. 37	0. 037	21	1. 55	0. 39	6. 23
16:0	g	26. 77	0. 371	22	30. 25	7. 59	121. 44
18:0	g	17. 09	0. 375	22	19. 31	4. 84	77. 50
Monounsaturated, total	g	37. 22			42. 06	10. 55	168. 83
16:1	g	1. 97	0. 116	22	2. 22	0. 56	8. 93
18:1	g	35. 25	0. 301	22	39. 84	9. 99	159. 91
20:1	g	---			---	---	---
22:1	g						
Polyunsaturated, total	g	7. 28			8. 22	2. 06	33. 01
18:2	g	6. 34	0. 269	22	7. 16	1. 80	28. 76
18:3	g	0. 94	0. 029	21	1. 06	0. 27	4. 25
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	110			125	31	501
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 006			0. 007	0. 002	0. 027
Threonine	g	0. 058			0. 066	0. 016	0. 263
Isoleucine	g	0. 046			0. 052	0. 013	0. 209
Leucine	g	0. 123			0. 139	0. 035	0. 558
Lysine	g	0. 146			0. 165	0. 041	0. 662
Methionine	g	0. 026			0. 029	0. 007	0. 118
Cystine	g	0. 015			0. 017	0. 004	0. 068
Phenylalanine	g	0. 066			0. 075	0. 019	0. 299
Tyrosine	g	5. 559			0. 033	0. 008	0. 132
Valine	g	0. 084			0. 095	0. 024	0. 381
Arginine	g	0. 182			0. 206	0. 052	0. 826
Histidine	g	0. 020			0. 023	0. 006	0. 091
Alanine	g	---			---	---	---
Aspartic acid	g	---			---	---	---
Glutamic acid	g	---			---	---	---
Glycine	g	---			---	---	---
Proline	g	---			---	---	---
Serine	g	---			---	---	---

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 4 oz = 113 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	71. 06	0. 451	42	80. 29	20. 14	322. 31
Food energy	kcal	134			151	38	607
	kJ	560			632	159	2,539
Protein (N x 6.25)	g	21. 39	0. 304	8	24. 17	6. 06	97. 01
Total lipid (fat)	g	3. 65	0. 177	30	4. 12	1. 03	16. 55
Carbohydrate, total	g	2. 47			2. 79	0. 70	11. 18
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 44	0. 028	6	1. 63	0. 41	6. 55
Minerals:							
Calcium	mg	9	0. 800	10	10	2	40
Iron	mg	23. 30	1. 553	30	26. 33	6. 60	105. 68
Magnesium	mg	18	0. 601	11	20	5	81
Phosphorus	mg	288	21. 397	8	326	82	1,308
Potassium	mg	273	10. 980	11	308	77	1,237
Sodium	mg	87	15. 502	3	98	25	395
Zinc	mg	5. 76	0. 269	22	6. 51	1. 63	26. 12
Copper	mg	0. 677	0. 026	446	0. 765	0. 192	3. 071
Manganese	mg	0. 344	0. 015	6	0. 389	0. 098	1. 560
Vitamins:							
Ascorbic acid	mg	25. 3	1. 743	14	28. 6	7. 2	114. 9
Thiamin	mg	0. 283	0. 014	24	0. 320	0. 080	1. 284
Riboflavin	mg	3. 005	0. 102	26	3. 396	0. 852	13. 631
Niacin	mg	15. 301	0. 467	31	17. 290	4. 338	69. 405
Pantothenic acid	mg	6. 650	0. 198	6	7. 515	1. 885	30. 164
Vitamin B-6	mg	0. 690	0. 031	8	0. 78	0. 20	3. 13
Folate	mcg	212	36. 770	7	239	60	960
Vitamin B-12	mcg	26. 00	2. 881	5	29. 38	7. 37	117. 94
Vitamin A	RE	6,495	1,000. 387	13	7,339	1,841	29,461
	IU	21,650	3,334. 623	13	24,464	6,138	98,203
Lipids:							
Fatty acids:							
Saturated, total	g	1. 17			1. 32	0. 33	5. 32
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 00		1	0. 00	0. 00	0. 00
12:0	g	0. 00		1	0. 00	0. 00	0. 01
14:0	g	0. 02	0. 003	42	0. 02	0. 01	0. 09
16:0	g	0. 44	0. 017	59	0. 50	0. 13	2. 01
18:0	g	0. 70	0. 026	59	0. 79	0. 20	3. 16
Monounsaturated, total	g	0. 52			0. 59	0. 15	2. 36
16:1	g	0. 03	0. 002	43	0. 03	0. 01	0. 12
18:1	g	0. 46	0. 021	59	0. 52	0. 13	2. 09
20:1	g	0. 00		1	0. 00	0. 00	0. 01
22:1	g	0. 03		1	0. 03	0. 01	0. 14
Polyunsaturated, total	g	0. 87			0. 98	0. 25	3. 95
18:2	g	0. 35	0. 013	59	0. 39	0. 10	1. 56
18:3	g	0. 03	0. 043	2	0. 04	0. 01	0. 15
18:4	g						
20:4	g	0. 44	0. 021	57	0. 50	0. 12	1. 99
20:5	g						
22:5	g	0. 03		1	0. 03	0. 01	0. 14
22:6	g	0. 02		1	0. 03	0. 01	0. 11
Cholesterol	mg	301	5. 687	109	341	85	1,367
Phytosterols	mg						
Amino acids:[1]							
Tryptophan	g	0. 301		7	0. 340	0. 085	1. 365
Threonine	g	0. 910		15	1. 028	0. 258	4. 128
Isoleucine	g	1. 085		13	1. 226	0. 308	4. 922
Leucine	g	1. 906		13	2. 154	0. 540	8. 646
Lysine	g	1. 649		13	1. 863	0. 467	7. 480
Methionine	g	0. 530		14	0. 599	0. 150	2. 404
Cystine	g	0. 404		1	0. 457	0. 115	1. 833
Phenylalanine	g	1. 047		13	1. 183	0. 297	4. 749
Tyrosine	g	0. 729		6	0. 824	0. 207	3. 307
Valine	g	1. 321		13	1. 493	0. 375	5. 992
Arginine	g	1. 317		13	1. 488	0. 373	5. 974
Histidine	g	0. 582		13	0. 658	0. 165	2. 640
Alanine	g	1. 276		6	1. 442	0. 362	5. 788
Aspartic acid	g	1. 937		8	2. 189	0. 549	8. 786
Glutamic acid	g	2. 782		8	3. 144	0. 789	12. 619
Glycine	g	1. 239		8	1. 400	0. 351	5. 620
Proline	g	1. 146		6	1. 295	0. 325	5. 198
Serine	g	1. 157		6	1. 307	0. 328	5. 248

[1] Includes data for cooked liver.

PORK, FRESH, LIVER, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g[1]	12.49 oz = 354 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	64. 32			54. 67	227. 69	291. 76
Food energy	kcal	165			141	585	750
	kJ	692			588	2,449	3,138
Protein (N x 6.25)	g	26. 02			22. 12	92. 11	118. 03
Total lipid (fat)	g	4. 40			3. 74	15. 58	19. 96
Carbohydrate, total	g	3. 76			3. 20	13. 31	17. 06
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 50			1. 28	5. 31	6. 80
Minerals:							
Calcium	mg	10			9	37	47
Iron	mg	17. 92			15. 23	63. 44	81. 29
Magnesium	mg	14			12	49	62
Phosphorus	mg	241			205	853	1,094
Potassium	mg	150			128	532	682
Sodium	mg	49			42	173	222
Zinc	mg	6. 72			5. 71	23. 78	30. 47
Copper	mg	0. 634			0. 539	2. 244	2. 876
Manganese	mg	0. 300			0. 255	1. 062	1. 361
Vitamins:							
Ascorbic acid	mg	23. 6	2. 916	6	20. 0	83. 5	107. 0
Thiamin	mg	0. 258			0. 219	0. 913	1. 170
Riboflavin	mg	2. 196			1. 867	7. 774	9. 961
Niacin	mg	8. 435			7. 170	29. 860	38. 261
Pantothenic acid	mg	4. 774			4. 058	16. 900	21. 655
Vitamin B-6	mg	0. 57			0. 48	2. 00	2. 56
Folate	mcg	163			139	577	739
Vitamin B-12	mcg	18. 67			15. 87	66. 08	84. 67
Vitamin A	RE	5,399	864. 956	6	4,589	19,112	24,490
	IU	17,997	2,883. 188	6	15,297	63,709	81,634
Lipids:							
Fatty acids:							
Saturated, total	g	1. 41			1. 20	4. 99	6. 40
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 00			0. 00	0. 00	0. 00
12:0	g	0. 00			0. 00	0. 01	0. 01
14:0	g	0. 02			0. 02	0. 08	0. 10
16:0	g	0. 53			0. 45	1. 89	2. 42
18:0	g	0. 84			0. 71	2. 98	3. 81
Monounsaturated, total	g	0. 63			0. 53	2. 22	2. 84
16:1	g	0. 03			0. 03	0. 12	0. 15
18:1	g	0. 56			0. 47	1. 96	2. 52
20:1	g	0. 00			0. 00	0. 01	0. 02
22:1	g	0. 04			0. 03	0. 13	0. 17
Polyunsaturated, total	g	1. 05			0. 90	3. 73	4. 78
18:2	g	0. 42			0. 35	1. 48	1. 89
18:3	g	0. 04			0. 03	0. 14	0. 18
18:4	g						
20:4	g	0. 53			0. 45	1. 88	2. 40
20:5	g						
22:5	g	0. 04			0. 03	0. 13	0. 17
22:6	g	0. 03			0. 02	0. 10	0. 13
Cholesterol	mg	355			302	1,257	1,610
Phytosterols	mg						
Amino acids:[3]							
Tryptophan	g	0. 366		7	0. 311	1. 296	1. 660
Threonine	g	1. 107		15	0. 941	3. 919	5. 021
Isoleucine	g	1. 320		13	1. 122	4. 673	5. 988
Leucine	g	2. 319		13	1. 971	8. 209	10. 519
Lysine	g	2. 007		13	1. 706	7. 105	9. 104
Methionine	g	0. 645		14	0. 548	2. 283	2. 926
Cystine	g	0. 491		1	0. 417	1. 738	2. 227
Phenylalanine	g	1. 274		13	1. 083	4. 510	5. 779
Tyrosine	g	0. 887		6	0. 754	3. 140	4. 023
Valine	g	1. 607		13	1. 366	5. 689	7. 289
Arginine	g	1. 603		13	1. 363	5. 675	7. 271
Histidine	g	0. 708		13	0. 602	2. 506	3. 211
Alanine	g	1. 553		6	1. 320	5. 498	7. 044
Aspartic acid	g	2. 356		8	2. 003	8. 340	10. 687
Glutamic acid	g	3. 385		8	2. 877	11. 983	15. 354
Glycine	g	1. 507		8	1. 281	5. 335	6. 836
Proline	g	1. 395		6	1. 186	4. 938	6. 328
Serine	g	1. 407		6	1. 196	4. 981	6. 382

[1] Yield from 3.8 oz (109 g) raw liver.
[2] Yield from 1 lb raw liver.
[3] Includes data for raw liver.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3.46 oz = 98 g[1]	1 oz = 28.35 g	Refuse: 13%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	79. 52	0. 600	19	77. 93	22. 54	313. 79
Food energy	kcal	85			83	24	334
	kJ	354			347	100	1,397
Protein (N x 6.25)	g	14. 08	0. 623	5	13. 80	3. 99	55. 56
Total lipid (fat)	g	2. 72	0. 350	6	2. 66	0. 77	10. 72
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 80	0. 000	3	0. 78	0. 23	3. 16
Minerals:							
Calcium	mg	7	0. 374	14	7	2	29
Iron	mg	18. 90	0. 115	3	18. 52	5. 36	74. 58
Magnesium	mg	14	0. 638	13	14	4	54
Phosphorus	mg	196	8. 579	14	192	56	773
Potassium	mg	303	16. 281	16	297	86	1,194
Sodium	mg	153	9. 373	15	150	43	604
Zinc	mg	2. 03	0. 025	2	1. 98	0. 57	7. 99
Copper	mg	---			---	---	---
Manganese	mg	---			---	---	---
Vitamins:							
Ascorbic acid	mg	12. 3	0. 956	6	12. 0	3. 5	48. 3
Thiamin	mg	0. 085	0. 015	2	0. 083	0. 024	0. 335
Riboflavin	mg	0. 430	0. 046	7	0. 421	0. 122	1. 697
Niacin	mg	3. 345	0. 125	2	3. 278	0. 948	13. 199
Pantothenic acid	mg	0. 900	0. 000	2	0. 882	0. 255	3. 551
Vitamin B-6	mg	0. 10	0. 029	4	0. 10	0. 03	0. 39
Folate	mcg	---			---	---	---
Vitamin B-12	mcg	2. 75	0. 550	2	2. 70	0. 78	10. 85
Vitamin A	RE	0	0. 000	3	0	0	0
	IU	0	0. 000	3	0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0. 96			0. 94	0. 27	3. 78
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 00	0. 001	3	0. 00	0. 00	0. 01
12:0	g	0. 00	0. 001	3	0. 00	0. 00	0. 01
14:0	g	0. 02	0. 005	4	0. 02	0. 01	0. 09
16:0	g	0. 63	0. 100	4	0. 61	0. 18	2. 47
18:0	g	0. 29	0. 046	4	0. 28	0. 08	1. 14
Monounsaturated, total	g	0. 61			0. 60	0. 17	2. 41
16:1	g	0. 05	0. 009	4	0. 05	0. 01	0. 21
18:1	g	0. 56	0. 090	4	0. 54	0. 16	2. 19
20:1	g	0. 00	0. 001	4	0. 00	0. 00	0. 01
22:1	g						
Polyunsaturated, total	g	0. 34			0. 33	0. 10	1. 33
18:2	g	0. 12	0. 018	4	0. 11	0. 03	0. 45
18:3	g	0. 00	0. 001	4	0. 00	0. 00	0. 01
18:4	g						
20:4	g	0. 18	0. 032	4	0. 17	0. 05	0. 69
20:5	g	0. 01		1	0. 01	0. 00	0. 03
22:5	g	0. 03		1	0. 03	0. 01	0. 11
22:6	g	0. 01		1	0. 01	0. 00	0. 02
Cholesterol	mg	320	20. 546	28	314	91	1,263
Phytosterols	mg						
Amino acids:[2]							
Tryptophan	g	0. 124		2	0. 122	0. 035	0. 489
Threonine	g	0. 496		3	0. 486	0. 141	1. 957
Isoleucine	g	0. 563		3	0. 552	0. 160	2. 222
Leucine	g	1. 093		3	1. 071	0. 310	4. 313
Lysine	g	1. 027		3	1. 006	0. 291	4. 053
Methionine	g	0. 228		3	0. 223	0. 065	0. 900
Cystine	g	---			---	---	---
Phenylalanine	g	0. 586		3	0. 574	0. 166	2. 312
Tyrosine	g	---			---	---	---
Valine	g	0. 838		3	0. 821	0. 238	3. 307
Arginine	g	0. 732		3	0. 717	0. 208	2. 888
Histidine	g	0. 356		3	0. 349	0. 101	1. 405
Alanine	g	---			---	---	---
Aspartic acid	g	1. 266		1	1. 241	0. 359	4. 996
Glutamic acid	g	1. 464		1	1. 435	0. 415	5. 777
Glycine	g	1. 027		1	1. 006	0. 291	4. 053
Proline	g	---			---	---	---
Serine	g	---			---	---	---

[1] With refuse = 113 g.
[2] Includes data for cooked lungs.

PORK, FRESH, LUNGS, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g[1]	10.58 oz = 300 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	80. 00	0. 635	3	68. 00	240. 00	362. 88
Food energy	kcal	99			84	297	448
	kJ	414			352	1,241	1,876
Protein (N x 6.25)	g	16. 60	0. 577	3	14. 11	49. 80	75. 30
Total lipid (fat)	g	3. 10	0. 173	3	2. 64	9. 30	14. 06
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 90	0. 023	3	0. 77	2. 70	4. 08
Minerals:							
Calcium	mg	8			7	25	37
Iron	mg	16. 41			13. 95	49. 23	74. 44
Magnesium	mg	12			10	35	53
Phosphorus	mg	186			158	557	842
Potassium	mg	151			129	454	686
Sodium	mg	81			68	242	365
Zinc	mg	2. 45			2. 08	7. 35	11. 11
Copper	mg	---			---	---	---
Manganese	mg	---			---	---	---
Vitamins:							
Ascorbic acid	mg	7. 9			6. 7	23. 7	35. 8
Thiamin	mg	0. 079			0. 067	0. 237	0. 358
Riboflavin	mg	0. 322			0. 274	0. 966	1. 461
Niacin	mg	1. 893			1. 609	5. 679	8. 587
Pantothenic acid	mg	0. 663			0. 564	1. 989	3. 007
Vitamin B-6	mg	0. 08			0. 07	0. 25	0. 38
Folate	mcg	---			---	---	---
Vitamin B-12	mcg	2. 03			1. 72	6. 08	9. 19
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	1. 09			0. 93	3. 28	4. 96
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 00			0. 00	0. 01	0. 01
12:0	g	0. 00			0. 00	0. 01	0. 01
14:0	g	0. 03			0. 02	0. 08	0. 12
16:0	g	0. 72			0. 61	2. 15	3. 24
18:0	g	0. 33			0. 28	0. 99	1. 50
Monounsaturated, total	g	0. 70			0. 59	2. 09	3. 15
16:1	g	0. 06			0. 05	0. 18	0. 27
18:1	g	0. 63			0. 54	1. 90	2. 88
20:1	g	0. 00			0. 00	0. 01	0. 01
22:1	g						
Polyunsaturated, total	g	0. 38			0. 33	1. 15	1. 74
18:2	g	0. 13			0. 11	0. 39	0. 59
18:3	g	0. 00			0. 00	0. 01	0. 01
18:4	g						
20:4	g	0. 20			0. 17	0. 60	0. 91
20:5	g	0. 01			0. 01	0. 02	0. 04
22:5	g	0. 03			0. 03	0. 10	0. 15
22:6	g	0. 01			0. 01	0. 02	0. 03
Cholesterol	mg	387			329	1,161	1,755
Phytosterols	mg						
Amino acids:[3]							
Tryptophan	g	0. 146		2	0. 124	0. 438	0. 662
Threonine	g	0. 584		3	0. 496	1. 752	2. 649
Isoleucine	g	0. 664		3	0. 564	1. 992	3. 012
Leucine	g	1. 288		3	1. 095	3. 864	5. 842
Lysine	g	1. 211		3	1. 029	3. 633	5. 493
Methionine	g	0. 268		3	0. 228	0. 804	1. 216
Cystine	g	---			---	---	---
Phenylalanine	g	0. 691		3	0. 587	2. 073	3. 134
Tyrosine	g	---			---	---	---
Valine	g	0. 988		3	0. 840	2. 964	4. 482
Arginine	g	0. 863		3	0. 734	2. 589	3. 915
Histidine	g	0. 420		3	0. 357	1. 260	1. 905
Alanine	g	---			---	---	---
Aspartic acid	g	1. 493		1	1. 269	4. 479	6. 772
Glutamic acid	g	1. 726		1	1. 467	5. 178	7. 829
Glycine	g	1. 211		1	1. 029	3. 633	5. 493
Proline	g	---			---	---	---
Serine	g	---			---	---	---

[1] Yield from 4.5 oz (129 g) raw lungs with refuse.
[2] Yield from 1 lb raw lungs with refuse.
[3] Includes data for raw lungs.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 8 oz = 227 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	56. 87	0. 943	9	129. 09		257. 96
Food energy	kcal	304			690		1,379
	kJ	1,271			2,885		5,765
Protein (N x 6.25)	g	15. 03	0. 284	9	34. 12		68. 18
Total lipid (fat)	g	26. 54	0. 637	16	60. 25		120. 39
Carbohydrate, total	g	0. 00			0. 00		0. 00
Crude fiber	g	0. 00			0. 00		0. 00
Ash	g	1. 56	0. 112	9	3. 54		7. 08
Minerals:							
Calcium	mg	315	22. 889	23	715		1,429
Iron	mg	4. 25	0. 350	2	9. 65		19. 28
Magnesium	mg	---			---		---
Phosphorus	mg	200		1	454		907
Potassium	mg	---			---		---
Sodium	mg	---			---		---
Zinc	mg	2. 44	0. 073	7	5. 55		11. 09
Copper	mg	0. 082	0. 011	8	0. 186		0. 372
Manganese	mg	---			---		---
Vitamins:							
Ascorbic acid	mg	---			---		---
Thiamin	mg	---			---		---
Riboflavin	mg	---			---		---
Niacin	mg	---			---		---
Pantothenic acid	mg	---			---		---
Vitamin B-6	mg	---			---		---
Folate	mcg	---			---		---
Vitamin B-12	mcg	---			---		---
Vitamin A	RE	---			---		---
	IU	---			---		---
Lipids:							
Fatty acids:							
Saturated, total	g	9. 82			22. 29		44. 54
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 22	0. 100	2	0. 50		0. 99
16:0	g	6. 13	0. 147	2	13. 91		27. 80
18:0	g	3. 37	0. 130	2	7. 66		15. 30
Monounsaturated, total	g	12. 26			27. 83		55. 62
16:1	g	0. 44	0. 031	2	0. 99		1. 98
18:1	g	11. 41	0. 288	2	25. 90		51. 76
20:1	g	0. 32		1	0. 72		1. 44
22:1	g						
Polyunsaturated, total	g	2. 44			5. 53		11. 06
18:2	g	2. 14	0. 210	2	4. 85		9. 69
18:3	g	0. 16	0. 107	2	0. 35		0. 71
18:4	g						
20:4	g	0. 05		1	0. 11		0. 22
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	77	11. 227	6	174		348
Phytosterols	mg						
Amino acids:							
Tryptophan	g	---			---		---
Threonine	g	0. 617		4	1. 401		2. 799
Isoleucine	g	0. 689		4	1. 564		3. 125
Leucine	g	1. 099		4	2. 495		4. 985
Lysine	g	1. 180		4	2. 679		5. 352
Methionine	g	0. 313		4	0. 711		1. 420
Cystine	g	0. 169		4	0. 384		0. 767
Phenylalanine	g	0. 648		4	1. 471		2. 939
Tyrosine	g	0. 518		4	1. 176		2. 350
Valine	g	0. 913		4	2. 073		4. 141
Arginine	g	1. 074		4	2. 438		4. 872
Histidine	g	0. 540		4	1. 226		2. 449
Alanine	g	0. 874		4	1. 984		3. 964
Aspartic acid	g	1. 152		4	2. 615		5. 225
Glutamic acid	g	1. 983		4	4. 501		8. 995
Glycine	g	0. 862		4	1. 957		3. 910
Proline	g	0. 718		4	1. 630		3. 257
Serine	g	0. 600		4	1. 362		2. 722

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 4 oz = 113 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	67. 18	0. 831	5	75. 91	19. 05	304. 73
Food energy	kcal	199			225	56	901
	kJ	831			939	236	3,771
Protein (N x 6.25)	g	18. 56	1. 008	5	20. 97	5. 26	84. 19
Total lipid (fat)	g	13. 24	1. 007	5	14. 96	3. 75	60. 06
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 12	0. 091	3	1. 27	0. 32	5. 09
Minerals:							
Calcium	mg	11		1	12	3	50
Iron	mg	2. 13	0. 384	4	2. 40	0. 60	9. 64
Magnesium	mg	17		1	19	5	77
Phosphorus	mg	234		1	264	66	1,061
Potassium	mg	197	3. 000	2	223	56	894
Sodium	mg	44	12. 997	2	50	12	200
Zinc	mg	2. 62	0. 156	26	2. 97	0. 74	11. 90
Copper	mg	0. 090		1	0. 102	0. 026	0. 408
Manganese	mg	0. 157	0. 006	5	0. 177	0. 045	0. 712
Vitamins:							
Ascorbic acid	mg	15. 3	0. 671	5	17. 3	4. 3	69. 4
Thiamin	mg	0. 105	0. 005	2	0. 119	0. 030	0. 476
Riboflavin	mg	0. 460	0. 010	2	0. 520	0. 130	2. 087
Niacin	mg	3. 450	0. 720	2	3. 899	0. 978	15. 649
Pantothenic acid	mg	4. 555	0. 125	2	5. 147	1. 291	20. 661
Vitamin B-6	mg	---			---	---	---
Folate	mcg	---			---	---	---
Vitamin B-12	mcg	16. 40	3. 200	2	18. 53	4. 65	74. 39
Vitamin A	RE	0	0. 000	3	0	0	0
	IU	0	0. 000	3	0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	---			---	---	---
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	---			---	---	---
16:0	g	---			---	---	---
18:0	g	---			---	---	---
Monounsaturated, total	g	---			---	---	---
16:1	g	---			---	---	---
18:1	g	---			---	---	---
20:1	g						
22:1	g						
Polyunsaturated, total	g	---			---	---	---
18:2	g	---			---	---	---
18:3	g	---			---	---	---
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	193	10. 043	6	218	55	873
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 407		2	0. 460	0. 115	1. 846
Threonine	g	0. 835		4	0. 944	0. 237	3. 788
Isoleucine	g	0. 974		4	1. 101	0. 276	4. 418
Leucine	g	1. 387		4	1. 567	0. 393	6. 291
Lysine	g	1. 280		4	1. 446	0. 363	5. 806
Methionine	g	0. 306		3	0. 346	0. 087	1. 388
Phenylalanine	g	0. 796		4	0. 899	0. 226	3. 611
Tyrosine	g	0. 778		1	0. 879	0. 221	3. 529
Valine	g	1. 001		4	1. 131	0. 284	4. 541
Arginine	g	1. 069		4	1. 208	0. 303	4. 849
Histidine	g	0. 359		4	0. 406	0. 102	1. 628
Alanine	g	---			---	---	---
Aspartic acid	g	1. 782		1	2. 014	0. 505	8. 083
Glutamic acid	g	1. 530		2	1. 729	0. 434	6. 940
Glycine	g	1. 132		1	1. 279	0. 321	5. 135
Proline	g	---			---	---	---
Serine	g	---			---	---	---

