NDB No. 10856
HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.35	1.100	26	A	1		19.98	79.91	79.91
Energy....kcal	145		0	MC	9		41	163	163
Energy....kJ	609				9		170	682	682
Protein....g	19.02	1.010	25	A	1		5.33	21.30	21.30
Total lipid (fat)....g	7.18	1.470	26	A	1		2.01	8.04	8.04
Ash....g	1.69	0.080	12	A	1		0.47	1.89	1.89
Carbohydrate, by difference....g	0.76		0	NC	4		0.21	0.85	0.85
Fiber, total dietary....g									
Sugars, total....g	0.08	0.060	5	A	1		0.02	0.09	0.09
Starch....g									
Minerals:									
Calcium, Ca....mg	4	0.400	5	A	1		1	5	5
Iron, Fe....mg	0.60	0.100	5	A	1		0.17	0.67	0.67
Magnesium, Mg....mg	21	1.000	5	A	1		6	24	24
Phosphorus, P....mg									
Potassium, K....mg	310	14.200	5	A	1		87	347	347
Sodium, Na....mg	358	40.500	10	A	1		100	400	400
Zinc, Zn....mg	1.60	0.400	5	A	1		0.45	1.79	1.79
Copper, Cu....mg	0.100	0.000	5	A	1		0.028	0.112	0.112
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.3	0.190	5	A	1		0.4	1.5	1.5
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0	0.000	5	A	1		0	0	0
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.840	0.470	5	A	1		0.795	3.181	3.181
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000	0.000	5	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.090	0.020	5	A	1		0.025	0.101	0.101
15:0....g									
16:0....g	1.750	0.310	5	A	1		0.490	1.960	1.960
17:0....g									
18:0....g	0.960	0.160	5	A	1		0.269	1.075	1.075
20:0....g									

NDB No. 10856
HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.420	0.600	5	A	1		0.958	3.830	3.830
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.210	0.050	5	A	1		0.059	0.235	0.235
17:1 ... g									
18:1 undifferentiated ... g	3.210	0.560	5	A	1		0.899	3.595	3.595
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.640	0.080	5	A	1		0.179	0.717	0.717
18:2 undifferentiated ... g	0.590	0.060	5	A	1		0.165	0.661	0.661
18:3 undifferentiated ... g	0.050	0.020	5	A	1		0.014	0.056	0.056
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	49	5.110	5	A	1		14	55	55
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 oz

Measure 2 = 112g: 1 serving

Measure 3 = 112g: 4 oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10855
HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.17	1.710	17	A	1		19.61	77.47	77.47
Energy....kcal	167		0	MC	9		47	187	187
Energy....kJ	699				9		198	783	783
Protein....g	18.74	0.550	16	A	1		5.31	20.99	20.99
Total lipid (fat)....g	9.62	2.300	20	A	1		2.73	10.77	10.77
Ash....g	1.63	0.110	12	A	1		0.46	1.83	1.83
Carbohydrate, by difference....g	0.84		0	NC	4		0.24	0.94	0.94
Fiber, total dietary....g									
Sugars, total....g	0.28	0.200	5	A	1		0.08	0.31	0.31
Starch....g									
Minerals:									
Calcium, Ca....mg	14	4.700	5	A	1		4	15	15
Iron, Fe....mg	0.60	0.100	5	A	1		0.17	0.67	0.67
Magnesium, Mg....mg	21	0.600	5	A	1		6	23	23
Phosphorus, P....mg									
Potassium, K....mg	307	4.400	5	A	1		87	344	344
Sodium, Na....mg	378	47.500	10	A	1		107	424	424
Zinc, Zn....mg	1.50	0.100	5	A	1		0.43	1.68	1.68
Copper, Cu....mg	0.100	0.000	5	A	1		0.028	0.112	0.112
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7	1.630	5	A	1		0.5	1.9	1.9
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0	0.000	5	A	1		0	0	0
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.600	0.890	7	A	1		1.021	4.032	4.032
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000	0.000	7	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.110	0.020	7	A	1		0.031	0.123	0.123
15:0....g									
16:0....g	2.210	0.540	7	A	1		0.627	2.475	2.475
17:0....g									
18:0....g	1.250	0.320	7	A	1		0.354	1.400	1.400
20:0....g									