PORK, FRESH, PANCREAS, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g[1]	8.64 oz = 245 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60. 30	1. 212	3	51. 26	147. 74	273. 52
Food energy	kcal	219			186	537	994
	kJ	917			779	2,246	4,158
Protein (N x 6.25)	g	28. 50	0. 693	3	24. 23	69. 83	129. 28
Total lipid (fat)	g	10. 80	0. 635	3	9. 18	26. 46	48. 99
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 20	0. 023	3	1. 02	2. 94	5. 44
Minerals:							
Calcium	mg	16			13	38	71
Iron	mg	2. 69			2. 29	6. 59	12. 20
Magnesium	mg	23			19	56	103
Phosphorus	mg	291			247	713	1,320
Potassium	mg	168			143	412	762
Sodium	mg	42			35	102	189
Zinc	mg	4. 29			3. 65	10. 52	19. 47
Copper	mg	0. 110			0. 094	0. 270	0. 499
Manganese	mg	0. 198			0. 168	0. 485	0. 898
Vitamins:							
Ascorbic acid	mg	5. 7			4. 8	14. 0	25. 9
Thiamin	mg	0. 092			0. 078	0. 225	0. 417
Riboflavin	mg	0. 658			0. 559	1. 612	2. 985
Niacin	mg	3. 206			2. 725	7. 855	14. 542
Pantothenic acid	mg	4. 741			4. 030	11. 615	21. 505
Vitamin B-6	mg	---			---	---	---
Folate	mcg	---			---	---	---
Vitamin B-12	mcg	17. 07			14. 51	41. 82	77. 43
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	---			---	---	---
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	---			---	---	---
16:0	g	---			---	---	---
18:0	g	---			---	---	---
Monounsaturated, total	g	---			---	---	---
16:1	g	---			---	---	---
18:1	g	---			---	---	---
20:1	g						
22:1	g						
Polyunsaturated, total	g	---			---	---	---
18:2	g	---			---	---	---
18:3	g	---			---	---	---
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	315			268	772	1,428
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 625			0. 531	1. 531	2. 835
Threonine	g	1. 281			1. 089	3. 138	5. 811
Isoleucine	g	1. 496			1. 272	3. 665	6. 786
Leucine	g	2. 130			1. 811	5. 219	9. 662
Lysine	g	1. 965			1. 670	4. 814	8. 913
Methionine	g	0. 470			0. 400	1. 152	2. 132
Cystine	g	---			---	---	---
Phenylalanine	g	1. 222			1. 039	2. 994	5. 543
Tyrosine	g	1. 195			1. 016	2. 928	5. 421
Valine	g	1. 537			1. 306	3. 766	6. 972
Arginine	g	1. 642			1. 396	4. 023	7. 448
Histidine	g	0. 552			0. 469	1. 352	2. 504
Alanine	g	---			---	---	---
Aspartic acid	g	2. 736			2. 326	6. 703	12. 410
Glutamic acid	g	2. 348			1. 996	5. 753	10. 651
Glycine	g	1. 737			1. 476	4. 256	7. 879
Proline	g	---			---	---	---
Serine	g	---			---	---	---

[1] Yield from 5.5oz (156g) raw pancreas.
[2] Yield from 1 lb raw pancreas.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 4 oz = 113 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	78. 43	0. 182	16	88. 63	22. 24	355. 76
Food energy	kcal	100			113	28	452
	kJ	417			471	118	1,890
Protein (N x 6.25)	g	17. 86	0. 166	15	20. 18	5. 06	81. 01
Total lipid (fat)	g	2. 59	0. 160	14	2. 93	0. 73	11. 74
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 53	0. 073	13	1. 73	0. 43	6. 94
Minerals:							
Calcium	mg	10		1	11	3	45
Iron	mg	22. 32	1. 919	17	25. 22	6. 33	101. 25
Magnesium	mg	---			---	---	---
Phosphorus	mg	260	3. 083	10	294	74	1,179
Potassium	mg	396	46. 000	2	447	112	1,796
Sodium	mg	---			---	---	---
Zinc	mg	2. 54	0. 085	8	2. 87	0. 72	11. 54
Copper	mg	0. 131	0. 006	15	0. 148	0. 037	0. 594
Manganese	mg	0. 072	0. 008	16	0. 081	0. 020	0. 327
Vitamins:							
Ascorbic acid	mg	28. 5	1. 753	8	32. 2	8. 1	129. 3
Thiamin	mg	0. 130	0. 000	2	0. 147	0. 037	0. 590
Riboflavin	mg	0. 300	0. 020	2	0. 339	0. 085	1. 361
Niacin	mg	5. 867	1. 567	3	6. 630	1. 663	26. 613
Pantothenic acid	mg	1. 055	0. 115	2	1. 192	0. 299	4. 785
Vitamin B-6	mg	0. 06		1	0. 07	0. 02	0. 26
Folate	mcg	---			---	---	---
Vitamin B-12	mcg	3. 26	1. 156	3	3. 68	0. 92	14. 77
Vitamin A	RE	0	0. 000	3	0	0	0
	IU	0	0. 000	3	0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0. 86			0. 97	0. 24	3. 90
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 01		1	0. 01	0. 00	0. 05
14:0	g	0. 06		1	0. 07	0. 02	0. 27
16:0	g	0. 46		1	0. 52	0. 13	2. 10
18:0	g	0. 33		1	0. 37	0. 09	1. 47
Monounsaturated, total	g	0. 69			0. 78	0. 20	3. 14
16:1	g	0. 10		1	0. 11	0. 03	0. 45
18:1	g	0. 59		1	0. 66	0. 17	2. 67
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 19			0. 21	0. 05	0. 85
18:2	g	0. 19		1	0. 21	0. 05	0. 85
18:3	g	---			---	---	---
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	363	32. 912	8	410	103	1,644
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 183		3	0. 207	0. 052	0. 830
Threonine	g	0. 714		4	0. 807	0. 202	3. 239
Isoleucine	g	0. 797		4	0. 901	0. 226	3. 615
Leucine	g	1. 460		4	1. 650	0. 414	6. 623
Lysine	g	1. 334		4	1. 507	0. 378	6. 051
Methionine	g	0. 331		4	0. 374	0. 094	1. 501
Cystine	g	---			---	---	---
Phenylalanine	g	0. 763		4	0. 862	0. 216	3. 461
Tyrosine	g	0. 500		1	0. 565	0. 142	2. 268
Valine	g	0. 971		4	1. 097	0. 275	4. 404
Arginine	g	0. 974		3	1. 101	0. 276	4. 418
Histidine	g	0. 426		3	0. 481	0. 121	1. 932
Alanine	g	---			---	---	---
Aspartic acid	g	1. 571		1	1. 775	0. 445	7. 126
Glutamic acid	g	2. 051		1	2. 318	0. 581	9. 303
Glycine	g	1. 143		1	1. 292	0. 324	5. 185
Proline	g	---			---	---	---
Serine	g	---			---	---	---

PORK, FRESH, SPLEEN, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g[1]	10.55 oz = 299 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	66. 70	0. 981	3	56. 70	199. 43	302. 55
Food energy	kcal	149			127	446	677
	kJ	625			531	1,867	2,833
Protein (N x 6.25)	g	28. 20	0. 981	3	23. 97	84. 32	127. 92
Total lipid (fat)	g	3. 20	0. 058	3	2. 72	9. 57	14. 52
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 70	0. 023	3	1. 45	5. 08	7. 71
Minerals:							
Calcium	mg	13			11	38	58
Iron	mg	22. 23			18. 90	66. 47	100. 84
Magnesium	mg	---			---	---	---
Phosphorus	mg	283			241	846	1,284
Potassium	mg	227			193	679	1,030
Sodium	mg	---			---	---	---
Zinc	mg	3. 54			3. 00	10. 57	16. 03
Copper	mg	0. 133			0. 113	0. 398	0. 603
Manganese	mg	0. 045			0. 038	0. 135	0. 204
Vitamins:							
Ascorbic acid	mg	11. 6			9. 9	34. 7	52. 6
Thiamin	mg	0. 139			0. 118	0. 416	0. 631
Riboflavin	mg	0. 258			0. 219	0. 771	1. 170
Niacin	mg	5. 938			5. 047	17. 755	26. 935
Pantothenic acid	mg	0. 892			0. 758	2. 667	4. 046
Vitamin B-6	mg	0. 06			0. 05	0. 17	0. 25
Folate	mcg	---			---	---	---
Vitamin B-12	mcg	2. 76			2. 34	8. 24	12. 50
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	1. 06			0. 90	3. 18	4. 82
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 01			0. 01	0. 04	0. 06
14:0	g	0. 07			0. 06	0. 22	0. 34
16:0	g	0. 57			0. 49	1. 71	2. 59
18:0	g	0. 40			0. 34	1. 20	1. 82
Monounsaturated, total	g	0. 86			0. 73	2. 56	3. 88
16:1	g	0. 12			0. 10	0. 36	0. 55
18:1	g	0. 73			0. 62	2. 17	3. 30
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 23			0. 20	0. 69	1. 05
18:2	g	0. 23			0. 20	0. 69	1. 05
18:3	g	---			---	---	---
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	504			428	1,506	2,285
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 289			0. 246	0. 864	1. 311
Threonine	g	1. 128			0. 959	3. 373	5. 117
Isoleucine	g	1. 259			1. 070	3. 764	5. 711
Leucine	g	2. 306			1. 960	6. 895	10. 460
Lysine	g	2. 107			1. 791	6. 300	9. 557
Methionine	g	0. 523			0. 445	1. 564	2. 372
Cystine	g	---			---	---	---
Phenylalanine	g	1. 205			1. 024	3. 603	5. 466
Tyrosine	g	0. 790			0. 672	2. 362	3. 583
Valine	g	1. 534			1. 304	4. 587	6. 958
Arginine	g	1. 539			1. 308	4. 602	6. 981
Histidine	g	0. 672			0. 571	2. 009	3. 048
Alanine	g	---			---	---	---
Aspartic acid	g	2. 482			2. 110	7. 421	11. 258
Glutamic acid	g	3. 240			2. 754	9. 688	14. 697
Glycine	g	1. 805			1. 534	5. 397	8. 187
Proline	g	---			---	---	---
Serine	g	---			---	---	---

[1] Yield from 4.6 oz (130 g) raw spleen.
[2] Yield from 1 lb raw spleen.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 4 oz = 113 g	1 oz = 28.35 g	Refuse: Fat 11%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	73. 60	0. 399	2	83. 17	20. 87	297. 12
Food energy	kcal	157			177	44	632
	kJ	656			741	186	2,646
Protein (N x 6.25)	g	16. 50		1	18. 64	4. 68	66. 61
Total lipid (fat)	g	9. 55	0. 550	2	10. 79	2. 71	38. 55
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 57			0. 64	0. 16	2. 30
Minerals:							
Calcium	mg	10		1	11	3	40
Iron	mg	2. 18	0. 937	3	2. 46	0. 62	8. 80
Magnesium	mg						
Phosphorus	mg	155	37. 003	2	175	44	626
Potassium	mg	201	23. 999	2	227	57	811
Sodium	mg	52		1	59	15	210
Zinc	mg	2. 01	0. 063	9	2. 27	0. 57	8. 11
Copper	mg	0. 365	0. 009	9	0. 412	0. 103	1. 474
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 085	0. 035	2	0. 096	0. 024	0. 343
Riboflavin	mg	0. 115	0. 065	2	0. 130	0. 033	0. 464
Niacin	mg	4. 450	1. 950	2	5. 028	1. 262	17. 965
Pantothenic acid	mg						
Vitamin B-6	mg	0. 040		1	0. 045	0. 011	0. 161
Folate	mcg						
Vitamin B-12	mcg	0. 99		1	1. 12	0. 28	4. 00
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	193	18. 694	6	218	55	779
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 098		1	0. 110	0. 028	0. 394
Threonine	g	0. 510		2	0. 576	0. 144	2. 057
Isoleucine	g	0. 560		2	0. 632	0. 159	2. 259
Leucine	g	0. 990		2	1. 119	0. 281	3. 997
Lysine	g	0. 874		2	0. 987	0. 248	3. 528
Methionine	g	0. 288		2	0. 325	0. 082	1. 162
Cystine	g						
Phenylalanine	g	0. 525		2	0. 594	0. 149	2. 121
Tyrosine	g	0. 412		1	0. 465	0. 117	1. 663
Valine	g	0. 692		2	0. 782	0. 196	2. 792
Arginine	g	0. 924		1	1. 044	0. 262	3. 730
Histidine	g	0. 246		1	0. 277	0. 070	0. 991
Alanine	g						
Aspartic acid	g	1. 418		1	1. 602	0. 402	5. 723
Glutamic acid	g	1. 830		1	2. 067	0. 519	7. 386
Glycine	g	1. 732		1	1. 957	0. 491	6. 991
Proline	g						
Serine	g						

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 4 oz = 113 g[1]	1 oz = 28.35 g	Refuse: Bone and hard tissue 30%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:[2]							
Water	g	46. 05	3. 650	2	52. 04	13. 06	146. 21
Food energy	kcal	378			427	107	1,200
	kJ	1,581			1,787	448	5,021
Protein (N x 6.25)	g	17. 75	1. 450	2	20. 06	5. 03	56. 36
Total lipid (fat)	g	33. 50	3. 400	2	37. 86	9. 50	106. 36
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 50		1	0. 57	0. 14	1. 59
Minerals:[2]							
Calcium	mg	18		1	20	5	56
Iron	mg	---			---	---	---
Magnesium	mg	8		1	9	2	25
Phosphorus	mg	50		1	56	14	157
Potassium	mg	---			---	---	---
Sodium	mg	---			---	---	---
Zinc	mg	---			---	---	---
Copper	mg	---			---	---	---
Manganese	mg	---			---	---	---
Vitamins:[2]							
Ascorbic acid	mg	0. 0		1	0. 0	0. 0	0. 0
Thiamin	mg	0. 210		1	0. 237	0. 060	0. 667
Riboflavin	mg	0. 110		1	0. 124	0. 031	0. 349
Niacin	mg	2. 060		1	2. 328	0. 584	6. 541
Pantothenic acid	mg	---			---	---	---
Vitamin B-6	mg	---			---	---	---
Folate	mcg	---			---	---	---
Vitamin B-12	mcg	---			---	---	---
Vitamin A	RE	0		1	0	0	0
	IU	0		1	0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	11. 64			13. 15	3. 30	36. 96
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 53			0. 60	0. 15	1. 68
16:0	g	7. 60			8. 59	2. 15	24. 13
18:0	g	3. 51			3. 97	1. 00	11. 14
Monounsaturated, total	g	15. 80			17. 85	4. 48	50. 17
16:1	g	1. 22			1. 38	0. 35	3. 87
18:1	g	14. 58			16. 48	4. 13	46. 29
20:1	g						
22:1	g						
Polyunsaturated, total	g	3. 68			4. 16	1. 04	11. 68
18:2	g	3. 19			3. 60	0. 90	10. 13
18:3	g	0. 28			0. 32	0. 08	0. 89
18:4	g						
20:4	g	0. 21			0. 24	0. 06	0. 67
20:5	g						
22:5	g						
22:6	g						
Cholesterol[2]	mg	97		1	110	28	308
Phytosterols	mg						
Amino acids:[2]							
Tryptophan	g	0. 089		1	0. 101	0. 025	0. 283
Threonine	g	0. 550		1	0. 622	0. 156	1. 746
Isoleucine	g	0. 408		1	0. 461	0. 116	1. 295
Leucine	g	0. 905		1	1. 023	0. 257	2. 873
Lysine	g	1. 012		1	1. 144	0. 287	3. 213
Methionine	g	0. 320		1	0. 362	0. 091	1. 016
Cystine	g	---			---	---	---
Phenylalanine	g	0. 479		1	0. 541	0. 136	1. 521
Tyrosine	g	0. 320		1	0. 362	0. 091	1. 016
Valine	g	0. 515		1	0. 582	0. 146	1. 635
Arginine	g	1. 189		1	1. 344	0. 337	3. 775
Histidine	g	0. 302		1	0. 341	0. 086	0. 959
Alanine	g	1. 278		1	1. 444	0. 362	4. 058
Aspartic acid	g	1. 384		1	1. 564	0. 392	4. 394
Glutamic acid	g	2. 130		1	2. 407	0. 604	6. 763
Glycine	g	2. 361		1	2. 668	0. 669	7. 496
Proline	g	1. 509		1	1. 705	0. 428	4. 791
Serine	g	0. 692		1	0. 782	0. 196	2. 197

[1] With refuse = 161 g.
[2] Values based on data from at least 12 samples composited.

PORK, FRESH, TAIL, Cooked, simmered

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g[1]	9.7 oz = 275 g[2]	Refuse: Bone and hard tissue 32%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:[3]							
Water	g	46. 70		1	39. 70	128. 43	144. 02
Food energy	kcal	396			336	1,088	1,220
	kJ	1,655			1,407	4,551	5,103
Protein (N x 6.25)	g	17. 00		1	14. 45	46. 75	52. 43
Total lipid (fat)	g	35. 80		1	30. 43	98. 45	110. 41
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 40		1	0. 34	1. 10	1. 23
Minerals:[3]							
Calcium	mg	14		1	12	39	43
Iron	mg	---			---	---	---
Magnesium	mg	7		1	6	20	23
Phosphorus	mg	47		1	40	130	146
Potassium	mg	---			---	---	---
Sodium	mg	---			---	---	---
Zinc	mg	---	---			---	---
Copper	mg	---			---	---	---
Manganese	mg	---			---	---	---
Vitamins:[3]							
Ascorbic acid	mg	0. 0		1	0. 0	0. 0	0. 0
Thiamin	mg	0. 070		1	0. 060	0. 193	0. 216
Riboflavin	mg	0. 070		1	0. 060	0. 193	0. 216
Niacin	mg	1. 120		1	0. 952	3. 080	3. 454
Pantothenic acid	mg	---			---	---	---
Vitamin B-6	mg	---			---	---	---
Folate	mcg	---			---	---	---
Vitamin B-12	mcg	---			---	---	---
Vitamin A	RE	0		1	0	0	0
	IU	0		1	0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	12. 45			10. 58	34. 24	38. 40
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 57			0. 48	1. 57	1. 76
16:0	g	8. 13			6. 91	22. 36	25. 07
18:0	g	3. 75			3. 19	10. 31	11. 57
Monounsaturated, total	g	16. 89			14. 36	46. 45	52. 09
16:1	g	1. 31			1. 11	3. 60	4. 04
18:1	g	15. 58			13. 24	42. 85	48. 05
20:1	g						
22:1	g						
Polyunsaturated, total	g	3. 94			3. 35	10. 84	12. 15
18:2	g	3. 41			2. 90	9. 38	10. 52
18:3	g	0. 30			0. 26	0. 83	0. 93
18:4	g						
20:4	g	0. 23			0. 20	0. 63	0. 71
20:5	g						
22:5	g						
22:6	g						
Cholesterol[3]	mg	129		1	110	355	398
Phytosterols	mg						
Amino acids:[3]							
Tryptophan	g	0. 102		1	0. 087	0. 281	0. 315
Threonine	g	0. 595		1	0. 506	1. 636	1. 835
Isoleucine	g	0. 391		1	0. 332	1. 075	1. 206
Leucine	g	0. 952		1	0. 809	2. 618	2. 936
Lysine	g	1. 020		1	0. 867	2. 805	3. 146
Methionine	g	0. 306		1	0. 260	0. 842	0. 944
Cystine	g	---			---	---	---
Phenylalanine	g	0. 510		1	0. 434	1. 403	1. 573
Tyrosine	g	1. 173		1	0. 997	3. 226	3. 618
Valine	g	0. 510		1	0. 434	1. 403	1. 573
Arginine	g	1. 173		1	0. 997	3. 226	3. 618
Histidine	g	0. 306		1	0. 260	0. 842	0. 944
Alanine	g	1. 258		1	1. 069	3. 460	3. 880
Aspartic acid	g	1. 428		1	1. 214	3. 927	4. 404
Glutamic acid	g	2. 193		1	1. 864	6. 031	6. 763
Glycine	g	2. 261		1	1. 922	6. 218	6. 973
Proline	g	1. 428		1	1. 214	3. 927	4. 404
Serine	g	0. 731		1	0. 621	2. 010	2. 254

[1] Yield from 5.0 oz (140 g) raw tail with refuse.
[2] Yield from 1 lb raw tail with refuse.
[3] Values based on data from at least 12 samples composited.

PORK, FRESH, TONGUE, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 4 oz = 113 g[1]	1 oz = 28.35 g	Refuse: Cartilage and connective tissue 16%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	65. 90	0. 462	3	74. 47	18. 68	251. 08
Food energy	kcal	225			254	64	856
	kJ	940			1,063	267	3,583
Protein (N x 6.25)	g	16. 30	0. 115	3	18. 42	4. 62	62. 10
Total lipid (fat)	g	17. 20	0. 462	3	19. 44	4. 88	65. 53
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 90		1	1. 02	0. 26	3. 43
Minerals:							
Calcium	mg	16	3. 184	6	18	5	62
Iron	mg	3. 35	0. 569	4	3. 79	0. 95	12. 76
Magnesium	mg	18	0. 156	2	21	5	70
Phosphorus	mg	193	6. 500	2	218	55	733
Potassium	mg	243	20. 138	5	274	69	924
Sodium	mg	110	17. 603	3	124	31	419
Zinc	mg	3. 01	0. 035	2	3. 40	0. 85	11. 47
Copper	mg	---			---	---	---
Manganese	mg	---			---	---	---
Vitamins:							
Ascorbic acid	mg	4. 4	0. 313	5	5. 0	1. 2	16. 8
Thiamin	mg	0. 490	0. 167	4	0. 554	0. 139	1. 867
Riboflavin	mg	0. 485	0. 051	2	0. 548	0. 137	1. 848
Niacin	mg	5. 300	0. 409	3	5. 989	1. 503	20. 193
Pantothenic acid	mg	---			---	---	---
Vitamin B-6	mg	0. 24	0. 047	3	0. 27	0. 07	0. 91
Folate	mcg	---			---	---	---
Vitamin B-12	mcg	2. 84		1	3. 21	0. 81	10. 82
Vitamin A	RE	0	0. 000	5	0	0	0
	IU	0	0. 000	5	0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5. 96			6. 74	1. 69	22. 71
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 02		1	0. 02	0. 00	0. 06
12:0	g	0. 09	0. 048	3	0. 10	0. 02	0. 33
14:0	g	0. 31	0. 077	3	0. 35	0. 09	1. 19
16:0	g	3. 82	0. 150	3	4. 31	1. 08	14. 54
18:0	g	1. 73	0. 523	3	1. 96	0. 49	6. 60
Monounsaturated, total	g	8. 13			9. 19	2. 30	30. 98
16:1	g	0. 64	0. 113	3	0. 73	0. 18	2. 45
18:1	g	7. 30	0. 316	3	8. 25	2. 07	27. 81
20:1	g	0. 15	0. 057	2	0. 17	0. 04	0. 59
22:1	g						
Polyunsaturated, total	g	1. 78			2. 01	0. 50	6. 79
18:2	g	1. 70	0. 277	3	1. 92	0. 48	6. 48
18:3	g	0. 08	0. 023	2	0. 09	0. 02	0. 31
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	101		1	114	29	384
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 188		1	0. 212	0. 053	0. 716
Threonine	g	0. 689		2	0. 779	0. 195	2. 625
Isoleucine	g	0. 743		2	0. 840	0. 211	2. 831
Leucine	g	1. 307		2	1. 477	0. 371	4. 980
Lysine	g	1. 333		2	1. 506	0. 378	5. 079
Methionine	g	0. 365		2	0. 412	0. 103	1. 391
Cystine	g	---			---	---	---
Phenylalanine	g	0. 675		2	0. 763	0. 191	2. 572
Tyrosine	g	---			---	---	---
Valine	g	0. 848		2	0. 958	0. 240	3. 231
Arginine	g	1. 007		2	1. 138	0. 285	3. 837
Histidine	g	0. 409		2	0. 462	0. 116	1. 558
Alanine	g	---			---	---	---
Aspartic acid	g	1. 515		1	1. 712	0. 430	5. 772
Glutamic acid	g	2. 052		1	2. 319	0. 582	7. 818
Glycine	g	1. 205		1	1. 362	0. 342	4. 591
Proline	g	---			---	---	---
Serine	g	---			---	---	---

[1] With refuse = 135 g.

PORK, FRESH, TONGUE, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g[1]	8.15 oz = 231 g[2]	Refuse: Skin and trimmings 24%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	56. 90	1. 039	3	48. 36	131. 44	196. 13
Food energy	kcal	271			230	625	933
	kJ	1,133			963	2,617	3,906
Protein (N x 6.25)	g	24. 10	0. 289	3	20. 48	55. 67	83. 07
Total lipid (fat)	g	18. 60	1. 270	3	15. 81	42. 97	64. 11
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	0. 80	0. 023	3	0. 68	1. 85	2. 76
Minerals:							
Calcium	mg	19			16	44	65
Iron	mg	4. 99			4. 24	11. 53	17. 20
Magnesium	mg	20			17	46	69
Phosphorus	mg	174			148	402	600
Potassium	mg	237			201	547	817
Sodium	mg	109			93	252	376
Zinc	mg	4. 53			3. 85	10. 46	15. 61
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	1. 7			1. 4	3. 9	5. 9
Thiamin	mg	0. 317			0. 269	0. 732	1. 093
Riboflavin	mg	0. 510			0. 433	1. 178	1. 758
Niacin	mg	5. 340			4. 539	12. 335	18. 407
Pantothenic acid	mg						
Vitamin B-6	mg	0. 230			0. 195	0. 531	0. 793
Folate	mcg						
Vitamin B-12	mcg	2. 39			2. 03	5. 52	8. 24
Vitamin A	RE	0			0	0	0
	IU				0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	6. 449			5. 482	14. 898	22. 230
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 020			0. 017	0. 046	0. 069
12:0	g	0. 090			0. 076	0. 208	0. 310
14:0	g	0. 340			0. 289	0. 785	1. 172
16:0	g	4. 129			3. 510	9. 539	14. 234
18:0	g	1. 870			1. 589	4. 319	6. 445
Monounsaturated, total	g	8. 759			7. 445	20. 233	30. 192
16:1	g	0. 700			0. 595	1. 617	2. 413
18:1	g	7. 889			6. 706	18. 224	27. 193
20:1	g	0. 170			0. 144	0. 393	0. 586
22:1	g						
Polyunsaturated, total	g	1. 930			1. 640	4. 458	6. 652
18:2	g	1. 840			1. 564	4. 250	6. 342
18:3	g	0. 090			0. 076	0. 208	0. 310
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	146			124	337	503
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 278			0. 236	0. 641	0. 957
Threonine	g	1. 018			0. 865	2. 352	3. 509
Isoleucine	g	1. 099			0. 934	2. 539	3. 788
Leucine	g	1. 932			1. 642	4. 463	6. 659
Lysine	g	1. 970			1. 675	4. 552	6. 792
Methionine	g	0. 540			0. 459	1. 247	1. 861
Cystine	g						
Phenylalanine	g	0. 999			0. 849	2. 307	3. 443
Tyrosine	g						
Valine	g	1. 253			1. 065	2. 895	4. 320
Arginine	g	1. 488			1. 265	3. 438	5. 131
Histidine	g	0. 605			0. 515	1. 398	2. 087
Alanine	g						
Aspartic acid	g	2. 240			1. 904	5. 175	7. 722
Glutamic acid	g	3. 035			2. 579	7. 010	10. 460
Glycine	g	1. 781			1. 514	4. 115	6. 141
Proline	g						
Serine	g						

[1] Yield from 4.5 oz (128 g) raw tongue without refuse.
[2] Yield from 1 lb raw tongue with refuse.

PORK, CURED, BACON, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 medium slices = 68 g[1]	1 thick slice = 38 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	31. 58	0. 335	251	21. 48	12. 00	143. 26
Food energy	kcal	556			378	211	2,523
	kJ	2,328			1,583	884	10,558
Protein (N x 6.25)	g	8. 66	0. 105	321	5. 89	3. 29	39. 27
Total lipid (fat)	g	57. 54	0. 437	202	39. 12	21. 86	260. 98
Carbohydrate, total	g	0. 09			0. 06	0. 04	0. 42
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	2. 13	0. 057	50	1. 45	0. 81	9. 67
Minerals:							
Calcium	mg	7	0. 600	2	5	3	34
Iron	mg	0. 60	0. 057	20	0. 41	0. 23	2. 72
Magnesium	mg	9	0. 540	20	6	3	39
Phosphorus	mg	142	11. 022	20	97	54	646
Potassium	mg	139	3. 670	93	95	53	631
Sodium[3]	mg	685	16. 801	98	466	260	3,107
Zinc	mg	1. 15	0. 077	19	0. 78	0. 44	5. 23
Copper	mg	0. 064	0. 008	18	0. 044	0. 024	0. 290
Manganese	mg	0. 007	0. 002	18	0. 005	0. 003	0. 032
Vitamins:							
Ascorbic acid[4]	mg	21. 7	2. 189	19	14. 8	8. 3	98. 6
Thiamin	mg	0. 368	0. 022	18	0. 250	0. 140	1. 669
Riboflavin	mg	0. 104	0. 004	18	0. 071	0. 040	0. 472
Niacin	mg	2. 776	0. 156	18	1. 888	1. 055	12. 592
Pantothenic acid	mg	0. 352	0. 062	6	0. 239	0. 134	1. 597
Vitamin B-6	mg	0. 14	0. 009	18	0. 10	0. 05	0. 64
Folate	mcg	2	0. 240	7	1	1	9
Vitamin B-12	mcg	0. 93	0. 054	15	0. 63	0. 35	4. 21
Vitamin A	RE	0	0. 000	4	0	0	0
	IU	0	0. 000	4	0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	21. 26			14. 45	8. 08	96. 42
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 23	0. 098	14	0. 16	0. 09	1. 05
12:0	g	0. 22	0. 109	14	0. 15	0. 08	1. 00
14:0	g	0. 88	0. 024	74	0. 60	0. 33	3. 97
16:0	g	13. 23	0. 212	74	8. 99	5. 03	59. 99
18:0	g	6. 70	0. 132	74	4. 56	2. 55	30. 41
Monounsaturated, total	g	26. 33			17. 90	10. 00	119. 42
16:1	g	1. 81	0. 047	74	1. 23	0. 69	8. 23
18:1	g	24. 51	0. 358	74	16. 67	9. 32	111. 20
20:1	g						
22:1	g						
Polyunsaturated, total	g	6. 75			4. 59	2. 56	30. 60
18:2	g	6. 00	0. 141	74	4. 08	2. 28	27. 21
18:3	g	0. 75	0. 036	74	0. 51	0. 28	3. 39
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	67	2. 957	16	46	26	306
Phytosterols	mg						
Amino acids:[5]							
Tryptophan	g	0. 083		4	0. 056	0. 032	0. 376
Threonine	g	0. 332		10	0. 226	0. 126	1. 506
Isoleucine	g	0. 352		10	0. 239	0. 134	1. 597
Leucine	g	0. 602		10	0. 409	0. 229	2. 731
Lysine	g	0. 843		10	0. 437	0. 244	2. 917
Methionine	g	0. 191		10	0. 130	0. 073	0. 866
Cystine	g	0. 089		4	0. 061	0. 034	0. 404
Phenylalanine	g	0. 334		10	0. 227	0. 127	1. 515
Tyrosine	g	0. 252		10	0. 171	0. 096	1. 143
Valine	g	0. 417		10	0. 284	0. 158	1. 892
Arginine	g	0. 829		9	0. 360	0. 201	2. 400
Histidine	g	0. 249		10	0. 169	0. 095	1. 129
Alanine	g	0. 485		9	0. 330	0. 184	2. 200
Aspartic acid	g	0. 715		10	0. 486	0. 272	3. 243
Glutamic acid	g	1. 188		10	0. 808	0. 451	5. 389
Glycine	g	0. 619		10	0. 421	0. 235	2. 808
Proline	g	0. 460		10	0. 313	0. 175	2. 087
Serine	g	0. 325		10	0. 221	0. 124	1. 474

[1] Weight applies to slices packaged 20 per pound.
[2] Weight applies to slices packaged 12 per pound.
[3] Range is 302 to 1,249 mg per 100 g.
[4] Values based on data for products containing added ascorbic acid or sodium ascorbate. Some products may not contain added ascorbic acid or sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.
[5] Includes data for cooked bacon.

PORK, CURED, BACON, Cooked, broiled, pan-fried, or roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 medium slices = 19 g[1]	4.48 oz = 127 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	12. 94	0. 389	97	2. 46	16. 43	58. 70
Food energy	kcal	576			109	732	2,613
	kJ	2,410			458	3,061	10,932
Protein (N x 6.25)	g	30. 45	0. 500	81	5. 79	38. 67	138. 12
Total lipid (fat)	g	49. 24	0. 646	81	9. 36	62. 54	223. 36
Carbohydrate, total	g	0. 59			0. 11	0. 75	2. 68
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	6. 78	0. 120	81	1. 29	8. 61	30. 74
Minerals:							
Calcium	mg	12	0. 447	35	2	15	53
Iron	mg	1. 61	0. 102	46	0. 31	2. 05	7. 31
Magnesium	mg	24	0. 466	41	5	30	107
Phosphorus	mg	336	17. 997	26	64	426	1,522
Potassium	mg	486	13. 174	37	92	617	2,202
Sodium[3]	mg	1,596	56. 171	58	303	2,026	7,237
Zinc	mg	3. 26	0. 079	46	0. 62	4. 14	14. 77
Copper	mg	0. 170	0. 012	46	0. 032	0. 216	0. 771
Manganese	mg	0. 041	0. 004	39	0. 008	0. 052	0. 186
Vitamins:							
Ascorbic acid[4]	mg	33. 5	3. 111	26	6. 4	42. 5	151. 8
Thiamin	mg	0. 692	0. 019	29	0. 131	0. 879	3. 139
Riboflavin	mg	0. 285	0. 008	29	0. 054	0. 362	1. 293
Niacin	mg	7. 322	0. 345	29	1. 391	9. 299	33. 213
Pantothenic acid	mg	1. 055	0. 091	10	0. 200	1. 340	4. 785
Vitamin B-6	mg	0. 27	0. 015	25	0. 05	0. 35	1. 24
Folate	mcg	5			1	6	21
Vitamin B-12	mcg	1. 75	0. 144	24	0. 33	2. 23	7. 95
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	17. 42			3. 31	22. 12	79. 01
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 08	0. 016	19	0. 02	0. 11	0. 38
12:0	g	0. 07	0. 017	19	0. 01	0. 09	0. 33
14:0	g	0. 62	0. 021	31	0. 12	0. 78	2. 79
16:0	g	10. 98	0. 260	31	2. 09	13. 94	49. 80
18:0	g	5. 67	0. 141	31	1. 08	7. 20	25. 71
Monounsaturated, total	g	23. 69			4. 50	30. 09	107. 45
16:1	g	1. 73	0. 098	31	0. 33	2. 20	7. 86
18:1	g	21. 96	0. 522	31	4. 17	27. 89	99. 60
20:1	g						
22:1	g						
Polyunsaturated, total	g	5. 81			1. 10	7. 37	26. 33
18:2	g	4. 89	0. 157	31	0. 93	6. 21	22. 17
18:3	g	0. 79	0. 090	19	0. 15	1. 00	3. 58
18:4	g						
20:4	g	0. 13	0. 007	12	0. 02	0. 16	0. 58
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	85	4. 681	16	16	107	384
Phytosterols	mg						
Amino acids:[5]							
Tryptophan	g	0. 292		4	0. 055	0. 371	1. 325
Threonine	g	1. 169		10	0. 222	1. 485	5. 303
Isoleucine	g	1. 237		10	0. 235	1. 571	5. 611
Leucine	g	2. 119		10	0. 403	2. 691	9. 612
Lysine	g	2. 261		10	0. 430	2. 871	10. 256
Methionine	g	0. 672		10	0. 128	0. 853	3. 048
Cystine	g	0. 312		4	0. 059	0. 396	1. 415
Phenylalanine	g	1. 174		10	0. 223	1. 491	5. 325
Tyrosine	g	0. 887		10	0. 169	1. 126	4. 023
Valine	g	1. 466		10	0. 279	1. 862	6. 650
Arginine	g	1. 861		9	0. 354	2. 363	8. 441
Histidine	g	0. 877		10	0. 167	1. 114	3. 978
Alanine	g	1. 705		9	0. 324	2. 165	7. 734
Aspartic acid	g	2. 514		10	0. 478	3. 193	11. 404
Glutamic acid	g	4. 180		10	0. 794	5. 309	18. 960
Glycine	g	2. 178		10	0. 414	2. 766	9. 879
Proline	g	1. 618		10	0. 307	2. 055	7. 339
Serine	g	1. 145		10	0. 218	1. 454	5. 194

[1] Yield from 3 raw medium slices packaged 20 slices per pound.
[2] Yield from 1 lb raw product.
[3] Range is 1,030 to 2,670 mg per 100 g.
[4] Values based on data for products containing added ascorbic acid or sodium ascorbate. Some products may not contain added ascorbic acid or sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.
[5] Includes data for raw bacon.

PORK, CURED, BREAKFAST STRIPS, Raw or unheated

Product may be fully cooked as purchased.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 slices = 68 g[1]	1 pkg, net wt, 12 oz = 340 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	47. 41	0. 422	38	32. 24	161. 18	215. 04
Food energy	kcal	388			264	1. 319	1. 760
	kJ	1,623			1,104	5,520	7,364
Protein (N x 6.25)	g	11. 74	0. 157	38	7. 98	39. 90	53. 23
Total lipid (fat)	g	37. 16	0. 626	40	25. 27	126. 35	168. 57
Carbohydrate, total	g	0. 70			0. 47	2. 36	3. 15
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	3. 00	0. 052	6	2. 04	10. 20	13. 61
Minerals:							
Calcium	mg	8	1. 528	3	5	27	36
Iron	mg	0. 94	0. 056	6	0. 64	3. 20	4. 27
Magnesium	mg	12	0. 476	6	8	41	55
Phosphorus	mg	137	17. 192	6	93	465	621
Potassium	mg	204	11. 965	6	139	694	926
Sodium	mg	987	40. 062	6	671	3,357	4,479
Zinc	mg	1. 66	0. 076	6	1. 13	5. 64	7. 52
Copper	mg	0. 063	0. 008	6	0. 043	0. 214	0. 286
Manganese	mg	0. 030	0. 002	3	0. 020	0. 102	0. 136
Vitamins:							
Ascorbic acid[2]	mg	27. 2	3. 399	5	18. 5	92. 5	123. 4
Thiamin	mg	0. 475	0. 026	6	0. 323	1. 615	2. 155
Riboflavin	mg	0. 180	0. 021	6	0. 122	0. 612	0. 816
Niacin	mg	3. 650	0. 214	6	2. 482	12. 410	16. 556
Pantothenic acid	mg	0. 476			0. 324	1. 618	2. 159
Vitamin B-6	mg	0. 21	0. 013	5	0. 14	0. 71	0. 95
Folate	mcg	3			2	9	12
Vitamin B-12	mcg	0. 99	0. 015	6	0. 67	3. 37	4. 50
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	12. 91			8. 78	43. 91	58. 58
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 21	0. 084	4	0. 14	0. 70	0. 93
12:0	g	0. 21	0. 095	4	0. 14	0. 70	0. 93
14:0	g	0. 72	0. 118	4	0. 49	2. 44	3. 26
16:0	g	7. 52	0. 280	4	5. 11	25. 56	34. 10
18:0	g	4. 27	0. 291	4	2. 90	14. 51	19. 36
Monounsaturated, total	g	16. 79			11. 42	57. 08	76. 15
16:1	g	1. 84	0. 095	4	1. 25	6. 27	8. 36
18:1	g	14. 95	0. 724	4	10. 16	50. 81	67. 79
20:1	g						
22:1	g						
Polyunsaturated, total	g	5. 55			3. 78	18. 88	25. 19
18:2	g	4. 66	0. 460	4	3. 17	15. 84	21. 13
18:3	g	0. 90	0. 258	4	0. 61	3. 05	4. 06
18:4	g						
20:4	g						
20:5	g	---			---	---	---
22:5	g						
22:6	g						
Cholesterol	mg	69	2. 250	4	47	235	314
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 113			0. 077	0. 384	0. 513
Threonine	g	0. 451			0. 307	1. 533	2. 046
Isoleucine	g	0. 477			0. 324	1. 622	2. 164
Leucine	g	0. 817			0. 556	2. 778	3. 706
Lysine	g	0. 871			0. 592	2. 961	3. 951
Methionine	g	0. 259			0. 176	0. 881	1. 175
Cystine	g	0. 120			0. 082	0. 408	0. 544
Phenylalanine	g	0. 453			0. 308	1. 540	2. 055
Tyrosine	g	0. 342			0. 233	1. 163	1. 551
Valine	g	0. 565			0. 384	1. 921	2. 563
Arginine	g	0. 717			0. 488	2. 438	3. 252
Histidine	g	0. 338			0. 230	1. 149	1. 533
Alanine	g	0. 657			0. 447	2. 234	2. 980
Aspartic acid	g	0. 969			0. 659	3. 295	4. 395
Glutamic acid	g	1. 611			1. 095	5. 477	7. 307
Glycine	g	0. 839			0. 571	2. 853	3. 806
Proline	g	0. 623			0. 424	2. 118	2. 826
Serine	g	0. 441			0. 300	1. 499	2. 000

[1] Weight applies to slices packaged 15 slices per 12-oz pkg.
[2] Values based on data for products containing added ascorbic acid or sodium ascorbate. Some products may not contain added ascorbic acid or sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

PORK, CURED, BREAKFAST STRIPS, Cooked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 slices = 34 g[1]	6 oz = 170 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	26. 93	1. 982	6	9. 16	45. 79	122. 17
Food energy	kcal	459			156	780	2,081
	kJ	1,919			653	3,263	8,706
Protein (N x 6.25)	g	28. 95	1. 933	6	9. 84	49. 21	131. 31
Total lipid (fat)	g	36. 70	0. 975	6	12. 48	62. 39	166. 47
Carbohydrate, total	g	1. 05			0. 36	1. 79	4. 77
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	6. 37	0. 400	6	2. 16	10. 82	28. 88
Minerals:							
Calcium	mg	14	1. 961	6	5	24	65
Iron	mg	1. 97	0. 097	6	0. 67	3. 34	8. 92
Magnesium	mg	26	2. 302	6	9	44	117
Phosphorus	mg	265	27. 269	6	90	451	1,202
Potassium	mg	466	38. 945	6	158	791	2,112
Sodium	mg	2,099	197. 512	5	714	3,568	9,521
Zinc	mg	3. 68	0. 280	6	1. 25	6. 26	16. 71
Copper	mg	0. 153	0. 029	6	0. 052	0. 260	0. 694
Manganese	mg	0. 044	0. 008	4	0. 015	0. 075	0. 200
Vitamins:							
Ascorbic acid[3]	mg	43. 4	8. 756	5	14. 8	73. 8	196. 9
Thiamin	mg	0. 737	0. 040	6	0. 251	1. 253	3. 343
Riboflavin	mg	0. 368	0. 046	6	0. 125	0. 626	1. 669
Niacin	mg	7. 592	0. 559	6	2. 581	12. 906	34. 437
Pantothenic acid	mg	0. 922			0. 313	1. 567	4. 182
Vitamin B-6	mg	0. 34	0. 027	5	0. 12	0. 58	1. 54
Folate	mcg	4			1	7	18
Vitamin B-12	mcg	1. 77	0. 048	6	0. 60	3. 00	8. 02
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	12. 77			4. 34	21. 71	57. 92
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 10	0. 032	4	0. 04	0. 18	0. 47
12:0	g	0. 08	0. 027	4	0. 03	0. 14	0. 38
14:0	g	0. 63	0. 087	4	0. 21	1. 07	2. 86
16:0	g	7. 39	0. 435	4	2. 51	12. 56	33. 51
18:0	g	4. 56	0. 288	4	1. 55	7. 76	20. 70
Monounsaturated, total	g	16. 40			5. 57	27. 87	74. 37
16:1	g	1. 67	0. 163	4	0. 57	2. 83	7. 55
18:1	g	14. 73	0. 902	4	5. 01	25. 04	66. 82
20:1	g						
22:1	g						
Polyunsaturated, total	g	5. 65			1. 92	9. 60	25. 61
18:2	g	4. 86	0. 608	4	1. 65	8. 25	22. 02
18:3	g	0. 79	0. 157	4	0. 27	1. 34	3. 59
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	105	4. 245	4	36	179	476
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 278			0. 095	0. 473	1. 261
Threonine	g	1. 112			0. 378	1. 890	5. 044
Isoleucine	g	1. 177			0. 400	2. 001	5. 339
Leucine	g	2. 015			0. 685	3. 426	9. 140
Lysine	g	2. 149			0. 731	3. 653	9. 748
Methionine	g	0. 639			0. 217	1. 086	2. 899
Cystine	g	0. 296			0. 101	0. 503	1. 343
Phenylalanine	g	1. 116			0. 379	1. 897	5. 062
Tyrosine	g	0. 843			0. 287	1. 433	3. 824
Valine	g	1. 394			0. 474	2. 370	6. 323
Arginine	g	1. 769			0. 601	3. 007	8. 024
Histidine	g	0. 834			0. 284	1. 418	3. 783
Alanine	g	1. 621			0. 551	2. 756	7. 353
Aspartic acid	g	2. 390			0. 813	4. 063	10. 841
Glutamic acid	g	3. 974			1. 351	6. 756	18. 026
Glycine	g	2. 071			0. 704	3. 521	9. 394
Proline	g	1. 538			0. 523	2. 615	5. 976
Serine	g	1. 089			0. 370	1. 851	4. 940

[1] Yield from 3 raw slices packaged 15 slices per 12-oz pkg.
[2] Yield from 12 oz (340 g) raw product.
[3] Values based on data for products containing added ascorbic acid or sodium ascorbate. Some products may not contain added ascorbic acid or sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