NDB No. 10855
HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.430	1.040	7	A	1		1.256	4.962	4.962
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.250	0.070	7	A	1		0.071	0.280	0.280
17:1 ... g									
18:1 undifferentiated ... g	4.180	0.970	7	A	1		1.185	4.682	4.682
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.830	0.310	7	A	1		0.235	0.930	0.930
18:2 undifferentiated ... g	0.750	0.270	7	A	1		0.213	0.840	0.840
18:3 undifferentiated ... g	0.090	0.060	7	A	1		0.026	0.101	0.101
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	52	2.620	7	A	1		15	59	59
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 112g: 1 serving

Measure 3 = 112g: 4 oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10854
HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.53	1.110	17	A	1		20.59	82.35	82.35
Energy....kcal	118		0	MC	9		33	132	132
Energy....kJ	492				9		138	551	551
Protein....g	17.83	0.940	19	A	1		4.99	19.97	19.97
Total lipid (fat)....g	4.16	0.760	55	A	1		1.16	4.66	4.66
Ash....g	2.69	0.260	14	A	1		0.75	3.01	3.01
Carbohydrate, by difference....g	1.79		0	NC	4		0.50	2.00	2.00
Fiber, total dietary....g									
Sugars, total....g	0.22	0.150	5	A	1		0.06	0.25	0.25
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.600	5	A	1		2	6	6
Iron, Fe....mg	0.60	0.100	5	A	1		0.17	0.67	0.67
Magnesium, Mg....mg	20	1.000	5	A	1		6	22	22
Phosphorus, P....mg									
Potassium, K....mg	542	60.300	5	A	1		152	607	607
Sodium, Na....mg	590	77.400	19	A	1		165	661	661
Zinc, Zn....mg	1.30	0.200	5	A	1		0.36	1.46	1.46
Copper, Cu....mg	0.000	0.000	5	A	1		0.000	0.000	0.000
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7	0.140	5	A	1		0.5	1.9	1.9
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0	0.000	5	A	1		0	0	0
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.410	0.400	22	A	1		0.395	1.579	1.579
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000	0.000	23	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.050	0.010	23	A	1		0.014	0.056	0.056
15:0....g									
16:0....g	0.880	0.250	22	A	1		0.246	0.986	0.986
17:0....g									
18:0....g	0.470	0.120	22	A	1		0.132	0.526	0.526
20:0....g									

NDB No. 10854
HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.830	0.430	22	A	1		0.512	2.050	2.050
14:1 g									
15:1 g									
16:1 undifferentiated g	0.100	0.030	22	A	1		0.028	0.112	0.112
17:1 g									
18:1 undifferentiated g	1.720	0.390	22	A	1		0.482	1.926	1.926
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.600	0.140	22	A	1		0.168	0.672	0.672
18:2 undifferentiated g	0.560	0.130	22	A	1		0.157	0.627	0.627
18:3 undifferentiated g	0.050	0.020	24	A	1		0.014	0.056	0.056
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	42	2.050	12	A	1		12	47	47
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 oz

Measure 2 = 112g: 1 serving

Measure 3 = 112g: 4 oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10853
HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.44	0.370	18	A	1		83.37		
Energy....kcal	110		0	MC	9		123		
Energy....kJ	461				9		517		
Protein....g	17.21	0.540	18	A	1		19.28		
Total lipid (fat)....g	3.80	0.610	18	A	1		4.26		
Ash....g	2.73	0.130	9	A	1		3.06		
Carbohydrate, by difference....g	1.82		0	NC	4		2.04		
Fiber, total dietary....g									
Sugars, total....g	0.14	0.030	5	A	1		0.16		
Starch....g									
Minerals:									
Calcium, Ca....mg	14	4.400	9	A	1		16		
Iron, Fe....mg	1.10	0.100	9	A	1		1.23		
Magnesium, Mg....mg	21	1.800	9	A	1		24		
Phosphorus, P....mg									
Potassium, K....mg	586	27.200	9	A	1		657		
Sodium, Na....mg	594	36.600	18	A	1		666		
Zinc, Zn....mg	1.40	0.100	9	A	1		1.57		
Copper, Cu....mg	0.100	0.000	9	A	1		0.112		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.4	0.510	9	A	1		1.6		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0	0.000	9	A	1		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.160	0.220	9	A	1		1.299		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000	0.000	8	A	1		0.000		
13:0....g									
14:0....g	0.040	0.010	9	A	1		0.045		
15:0....g									
16:0....g	0.720	0.150	9	A	1		0.806		
17:0....g									
18:0....g	0.360	0.080	9	A	1		0.403		
20:0....g									