PORK, CURED, CANADIAN-STYLE BACON, Unheated

Product is fully cooked as purchased.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 2 slices = 56.7 g[1]	1 pkg, net wt. 6 oz = 170 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	66. 93	0. 725	28	37. 95	113. 77	303. 58
Food energy	kcal	157			89	268	714
	kJ	659			374	1,120	2,988
Protein (N x 6.25)	g	20. 64	0. 496	27	11. 70	35. 08	93. 61
Total lipid (fat)	g	6. 97	0. 578	14	3. 95	11. 84	31. 60
Carbohydrate, total	g	1. 68			0. 95	2. 85	7. 61
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	3. 79	0. 285	14	2. 15	6. 45	17. 21
Minerals:							
Calcium	mg	8	0. 864	11	5	14	36
Iron	mg	0. 68	0. 080	15	0. 38	1. 15	3. 07
Magnesium	mg	17	0. 712	13	10	30	79
Phosphorus	mg	243	8. 243	33	138	413	1,102
Potassium	mg	344	16. 441	14	195	585	1,560
Sodium	mg	1,409	104. 412	13	799	2,395	6,391
Zinc	mg	1. 39	0. 134	10	0. 79	2. 36	6. 31
Copper	mg	0. 045	0. 012	10	0. 026	0. 077	0. 204
Manganese	mg	0. 023	0. 001	4	0. 013	0. 039	0. 104
Vitamins:							
Ascorbic acid[2]	mg	21. 9	3. 403	12	12. 4	37. 3	99. 4
Thiamin	mg	0. 751	0. 036	14	0. 426	1. 277	3. 407
Riboflavin	mg	0. 172	0. 008	18	0. 098	0. 292	0. 780
Niacin	mg	6. 231	0. 316	14	3. 533	10. 593	28. 264
Pantothenic acid	mg	0. 520	0. 120	4	0. 295	0. 884	2. 359
Vitamin B-6	mg	0. 39	0. 034	15	0. 22	0. 66	1. 77
Folate	mcg	4			2	7	18
Vitamin B-12	mcg	0. 67	0. 066	10	0. 38	1. 13	3. 02
Vitamin A	RE	0		1	0	0	0
	IU	0		1	0	0	
Lipids:							
Fatty acids:							
Saturated, total	g	2. 22			1. 26	3. 77	10. 07
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 02	0. 008	10	0. 01	0. 04	0. 10
12:0	g	0. 02	0. 007	10	0. 01	0. 03	0. 09
14:0	g	0. 10	0. 008	10	0. 06	0. 17	0. 45
16:0	g	1. 40	0. 115	10	0. 79	2. 37	6. 33
18:0	g	0. 68	0. 059	10	0. 39	1. 16	3. 10
Monounsaturated, total	g	3. 15			1. 79	5. 36	14. 30
16:1	g	0. 30	0. 021	10	0. 17	0. 51	1. 36
18:1	g	2. 85	0. 215	10	1. 62	4. 85	12. 94
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 63			0. 36	1. 07	2. 85
18:2	g	0. 54	0. 061	10	0. 30	0. 91	2. 43
18:3	g	0. 09	0. 016	10	0. 05	0. 16	0. 43
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	50	5. 873	9	28	85	228
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 205		1	0. 116	0. 349	0. 930
Threonine	g	0. 829		1	0. 470	1. 409	3. 760
Isoleucine	g	0. 779		1	0. 442	1. 324	3. 534
Leucine	g	1. 453		1	0. 824	2. 470	6. 591
Lysine	g	1. 625		1	0. 921	2. 763	7. 371
Methionine	g	0. 561		1	0. 318	0. 954	2. 545
Cystine	g	0. 258		1	0. 146	0. 439	1. 170
Phenylalanine	g	0. 670		1	0. 380	1. 139	3. 039
Tyrosine	g	0. 624		1	0. 354	1. 061	2. 830
Valine	g	0. 822		1	0. 466	1. 397	3. 729
Arginine	g	1. 126		1	0. 638	1. 914	5. 108
Histidine	g	0. 750		1	0. 425	1. 275	3. 402
Alanine	g	1. 050		1	0. 595	1. 785	4. 763
Aspartic acid	g	1. 720		1	0. 975	2. 924	7. 802
Glutamic acid	g	2. 856		1	1. 619	4. 855	12. 955
Glycine	g	0. 888		1	0. 503	1. 510	4. 028
Proline	g	0. 773		1	0. 438	1. 314	3. 506
Serine	g	0. 783		1	0. 444	1. 331	3. 552

[1] Weight applies to slices packaged 6 per 6-oz pkg.
[2] Values based on data for products containing added ascorbic acid or sodium ascorbate. Some products may not contain added ascorbic acid or sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

PORK, CURED, CANADIAN-STYLE BACON, Grilled

Product is fully cooked as purchased.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 2 slices = 46.5 g[1]	4.9 oz = 139 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	61. 70			28. 69	85. 76	279. 87
Food energy	kcal	185			86	257	839
	kJ	773			360	1,075	3,508
Protein (N x 6.25)	g	24. 24			11. 27	33. 69	109. 95
Total lipid (fat)	g	8. 44			3. 92	11. 73	38. 28
Carbohydrate, total	g	1. 35			0. 63	1. 88	6. 12
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	4. 27			1. 99	5. 94	19. 37
Minerals:							
Calcium	mg	10			5	13	44
Iron	mg	0. 82			0. 38	1. 15	3. 74
Magnesium	mg	21			10	30	97
Phosphorus	mg	296			138	412	1,344
Potassium	mg	390			181	542	1,769
Sodium	mg	1,546			719	2,149	7,013
Zinc	mg	1. 70			0. 79	2. 36	7. 69
Copper	mg	0. 054			0. 025	0. 075	0. 245
Manganese	mg	0. 027			0. 013	0. 038	0. 122
Vitamins:							
Ascorbic acid[3]	mg	21. 6			10. 0	30. 0	98. 0
Thiamin	mg	0. 824			0. 383	1. 145	3. 738
Riboflavin	mg	0. 197			0. 092	0. 274	0. 894
Niacin	mg	6. 915			3. 215	9. 612	31. 366
Pantothenic acid	mg	0. 520			0. 242	0. 723	2. 359
Vitamin B-6	mg	0. 45			0. 21	0. 62	2. 03
Folate	mcg	4			2	5	18
Vitamin B-12	mcg	0. 78			0. 36	1. 08	3. 53
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2. 84			1. 32	3. 95	12. 89
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 03			0. 01	0. 04	0. 13
12:0	g	0. 02			0. 01	0. 03	0. 11
14:0	g	0. 13			0. 06	0. 18	0. 58
16:0	g	1. 79			0. 83	2. 48	8. 10
18:0	g	0. 88			0. 41	1. 22	3. 97
Monounsaturated, total	g	4. 04			1. 88	5. 61	18. 31
16:1	g	0. 38			0. 18	0. 53	1. 74
18:1	g	3. 65			1. 70	5. 08	16. 57
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 81			0. 37	1. 12	3. 65
18:2	g	0. 69			0. 32	0. 95	3. 11
18:3	g	0. 12			0. 06	0. 17	0. 54
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	58			27	80	261
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 240			0. 112	0. 334	1. 089
Threonine	g	0. 973			0. 452	1. 352	4. 414
Isoleucine	g	0. 915			0. 425	1. 272	4. 150
Leucine	g	1. 706			0. 793	2. 371	7. 738
Lysine	g	1. 908			0. 887	2. 652	8. 655
Methionine	g	0. 659			0. 306	0. 916	2. 989
Cystine	g	0. 302			0. 140	0. 420	1. 370
Phenylalanine	g	0. 787			0. 366	1. 094	3. 570
Tyrosine	g	0. 733			0. 341	1. 019	3. 325
Valine	g	0. 966			0. 449	1. 343	4. 382
Arginine	g	1. 322			0. 615	1. 838	5. 997
Histidine	g	0. 880			0. 409	1. 223	3. 992
Alanine	g	1. 233			0. 573	1. 714	5. 593
Aspartic acid	g	2. 020			0. 939	2. 808	9. 163
Glutamic acid	g	3. 354			1. 560	4. 662	15. 214
Glycine	g	1. 043			0. 485	1. 450	4. 731
Proline	g	0. 907			0. 422	1. 261	4. 114
Serine	g	0. 919			0. 427	1. 277	4. 169

[1] Yield from 2 unheated slices packaged 6 per 6-oz pkg.
[2] Yield from 6 oz (170 g) unheated product.
[3] Values based on data for products containing added ascorbic acid or sodium ascorbate. Some products may not contain added ascorbic acid or sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 lb = 453.6 g	Refuse: Bone and hard tissue 66%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	68. 62		1	19. 45	311. 26	105. 67
Food energy	kcal	203			58	923	313
	kJ	851			241	3,860	1,311
Protein (N x 6.25)	g	13. 52		1	3. 83	61. 32	20. 82
Total lipid (fat)	g	16. 14		1	4. 58	73. 21	24. 86
Carbohydrate, total	g	0. 02			0. 01	0. 10	0. 03
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 70		1	0. 48	7. 71	2. 62
Minerals:[1]							
Calcium	mg	32			9	145	49
Iron	mg	---			---	---	---
Magnesium	mg	4			1	16	5
Phosphorus	mg	34			10	154	52
Potassium	mg	---			---	---	---
Sodium	mg	---			---	---	---
Zinc	mg	---			---	---	---
Copper	mg	---			---	---	---
Manganese	mg	---			---	---	---
Vitamins:[1]							
Ascorbic acid	mg	0. 0			0. 0	0. 0	0. 0
Thiamin	mg	0. 007			0. 002	0. 032	0. 011
Riboflavin	mg	0. 042			0. 012	0. 191	0. 065
Niacin	mg	0. 366			0. 104	1. 660	0. 564
Pantothenic acid	mg	---			---	---	---
Vitamin B-6	mg	---			---	---	---
Folate	mcg	---			---	---	---
Vitamin B-12	mcg	---			---	---	---
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:[1]							
Fatty acids:							
Saturated, total	g	5. 57			1. 58	25. 27	8. 58
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 25			0. 07	1. 13	0. 39
16:0	g	3. 64			1. 03	16. 51	5. 61
18:0	g	1. 68			0. 48	7. 62	2. 59
Monounsaturated, total	g	7. 57			2. 15	34. 34	11. 66
16:1	g	0. 59			0. 17	2. 68	0. 91
18:1	g	6. 98			1. 98	31. 66	10. 75
20:1	g						
22:1	g						
Polyunsaturated, total	g	1. 75			0. 50	7. 94	2. 70
18:2	g	1. 52			0. 43	6. 89	2. 34
18:3	g	0. 14			0. 04	0. 64	0. 22
18:4	g						
20:4	g	0. 09			0. 03	0. 41	0. 14
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	92			26	419	142
Phytosterols	mg						
Amino acids:[1]							
Tryptophan	g	0. 027			0. 008	0. 122	0. 042
Threonine	g	0. 365			0. 103	1. 656	0. 562
Isoleucine	g	0. 230			0. 065	1. 043	0. 354
Leucine	g	0. 595			0. 169	2. 699	0. 916
Lysine	g	0. 582			0. 165	2. 640	0. 896
Methionine	g	0. 149			0. 042	0. 676	0. 229
Cystine	g	---			---	---	---
Phenylalanine	g	0. 392			0. 111	1. 778	0. 604
Tyrosine	g	0. 216			0. 061	0. 980	0. 333
Valine	g	0. 338			0. 096	1. 533	0. 521
Arginine	g	1. 014			0. 287	4. 600	1. 562
Histidine	g	0. 149			0. 042	0. 676	0. 229
Alanine	g	1. 108			0. 314	5. 026	1. 706
Aspartic acid	g	0. 973			0. 276	4. 414	1. 498
Glutamic acid	g	1. 487			0. 422	6. 745	2. 290
Glycine	g	2. 366			0. 671	10. 732	3. 644
Proline	g	1. 419			0. 402	6. 437	2. 185
Serine	g	0. 541			0. 153	2. 454	0. 833

[1] Values based on data from fresh cooked feet.

PORK, CURED, HAM, BONELESS, EXTRA LEAN AND REGULAR, Unheated[1]

Product is fully cooked as purchased.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 slice = 28.35 g[2]	1 c = 140 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	66. 92	0. 297	147	18. 97	93. 69	303. 56
Food energy	kcal	162			46	227	737
	kJ	680			193	952	3,084
Protein (N x 6.25)	g	18. 26	0. 157	147	5. 18	25. 56	82. 80
Total lipid (fat)	g	8. 39	0. 339	42	2. 38	11. 75	38. 07
Carbohydrate, total	g	2. 28			0. 65	3. 20	10. 36
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	4. 15	0. 102	30	1. 18	5. 81	18. 82
Minerals:							
Calcium	mg	7	1. 850	6	2	10	32
Iron	mg	0. 90	0. 067	28	0. 26	1. 26	4. 09
Magnesium	mg	18	0. 755	28	5	25	81
Phosphorus	mg	236	7. 327	31	67	330	1,071
Potassium	mg	297	6. 227	70	84	415	1,346
Sodium	mg	1,278	31. 577	74	362	1,789	5,797
Zinc	mg	2. 05	0. 070	27	0. 58	2. 88	9. 32
Copper	mg	0. 089	0. 006	26	0. 025	0. 125	0. 404
Manganese	mg	0. 032	0. 002	9	0. 009	0. 045	0. 145
Vitamins:							
Ascorbic acid[3]	mg	27. 2	1. 687	22	7. 7	38. 0	123. 2
Thiamin	mg	0. 889	0. 033	28	0. 252	1. 245	4. 033
Riboflavin	mg	0. 240	0. 009	27	0. 068	0. 336	1. 089
Niacin	mg	5. 090	0. 178	27	1. 443	7. 126	23. 088
Pantothenic acid	mg	0. 454	0. 071	10	0. 129	0. 636	2. 059
Vitamin B-6	mg	0. 38	0. 023	27	0. 11	0. 54	1. 74
Folate	mcg	3			1	5	16
Vitamin B-12	mcg	0. 80	0. 054	26	0. 23	1. 12	3. 62
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	2. 70			0. 77	3. 79	12. 27
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 02	0. 004	20	0. 01	0. 03	0. 09
12:0	g	0. 02	0. 003	18	0. 00	0. 02	0. 07
14:0	g	0. 12	0. 008	22	0. 03	0. 17	0. 54
16:0	g	1. 70	0. 107	22	0. 48	2. 37	7. 69
18:0	g	0. 86	0. 051	22	0. 24	1. 20	3. 88
Monounsaturated, total	g	3. 94			1. 12	5. 51	17. 87
16:1	g	0. 34	0. 016	22	0. 10	0. 48	1. 56
18:1	g	3. 60	0. 238	22	1. 02	5. 03	16. 31
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 93			0. 26	1. 30	4. 20
18:2	g	0. 81	0. 048	22	0. 23	1. 13	3. 65
18:3	g	0. 12	0. 016	22	0. 03	0. 17	0. 55
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	53	2. 497	19	15	74	241
Phytosterols	mg						
Amino acids:[4]							
Tryptophan	g	0. 219		2	0. 062	0. 307	0. 993
Threonine	g	0. 811		10	0. 230	1. 135	3. 679
Isoleucine	g	0. 800		10	0. 227	1. 120	3. 629
Leucine	g	1. 448		10	0. 411	2. 027	6. 568
Lysine	g	1. 547		10	0. 439	2. 166	7. 017
Methionine	g	0. 482		10	0. 137	0. 675	2. 186
Cystine	g	0. 274		2	0. 078	0. 384	1. 243
Phenylalanine	g	0. 788		10	0. 223	1. 103	3. 574
Tyrosine	g	0. 598		10	0. 170	0. 837	2. 713
Valine	g	0. 791		10	0. 224	1. 107	3. 588
Arginine	g	1. 186		10	0. 336	1. 660	5. 380
Histidine	g	0. 653		10	0. 185	0. 914	2. 962
Alanine	g	1. 077		10	0. 305	1. 508	4. 885
Aspartic acid	g	1. 729		10	0. 490	2. 421	7. 843
Glutamic acid	g	2. 975		10	0. 843	4. 165	13. 495
Glycine	g	0. 949		10	0. 269	1. 329	4. 305
Proline	g	0. 779		10	0. 221	1. 091	3. 534
Serine	g	0. 747		10	0. 212	1. 046	3. 388

[1] Includes data for hams with added water.
[2] Weight applies to slice, which is 6-1/4 by 4 by 1/16 in.
[3] Values based on data for products containing added ascorbic acid or sodium ascorbate. Some products may not contain added ascorbic acid or sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.
[4] Values based on data for unheated and reheated arm picnics and hams.

PORK, CURED, HAM, BONELESS, EXTRA LEAN AND REGULAR, Roasted

Product is fully cooked as purchased.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g[1]	1 c = 140 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	65. 75			55. 89	92. 06	298. 26
Food energy	kcal	165			140	231	748
	kJ	690			586	966	3,129
Protein (N x 6.25)	g	21. 97			18. 67	30. 75	99. 63
Total lipid (fat)	g	7. 66			6. 51	10. 73	34. 76
Carbohydrate, total	g	0. 50			0. 43	0. 71	2. 29
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	4. 11			3. 50	5. 76	18. 66
Minerals:							
Calcium	mg	8			7	11	37
Iron	mg	1. 40	0. 096	7	1. 19	1. 95	6. 33
Magnesium	mg	19			16	26	85
Phosphorus	mg	248			211	347	1,126
Potassium	mg	362			308	507	1,641
Sodium	mg	1,385			1,177	1,938	6,280
Zinc	mg	2. 63	0. 280	7	2. 24	3. 68	11. 93
Copper	mg	0. 119			0. 101	0. 167	0. 540
Manganese	mg	0. 046	0. 005	6	0. 039	0. 064	0. 209
Vitamins:							
Ascorbic acid[2]	mg	22. 0			18. 7	30. 8	99. 9
Thiamin	mg	0. 739			0. 628	1. 035	3. 352
Riboflavin	mg	0. 280			0. 238	0. 392	1. 270
Niacin	mg	5. 324			4. 525	7. 454	24. 150
Pantothenic acid	mg	0. 597			0. 507	0. 836	2. 708
Vitamin B-6	mg	0. 35			0. 29	0. 48	1. 57
Folate	mcg	3			3	5	15
Vitamin B-12	mcg	0. 68			0. 58	0. 95	3. 08
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	2. 61			2. 22	3. 65	11. 83
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 03			0. 02	0. 04	0. 12
12:0	g	0. 02			0. 02	0. 03	0. 09
14:0	g	0. 13			0. 11	0. 18	0. 57
16:0	g	1. 57			1. 34	2. 20	7. 14
18:0	g	0. 86			0. 73	1. 21	3. 91
Monounsaturated, total	g	3. 74			3. 17	5. 23	16. 94
16:1	g	0. 37			0. 31	0. 52	1. 67
18:1	g	3. 37			2. 86	4. 71	15. 27
20:1	g						
22:1	g						
Polyunsaturated, total	g	1. 07			0. 91	1. 50	4. 86
18:2	g	0. 90			0. 77	1. 26	4. 10
18:3	g	0. 17			0. 14	0. 24	0. 76
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	57			48	80	258
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 243			0. 207	0. 340	1. 102
Threonine	g	0. 901			0. 766	1. 261	4. 087
Isoleucine	g	0. 888			0. 755	1. 243	4. 028
Leucine	g	1. 607			1. 366	2. 250	7. 289
Lysine	g	1. 718			1. 460	2. 405	7. 793
Methionine	g	0. 535			0. 455	0. 749	2. 427
Cystine	g	0. 304			0. 258	0. 426	1. 379
Phenylalanine	g	0. 875			0. 744	1. 225	3. 969
Tyrosine	g	0. 664			0. 564	0. 930	3. 012
Valine	g	0. 878			0. 746	1. 229	3. 983
Arginine	g	1. 316			1. 119	1. 842	5. 969
Histidine	g	0. 726			0. 617	1. 016	3. 293
Alanine	g	1. 196			1. 017	1. 674	5. 425
Aspartic acid	g	1. 919			1. 631	2. 687	8. 705
Glutamic acid	g	3. 303			2. 808	4. 624	14. 982
Glycine	g	1. 053			0. 895	1. 474	4. 776
Proline	g	0. 865			0. 735	1. 211	3. 924
Serine	g	0. 830			0. 706	1. 162	3. 765

[1] Yield from 3.5 oz (99 g) unheated product.
[2] Values based on data for products containing added ascorbic acid or sodium ascorbate. Some products may not contain added ascorbic acid or sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

PORK, CURED, HAM, BONELESS, EXTRA LEAN (approx. 5% fat), Unheated[1]

Product is fully cooked as purchased.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 slice = 28.35 g[2]	1 c = 140 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	70. 52	0. 281	57	19. 99	98. 73	319. 89
Food energy	kcal	131			37	183	594
	kJ	548			155	768	2,487
Protein (N x 6.25)	g	19. 35	0. 192	57	5. 48	27. 09	87. 76
Total lipid (fat)	g	4. 96	0. 343	32	1. 41	6. 94	22. 48
Carbohydrate, total	g	0. 97			0. 27	1. 35	4. 38
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	4. 21	0. 131	21	1. 19	5. 89	19. 09
Minerals:							
Calcium	mg	7	0. 577	4	2	10	32
Iron	mg	0. 76	0. 055	19	0. 22	1. 07	3. 46
Magnesium	mg	17	0. 514	19	5	23	75
Phosphorus	mg	218	10. 273	19	62	306	991
Potassium	mg	350	7. 987	15	99	489	1,586
Sodium	mg	1,429	41. 219	19	405	2,000	6,480
Zinc	mg	1. 93	0. 061	19	0. 55	2. 70	8. 73
Copper	mg	0. 074	0. 008	19	0. 021	0. 104	0. 336
Manganese	mg	0. 033	0. 003	5	0. 009	0. 046	0. 150
Vitamins:							
Ascorbic acid[3]	mg	26. 3	1. 605	15	7. 4	36. 8	119. 1
Thiamin	mg	0. 932	0. 040	19	0. 264	1. 305	4. 228
Riboflavin	mg	0. 223	0. 008	19	0. 063	0. 312	1. 012
Niacin	mg	4. 838	0. 141	19	1. 372	6. 773	21. 945
Pantothenic acid	mg	0. 466	0. 063	7	0. 132	0. 652	2. 114
Vitamin B-6	mg	0. 46	0. 053	19	0. 13	0. 64	2. 09
Folate	mcg	4	1. 050	4	1	5	17
Vitamin B-12	mcg	0. 75	0. 036	19	0. 21	1. 05	3. 40
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	1. 62			0. 46	2. 27	7. 35
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 02	0. 005	13	0. 00	0. 02	0. 08
12:0	g	0. 01	0. 003	11	0. 00	0. 02	0. 06
14:0	g	0. 08	0. 007	15	0. 02	0. 11	0. 34
16:0	g	1. 01	0. 094	15	0. 29	1. 41	4. 57
18:0	g	0. 51	0. 052	15	0. 14	0. 71	2. 30
Monounsaturated, total	g	2. 35			0. 67	3. 29	10. 65
16:1	g	0. 22	0. 020	15	0. 06	0. 30	0. 98
18:1	g	2. 13	0. 173	15	0. 60	2. 98	9. 66
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 48			0. 14	0. 67	2. 19
18:2	g	0. 43	0. 033	15	0. 12	0. 60	1. 96
18:3	g	0. 05	0. 009	15	0. 01	0. 07	0. 23
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	47	2. 495	12	13	66	214
Phytosterols	mg						
Amino acids:[4]							
Tryptophan	g	0. 232		2	0. 066	0. 325	1. 052
Threonine	g	0. 860		10	0. 244	1. 204	3. 901
Isoleucine	g	0. 848		10	0. 240	1. 187	3. 847
Leucine	g	1. 535		10	0. 435	2. 149	6. 963
Lysine	g	1. 640		10	0. 465	2. 296	7. 439
Methionine	g	0. 511		10	0. 145	0. 715	2. 318
Cystine	g	0. 291		2	0. 082	0. 407	1. 320
Phenylalanine	g	0. 836		10	0. 237	1. 170	3. 792
Tyrosine	g	0. 634		10	0. 180	0. 888	2. 876
Valine	g	0. 839		10	0. 238	1. 175	3. 806
Arginine	g	1. 257		10	0. 356	1. 760	5. 702
Histidine	g	0. 693		10	0. 196	0. 970	3. 143
Alanine	g	1. 142		10	0. 324	1. 599	5. 180
Aspartic acid	g	1. 832		10	0. 519	2. 565	8. 310
Glutamic acid	g	3. 154		10	0. 894	4. 416	14. 307
Glycine	g	1. 006		10	0. 285	1. 408	4. 563
Proline	g	0. 826		10	0. 234	1. 156	3. 747
Serine	g	0. 792		10	0. 225	1. 109	3. 593

[1] Includes data for hams with added water.
[2] Weight applies to slice, which is 6-1/4 by 4 by 1/16 in.
[3] Values based on data for products containing added ascorbic acid or sodium ascorbate. Some products may not contain added ascorbic acid or sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.
[4] Values based on data for unheated and reheated arm picnics and hams.

PORK, CURED, HAM, BONELESS, EXTRA LEAN (approx. 5% fat), Roasted

Product is fully cooked as purchased.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g[1]	1 c = 140 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	67. 67			57. 52	94. 74	306. 95
Food energy	kcal	145			123	203	658
	kJ	607			516	850	2,753
Protein (N x 6.25)	g	20. 93			17. 79	29. 31	94. 96
Total lipid (fat)	g	5. 53			4. 70	7. 74	25. 08
Carbohydrate, total	g	1. 50			1. 28	2. 10	6. 81
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	4. 37			3. 71	6. 11	19. 80
Minerals:							
Calcium	mg	8			7	11	36
Iron	mg	1. 48	0. 200	2	1. 26	2. 07	6. 71
Magnesium	mg	14			12	20	65
Phosphorus	mg	196			167	275	890
Potassium	mg	287			244	402	1,301
Sodium	mg	1,203			1,023	1,684	5,457
Zinc	mg	2. 88	0. 650	2	2. 45	4. 03	13. 06
Copper	mg	0. 079			0. 067	0. 111	0. 358
Manganese	mg	0. 054	0. 007	2	0. 046	0. 076	0. 245
Vitamins:							
Ascorbic acid[2]	mg	21. 0			17. 9	29. 4	95. 3
Thiamin	mg	0. 754			0. 641	1. 056	3. 420
Riboflavin	mg	0. 202			0. 172	0. 283	0. 916
Niacin	mg	4. 023			3. 420	5. 632	18. 248
Pantothenic acid	mg	0. 403			0. 343	0. 564	1. 828
Vitamin B-6	mg	0. 40			0. 34	0. 56	1. 83
Folate	mcg	3			3	5	15
Vitamin B-12	mcg	0. 65			0. 55	0. 91	2. 94
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	1. 81			1. 54	2. 53	8. 21
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 02			0. 02	0. 03	0. 09
12:0	g	0. 02			0. 01	0. 02	0. 07
14:0	g	0. 09			0. 07	0. 12	0. 39
16:0	g	1. 12			0. 96	1. 57	5. 10
18:0	g	0. 57			0. 48	0. 79	2. 57
Monounsaturated, total	g	2. 62			2. 23	3. 67	11. 88
16:1	g	0. 24			0. 21	0. 34	1. 10
18:1	g	2. 38			2. 02	3. 33	10. 78
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 54			0. 46	0. 75	2. 44
18:2	g	0. 48			0. 41	0. 67	2. 19
18:3	g	0. 06			0. 05	0. 08	0. 25
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	53			45	74	240
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 251			0. 213	0. 351	1. 139
Threonine	g	0. 931			0. 791	1. 303	4. 223
Isoleucine	g	0. 918			0. 780	1. 285	4. 164
Leucine	g	1. 661			1. 412	2. 325	7. 534
Lysine	g	1. 775			1. 509	2. 485	8. 051
Methionine	g	0. 553			0. 470	0. 774	2. 508
Cystine	g	0. 315			0. 268	0. 441	1. 429
Phenylalanine	g	0. 904			0. 768	1. 266	4. 101
Tyrosine	g	0. 687			0. 584	0. 962	3. 116
Valine	g	0. 908			0. 772	1. 271	4. 119
Arginine	g	1. 360			1. 156	1. 904	6. 169
Histidine	g	0. 750			0. 638	1. 050	3. 402
Alanine	g	1. 236			1. 051	1. 730	5. 606
Aspartic acid	g	1. 983			1. 686	2. 776	8. 995
Glutamic acid	g	3. 413			2. 901	4. 778	15. 481
Glycine	g	1. 088			0. 925	1. 523	4. 935
Proline	g	0. 894			0. 760	1. 252	4. 055
Serine	g	0. 857			0. 728	1. 200	3. 887

[1] Yield from 3.4 oz (96 g) unheated product.
[2] Values based on data for products containing added ascorbic acid or sodium ascorbate. Some products may not contain added ascorbic acid or sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

PORK, CURED, HAM, BONELESS, REGULAR (approx. 11% fat), Unheated[1]

Product is fully cooked as purchased.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 slice =28.35 g[2]	1 c = 140 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	64. 64	0. 451	90	18. 33	90. 50	293. 21
Food energy	kcal	182			52	255	827
	kJ	763			216	1,068	3,462
Protein (N x 6.25)	g	17. 56	0. 226	90	4. 98	24. 59	79. 67
Total lipid (fat)	g	10. 57	0. 510	10	3. 00	14. 80	47. 95
Carbohydrate, total	g	3. 11			0. 88	4. 36	14. 13
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	4. 11	0. 144	9	1. 17	5. 75	18. 64
Minerals:							
Calcium	mg	7	3. 000	2	2	10	32
Iron	mg	0. 99	0. 103	9	0. 028	1. 39	4. 50
Magnesium	mg	19	1. 190	9	5	26	85
Phosphorus	mg	247	10. 045	12	70	346	1,122
Potassium	mg	332	22. 680	10	94	465	1,508
Sodium	mg	1,317	99. 870	10	373	1,844	5,974
Zinc	mg	2. 14	0. 109	8	0. 61	2. 99	9. 69
Copper	mg	0. 099	0. 008	7	0. 028	0. 139	0. 449
Manganese	mg	0. 031	0. 002	4	0. 009	0. 043	0. 141
Vitamins:							
Ascorbic acid[3]	mg	27. 7	2. 561	7	7. 9	38. 8	125. 7
Thiamin	mg	0. 863	0. 048	9	0. 245	1. 208	3. 915
Riboflavin	mg	0. 252	0. 013	8	0. 071	0. 353	1. 143
Niacin	mg	5. 251	0. 276	8	1. 489	7. 351	23. 819
Pantothenic acid	mg	0. 447	0. 110	3	0. 127	0. 626	2. 028
Vitamin B-6	mg	0. 34	0. 014	8	0. 10	0. 47	1. 52
Folate	mcg	3			1	5	15
Vitamin B-12	mcg	0. 83	0. 085	7	0. 23	1. 16	3. 75
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3. 39			0. 96	4. 75	15. 40
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 02	0. 006	7	0. 01	0. 03	0. 10
12:0	g	0. 02	0. 005	7	0. 00	0. 02	0. 08
14:0	g	0. 15	0. 012	7	0. 04	0. 20	0. 66
16:0	g	2. 13	0. 164	7	0. 60	2. 99	9. 68
18:0	g	1. 08	0. 077	7	0. 31	1. 51	4. 89
Monounsaturated, total	g	4. 95			1. 40	6. 93	22. 45
16:1	g	0. 43	0. 022	7	0. 12	0. 60	1. 93
18:1	g	4. 52	0. 373	7	1. 28	6. 33	20. 52
20:1	g						
22:1	g						
Polyunsaturated, total	g	1. 21			0. 34	1. 69	5. 48
18:2	g	1. 04	0. 076	7	0. 30	1. 46	4. 73
18:3	g	0. 17	0. 025	7	0. 05	0. 23	0. 76
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	57	3. 761	7	16	80	259
Phytosterols	mg						
Amino acids:[4]							
Tryptophan	g	0. 211		2	0. 060	0. 295	0. 957
Threonine	g	0. 781		10	0. 221	1. 093	3. 543
Isoleucine	g	0. 770		10	0. 218	1. 078	3. 493
Leucine	g	1. 394		10	0. 395	1. 952	6. 323
Lysine	g	1. 489		10	0. 422	2. 085	6. 754
Methionine	g	0. 464		10	0. 132	0. 650	2. 105
Cystine	g	0. 264		2	0. 075	0. 370	1. 198
Phenylalanine	g	0. 759		10	0. 215	1. 063	3. 443
Tyrosine	g	0. 576		10	0. 163	0. 806	2. 613
Valine	g	0. 762		10	0. 216	1. 067	3. 456
Arginine	g	1. 141		10	0. 323	1. 597	5. 176
Histidine	g	0. 629		10	0. 178	0. 881	2. 853
Alanine	g	1. 037		10	0. 294	1. 452	4. 704
Aspartic acid	g	1. 664		10	0. 472	2. 330	7. 548
Glutamic acid	g	2. 863		10	0. 812	4. 008	12. 987
Glycine	g	0. 913		10	0. 259	1. 278	4. 141
Proline	g	0. 750		10	0. 213	1. 050	3. 402
Serine	g	0. 719		10	0. 204	1. 007	3. 261

[1] Includes data for hams with added water.
[2] Weight applies to slice, which is 6-1/4 by 4 by 1/16 in.
[3] Values based on data for products containing added ascorbic acid or sodium ascorbate. Some products may not contain added ascorbic acid or sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.
[4] Values based on data for unheated and reheated arm picnics and hams.

PORK, CURED, HAM, BONELESS, REGULAR (approx. 11% fat), Roasted

Product is fully cooked as purchased.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g[1]	1 c = 140 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	64. 54	0. 586	5	54. 86	90. 36	292. 75
Food energy	kcal	178			151	249	807
	kJ	744			633	1,042	3,377
Protein (N x 6.25)	g	22. 62	0. 669	5	19. 23	31. 67	102. 60
Total lipid (fat)	g	9. 02	0. 619	5	7. 66	12. 62	40. 90
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	3. 96	0. 234	5	3. 36	5. 54	17. 94
Minerals:							
Calcium	mg	8	0. 333	3	7	12	38
Iron	mg	1. 34	0. 093	5	1. 14	1. 88	6. 09
Magnesium	mg	22	0. 335	3	18	30	98
Phosphorus	mg	281	5. 034	3	239	393	1,275
Potassium	mg	409	15. 300	3	348	573	1,857
Sodium	mg	1,500	86. 297	3	1,275	2,100	6,803
Zinc	mg	2. 47	0. 197	5	2. 10	3. 46	11. 22
Copper	mg	0. 145	0. 016	5	0. 123	0. 203	0. 658
Manganese	mg	0. 041	0. 007	4	0. 035	0. 057	0. 186
Vitamins:							
Ascorbic acid[2]	mg	22. 7	2. 904	3	19. 3	31. 7	102. 8
Thiamin	mg	0. 730	0. 046	3	0. 621	1. 022	3. 311
Riboflavin	mg	0. 330	0. 035	3	0. 281	0. 462	1. 497
Niacin	mg	6. 150	1. 126	3	5. 228	8. 610	27. 896
Pantothenic acid	mg	0. 720	0. 057	2	0. 612	1. 008	3. 266
Vitamin B-6	mg	0. 31	0. 052	3	0. 26	0. 43	1. 41
Folate	mcg	---			---	---	---
Vitamin B-12	mcg	0. 70	0. 113	9	0. 59	0. 98	3. 16
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3. 12			2. 65	4. 36	14. 14
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 03	0. 013	3	0. 03	0. 04	0. 15
12:0	g	0. 02	0. 006	3	0. 02	0. 03	0. 10
14:0	g	0. 15	0. 018	3	0. 13	0. 21	0. 69
16:0	g	1. 86	0. 114	3	1. 58	2. 60	8. 44
18:0	g	1. 05	0. 076	3	0. 89	1. 47	4. 76
Monounsaturated, total	g	4. 44			3. 78	6. 22	20. 16
16:1	g	0. 45	0. 057	3	0. 38	0. 63	2. 04
18:1	g	4. 00	0. 234	3	3. 40	5. 59	18. 12
20:1	g						
22:1	g						
Polyunsaturated, total	g	1. 41			1. 20	1. 98	6. 40
18:2	g	1. 17	0. 076	3	1. 00	1. 64	5. 31
18:3	g	0. 24	0. 082	3	0. 20	0. 34	1. 09
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	59	3. 383	3	50	83	269
Phytosterols	mg						
Amino acids:[3]							
Tryptophan	g	0. 238		2	0. 202	0. 333	1. 080
Threonine	g	0. 882		10	0. 750	1. 235	1. 001
Isoleucine	g	0. 870		10	0. 740	1. 218	3. 946
Leucine	g	1. 574		10	1. 338	2. 204	7. 140
Lysine	g	1. 682		10	1. 430	2. 355	7. 630
Methionine	g	0. 524		10	0. 445	0. 734	2. 377
Cystine	g	0. 298		2	0. 253	0. 417	1. 352
Phenylalanine	g	0. 857		10	0. 728	1. 200	3. 887
Tyrosine	g	0. 651		10	0. 553	0. 911	2. 953
Valine	g	0. 860		10	0. 731	1. 204	3. 901
Arginine	g	1. 289		10	1. 096	1. 805	5. 847
Histidine	g	0. 711		10	0. 604	0. 995	3. 225
Alanine	g	1. 171		10	0. 995	1. 639	5. 312
Aspartic acid	g	1. 879		10	1. 597	2. 631	8. 523
Glutamic acid	g	3. 234		10	2. 749	4. 528	14. 669
Glycine	g	1. 032		10	0. 877	1. 445	4. 681
Proline	g	0. 847		10	0. 720	1. 186	3. 842
Serine	g	0. 813		10	0. 691	1. 138	3. 688

[1] Yield from 3.5 oz (100 g) unheated product.
[2] Values based on data for products containing added ascorbic acid or sodium ascorbate. Some products may not contain added ascorbic acid or sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.
[3] Values based on data for unheated and reheated arm picnics and hams.

PORK, CURED, HAM, EXTRA LEAN AND REGULAR, Canned, unheated[1] [2]

Product is fully cooked as purchased.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 c = 140 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	71. 12	0. 208	153	20. 16	99. 56	322. 58
Food energy	kcal	144			41	202	653
	kJ	603			171	844	2,733
Protein (N x 6.25)	g	17. 97	0. 086	156	5. 09	25. 16	81. 50
Total lipid (fat)	g	7. 46	0. 318	34	2. 11	10. 44	33. 83
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	3. 57	0. 079	30	1. 01	5. 00	16. 21
Minerals:							
Calcium	mg	6		3	2	8	27
Iron	mg	0. 90	0. 044	32	0. 26	1. 26	4. 10
Magnesium	mg	16	0. 331	32	5	22	73
Phosphorus	mg	207	6. 574	32	59	290	939
Potassium	mg	334	4. 817	28	95	468	1,516
Sodium	mg	1,276	32. 532	36	362	1,787	5,789
Zinc	mg	1. 84	0. 043	32	0. 52	2. 57	8. 32
Copper	mg	0. 078	0. 006	31	0. 022	0. 109	0. 354
Manganese	mg	0. 024		2	0. 007	0. 034	0. 109
Vitamins:							
Ascorbic acid[3]	mg	25. 2	1. 319	25	7. 1	35. 2	114. 1
Thiamin	mg	0. 879	0. 046	32	0. 249	1. 231	3. 987
Riboflavin	mg	0. 230	0. 005	32	0. 065	0. 322	1. 043
Niacin	mg	4. 585	0. 152	32	1. 300	6. 419	20. 798
Pantothenic acid	mg	0. 458	0. 066	14	0. 130	0. 641	2. 077
Vitamin B-6	mg	0. 46	0. 038	32	0. 13	0. 65	2. 10
Folate	mcg	6		3	2	8	26
Vitamin B-12	mcg	0. 80	0. 057	32	0. 23	1. 13	3. 65
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	2. 45			0. 69	3. 43	11. 11
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 02		4	0. 01	0. 03	0. 11
12:0	g	0. 01	0. 005	7	0. 00	0. 02	0. 05
14:0	g	0. 05	0. 012	8	0. 02	0. 08	0. 24
16:0	g	1. 60	0. 102	8	0. 45	2. 23	7. 24
18:0	g	0. 76	0. 045	8	0. 22	1. 07	3. 46
Monounsaturated, total	g	3. 57			1. 01	5. 00	16. 20
16:1	g	0. 29	0. 039	8	0. 08	0. 41	1. 32
18:1	g	3. 28	0. 179	8	0. 93	4. 59	14. 88
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 76			0. 22	1. 06	3. 45
18:2	g	0. 68	0. 053	8	0. 19	0. 95	3. 08
18:3	g	0. 08	0. 012	8	0. 02	0. 11	0. 36
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	38	3. 689	5	11	54	174
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 204		2	0. 058	0. 286	0. 925
Threonine	g	0. 802		2	0. 227	1. 123	3. 638
Isoleucine	g	0. 773		2	0. 219	1. 082	3. 506
Leucine	g	1. 397		2	0. 396	1. 956	6. 337
Lysine	g	1. 543		2	0. 437	2. 160	6. 999
Methionine	g	0. 468		2	0. 133	0. 655	2. 123
Cystine	g	0. 212		2	0. 060	0. 297	0. 962
Phenylalanine	g	0. 693		2	0. 196	0. 970	3. 143
Tyrosine	g	0. 589		2	0. 167	0. 825	2. 672
Valine	g	0. 805		2	0. 228	1. 127	3. 651
Arginine	g	1. 112		2	0. 315	1. 557	5. 044
Histidine	g	0. 710		2	0. 201	0. 994	3. 221
Alanine	g	1. 026		2	0. 291	1. 436	4. 654
Aspartic acid	g	1. 658		2	0. 470	2. 321	7. 521
Glutamic acid	g	2. 653		2	0. 752	3. 714	12. 034
Glycine	g	0. 879		2	0. 249	1. 231	3. 987
Proline	g	0. 764		2	0. 217	1. 070	3. 466
Serine	g	0. 698		2	0. 198	0. 977	3. 166

[1] Values based on data for total contents of can.
[2] Includes data for imported hams.
[3] Values based on data for products containing added ascorbic acid or sodium ascorbate. Some products may not contain added ascorbic acid or sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

PORK, CURED, HAM, EXTRA LEAN AND REGULAR, Canned, roasted[1]

Product is fully cooked as purchased.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g[2]	1 c = 140 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	66. 52	0. 780	8	56. 54	93. 13	301. 73
Food energy	kcal	167			142	234	759
	kJ	700			595	980	3,175
Protein (N x 6.25)	g	20. 94	0. 213	8	17. 80	29. 31	94. 97
Total lipid (fat)	g	8. 43	0. 946	8	7. 16	11. 80	38. 22
Carbohydrate, total	g	0. 49			0. 41	0. 68	2. 20
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	3. 63	0. 090	8	3. 09	5. 08	16. 47
Minerals:							
Calcium	mg	7		4	6	10	31
Iron	mg	1. 07	0. 097	8	0. 91	1. 50	4. 87
Magnesium	mg	20	0. 859	8	17	27	89
Phosphorus	mg	221	14. 358	8	188	309	1,001
Potassium	mg	351	17. 375	8	298	491	1,592
Sodium	mg	1,068	71. 956	8	908	1,495	4,845
Zinc	mg	2. 32	0. 103	8	1. 97	3. 25	10. 52
Copper	mg	0. 078	0. 007	8	0. 066	0. 109	0. 354
Manganese	mg	0. 026		3	0. 022	0. 036	0. 118
Vitamins:							
Ascorbic acid[3]	mg	22. 9	1. 727	8	19. 4	32. 0	103. 7
Thiamin	mg	0. 961	0. 022	8	0. 817	1. 345	4. 359
Riboflavin	mg	0. 251	0. 010	8	0. 213	0. 351	1. 139
Niacin	mg	5. 032	0. 309	8	4. 277	7. 045	22. 825
Pantothenic acid	mg	0. 625		2	0. 531	0. 875	2. 835
Vitamin B-6	mg	0. 40	0. 033	8	0. 34	0. 55	1. 79
Folate	mcg	5		2	4	7	24
Vitamin B-12	mcg	0. 83	0. 032	8	0. 70	1. 16	3. 76
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	2. 81			2. 39	3. 94	12. 76
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 03	0. 013	4	0. 02	0. 04	0. 12
12:0	g	0. 02	0. 013	4	0. 02	0. 03	0. 08
14:0	g	0. 09	0. 010	6	0. 07	0. 12	0. 39
16:0	g	1. 80	0. 203	6	1. 53	2. 52	8. 17
18:0	g	0. 88	0. 109	6	0. 75	1. 23	4. 00
Monounsaturated, total	g	4. 06			3. 45	5. 69	18. 43
16:1	g	0. 28	0. 027	6	0. 24	0. 39	1. 28
18:1	g	3. 78	0. 384	6	3. 21	5. 29	17. 16
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 90			0. 76	1. 26	4. 07
18:2	g	0. 81	0. 098	6	0. 69	1. 14	3. 69
18:3	g	0. 09	0. 024	6	0. 07	0. 12	0. 39
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	41	4. 680	6	34	57	184
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 237			0. 201	0. 332	1. 075
Threonine	g	0. 934			0. 794	1. 308	4. 237
Isoleucine	g	0. 901			0. 766	1. 261	4. 087
Leucine	g	1. 628			1. 384	2. 279	7. 385
Lysine	g	1. 799			1. 529	2. 519	8. 160
Methionine	g	0. 546			0. 464	0. 764	2. 477
Cystine	g	0. 247			0. 210	0. 346	1. 120
Phenylalanine	g	0. 807			0. 686	1. 130	3. 661
Tyrosine	g	0. 686			0. 583	0. 960	3. 112
Valine	g	0. 938			0. 797	1. 313	4. 255
Arginine	g	1. 296			1. 102	1. 814	5. 879
Histidine	g	0. 827			0. 703	1. 158	3. 751
Alanine	g	1. 195			1. 016	1. 673	5. 421
Aspartic acid	g	1. 933			1. 643	2. 706	8. 768
Glutamic acid	g	3. 092			2. 628	4. 329	14. 025
Glycine	g	1. 025			0. 871	1. 435	4. 649
Proline	g	0. 891			0. 757	1. 247	4. 042
Serine	g	0. 814			0. 692	1. 140	3. 692

[1] Values based on data for total contents of can.
[2] Yield from 3.5 oz (98 g) unroasted product.
[3] Values based on data for products containing added ascorbic acid or sodium ascorbate. Some products may not contain added ascorbic acid or sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

PORK, CURED, HAM, EXTRA LEAN (approx. 4% fat), Canned, unheated[1] [2]

Product is fully cooked as purchased.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 c = 140 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	73. 52	0. 132	130	20. 84	102. 92	333. 46
Food energy	kcal	120			34	168	545
	kJ	502			142	703	2,279
Protein (N x 6.25)	g	18. 49	0. 066	130	5. 24	25. 89	83. 86
Total lipid (fat)	g	4. 56	0. 195	22	1. 29	6. 38	20. 68
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	3. 63	0. 062	22	1. 03	5. 08	16. 45
Minerals:							
Calcium	mg	6		1	2	8	27
Iron	mg	0. 94	0. 048	21	0. 27	1. 32	4. 28
Magnesium	mg	17	0. 405	21	5	24	77
Phosphorus	mg	224	9. 122	21	63	313	1,016
Potassium	mg	364	6. 582	17	103	510	1,652
Sodium	mg	1,255	39. 413	21	356	1,757	5,692
Zinc	mg	1. 93	0. 052	21	0. 55	2. 70	8. 75
Copper	mg	0. 084	0. 007	20	0. 024	0. 118	0. 381
Manganese	mg	0. 025	0. 005	2	0. 007	0. 035	0. 113
Vitamins:							
Ascorbic acid[3]	mg	26. 9	1. 000	18	7. 6	37. 6	122. 0
Thiamin	mg	0. 836	0. 026	21	0. 237	1. 170	3. 792
Riboflavin	mg	0. 230	0. 004	21	0. 065	0. 322	1. 043
Niacin	mg	5. 302	0. 227	21	1. 503	7. 423	24. 050
Pantothenic acid	mg	0. 492	0. 092	6	0. 139	0. 689	2. 232
Vitamin B-6	mg	0. 45	0. 035	21	0. 13	0. 63	2. 05
Folate	mcg	6			2	8	26
Vitamin B-12	mcg	0. 82	0. 057	21	0. 23	1. 15	3. 72
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	1. 51			0. 43	2. 11	6. 84
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 01	0. 005	3	0. 00	0. 01	0. 04
12:0	g	0. 01	0. 003	3	0. 00	0. 01	0. 03
14:0	g	0. 06	0. 009	4	0. 02	0. 08	0. 27
16:0	g	0. 96	0. 050	4	0. 27	1. 34	4. 35
18:0	g	0. 47	0. 041	4	0. 13	0. 66	2. 15
Monounsaturated, total	g	2. 21			0. 63	3. 09	10. 02
16:1	g	0. 17	0. 019	4	0. 05	0. 23	0. 75
18:1	g	2. 04	0. 120	4	0. 58	2. 86	9. 26
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 39			0. 11	0. 55	1. 77
18:2	g	0. 36	0. 018	4	0. 10	0. 50	1. 63
18:3	g	0. 03	0. 007	4	0. 01	0. 04	0. 15
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	38	5. 000	2	11	53	172
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 210		2	0. 060	0. 294	0. 953
Threonine	g	0. 826		2	0. 234	1. 156	3. 747
Isoleucine	g	0. 796		2	0. 226	1. 114	3. 611
Leucine	g	1. 438		2	0. 408	2. 013	6. 523
Lysine	g	1. 589		2	0. 450	2. 225	7. 208
Methionine	g	0. 482		2	0. 137	0. 675	2. 186
Cystine	g	0. 219		2	0. 062	0. 307	0. 993
Phenylalanine	g	0. 713		2	0. 202	0. 998	3. 234
Tyrosine	g	0. 607		2	0. 172	0. 850	2. 753
Valine	g	0. 829		2	0. 235	1. 161	3. 760
Arginine	g	1. 145		2	0. 325	1. 603	5. 194
Histidine	g	0. 731		2	0. 207	1. 023	3. 316
Alanine	g	1. 056		2	0. 299	1. 478	4. 790
Aspartic acid	g	1. 707		2	0. 484	2. 390	7. 743
Glutamic acid	g	2. 731		2	0. 774	3. 823	12. 388
Glycine	g	0. 905		2	0. 257	1. 267	4. 105
Proline	g	0. 787		2	0. 223	1. 102	3. 570
Serine	g	0. 719		2	0. 204	1. 007	3. 261

[1] Values based on data for total contents of can.
[2] Includes data for imported hams.
[3] Values based on data for products containing added ascorbic acid or sodium ascorbate. Some products may not contain added ascorbic acid or sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

PORK, CURED, HAM, EXTRA LEAN (approx. 4% fat), Canned, roasted[1]