NDB No. 10853
HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.450	0.290	9	A	1		1.624		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.080	0.020	9	A	1		0.090		
17:1....g									
18:1 undifferentiated....g	1.370	0.270	9	A	1		1.534		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.050	0.130	8	A	1		1.176		
18:2 undifferentiated....g	0.860	0.210	9	A	1		0.963		
18:3 undifferentiated....g	0.100	0.030	8	A	1		0.112		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	47	3.680	9	A	1		53		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 112g: 4 oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10852
HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.90	0.410	15	A	1		80.53		
Energy....kcal	119		0	MC	9		134		
Energy....kJ	499				9		559		
Protein....g	18.20	0.710	14	A	1		20.38		
Total lipid (fat)....g	3.07	0.350	16	A	1		3.44		
Ash....g	2.20	0.310	8	A	1		2.46		
Carbohydrate, by difference....g	4.63		0	NC	4		5.19		
Fiber, total dietary....g									
Sugars, total....g	3.33	0.490	5	A	1		3.73		
Starch....g									
Minerals:									
Calcium, Ca....mg	7	1.100	7	A	1		8		
Iron, Fe....mg	1.00	0.100	8	A	1		1.12		
Magnesium, Mg....mg	22	1.900	8	A	1		24		
Phosphorus, P....mg									
Potassium, K....mg	536	58.600	8	A	1		601		
Sodium, Na....mg	413	89.600	15	A	1		462		
Zinc, Zn....mg	1.50	0.100	8	A	1		1.68		
Copper, Cu....mg	0.100	0.000	8	A	1		0.112		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.7	0.200	7	A	1		3.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0	0.000	8	A	1		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.050	0.140	8	A	1		1.176		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000	0.000	7	A	1		0.000		
13:0....g									
14:0....g	0.040	0.010	8	A	1		0.045		
15:0....g									
16:0....g	0.650	0.090	8	A	1		0.728		
17:0....g									
18:0....g	0.340	0.040	8	A	1		0.381		
20:0....g									

NDB No. 10852
HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.260	0.590	7	A	1		1.411		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.080	0.010	7	A	1		0.090		
17:1 ... g									
18:1 undifferentiated ... g	1.180	0.150	8	A	1		1.322		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.600	0.070	8	A	1		0.672		
18:2 undifferentiated ... g	0.560	0.060	8	A	1		0.627		
18:3 undifferentiated ... g	0.030	0.010	8	A	1		0.034		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	46	10.290	8	A	1		52		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 112g: 4 oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10857
HORMEL Canadian Style Bacon

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.95	0.730	139	A	1		40.85		
Energy....kcal	122		0	MC	9		68		
Energy....kJ	511				9		286		
Protein....g	16.88	0.460	727	A	1		9.45		
Total lipid (fat)....g	4.94	0.680	802	A	1		2.77		
Ash....g	3.36	0.140	187	A	1		1.88		
Carbohydrate, by difference....g	1.87		0	NC	4		1.05		
Fiber, total dietary....g									
Sugars, total....g	1.43	0.050	7	A	1		0.80		
Starch....g									
Minerals:									
Calcium, Ca....mg	6	1.000	6	A	1		4		
Iron, Fe....mg	0.90	0.100	6	A	1		0.50		
Magnesium, Mg....mg	19	0.700	6	A	1		11		
Phosphorus, P....mg									
Potassium, K....mg	279	12.000	6	A	1		156		
Sodium, Na....mg	1016	29.000	12	A	1		569		
Zinc, Zn....mg	1.80	0.100	6	A	1		1.01		
Copper, Cu....mg	0.100	0.000	6	A	1		0.056		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.4	0.180	6	A	1		0.8		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0	0.000	6	A	1		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.830	0.370	6	A	1		1.025		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000	0.000	5	A	1		0.000		
13:0....g									
14:0....g	0.070	0.010	6	A	1		0.039		
15:0....g									
16:0....g	1.130	0.220	6	A	1		0.633		
17:0....g									
18:0....g	0.610	0.130	6	A	1		0.342		
20:0....g									