Product is fully cooked as purchased.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g[2]	1 c = 140 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	69. 45	0. 463	4	59. 03	97. 23	315. 03
Food energy	kcal	136			116	191	618
	kJ	570			485	798	2,587
Protein (N x 6.25)	g	21. 16	0. 192	4	17. 98	29. 62	95. 96
Total lipid (fat)	g	4. 88	0. 475	4	4. 14	6. 83	22. 11
Carbohydrate, total	g	0. 52			0. 44	0. 73	2. 35
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	4. 00	0. 122	4	3. 40	5. 60	18. 14
Minerals:							
Calcium	mg	6		1	5	8	27
Iron	mg	0. 92	0. 131	4	0. 78	1. 29	4. 17
Magnesium	mg	21	1. 291	4	18	29	95
Phosphorus	mg	209	21. 825	4	178	293	948
Potassium	mg	348	25. 905	4	296	487	1,577
Sodium	mg	1,135	100. 706	4	965	1,589	5,148
Zinc	mg	2. 23	0. 149	4	1. 89	3. 12	10. 09
Copper	mg	0. 050	0. 004	4	0. 043	0. 070	0. 227
Manganese	mg	0. 024		1	0. 020	0. 034	0. 109
Vitamins:							
Ascorbic acid[3]	mg	27. 5	2. 327	4	23. 4	38. 5	124. 7
Thiamin	mg	1. 035	0. 023	4	0. 880	1. 449	4. 695
Riboflavin	mg	0. 247	0. 013	4	0. 210	0. 346	1. 120
Niacin	mg	4. 892	0. 084	4	4. 158	6. 849	22. 190
Pantothenic acid	mg	0. 570		1	0. 485	0. 798	2. 586
Vitamin B-6	mg	0. 45	0. 048	4	0. 38	0. 62	2. 02
Folate	mcg	5			5	7	24
Vitamin B-12	mcg	0. 71	0. 013	4	0. 60	0. 99	3. 21
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	1. 60			1. 36	2. 25	7. 28
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0. 05	0. 004	2	0. 04	0. 07	0. 22
16:0	g	1. 07	0. 009	2	0. 91	1. 50	4. 87
18:0	g	0. 48	0. 009	2	0. 41	0. 67	2. 19
Monounsaturated, total	g	2. 49			2. 11	3. 48	11. 29
16:1	g	0. 19	0. 014	2	0. 16	0. 26	0. 84
18:1	g	2. 30	0. 009	2	1. 96	3. 22	10. 44
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 44			0. 37	0. 61	1. 98
18:2	g	0. 39	0. 027	2	0. 33	0. 55	1. 77
18:3	g	0. 05	0. 009	2	0. 04	0. 06	0. 20
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	30	0. 500	2	25	41	134
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 240			0. 204	0. 336	1. 089
Threonine	g	0. 944			0. 802	1. 322	4. 282
Isoleucine	g	0. 911			0. 774	1. 275	4. 132
Leucine	g	1. 645			1. 398	2. 303	7. 462
Lysine	g	1. 818			1. 545	2. 545	8. 246
Methionine	g	0. 552			0. 469	0. 773	2. 504
Cystine	g	0. 250			0. 213	0. 350	1. 134
Phenylalanine	g	0. 816			0. 694	1. 142	3. 701
Tyrosine	g	0. 694			0. 590	0. 972	3. 148
Valine	g	0. 948			0. 806	1. 327	4. 300
Arginine	g	1. 310			1. 114	1. 834	5. 942
Histidine	g	0. 836			0. 711	1. 170	3. 792
Alanine	g	1. 208			1. 027	1. 691	5. 479
Aspartic acid	g	1. 953			1. 660	2. 734	8. 859
Glutamic acid	g	3. 124			2. 655	4. 374	14. 170
Glycine	g	1. 036			0. 881	1. 450	4. 699
Proline	g	0. 900			0. 765	1. 260	4. 082
Serine	g	0. 823			0. 700	1. 152	3. 733

[1] Values based on data for total contents of can.
[2] Yield from 3.4 oz (96 g) unroasted product.
[3] Values based on data for products containing added ascorbic acid or sodium ascorbate. Some products may not contain added ascorbic acid or sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

PORK, CURED, HAM, REGULAR (approx. 13% fat), Canned, unheated[1]

Product is fully cooked as purchased.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 c = 140 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	66. 54	0. 550	23	18. 86	93. 15	301. 82
Food energy	kcal	190			54	266	861
	kJ	794			225	1,111	3,601
Protein (N x 6.25)	g	16. 97	0. 217	26	4. 81	23. 76	76. 98
Total lipid (fat)	g	12. 99	0. 845	12	3. 68	18. 19	58. 93
Carbohydrate, total	g	0. 02			0. 01	0. 03	0. 10
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	3. 48	0. 195	8	0. 99	4. 87	15. 76
Minerals:							
Calcium	mg	6		2	2	8	27
Iron	mg	0. 83	0. 091	11	0. 23	1. 16	3. 76
Magnesium	mg	14	0. 573	11	4	20	65
Phosphorus	mg	175	7. 913	11	49	244	792
Potassium	mg	316	12. 002	4	90	442	1,432
Sodium	mg	1,240	77. 067	8	352	1,736	5,625
Zinc	mg	1. 66	0. 075	11	0. 47	2. 32	7. 51
Copper	mg	0. 067	0. 012	11	0. 019	0. 094	0. 304
Manganese	mg	0. 023			0. 007	0. 032	0. 104
Vitamins:							
Ascorbic acid[2]	mg	21. 9	3. 327	7	6. 2	30. 6	99. 1
Thiamin	mg	0. 963	0. 123	11	0. 273	1. 348	4. 368
Riboflavin	mg	0. 231	0. 011	11	0. 065	0. 323	1. 048
Niacin	mg	3. 218	0. 088	11	0. 912	4. 505	14. 597
Pantothenic acid	mg	0. 394	0. 074	8	0. 112	0. 552	1. 787
Vitamin B-6	mg	0. 48	0. 088	11	0. 14	0. 68	2. 19
Folate	mcg	5	2. 333	3	2	7	24
Vitamin B-12	mcg	0. 78	0. 124	11	0. 22	1. 09	3. 52
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	4. 25			1. 21	5. 96	19. 30
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 06		1	0. 02	0. 08	0. 26
12:0	g	0. 03	0. 012	4	0. 01	0. 04	0. 11
14:0	g	0. 05	0. 032	4	0. 01	0. 06	0. 20
16:0	g	2. 81	0. 282	4	0. 80	3. 93	12. 75
18:0	g	1. 32	0. 105	4	0. 37	1. 84	5. 97
Monounsaturated, total	g	6. 18			1. 75	8. 65	28. 02
16:1	g	0. 54	0. 107	4	0. 15	0. 75	2. 43
18:1	g	5. 64	0. 466	4	1. 60	7. 90	25. 59
20:1	g						
22:1	g						
Polyunsaturated, total	g	1. 47			0. 42	2. 05	6. 65
18:2	g	1. 29	0. 151	4	0. 37	1. 81	5. 87
18:3	g	0. 17	0. 032	4	0. 05	0. 24	0. 78
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	39	4. 910	3	11	55	178
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 193		2	0. 055	0. 270	0. 875
Threonine	g	0. 758		2	0. 215	1. 061	3. 438
Isoleucine	g	0. 731		2	0. 207	1. 023	3. 316
Leucine	g	1. 320		2	0. 374	1. 848	5. 988
Lysine	g	0. 458		2	0. 413	2. 041	6. 613
Methionine	g	0. 443		2	0. 126	0. 620	2. 009
Cystine	g	0. 201		2	0. 057	0. 281	0. 912
Phenylalanine	g	0. 655		2	0. 186	0. 917	2. 971
Tyrosine	g	0. 557		2	0. 158	0. 780	2. 527
Valine	g	0. 760		2	0. 215	1. 064	3. 447
Arginine	g	1. 051		2	0. 298	1. 471	4. 767
Histidine	g	0. 671		2	0. 190	0. 939	3. 044
Alanine	g	0. 970		2	0. 275	1. 358	4. 400
Aspartic acid	g	1. 567		2	0. 444	2. 194	7. 108
Glutamic acid	g	2. 507		2	0. 711	3. 510	11. 372
Glycine	g	0. 831		2	0. 236	1. 163	3. 769
Proline	g	0. 722		2	0. 205	1. 011	3. 275
Serine	g	0. 660		2	0. 187	0. 924	2. 994

[1] Values based on data for total contents of can.
[2] Values based on data for products containing added ascorbic acid or sodium ascorbate. Some products may not contain added ascorbic acid or sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

PORK, CURED, HAM, REGULAR (approx. 13% fat), Canned, roasted[1]

Product is fully cooked as purchased.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g[2]	1 c = 140 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60. 93	2. 090	4	51. 79	85. 30	276. 38
Food energy	kcal	226			192	317	1,027
	kJ	947			805	1,326	4,296
Protein (N x 6.25)	g	20. 53	0. 500	4	17. 45	28. 74	93. 10
Total lipid (fat)	g	15. 20	2. 595	4	12. 92	21. 28	68. 95
Carbohydrate, total	g	0. 42			0. 35	0. 58	1. 88
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	2. 93	0. 120	4	2. 49	4. 10	13. 29
Minerals:							
Calcium	mg	8	0. 333	3	7	12	38
Iron	mg	1. 37	0. 130	4	1. 16	1. 92	6. 21
Magnesium	mg	17	0. 410	4	14	24	77
Phosphorus	mg	243	3. 160	4	207	340	1,102
Potassium	mg	357	10. 530	4	304	500	1,620
Sodium	mg	941	82. 905	4	800	1,317	4,267
Zinc	mg	2. 50	0. 090	4	2. 13	3. 50	11. 34
Copper	mg	0. 130	0. 020	4	0. 111	0. 182	0. 590
Manganese	mg	0. 029	0. 002	2	0. 025	0. 041	0. 132
Vitamins:							
Ascorbic acid[3]	mg	14. 0	2. 345	4	11. 9	19. 6	63. 5
Thiamin	mg	0. 820	0. 045	4	0. 697	1. 148	3. 720
Riboflavin	mg	0. 260	0. 015	4	0. 221	0. 364	1. 179
Niacin	mg	5. 300	0. 885	4	4. 505	7. 420	24. 041
Pantothenic acid	mg	0. 730		1	0. 621	1. 022	3. 311
Vitamin B-6	mg	0. 30	0. 025	4	0. 26	0. 42	1. 36
Folate	mcg	5			4	7	24
Vitamin B-12	mcg	1. 06	0. 090	4	0. 90	1. 48	4. 81
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5. 04			4. 28	7. 06	22. 86
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 03	0. 013	4	0. 02	0. 04	0. 12
12:0	g	0. 02	0. 013	4	0. 02	0. 03	0. 08
14:0	g	0. 16	0. 027	4	0. 13	0. 22	0. 70
16:0	g	3. 19	0. 590	4	2. 71	4. 47	14. 48
18:0	g	1. 65	0. 315	4	1. 40	2. 31	7. 47
Monounsaturated, total	g	7. 07			6. 01	9. 90	32. 08
16:1	g	0. 47	0. 073	4	0. 40	0. 65	2. 11
18:1	g	6. 61	1. 116	4	5. 62	9. 25	29. 96
20:1	g						
22:1	g						
Polyunsaturated, total	g	1. 78			1. 52	2. 50	8. 09
18:2	g	1. 62	0. 279	4	1. 38	2. 27	7. 34
18:3	g	0. 16	0. 068	4	0. 14	0. 23	0. 74
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	62	13. 570	4	52	86	279
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 233			0. 198	0. 326	1. 057
Threonine	g	0. 916			0. 779	1. 282	4. 155
Isoleucine	g	0. 883			0. 751	1. 236	4. 005
Leucine	g	1. 596			1. 357	2. 234	7. 239
Lysine	g	1. 764			1. 499	2. 470	8. 002
Methionine	g	0. 535			0. 455	0. 749	2. 427
Cystine	g	0. 243			0. 207	0. 340	1. 102
Phenylalanine	g	0. 791			0. 672	1. 107	3. 588
Tyrosine	g	0. 673			0. 572	0. 942	3. 053
Valine	g	0. 920			0. 782	1. 288	4. 173
Arginine	g	1. 271			1. 080	1. 779	5. 765
Histidine	g	0. 811			0. 689	1. 135	3. 679
Alanine	g	1. 172			0. 996	1. 641	5. 316
Aspartic acid	g	1. 895			1. 611	2. 653	8. 596
Glutamic acid	g	3. 031			2. 576	4. 243	13. 749
Glycine	g	1. 005			0. 854	1. 407	4. 559
Proline	g	0. 874			0. 743	1. 224	3. 964
Serine	g	0. 798			0. 678	1. 117	3. 620

[1] Values based on data for total contents of can.
[2] Yield from 3.6 oz (102 g) unroasted product.
[3] Values based on data for products containing added ascorbic acid or sodium ascorbate. Some products may not contain added ascorbic acid or sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

PORK, CURED, HAM, CENTER SLICE, COUNTRY-STYLE, SEPARABLE LEAN ONLY, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 4 oz = 113 g	1 oz = 28.35 g	Refuse: Bone and skin 3%, fat 12%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	55. 93	0. 365	10	63. 20	15. 86	214. 38
Food energy	kcal	195			220	55	747
	kJ	816			922	231	3,127
Protein (N x 6.25)	g	27. 80	1. 028	6	31. 41	7. 88	106. 56
Total lipid (fat)	g	8. 32	0. 697	6	9. 40	2. 36	31. 89
Carbohydrate, total	g	0. 30			0. 34	0. 09	1. 15
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	7. 65			8. 64	2. 17	29. 32
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 567			0. 641	0. 161	2. 173
Riboflavin	mg	0. 242			0. 273	0. 069	0. 928
Niacin	mg	3. 881			4. 386	1. 100	14. 876
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:[1]							
Fatty acids:							
Saturated, total	g	2. 780			3. 142	0. 788	10. 657
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 030			0. 034	0. 009	0. 115
12:0	g	0. 020			0. 023	0. 006	0. 077
14:0	g	0. 110			0. 124	0. 031	0. 422
16:0	g	1. 760			1. 989	0. 499	6. 747
18:0	g	0. 860			0. 972	0. 244	3. 297
Monounsaturated, total	g	3. 821			4. 317	1. 083	14. 644
16:1	g	0. 320			0. 362	0. 091	1. 227
18:1	g	3. 501			3. 956	0. 992	13. 418
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 970			1. 096	0. 275	3. 719
18:2	g	0. 770			0. 870	0. 218	2. 952
18:3	g	0. 090			0. 102	0. 026	0. 345
18:4	g						
20:4	g	0. 110			0. 124	0. 031	0. 422
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:[1]							
Tryptophan	g	0. 334			0. 377	0. 095	1. 279
Threonine	g	1. 237			1. 397	0. 351	4. 740
Isoleucine	g	1. 219			1. 377	0. 346	4. 671
Leucine	g	2. 206			2. 493	0. 625	8. 456
Lysine	g	2. 357			2. 664	0. 668	9. 036
Methionine	g	0. 734			0. 829	0. 208	2. 813
Cystine	g	0. 418			0. 472	0. 119	1. 603
Phenylalanine	g	1. 201			1. 357	0. 340	4. 603
Tyrosine	g	0. 912			1. 030	0. 259	3. 495
Valine	g	1. 205			1. 362	0. 342	4. 620
Arginine	g	1. 806			2. 041	0. 512	6. 922
Histidine	g	0. 996			1. 126	0. 282	3. 819
Alanine	g	1. 641			1. 855	0. 465	6. 291
Aspartic acid	g	2. 633			2. 976	0. 747	10. 093
Glutamic acid	g	4. 532			5. 122	1. 285	17. 373
Glycine	g	1. 446			1. 634	0. 410	5. 541
Proline	g	1. 188			1. 342	0. 337	4. 552
Serine	g	1. 139			1. 287	0. 323	4. 365

[1] Values calculated from data for hams cured with brine solution.

PORK, CURED, HAM, CENTER SLICE, SEPARABLE LEAN AND FAT, Unheated[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 4 oz = 113 g	1 oz = 28.35 g	Refuse: Bone 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	63. 46			71. 71	17. 99	279. 22
Food energy	kcal	203			229	57	892
	kJ	848			959	241	3,733
Protein (N x 6.25)	g	20. 17			22. 79	5. 72	88. 75
Total lipid (fat)	g	12. 90			14. 58	3. 66	56. 76
Carbohydrate, total	g	0. 05			0. 06	0. 01	0. 22
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	3. 42			3. 86	0. 97	15. 05
Minerals:							
Calcium	mg	7			8	2	31
Iron	mg	0. 75			0. 85	0. 21	3. 30
Magnesium	mg	16			18	5	70
Phosphorus	mg	215			243	61	946
Potassium	mg	337			381	96	1,483
Sodium	mg	1,386			1,566	393	6,098
Zinc	mg	1. 88			2. 12	0. 53	8. 27
Copper	mg	0. 074			0. 084	0. 021	0. 326
Manganese	mg	0. 031			0. 035	0. 009	0. 136
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 845			0. 955	0. 240	3. 718
Riboflavin	mg	0. 205			0. 232	0. 058	0. 902
Niacin	mg	4. 809			5. 434	1. 363	21. 160
Pantothenic acid	mg	0. 498			0. 563	0. 141	2. 191
Vitamin B-6	mg	0. 470			0. 531	0. 133	2. 068
Folate	mcg	4			5		18
Vitamin B-12	mcg	0. 80			0. 90	0. 23	3. 52
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	4. 572			5. 166	1. 296	20. 115
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 020			0. 023	0. 006	0. 088
12:0	g	0. 030			0. 034	0. 009	0. 132
14:0	g	0. 170			0. 192	0. 048	0. 748
16:0	g	2. 861			3. 233	0. 811	12. 589
18:0	g	1. 471			1. 662	0. 417	6. 470
Monounsaturated, total	g	6. 092			6. 884	1. 727	26. 806
16:1	g	0. 420			0. 475	0. 119	1. 849
18:1	g	5. 612			6. 342	1. 591	24. 693
20:1	g						
22:1	g						
Polyunsaturated, total	g	1. 411			1. 594	0. 400	6. 206
18:2	g	0. 780			0. 882	0. 221	3. 433
18:3	g	0. 140			0. 158	0. 040	0. 616
18:4	g						
20:4	g	0. 080			0. 090	0. 023	0. 352
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	54			61	15	238
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 242			0. 274	0. 069	1. 065
Threonine	g	0. 897			1. 014	0. 254	3. 948
Isoleucine	g	0. 884			0. 999	0. 251	3. 891
Leucine	g	1. 601			1. 809	0. 454	7. 043
Lysine	g	1. 710			1. 933	0. 485	7. 526
Methionine	g	0. 532			0. 602	0. 151	2. 343
Cystine	g	0. 303			0. 343	0. 086	1. 335
Phenylalanine	g	0. 871			0. 985	0. 247	3. 834
Tyrosine	g	0. 662			0. 748	0. 188	2. 911
Valine	g	0. 875			0. 988	0. 248	3. 848
Arginine	g	1. 310			1. 481	0. 371	5. 765
Histidine	g	0. 723			0. 817	0. 205	3. 181
Alanine	g	1. 191			1. 346	0. 338	5. 240
Aspartic acid	g	1. 910			2. 159	0. 542	8. 406
Glutamic acid	g	3. 289			3. 716	0. 932	14. 469
Glycine	g	1. 049			1. 185	0. 297	4. 615
Proline	g	0. 862			0. 974	0. 244	3. 791
Serine	g	0. 826			0. 934	0. 234	3. 635

[1] Product is fully cooked as purchased.

PORK, CURED, HAM, PATTIES, Unheated[1]

Product is fully cooked as purchased.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 patty = 65.2 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	54. 40	2. 941	5	35. 47	15. 42	246. 76
Food energy	kcal	315			206	89	1,431
	kJ	1,320			860	374	5,986
Protein (N x 6.25)	g	12. 78	0. 542	5	8. 34	3. 62	57. 99
Total lipid (fat)	g	28. 19	3. 269	5	18. 38	7. 99	127. 86
Carbohydrate, total	g	1. 69			1. 10	0. 48	7. 68
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	2. 93	0. 141	5	1. 91	0. 83	13. 31
Minerals:							
Calcium	mg	8	1. 156	3	5	2	35
Iron	mg	1. 05	0. 238	4	0. 69	0. 30	4. 77
Magnesium	mg	10	0. 348	3	6	3	44
Phosphorus	mg	149	26. 131	4	97	42	676
Potassium	mg	239	54. 026	3	156	68	1,086
Sodium	mg	1,088	60. 742	4	709	308	4,933
Zinc	mg	1. 57	0. 177	3	1. 02	0. 44	7. 11
Copper	mg	0. 070		1	0. 046	0. 020	0. 318
Manganese	mg	---			---	---	---
Vitamins:							
Ascorbic acid	mg	0. 0		1	0. 0	0. 0	0. 0
Thiamin	mg	0. 460	0. 052	5	0. 300	0. 130	2. 087
Riboflavin	mg	0. 154	0. 026	5	0. 100	0. 044	0. 699
Niacin	mg	3. 014	0. 258	5	1. 965	0. 854	13. 672
Pantothenic acid	mg	0. 302	0. 020	2	0. 197	0. 086	1. 370
Vitamin B-6	mg	0. 16	0. 006	3	0. 10	0. 05	0. 73
Folate	mcg	---			---	---	---
Vitamin B-12	mcg	1. 08	0. 199	3	0. 71	0. 31	4. 91
Vitamin A	RE	0		1	0	0	0
	IU	0		1	0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	10. 13			6. 61	2. 87	45. 96
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 02			0. 02	0. 01	0. 11
12:0	g	0. 06			0. 04	0. 02	0. 26
14:0	g	0. 37			0. 24	0. 11	1. 68
16:0	g	6. 32			4. 12	1. 79	28. 69
18:0	g	3. 31			2. 16	0. 94	15. 00
Monounsaturated, total	g	13. 26			8. 64	3. 76	60. 13
16:1	g	0. 89			0. 58	0. 25	4. 01
18:1	g	12. 37			8. 07	3. 51	56. 11
20:1	g						
22:1	g						
Polyunsaturated, total	g	3. 04			1. 98	0. 86	13. 77
18:2	g	2. 62			1. 71	0. 74	11. 87
18:3	g	0. 29			0. 19	0. 08	1. 32
18:4	g						
20:4	g	0. 13			0. 08	0. 04	0. 58
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	70		1	46	20	318
Phytosterols	mg						
Amino acids:[2]							
Tryptophan	g	0. 149		4	0. 097	0. 042	0. 676
Threonine	g	0. 569		12	0. 371	0. 161	2. 581
Isoleucine	g	0. 558		12	0. 364	0. 158	2. 531
Leucine	g	1. 010		12	0. 659	0. 286	4. 581
Lysine	g	1. 086		12	0. 708	0. 308	4. 926
Methionine	g	0. 337		12	0. 220	0. 096	1. 529
Cystine	g	0. 172		4	0. 112	0. 049	0. 780
Phenylalanine	g	0. 542		12	0. 353	0. 154	2. 459
Tyrosine	g	0. 419		12	0. 273	0. 119	1. 901
Valine	g	0. 556		12	0. 363	0. 158	2. 522
Arginine	g	0. 824		12	0. 537	0. 234	3. 738
Histidine	g	0. 466		12	0. 304	0. 132	2. 114
Alanine	g	0. 751		12	0. 490	0. 213	3. 407
Aspartic acid	g	1. 205		12	0. 786	0. 342	5. 466
Glutamic acid	g	2. 051		12	1. 337	0. 581	9. 303
Glycine	g	0. 658		12	0. 429	0. 187	2. 985
Proline	g	0. 546		12	0. 356	0. 155	2. 477
Serine	g	0. 519		12	0. 338	0. 147	2. 354

[1] Includes data for canned and uncanned patties.
[2] Values based on data for canned and uncanned hams.

PORK, CURED, HAM, PATTIES, Grilled[1]

Product is fully cooked as purchased.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 patty = 59.5 g[2]	14.56 oz = 413 g[3]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	51. 35	9. 150	2	30. 55	212. 08	232. 92
Food energy	kcal	342			203	1,411	1,550
	kJ	1,429			850	5,903	6,484
Protein (N x 6.25)	g	13. 30	0. 000	2	7. 91	54. 93	60. 33
Total lipid (fat)	g	30. 85	8. 850	2	18. 36	127. 41	139. 94
Carbohydrate, total	g	1. 70			1. 01	7. 02	7. 71
Crude fiber	g	0. 00		1	0. 00	0. 00	0. 00
Ash	g	2. 80	0. 200	2	1. 67	11. 56	12. 70
Minerals:							
Calcium	mg	9	1. 500	2	5	35	39
Iron	mg	1. 61	0. 510	2	0. 96	6. 65	7. 30
Magnesium	mg	10		1	6	41	45
Phosphorus	mg	101		1	60	417	458
Potassium	mg	244	61. 000	2	145	1,008	1,107
Sodium	mg	1,063		1	632	4,390	4,822
Zinc	mg	1. 90		1	1. 13	7. 85	8. 62
Copper	mg	0. 100		1	0. 060	0. 413	0. 454
Manganese	mg	---			---	---	---
Vitamins:							
Ascorbic acid	mg	0. 0			0. 0	0. 0	0. 0
Thiamin	mg	0. 350	0. 020	2	0. 208	1. 446	1. 588
Riboflavin	mg	0. 185	0. 025	2	0. 110	0. 764	0. 839
Niacin	mg	3. 245	0. 045	2	1. 931	13. 402	14. 719
Pantothenic acid	mg	0. 262			0. 156	1. 082	1. 188
Vitamin B-6	mg	0. 16		1	0. 10	0. 66	0. 73
Folate	mcg	---			---	---	---
Vitamin B-12	mcg	0. 70		1	0. 42	2. 89	3. 18
Vitamin A	RE	0		1	0	0	0
	IU	0		1	0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	11. 09			6. 60	45. 80	50. 30
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 03			0. 02	0. 11	0. 12
12:0	g	0. 06			0. 04	0. 26	0. 29
14:0	g	0. 41			0. 24	1. 68	1. 84
16:0	g	6. 92			4. 12	28. 58	31. 39
18:0	g	3. 62			2. 15	14. 95	16. 42
Monounsaturated, total	g	14. 67			8. 73	60. 58	66. 53
16:1	g	0. 97			0. 58	4. 01	4. 41
18:1	g	13. 54			8. 06	55. 92	61. 41
20:1	g						
22:1	g						
Polyunsaturated, total	g	3. 33			1. 98	13. 77	15. 12
18:2	g	2. 86			1. 70	11. 82	12. 98
18:3	g	0. 32			0. 19	1. 32	1. 45
18:4	g						
20:4	g	0. 14			0. 08	0. 57	0. 63
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	72			43	297	327
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 155			0. 092	0. 640	0. 703
Threonine	g	0. 592			0. 352	2. 445	2. 685
Isoleucine	g	0. 581			0. 346	2. 400	2. 635
Leucine	g	1. 051			0. 625	4. 341	4. 767
Lysine	g	1. 130			0. 672	4. 667	5. 126
Methionine	g	0. 351			0. 209	1. 450	1. 592
Cystine	g	0. 179			0. 107	0. 739	0. 812
Phenylalanine	g	0. 564			0. 336	2. 329	2. 558
Tyrosine	g	0. 436			0. 259	1. 801	1. 978
Valine	g	0. 579			0. 345	2. 391	2. 626
Arginine	g	0. 858			0. 511	3. 544	3. 892
Histidine	g	0. 485			0. 289	2. 003	2. 200
Alanine	g	0. 781			0. 465	3. 226	3. 543
Aspartic acid	g	1. 253			0. 746	5. 175	5. 684
Glutamic acid	g	2. 134			1. 270	8. 813	9. 680
Glycine	g	0. 685			0. 408	2. 829	3. 107
Proline	g	0. 568			0. 338	2. 346	2. 576
Serine	g	0. 541			0. 322	2. 234	2. 454

[1] Includes data for canned and uncanned patties.
[2] Yield from 1 unheated patty, which weighs 65 g.
[3] Yield from 1 lb unheated patties.

PORK, CURED, HAM, STEAK, BONELESS, EXTRA LEAN, Unheated

Product is fully cooked as purchased.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 slice = 56.7 g[1]	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	72. 24	0. 093	53	40. 96	20. 48	327. 68
Food energy	kcal	122			69	35	553
	kJ	510			289	144	2,313
Protein (N x 6.25)	g	19. 56	0. 088	53	11. 09	5. 54	88. 72
Total lipid (fat)	g	4. 25	0. 095	53	2. 41	1. 20	19. 28
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	3. 95	0. 041	53	2. 24	1. 12	17. 92
Minerals:							
Calcium	mg	4	0. 203	20	2	1	19
Iron	mg	1. 00	0. 029	46	0. 57	0. 28	4. 54
Magnesium	mg	19	0. 363	46	11	5	87
Phosphorus	mg	260	4. 127	46	147	74	1,179
Potassium	mg	325	4. 696	53	184	92	1,473
Sodium	mg	1,269	18. 483	52	720	360	5,758
Zinc	mg	2. 02	0. 037	46	1. 15	0. 57	9. 16
Copper	mg	0. 080	0. 006	46	0. 045	0. 28	0. 36
Manganese	mg	0. 037	0. 005	11	0. 021	0. 011	0. 170
Vitamins:							
Ascorbic acid[2]	mg	32. 3	0. 815	47	18. 3	9. 2	146. 4
Thiamin	mg	0. 800	0. 015	46	0. 454	0. 227	3. 629
Riboflavin	mg	0. 200	0. 004	46	0. 113	0. 057	0. 907
Niacin	mg	5. 080	0. 093	46	2. 880	1. 440	23. 043
Pantothenic acid	mg	0. 620		1	0. 352	0. 176	2. 812
Vitamin B-6	mg	0. 37	0. 010	46	0. 21	0. 10	1. 68
Folate	mcg	4			2	1	1
Vitamin B-12	mcg	0. 79	0. 031	46	0. 45	0. 22	3. 58
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	1. 44			0. 82	0. 41	6. 53
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 02	0. 006	11	0. 01	0. 01	0. 09
12:0	g	0. 02	0. 006	11	0. 01	0. 01	0. 09
14:0	g	0. 08	0. 006	11	0. 04	0. 02	0. 35
16:0	g	0. 84	0. 038	11	0. 48	0. 24	3. 82
18:0	g	0. 47	0. 024	11	0. 27	0. 13	2. 13
Monounsaturated, total	g	1. 96			1. 11	0. 55	8. 89
16:1	g	0. 19	0. 012	11	0. 11	0. 05	0. 84
18:1	g	1. 77	0. 074	11	1. 01	0. 50	8. 05
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 47			0. 20	0. 13	2. 13
18:2	g	0. 43	0. 030	11	0. 18	0. 12	1. 95
18:3	g	0. 04	0. 009	11	0. 02	0. 01	0. 18
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	45	2. 222	11	26	13	204
Phytosterols	mg						
Amino acids:[3]							
Tryptophan	g	0. 235		2	0. 133	0. 067	1. 064
Threonine	g	0. 870		10	0. 493	0. 247	3. 945
Isoleucine	g	0. 858		10	0. 486	0. 244	3. 890
Leucine	g	1. 552		10	0. 879	0. 440	7. 038
Lysine	g	1. 658		10	0. 940	0. 470	7. 522
Methionine	g	0. 516		10	0. 292	0. 147	2. 340
Cystine	g	0. 294		2	0. 167	0. 084	1. 335
Phenylalanine	g	0. 845		10	0. 479	0. 240	3. 830
Tyrosine	g	0. 641		10	0. 363	0. 182	2. 906
Valine	g	0. 848		10	0. 480	0. 241	3. 845
Arginine	g	1. 270		10	0. 720	0. 360	5. 761
Histidine	g	0. 701		10	0. 397	0. 199	3. 179
Alanine	g	1. 154		10	0. 664	0. 327	5. 236
Aspartic acid	g	1. 852		10	1. 050	0. 525	8. 401
Glutamic acid	g	3. 189		10	1. 808	0. 903	14. 466
Glycine	g	1. 017		10	0. 577	0. 288	4. 615
Proline	g	0. 836		10	0. 474	0. 237	3. 790
Serine	g	0. 801		10	0. 454	0. 227	3. 632

[1] Weight applies to slice packaged 8 per pound.
[2] Values based on data for products containing added ascorbic acid or sodium ascorbate. Some products may not contain added ascorbic acid or sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.
[3] Values based on data for unheated and reheated arm picnics and hams.

PORK, CURED, HAM, WHOLE, SEPARABLE LEAN AND FAT, Unheated

Product is fully cooked as purchased.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 c = 140 g	Refuse: Bone and skin 18%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59. 71			16. 93	83. 59	222. 11
Food energy	kcal	246			70	345	916
	kJ	1,030			292	1,442	3,832
Protein (N x 6.25)	g	18. 49			5. 24	25. 89	68. 78
Total lipid (fat)	g	18. 52			5. 25	25. 93	68. 89
Carbohydrate, total	g	0. 06			0. 02	0. 08	0. 22
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	3. 23			0. 91	4. 52	12. 00
Minerals:							
Calcium	mg	7			2	10	26
Iron	mg	0. 71			0. 20	1. 00	2. 64
Magnesium	mg	15			4	21	55
Phosphorus	mg	201			57	282	748
Potassium	mg	310			88	434	1,153
Sodium	mg	1,284			364	1,797	4,775
Zinc	mg	1. 76			0. 50	2. 46	6. 53
Copper	mg	0. 071			0. 020	0. 099	0. 264
Manganese	mg	0. 028			0. 008	0. 039	0. 104
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 777			0. 220	1. 088	2. 890
Riboflavin	mg	0. 189			0. 054	0. 265	0. 703
Niacin	mg	4. 463			1. 265	6. 248	16. 602
Pantothenic acid	mg	0. 467			0. 132	0. 654	1. 737
Vitamin B-6	mg	0. 41			0. 12	0. 58	1. 54
Folate	mcg	4			1	5	13
Vitamin B-12	mcg	0. 74			0. 21	1. 04	2. 76
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	6. 62			1. 88	9. 27	24. 63
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 02			0. 01	0. 03	0. 08
12:0	g	0. 04			0. 01	0. 05	0. 15
14:0	g	0. 24			0. 07	0. 34	0. 91
16:0	g	4. 15			1. 18	5. 81	15. 43
18:0	g	2. 17			0. 61	3. 04	8. 06
Monounsaturated, total	g	8. 70			2. 47	12. 18	32. 36
16:1	g	0. 58			0. 17	0. 82	2. 17
18:1	g	8. 12			2. 30	11. 36	30. 19
20:1	g						
22:1	g						
Polyunsaturated, total	g	1. 64			0. 46	2. 29	6. 09
18:2	g	1. 36			0. 38	1. 90	5. 05
18:3	g	0. 19			0. 05	0. 27	0. 71
18:4	g						
20:4	g	0. 09			0. 02	0. 12	0. 32
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	56			16	78	208
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 210			0. 060	0. 294	0. 781
Threonine	g	0. 806			0. 229	1. 128	2. 998
Isoleucine	g	0. 787			0. 223	1. 102	2. 928
Leucine	g	1. 455			0. 412	2. 037	5. 413
Lysine	g	1. 565			0. 444	2. 191	5. 822
Methionine	g	0. 473			0. 134	0. 662	1. 760
Cystine	g	0. 270			0. 077	0. 378	1. 004
Phenylalanine	g	0. 791			0. 224	1. 107	2. 943
Tyrosine	g	0. 584			0. 166	0. 818	2. 172
Valine	g	0. 807			0. 229	1. 130	3. 002
Arginine	g	1. 250			0. 354	1. 750	4. 650
Histidine	g	0. 630			0. 179	0. 882	2. 344
Alanine	g	1. 014			0. 287	1. 420	3. 772
Aspartic acid	g	1. 627			0. 461	2. 278	6. 052
Glutamic acid	g	2. 801			0. 794	3. 921	10. 420
Glycine	g	0. 893			0. 253	1. 250	3. 322
Proline	g	0. 733			0. 208	1. 026	2. 727
Serine	g	0. 703			0. 199	0. 984	2. 615

PORK, CURED, HAM, WHOLE, SEPARABLE LEAN AND FAT, Roasted

Product is fully cooked as purchased.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g[1]	1 c = 140 g	Refuse: Bone and skin 24%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58. 40			49. 64	81. 76	201. 31
Food energy	kcal	243			207	341	839
	kJ	1,018			865	1,425	3,510
Protein (N x 6.25)	g	21. 57			18. 33	30. 20	74. 34
Total lipid (fat)	g	16. 77			14. 25	23. 48	57. 80
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	3. 33			2. 83	4. 66	11. 47
Minerals:							
Calcium	mg	7			6	10	26
Iron	mg	0. 87			0. 74	1. 22	3. 00
Magnesium	mg	19			16	27	67
Phosphorus	mg	214			181	299	736
Potassium	mg	286			243	400	985
Sodium	mg	1,187			1,009	1,661	4,090
Zinc	mg	2. 32			1. 97	3. 25	7. 99
Copper	mg	0. 083			0. 071	0. 116	0. 286
Manganese	mg	0. 014			0. 12	0. 020	0. 048
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 601			0. 511	0. 841	2. 072
Riboflavin	mg	0. 221			0. 188	0. 309	0. 762
Niacin	mg	4. 461			3. 792	6. 245	15. 377
Pantothenic acid	mg	0. 457			0. 388	0. 640	1. 575
Vitamin B-6	mg	0. 38			0. 32	0. 53	1. 31
Folate	mcg	3			3	5	12
Vitamin B-12	mcg	0. 64			0. 55	0. 90	2. 22
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	5. 98			5. 08	8. 37	20. 62
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 02			0. 02	0. 03	0. 07
12:0	g	0. 03			0. 03	0. 05	0. 12
14:0	g	0. 22			0. 19	0. 31	0. 75
16:0	g	3. 75			3. 19	5. 25	12. 93
18:0	g	1. 96			1. 66	2. 74	6. 74
Monounsaturated, total	g	7. 88			6. 70	11. 03	27. 16
16:1	g	0. 53			0. 45	0. 75	1. 84
18:1	g	7. 35			6. 24	10. 28	25. 32
20:1	g						
22:1	g						
Polyunsaturated, total	g	1. 81			1. 54	2. 53	6. 24
18:2	g	1. 55			1. 32	2. 18	5. 36
18:3	g	0. 17			0. 15	0. 24	0. 60
18:4	g						
20:4	g	0. 08			0. 07	0. 11	0. 28
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	62			52	86	212
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 245			0. 208	0. 343	0. 845
Threonine	g	0. 941			0. 800	1. 317	3. 244
Isoleucine	g	0. 918			0. 780	1. 285	3. 164
Leucine	g	1. 697			1. 442	2. 376	5. 850
Lysine	g	1. 825			1. 551	2. 555	6. 291
Methionine	g	0. 551			0. 468	0. 771	1. 899
Cystine	g	0. 315			0. 268	0. 441	1. 086
Phenylalanine	g	0. 922			0. 784	1. 291	3. 178
Tyrosine	g	0. 682			0. 580	0. 955	2. 351
Valine	g	0. 941			0. 800	1. 317	3. 244
Arginine	g	1. 459			1. 240	2. 043	5. 029
Histidine	g	0. 735			0. 625	1. 029	2. 534
Alanine	g	1. 183			1. 006	1. 656	4. 078
Aspartic acid	g	1. 897			1. 612	2. 656	6. 539
Glutamic acid	g	3. 267			2. 777	4. 574	11. 261
Glycine	g	1. 041			0. 885	1. 457	3. 588
Proline	g	0. 856			0. 728	1. 198	2. 951
Serine	g	0. 820			0. 697	1. 148	2. 827

[1] Yield from 4.9 oz (138 g) unheated product with refuse.

PORK, CURED, HAM, WHOLE, SEPARABLE LEAN ONLY, Unheated

Product is fully cooked as purchased.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	1 c = 140 g	Refuse: Bone and skin 18%, separable fat 19%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	68. 26	0. 277	24	19. 35	95. 57	195. 02
Food energy	kcal	147			42	206	420
	kJ	615			174	861	1,757
Protein (N x 6.25)	g	22. 32	0. 305	24	6. 33	31. 24	63. 76
Total lipid (fat)	g	5. 71	0. 261	24	1. 62	8. 00	16. 32
Carbohydrate, total	g	0. 05			0. 01	0. 06	0. 13
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	3. 66	0. 141	24	1. 04	5. 13	10. 47
Minerals:							
Calcium	mg	7			2	10	21
Iron	mg	0. 81			0. 23	1. 13	2. 31
Magnesium	mg	18			5	25	50
Phosphorus	mg	232			66	325	662
Potassium	mg	371			105	519	1,060
Sodium	mg	1,516			430	2,122	4,331
Zinc	mg	2. 04			0. 58	2. 86	5. 84
Copper	mg	0. 079			0. 022	0. 111	0. 226
Manganese	mg	0. 035			0. 010	0. 049	0. 100
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 932			0. 264	1. 305	2. 663
Riboflavin	mg	0. 226			0. 064	0. 316	0. 646
Niacin	mg	5. 252			1. 489	7. 353	15. 005
Pantothenic acid	mg	0. 538			0. 153	0. 753	1. 537
Vitamin B-6	mg	0. 53			0. 15	0. 74	1. 52
Folate	mcg	4			1	6	12
Vitamin B-12	mcg	0. 87			0. 25	1. 21	2. 47
Vitamin A	RE						
	IU						
Lipids:[1]							
Fatty acids:							
Saturated, total	g	1. 92			0. 54	2. 68	5. 47
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 02	0. 004	30	0. 01	0. 03	0. 06
12:0	g	0. 02	0. 003	28	0. 00	0. 02	0. 05
14:0	g	0. 07	0. 002	109	0. 02	0. 10	0. 21
16:0	g	1. 21	0. 027	109	0. 34	1. 69	3. 45
18:0	g	0. 59	0. 014	109	0. 17	0. 82	1. 68
Monounsaturated, total	g	2. 62			0. 74	3. 67	7. 49
16:1	g	0. 22	0. 007	109	0. 06	0. 30	0. 62
18:1	g	2. 40	0. 054	109	0. 68	3. 36	6. 86
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 66			0. 19	0. 92	1. 88
18:2	g	0. 52	0. 001	109	0. 15	0. 73	1. 48
18:3	g	0. 06	0. 006	36	0. 02	0. 09	0. 18
18:4	g						
20:4	g	0. 07	0. 004	25	0. 02	0. 10	0. 21
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	52			15	73	149
Phytosterols	mg						
Amino acids:[2]							
Tryptophan	g	0. 268		2	0. 076	0. 375	0. 766
Threonine	g	0. 992		10	0. 281	1. 389	2. 834
Isoleucine	g	0. 978		10	0. 277	1. 369	2. 794
Leucine	g	1. 771		10	0. 502	2. 479	5. 060
Lysine	g	1. 892		10	0. 536	2. 649	5. 405
Methionine	g	0. 589		10	0. 167	0. 825	1. 683
Cystine	g	0. 336		2	0. 095	0. 470	0. 960
Phenylalanine	g	0. 964		10	0. 273	1. 350	2. 754
Tyrosine	g	0. 732		10	0. 208	1. 025	2. 091
Valine	g	0. 967		10	0. 274	1. 354	2. 763
Arginine	g	1. 449		10	0. 411	2. 029	4. 140
Histidine	g	0. 800		10	0. 227	1. 120	2. 286
Alanine	g	1. 317		10	0. 373	1. 844	3. 763
Aspartic acid	g	2. 113		10	0. 599	2. 958	6. 037
Glutamic acid	g	3. 638		10	1. 031	5. 093	10. 394
Glycine	g	1. 160		10	0. 329	1. 624	3. 314
Proline	g	0. 953		10	0. 270	1. 334	2. 723
Serine	g	0. 914		10	0. 259	1. 280	2. 611

[1] Values based on data for canned and uncanned cured pork.
[2] Values based on data for unheated and reheated arm picnics and hams.

PORK, CURED, HAM, WHOLE, SEPARABLE LEAN ONLY, Roasted

Product is fully cooked as purchased.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g[1]	1 cup = 140 g	Refuse: Bone and skin 24%, separable fat 15%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	65. 78	0. 293	45	55. 91	92. 09	182. 01
Food energy	kcal	157			133	219	433
	kJ	655			557	917	1,812
Protein (N x 6.25)	g	25. 05	0. 254	29	21. 29	35. 07	69. 31
Total lipid (fat)	g	5. 50	0. 177	25	4. 67	7. 69	15. 20
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	3. 74	0. 152	12	3. 18	5. 23	10. 35
Minerals:							
Calcium	mg	7	0. 298	21	6	10	20
Iron	mg	0. 94	0. 023	21	0. 79	1. 31	2. 59
Magnesium	mg	22	0. 850	21	19	31	61
Phosphorus	mg	227			193	318	628
Potassium	mg	316	8. 674	21	269	443	875
Sodium[2]	mg	1,327	80. 771	21	1,128	1,858	3,673
Zinc	mg	2. 57	0. 051	21	2. 19	3. 60	7. 12
Copper	mg	0. 087	0. 003	21	0. 074	0. 122	0. 241
Manganese	mg	0. 016	0. 001	21	0. 014	0. 022	0. 044
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 680	0. 072	5	0. 578	0. 952	1. 882
Riboflavin	mg	0. 254	0. 020	5	0. 216	0. 356	0. 703
Niacin	mg	5. 020	0. 200	5	4. 267	7. 028	13. 890
Pantothenic acid	mg	0. 498			0. 423	0. 697	1. 378
Vitamin B-6	mg	0. 47			0. 40	0. 65	1. 29
Folate	mcg	4			3	5	11
Vitamin B-12	mcg	0. 70	0. 031	5	0. 60	0. 98	1. 94
Vitamin A	RE						
	IU						
Lipids:[3]							
Fatty acids:							
Saturated, total	g	1. 84			1. 56	2. 57	5. 08
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 02	0. 004	30	0. 02	0. 03	0. 06
12:0	g	0. 02	0. 003	28	0. 01	0. 02	0. 04
14:0	g	0. 07	0. 002	109	0. 06	0. 10	0. 19
16:0	g	1. 17	0. 020	109	0. 99	1. 64	3. 23
18:0	g	0. 56	0. 010	109	0. 48	0. 79	1. 56
Monounsaturated, total	g	2. 53			2. 15	3. 54	6. 99
16:1	g	0. 21	0. 006	109	0. 18	0. 30	0. 58
18:1	g	2. 32	0. 039	109	1. 97	3. 24	6. 41
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 63			0. 54	0. 88	1. 73
18:2	g	0. 50	0. 014	109	0. 43	0. 70	1. 38
18:3	g	0. 06	0. 006	36	0. 05	0. 08	0. 16
18:4	g						
20:4	g	0. 07	0. 004	25	0. 06	0. 10	0. 19
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	55			47	78	153
Phytosterols	mg						
Amino acids:[4]							
Tryptophan	g	0. 300		2	0. 255	0. 420	0. 830
Threonine	g	1. 114		10	0. 947	1. 560	3. 082
Isoleucine	g	1. 098		10	0. 933	1. 537	3. 038
Leucine	g	1. 988		10	1. 690	2. 783	5. 501
Lysine	g	2. 124		10	1. 805	2. 974	5. 877
Methionine	g	0. 661		10	0. 562	0. 925	1. 829
Cystine	g	0. 377		2	0. 320	0. 528	1. 043
Phenylalanine	g	1. 082		10	0. 920	1. 515	2. 994
Tyrosine	g	0. 822		10	0. 699	1. 151	2. 274
Valine	g	1. 086		10	0. 923	1. 520	3. 005
Arginine	g	1. 627		10	1. 383	2. 278	4. 502
Histidine	g	0. 898		10	0. 763	1. 257	2. 485
Alanine	g	1. 479		10	1. 257	2. 071	4. 092
Aspartic acid	g	2. 372		10	2. 016	3. 321	6. 563
Glutamic acid	g	4. 084		10	3. 471	5. 718	11. 300
Glycine	g	1. 302		10	1. 107	1. 823	3. 603
Proline	g	1. 070		10	0. 910	1. 498	2. 961
Serine	g	1. 026		10	0. 872	1. 436	2. 839

[1] Yield from 6.1 oz (172 g) unheated product with refuse.
[2] Range is 674 to 2,110 mg per 100 g.
[3] Values based on data for canned and uncanned cured pork.
[4] Values based on data for unheated and reheated arm picnics and hams.

PORK, CURED, SALT PORK, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	8 oz = 227 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	11.00	2.994	2	3.12	24.97	49.90
Food energy	kcal	748			212	1,697	3,391
	kJ	3,128			887	7,101	14,190
Protein (N x 6.25)	g	5.05	1.150	2	1.43	11.46	22.91
Total lipid (fat)	g	80.50	4.500	2	22.82	182.74	365.15
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	3.65	0.150	2	1.03	8.29	16.56
Minerals:							
Calcium	mg	6			2	13	26
Iron	mg	0.44			0.12	0.99	1.98
Magnesium	mg	7			2	15	30
Phosphorus	mg	52			15	118	237
Potassium	mg	66	9.504	2	19	149	297
Sodium	mg	1,424	400.681	3	404	3,232	6,459
Zinc	mg	0.90			0.26	2.04	4.08
Copper	mg	0.050			0.014	0.114	0.227
Manganese	mg	0.005			0.001	0.011	0.023
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.215			0.061	0.488	0.975
Riboflavin	mg	0.061			0.017	0.138	0.277
Niacin	mg	1.620			0.459	3.677	7.348
Pantothenic acid	mg	0.205			0.058	0.465	0.930
Vitamin B-6	mg	0.08			0.02	0.19	0.37
Folate	mcg	1			0	2	5
Vitamin B-12[1]	mcg	0.29			0.08	0.66	1.32
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	29.38			8.33	66.68	133.25
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.16			0.05	0.37	0.73
14:0	g	1.05			0.30	2.38	4.76
16:0	g	17.67			5.01	40.10	80.14
18:0	g	10.33			2.93	23.44	46.84
Monounsaturated, total	g	37.94			10.76	86.12	172.09
16:1	g	2.50			0.71	5.68	11.34
18:1	g	34.93			9.90	79.29	158.44
20:1	g						
22:1	g						
Polyunsaturated, total	g	9.40			2.67	21.34	42.64
18:2	g	8.63			2.45	19.59	39.15
18:3	g	0.65			0.18	1.46	2.93
18:4	g						
20:4	g	0.08			0.02	0.18	0.37
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	86			25	196	392
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.017			0.005	0.039	0.077
Threonine	g	0.166			0.047	0.377	0.753
Isoleucine	g	0.133			0.038	0.302	0.603
Leucine	g	0.353			0.100	0.801	1.601
Lysine	g	0.419			0.119	0.951	1.901
Methionine	g	0.075			0.021	0.170	0.340
Cystine	g	0.044			0.012	0.100	0.200
Phenylalanine	g	0.189			0.054	0.429	0.857
Tyrosine	g	0.082			0.023	0.186	0.372
Valine	g	0.242			0.069	0.549	1.098
Arginine	g	0.522			0.148	1.185	2.368
Histidine	g	0.057			0.016	0.129	0.259
Alanine	g	---			---	---	---
Aspartic acid	g	---			---	---	---
Glutamic acid	g	---			---	---	---
Glycine	g	---			---	---	---
Proline	g	---			---	---	---
Serine	g	---			---	---	---

[1] Imputed values.