NDB No. 10857
HORMEL Canadian Style Bacon

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.490	0.470	6	A	1		1.394		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.150	0.030	6	A	1		0.084		
17:1 ... g									
18:1 undifferentiated ... g	2.340	0.440	5	A	1		1.310		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.620	0.120	6	A	1		0.347		
18:2 undifferentiated ... g	0.590	0.130	6	A	1		0.330		
18:3 undifferentiated ... g	0.040	0.030	6	A	1		0.022		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	49	3.630	6	A	1		27		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 1 serving

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10851
HORMEL, Cure 81 Ham

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.25	0.840	85	A	1		62.37		
Energy....kcal	106		0	MC	9		89		
Energy....kJ	444				9		373		
Protein....g	18.43	0.610	326	A	1		15.48		
Total lipid (fat)....g	3.59	0.890	375	A	1		3.02		
Ash....g	3.52	0.140	48	A	1		2.96		
Carbohydrate, by difference....g	0.21		0	NC	4		0.18		
Fiber, total dietary....g									
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	4	0.293	10	A	1		3		
Iron, Fe....mg	0.80	0.064	9	A	1		0.67		
Magnesium, Mg....mg	20	1.037	10	A	1		17		
Phosphorus, P....mg									
Potassium, K....mg	319	5.212	9	A	1		268		
Sodium, Na....mg	1038	43.701	20	A	1		872		
Zinc, Zn....mg	2.00	0.112	10	A	1		1.68		
Copper, Cu....mg	0.100	0.020	10	A	1		0.084		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.6	0.440	10	A	1		1.3		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0	0.000	10	A	1		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.170	0.130	9	A	1		0.983		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000	0.000	10	A	1		0.000		
13:0....g									
14:0....g	0.040	0.000	9	A	1		0.034		
15:0....g									
16:0....g	0.750	0.130	10	A	1		0.630		
17:0....g									
18:0....g	0.400	0.060	10	A	1		0.336		
20:0....g									

NDB No. 10851
HORMEL, Cure 81 Ham

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.750	0.350	10	A	1		1.470		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.110	0.020	10	A	1		0.092		
17:1 ... g									
18:1 undifferentiated ... g	1.630	0.320	10	A	1		1.369		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.370	0.070	10	A	1		0.311		
18:2 undifferentiated ... g	0.340	0.070	10	A	1		0.286		
18:3 undifferentiated ... g	0.020	0.010	9	A	1		0.017		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	51	2.220	19	A	1		43		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 84g: 1 serving

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10957
Pork, Leg Cap Steak, boneless, separable lean and fat, raw

Gracilis, URMIS #3646, Leg cap steak
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.18	0.280	12	A	1		173.67		
Energy....kcal	123		0	NC	4		284		
Energy....kJ	515		0	NC	4		1189		
Protein (N x 6.25)....g	21.64	0.236	12	A	1		49.98		
Total lipid (fat)....g	3.39	0.388	12	A	1		7.83		
Ash....g	1.02	0.017	12	A	1		2.35		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	7	0.755	6	A	1		16		
Iron, Fe....mg	0.84	0.025	6	A	1		1.93		
Magnesium, Mg....mg	22	0.287	6	A	1		51		
Phosphorus, P....mg	207	2.408	6	A	1		478		
Potassium, K....mg	365	4.494	6	A	1		843		
Sodium, Na....mg	73	5.202	6	A	1		169		
Zinc, Zn....mg	3.18	0.078	6	A	1		7.35		
Copper, Cu....mg	0.057	0.006	6	A	1		0.132		
Manganese, Mn....mg	0.009	0.001	6	A	1		0.021		
Selenium, Se....mcg	25.2	5.145	6	A	1		58.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.525	0.053	6	A	1		1.213		
Riboflavin....mg	0.423	0.021	6	A	1		0.978		
Niacin....mg	7.092	0.160	6	A	1		16.382		
Pantothenic acid....mg	0.802	0.126	4	A	1		1.854		
Vitamin B-6....mg	0.553	0.060	4	A	1		1.278		
Folate, total....mcg	1	1.054	3	A	1		3		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	1	1.054	3	A	1		3		
Folate, DFE....mcg_DFE	1		0	NC	4		3		
Choline, total....mg	71.9	4.059	4	AS	1		166.0		
Betaine....mg	6.3	2.014	4	A	1		14.5		
Vitamin B-12....mcg	0.64	0.092	4	A	1		1.49		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	A	1		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.08		0	BFYN	4		0.18		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0		
Lipids:									
Fatty acids, total saturated....g	1.187		0	NC	4		2.742		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 10957