PORK, CURED, SEPARABLE FAT (from ham and arm picnic), Unheated

Product is fully cooked as purchased.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	31. 06	0. 594	96	26. 40	8. 80	140. 87
Food energy	kcal	579			492	164	2,624
	kJ	2,421			2,057	686	10,980
Protein (N x 6.25)	g	5. 68	0. 099	106	4. 83	1. 61	25. 76
Total lipid (fat)	g	61. 41	0. 674	97	52. 20	17. 41	278. 56
Carbohydrate, total	g	0. 09			0. 08	0. 03	0. 41
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 77	0. 055	96	1. 50	0. 50	8. 01
Minerals:							
Calcium	mg	5			4	1	23
Iron	mg	0. 39			033	0. 11	1. 75
Magnesium	mg	6			5	2	27
Phosphorus	mg	98			83	28	445
Potassium	mg	105			89	30	476
Sodium	mg	505			430	143	2,292
Zinc	mg	0. 80			0. 68	0. 23	3. 61
Copper	mg	0. 044			0. 037	0. 012	0. 200
Manganese	mg	0. 005			0. 004	0. 001	0. 023
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 241			0. 205	0. 068	1. 093
Riboflavin	mg	0. 068			0. 058	0. 019	0. 308
Niacin	mg	1. 820			1. 547	0. 516	8. 256
Pantothenic acid	mg	0. 230			0. 196	0. 065	1. 043
Vitamin B-6	mg	0. 03			0. 02	0. 01	0. 11
Folate	mcg	1			1	0	6
Vitamin B-12[1]	mcg	0. 33			0. 28	0. 09	1. 48
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	22. 52			19. 14	6. 38	102. 16
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 11			0. 10	0. 03	0. 51
14:0	g	0. 82			0. 69	0. 23	3. 71
16:0	g	13. 99			11. 89	3. 97	63. 45
18:0	g	7. 47			6. 35	2. 12	33. 86
Monounsaturated, total	g	29. 47			25. 05	8. 36	133. 88
16:1	g	1. 81			1. 54	0. 51	8. 22
18:1	g	27. 26			23. 17	7. 73	123. 64
20:1	g						
22:1	g						
Polyunsaturated, total	g	6. 53			5. 55	1. 85	29. 62
18:2	g	5. 73			4. 87	1. 62	26. 00
18:3	g	0. 63			0. 54	0. 18	2. 86
18:4	g						
20:4	g	0. 13			0. 11	0. 04	0. 61
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	68			58	19	310
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 018			0. 015	0. 005	0. 082
Threonine	g	0. 187			0. 159	0. 053	0. 848
Isoleucine	g	0. 150			0. 128	0. 043	0. 680
Leucine	g	0. 396			0. 337	0. 112	1. 796
Lysine	g	0. 470			0. 400	0. 133	2. 132
Methionine	g	0. 084			0. 071	0. 024	0. 381
Cystine	g	0. 050			0. 043	0. 014	0. 227
Phenylalanine	g	0. 212			0. 180	0. 060	0. 962
Tyrosine	g	0. 092			0. 078	0. 026	0. 417
Valine	g	0. 271			0. 230	0. 077	1. 229
Arginine	g	0. 586			0. 498	0. 166	2. 658
Histidine	g	0. 064			0. 054	0. 018	0. 290
Alanine	g	---			---	---	---
Aspartic acid	g	---			---	---	---
Glutamic acid	g	---			---	---	---
Glycine	g	---			---	---	---
Proline	g	---			---	---	---
Serine	g	---			---	---	---

[1] Imputed values.

PORK, CURED, SEPARABLE FAT (from ham and arm picnic), Roasted

Product is fully cooked as purchased.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g[1]	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	28. 89	0. 793	63	24. 56	8. 19	131. 05
Food energy	kcal	591			502	167	2,679
	kJ	2,471			2,100	701	11,209
Protein (N x 6.25)	g	7. 64	0. 167	63	6. 49	2. 17	34. 66
Total lipid (fat)	g	61. 86	0. 902	63	52. 58	17. 54	280. 60
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	1. 68	0. 054	48	1. 43	0. 48	7. 62
Minerals:							
Calcium	mg	8			7	2	38
Iron	mg	0. 61			0. 52	0. 17	2. 75
Magnesium	mg	9			8	3	42
Phosphorus	mg	160			136	45	724
Potassium	mg	164			139	46	743
Sodium	mg	624			530	177	2,829
Zinc	mg	1. 31			1. 11	0. 37	5. 94
Copper	mg	0. 069			0. 059	0. 020	0. 313
Manganese	mg	0. 007			0. 006	0. 002	0. 032
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 287			0. 244	0. 081	1. 302
Riboflavin	mg	0. 091			0. 077	0. 026	0. 413
Niacin	mg	2. 228			1. 894	0. 632	10. 106
Pantothenic acid	mg	0. 293			0. 249	0. 083	1. 329
Vitamin B-6	mg	0. 03			0. 03	0. 01	0. 15
Folate	mcg	2			1	0	8
Vitamin B-12[2]	mcg	0. 42			0. 35	0. 12	1. 89
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	22. 69			19. 28	6. 43	102. 90
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0. 11			0. 10	0. 03	0. 52
14:0	g	0. 82			0. 70	0. 23	3. 73
16:0	g	14. 09			11. 98	3. 99	63. 91
18:0	g	7. 52			6. 39	2. 13	34. 11
Monounsaturated, total	g	29. 69			25. 23	8. 42	134. 66
16:1	g	1. 83			1. 55	0. 52	8. 28
18:1	g	27. 46			23. 34	7. 78	124. 54
20:1	g						
22:1	g						
Polyunsaturated, total	g	6. 58			5. 59	1. 87	29. 84
18:2	g	5. 77			4. 91	1. 64	26. 19
18:3	g	0. 64			0. 54	0. 18	2. 88
18:4	g						
20:4	g	0. 14			0. 12	0. 04	0. 62
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	86			73	24	391
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 025			0. 21	0. 007	0. 113
Threonine	g	0. 251			0. 213	0. 071	1. 139
Isoleucine	g	0. 201			0. 171	0. 057	0. 912
Leucine	g	0. 534			0. 454	0. 151	2. 422
Lysine	g	0. 633			0. 538	0. 179	2. 871
Methionine	g	0. 113			0. 096	0. 032	0. 513
Cystine	g	0. 067			0. 057	0. 019	0. 304
Phenylalanine	g	0. 286			0. 243	0. 081	1. 297
Tyrosine	g	0. 124			0. 105	0. 035	0. 562
Valine	g	0. 365			0. 310	0. 103	1. 656
Arginine	g	0. 789			0. 671	0. 224	3. 579
Histidine	g	0. 086			0. 073	0. 024	0. 390
Alanine	g	---			---	---	---
Aspartic acid	g	---			---	---	---
Glutamic acid	g	---			---	---	---
Glycine	g	---			---	---	---
Proline	g	---			---	---	---
Serine	g	---			---	---	---

[1] Yield from 4.8 oz (136 g) unheated product.
[2] Imputed values.

PORK, CURED, SHOULDER, ARM PICNIC, SEPARABLE LEAN AND FAT, Roasted

Prooduct is fully cooked as purchased.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g[1]	1 c = 140 g	Refuse: Bone and skin 27%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	54. 73			49. 52	76. 62	181. 21
Food energy	kcal	280			238	392	926
	kJ	1,171			995	1,639	3,876
Protein (N x 6.25)	g	20. 43			17. 36	28. 60	67. 63
Total lipid (fat)	g	21. 35			18. 15	29. 89	70. 68
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	3. 51			2. 99	4. 92	11. 63
Minerals:							
Calcium	mg	10			9	14	34
Iron	mg	0. 95			0. 81	1. 33	3. 16
Magnesium	mg	14			12	20	48
Phosphorus	mg	221			188	309	732
Potassium	mg	258			220	362	856
Sodium	mg	1,072			912	1,501	3,551
Zinc	mg	2. 51			2. 14	3. 52	8. 32
Copper	mg	0. 113			0. 096	0. 158	0. 374
Manganese	mg	0. 024			0. 020	0. 034	0. 079
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 612			0. 520	0. 857	2. 026
Riboflavin	mg	0. 190			0. 162	0. 266	0. 629
Niacin	mg	4. 127			3. 508	5. 778	13. 664
Pantothenic acid	mg	0. 559			0. 475	0. 783	1. 851
Vitamin B-6	mg	0. 28			0. 24	0. 39	0. 93
Folate	mcg	3			3	5	11
Vitamin B-12	mcg	0. 93			0. 79	1. 30	3. 07
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	7. 67			6. 52	10. 73	25. 38
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 03			0. 02	0. 04	0. 09
12:0	g	0. 05			0. 04	0. 06	0. 15
14:0	g	0. 28			0. 24	0. 39	0. 93
16:0	g	4. 78			4. 06	6. 69	15. 82
18:0	g	2. 50			2. 12	3. 50	8. 27
Monounsaturated, total	g	10. 14			8. 62	14. 19	33. 56
16:1	g	0. 67			0. 57	0. 94	2. 23
18:1	g	9. 35			7. 95	13. 10	30. 97
20:1	g						
22:1	g						
Polyunsaturated, total	g	2. 32			1. 97	3. 24	7. 67
18:2	g	1. 98			1. 68	2. 77	6. 55
18:3	g	0. 22			0. 19	0. 31	0. 74
18:4	g						
20:4	g	0. 10			0. 09	0. 14	0. 34
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	58			49	82	193
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 227			0. 193	0. 318	0. 752
Threonine	g	0. 885			0. 752	1. 239	2. 930
Isoleucine	g	0. 861			0. 732	1. 205	2. 851
Leucine	g	1. 602			1. 362	2. 243	5. 304
Lysine	g	1. 728			1. 469	2. 419	5. 721
Methionine	g	0. 516			0. 439	0. 722	1. 708
Cystine	g	0. 294			0. 250	0. 412	0. 973
Phenylalanine	g	0. 871			0. 740	1. 219	2. 884
Tyrosine	g	0. 637			0. 541	0. 892	2. 109
Valine	g	0. 894			0. 760	1. 252	2. 960
Arginine	g	1. 403			1. 193	1. 964	4. 645
Histidine	g	0. 683			0. 581	0. 956	2. 261
Alanine	g	1. 088			0. 925	1. 523	3. 602
Aspartic acid	g	1. 746			1. 484	2. 444	5. 781
Glutamic acid	g	3. 005			2. 554	4. 207	9. 950
Glycine	g	0. 958			0. 814	1. 341	3. 172
Proline	g	0. 787			0. 669	1. 102	2. 606
Serine	g	0. 755			0. 642	1. 057	2. 500

[1] Yield from 5.4 oz (153 g) unheated product with refuse.

PORK, CURED, SHOULDER, ARM PICNIC, SEPARABLE LEAN ONLY, Roasted[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g[2]	1 c = 140 g	Refuse: Bone and skin 27%, separable fat 19%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	63. 86	0. 647	9	54. 28	89. 40	156. 38
Food energy	kcal	170			145	238	416
	kJ	711			605	996	1,742
Protein (N x 6.25)	g	24. 94	0. 356	9	21. 20	34. 92	61. 09
Total lipid (fat)	g	7. 04	0. 297	9	5. 98	9. 86	17. 24
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	4. 16			3. 54	5. 82	10. 19
Minerals:							
Calcium	mg	11			9	15	27
Iron	mg	1. 08			0. 91	1. 51	2. 63
Magnesium	mg	16			14	23	40
Phosphorus	mg	243			206	340	595
Potassium	mg	292			248	409	715
Sodium	mg	1,231			1,046	1,723	3,015
Zinc	mg	2. 94			2. 50	4. 12	7. 20
Copper	mg	0. 128			0. 109	0. 179	0. 313
Manganese	mg	0. 030			0. 026	0. 042	0. 073
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0. 727			0. 618	1. 018	1. 780
Riboflavin	mg	0. 226			0. 192	0. 316	0. 553
Niacin	mg	4. 798			4. 078	6. 717	11. 750
Pantothenic acid	mg	0. 654			0. 556	0. 916	1. 602
Vitamin B-6	mg	0. 37			0. 32	0. 52	0. 91
Folate	mcg	4			3	6	10
Vitamin B-12	mcg	1. 11			0. 94	1. 55	2. 71
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:[3]							
Saturated, total	g	2. 36			2. 01	3. 31	5. 78
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 03	0. 005	30	0. 02	0. 04	0. 07
12:0	g	0. 02	0. 003	28	0. 02	0. 03	0. 05
14:0	g	0. 09	0. 002	109	0. 08	0. 13	0. 22
16:0	g	1. 49	0. 021	109	1. 27	2. 09	3. 65
18:0	g	0. 72	0. 011	109	0. 62	1. 01	1. 77
Monounsaturated, total	g	3. 23			2. 75	4. 53	7. 92
16:1	g	0. 27	0. 007	109	0. 23	0. 37	0. 65
18:1	g	2. 96	0. 042	109	2. 52	4. 14	7. 25
20:1	g						
22:1	g						
Polyunsaturated, total	g	0. 81			0. 69	1. 14	1. 99
18:2	g	0. 64	0. 016	109	0. 54	0. 89	1. 56
18:3	g	0. 08	0. 007	36	0. 07	0. 11	0. 19
18:4	g						
20:4	g	0. 09	0. 004	25	0. 08	0. 13	0. 22
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	48			41	68	118
Phytosterols	mg						
Amino acids:[4]							
Tryptophan	g	0. 299		2	0. 254	0. 419	0. 732
Threonine	g	1. 109		10	0. 943	1. 553	2. 716
Isoleucine	g	1. 094		10	0. 930	1. 532	2. 679
Leucine	g	1. 980		10	1. 683	2. 772	4. 849
Lysine	g	2. 115		10	1. 798	2. 961	5. 180
Methionine	g	0. 659		10	0. 560	0. 923	1. 614
Cystine	g	0. 375		2	0. 319	0. 525	0. 918
Phenylalanine	g	1. 078		10	0. 916	1. 509	2. 640
Tyrosine	g	0. 818		10	0. 695	1. 145	2. 003
Valine	g	1. 082		10	0. 920	1. 515	2. 650
Arginine	g	1. 620		10	1. 377	2. 268	3. 967
Histidine	g	0. 894		10	0. 760	1. 252	2. 189
Alanine	g	1. 473		10	1. 252	2. 062	3. 607
Aspartic acid	g	2. 363		10	2. 009	3. 308	5. 787
Glutamic acid	g	4. 067		10	3. 457	5. 694	9. 960
Glycine	g	1. 297		10	1. 102	1. 816	3. 176
Proline	g	1. 066		10	0. 906	1. 492	2. 611
Serine	g	1. 022		10	0. 869	1. 431	2. 503

[1] Product is fully cooked as purchased.
[2] Yield from 7.3 oz (207 g) unheated product with refuse.
[3] Values based on data for canned and uncanned cured pork.
[4] Values based on data for unheated and reheated arm picnics and hams.

PORK, CURED, SHOULDER, BLADE ROLL, SEPARABLE LEAN AND FAT, Unheated[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 4 oz = 113 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59. 13	0. 837	26	66. 82	16. 76	268. 21
Food energy	kcal	269			304	76	1,218
	kJ	1,124			1,270	319	5,100
Protein (N x 6.25)	g	16. 47	0. 484	26	18. 61	4. 67	74. 71
Total lipid (fat)	g	21. 98	1. 610	6	24. 84	6. 23	99. 70
Carbohydrate, total	g	0. 00			0. 00	0. 00	0. 00
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	3. 85	0. 410	6	4. 35	1. 09	17. 46
Minerals:							
Calcium	mg	7			8	2	32
Iron	mg	0. 82	0. 105	4	0. 93	0. 23	3. 72
Magnesium	mg	13	0. 410	4	15	4	59
Phosphorus	mg	199	6. 056	8	225	56	903
Potassium	mg	295	31. 145	6	333	84	1,338
Sodium	mg	1,250	190. 854	6	1,412	354	5,670
Zinc	mg	2. 35	0. 095	4	2. 66	0. 67	10. 66
Copper	mg	0. 090	0. 005	4	0. 102	0. 026	0. 408
Manganese	mg	0. 033		1	0. 037	0. 009	0. 150
Vitamins:							
Ascorbic acid	mg	0. 3	0. 250	4	0. 3	0. 1	1. 4
Thiamin	mg	0. 540	0. 050	4	0. 610	0. 153	2. 449
Riboflavin	mg	0. 220	0. 010	4	0. 249	0. 062	0. 998
Niacin	mg	2. 720	0. 150	4	3. 074	0. 771	12. 338
Pantothenic acid	mg	0. 710	0. 078	2	0. 802	0. 201	3. 221
Vitamin B-6	mg	0. 260	0. 020	4	0. 294	0. 074	1. 179
Folate	mcg	3		1	3	1	14
Vitamin B-12	mcg	1. 30	0. 185	4	1. 47	0. 37	5. 90
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	7. 939			8. 971	2. 251	36. 013
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 040		4	0. 045	0. 011	0. 181
12:0	g	0. 030		4	0. 034	0. 008	0. 136
14:0	g	0. 269		4	0. 304	0. 076	1. 222
16:0	g	4. 748		4	5. 365	1. 346	21. 535
18:0	g	2. 853		4	3. 223	0. 809	12. 939
Monounsaturated, total	g	9. 755			11. 023	2. 765	44. 247
16:1	g	0. 728		4	0. 823	0. 206	3. 303
18:1	g	9. 026		4	10. 200	2. 559	40. 944
20:1	g						
22:1	g						
Polyunsaturated, total	g	2. 334			2. 637	0. 662	10. 587
18:2	g	2. 015		4	2. 277	0. 571	9. 139
18:3	g	0. 319		4	0. 361	0. 090	1. 448
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	53	4. 205	4	60	15	240
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 198			0. 223	0. 056	0. 896
Threonine	g	0. 733			0. 828	0. 208	3. 323
Isoleucine	g	0. 722			0. 816	0. 205	3. 275
Leucine	g	1. 307			1. 477	0. 371	5. 929
Lysine	g	1. 397			1. 578	0. 396	6. 335
Methionine	g	0. 435			0. 491	0. 123	1. 972
Cystine	g	0. 248			0. 280	0. 070	1. 124
Phenylalanine	g	0. 712			0. 804	0. 202	3. 227
Tyrosine	g	0. 540			0. 610	0. 153	2. 450
Valine	g	0. 714			0. 807	0. 202	3. 239
Arginine	g	1. 070			1. 209	0. 303	4. 853
Histidine	g	0. 590			0. 667	0. 167	2. 678
Alanine	g	0. 972			1. 099	0. 276	4. 411
Aspartic acid	g	1. 560			1. 763	0. 442	7. 076
Glutamic acid	g	2. 685			3. 034	0. 761	12. 180
Glycine	g	0. 856			0. 968	0. 243	3. 885
Proline	g	0. 704			0. 795	0. 199	3. 192
Serine	g	0. 675			0. 762	0. 191	3. 060

[1] Product is fully cooked as purchased.

PORK, CURED, SHOULDER, BLADE ROLL, SEPARABLE LEAN AND FAT, Roasted

Product is fully cooked as purchased.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g[1]	13.26 oz = 376 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	56. 18	1. 026	4	47. 75	211. 22	254. 81
Food energy	kcal	287			244	1,079	1,302
	kJ	1,201			1,021	4,514	5,446
Protein (N x 6.25)	g	17. 28	0. 435	4	14. 69	64. 97	78. 37
Total lipid (fat)	g	23. 48	1. 223	4	19. 95	88. 27	106. 48
Carbohydrate, total	g	0. 37			0. 32	1. 40	1. 69
Crude fiber	g	0. 00			0. 00	0. 00	0. 00
Ash	g	2. 70	0. 147	4	2. 30	10. 15	12. 25
Minerals:							
Calcium	mg	7		1	6	26	32
Iron	mg	0. 89	0. 075	4	0. 75	3. 34	4. 02
Magnesium	mg	13	0. 854	4	11	48	58
Phosphorus	mg	156	22. 754	4	132	585	705
Potassium	mg	194	9. 077	4	165	729	879
Sodium	mg	973	30. 346	4	827	3,657	4,411
Zinc	mg	2. 45	0. 119	4	2. 08	9. 21	11. 11
Copper	mg	0. 076	0. 012	4	0. 065	0. 286	0. 345
Manganese	mg	0. 023	0. 002	2	0. 020	0. 086	0. 104
Vitamins:							
Ascorbic acid	mg	3. 2	0. 872	6	2. 7	11. 9	14. 4
Thiamin	mg	0. 460	0. 016	4	0. 391	1. 730	2. 087
Riboflavin	mg	0. 285	0. 027	4	0. 242	1. 072	1. 293
Niacin	mg	2. 377	0. 143	4	2. 020	8. 938	10. 782
Pantothenic acid	mg	0. 770		1	0. 655	2. 895	3. 493
Vitamin B-6	mg	0. 21	0. 006	4	0. 18	0. 80	0. 96
Folate	mcg	3			3	12	14
Vitamin B-12	mcg	1. 05	0. 182	4	0. 89	3. 93	4. 74
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	8. 38			7. 12	31. 49	37. 99
4:0	g						
6:0	g						
8:0	g						
10:0	g	0. 05	0. 009	4	0. 04	0. 18	0. 22
12:0	g	0. 04	0. 004	4	0. 03	0. 13	0. 16
14:0	g	0. 25	0. 034	4	0. 21	0. 92	1. 11
16:0	g	5. 12	0. 348	4	4. 35	19. 24	23. 22
18:0	g	2. 93	0. 180	4	2. 49	11. 02	13. 29
Monounsaturated, total	g	11. 03			9. 37	41. 47	50. 03
16:1	g	0. 88	0. 065	4	0. 75	3. 32	4. 01
18:1	g	10. 15	0. 748	4	8. 62	38. 15	46. 02
20:1	g						
22:1	g						
Polyunsaturated, total	g	2. 51			2. 13	9. 43	11. 37
18:2	g	2. 15	0. 217	4	1. 83	8. 09	9. 76
18:3	g	0. 36	0. 069	4	0. 30	1. 33	1. 61
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	67	2. 561	4	57	251	303
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0. 207			0. 176	0. 778	0. 939
Threonine	g	0. 768			0. 653	2. 888	3. 484
Isoleucine	g	0. 757			0. 643	2. 846	3. 434
Leucine	g	1. 371			1. 165	5. 155	6. 219
Lysine	g	1. 465			1. 245	5. 508	6. 645
Methionine	g	0. 456			0. 388	1. 715	2. 068
Cystine	g	0. 260			0. 221	0. 978	1. 179
Phenylalanine	g	0. 746			0. 634	2. 805	3. 384
Tyrosine	g	0. 567			0. 482	2. 132	2. 572
Valine	g	0. 749			0. 637	2. 816	3. 397
Arginine	g	1. 122			0. 954	4. 219	5. 089
Histidine	g	0. 619			0. 526	2. 327	2. 808
Alanine	g	1. 020			0. 867	3. 835	4. 627
Aspartic acid	g	1. 636			1. 391	6. 151	7. 421
Glutamic acid	g	2. 817			2. 394	10. 592	12. 778
Glycine	g	0. 898			0. 763	3. 376	4. 073
Proline	g	0. 738			0. 627	2. 775	3. 348
Serine	g	0. 708			0. 602	2. 662	3. 211

[1] Yield from 3.6 oz (102 g) unheated product.
[2] Yield from 1 lb unheated product.