Pork, Leg Cap Steak, boneless, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000	0.000	4	A	1		0.000		
10:0 g	0.000	0.000	4	A	1		0.000		
12:0 g	0.000	0.000	4	A	1		0.000		
13:0 g									
14:0 g	0.041	0.003	4	A	1		0.094		
15:0 g	0.000	0.000	4	A	1		0.000		
16:0 g	0.768	0.045	4	A	1		1.775		
17:0 g	0.009	0.002	4	A	1		0.021		
18:0 g	0.369	0.024	4	A	1		0.852		
20:0 g	0.000	0.000	4	A	1		0.000		
22:0 g	0.000	0.000	4	A	1		0.000		
24:0 g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated g	1.688		0	NC	4		3.898		
14:1 g	0.000	0.000	4	A	1		0.000		
15:1 g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated g	0.110	0.008	4	A	1		0.254		
17:1 g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated g	1.556	0.117	4	AS	1		3.593		
18:1 c g	1.540	0.115	4	A	1		3.557		
18:1-11c (18:1c n-7) g									
18:1 t g	0.016	0.002	4	A	1		0.036		
18:1-11t (18:1t n-7) g									
20:1 g	0.022	0.002	4	A	1		0.051		
22:1 undifferentiated g	0.000	0.000	4	AS	1		0.000		
22:1 c g	0.000	0.000	4	A	1		0.000		
22:1 t g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.509		0	NC	4		1.176		
18:2 undifferentiated g	0.422	0.037	4	AS	1		0.974		
18:2 n-6 c,c g	0.422	0.037	4	A	1		0.974		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.000	0.000	4	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.013	0.001	4	AS	1		0.031		
18:3 n-3 c,c,c (ALA) g	0.013	0.001	4	A	1		0.031		
18:3 n-6 c,c,c g	0.000	0.000	4	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.014	0.001	4	A	1		0.033		
20:3 undifferentiated g	0.000	0.000	4	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.059	0.003	4	A	1		0.137		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000		
Fatty acids, total trans g	0.016		0	NC	4		0.036		
Fatty acids, total trans-monoenoic g	0.016		0	NC	4		0.036		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	63	0.686	12	A	1		145		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.258		0	A	1		0.595		
Threonine g	0.952		0	A	1		2.198		
Isoleucine g	1.025		0	A	1		2.367		

NDB No. 10957

Pork, Leg Cap Steak, boneless, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	1.781		0	A	1		4.114		
Lysine....g	1.924		0	A	1		4.445		
Methionine....g	0.593		0	A	1		1.370		
Cystine....g	0.244		0	A	1		0.564		
Phenylalanine....g	0.899		0	A	1		2.077		
Tyrosine....g	0.857		0	A	1		1.980		
Valine....g	1.094		0	A	1		2.528		
Arginine....g	1.394		0	A	1		3.221		
Histidine....g	0.880		0	A	1		2.033		
Alanine....g	1.239		0	A	1		2.863		
Aspartic acid....g	2.024		0	A	1		4.676		
Glutamic acid....g	3.306		0	A	1		7.636		
Glycine....g	0.978		0	A	1		2.259		
Proline....g	0.875		0	A	1		2.021		
Serine....g	0.904		0	A	1		2.087		
Hydroxyproline....g	0.075		0	A	1		0.174		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 231g: 1 piece

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10962

Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised

URMIS #3647, Vastas Lateralis/Rectus femoris, Leg sirloin tip roast

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.99	0.349	12	A	1		408.00		
Energy....kcal	156		0	NC	4		950		
Energy....kJ	652		0	NC	4		3973		
Protein (N x 6.25)....g	31.11	0.330	12	A	1		189.44		
Total lipid (fat)....g	2.56	0.166	12	A	1		15.59		
Ash....g	1.14	0.028	12	A	1		6.93		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.140	6	A	1		31		
Iron, Fe....mg	1.06	0.045	6	A	1		6.45		
Magnesium, Mg....mg	25	0.219	6	A	1		155		
Phosphorus, P....mg	237	3.502	6	A	1		1443		
Potassium, K....mg	363	6.642	6	A	1		2209		
Sodium, Na....mg	43	1.325	6	A	1		259		
Zinc, Zn....mg	2.86	0.105	6	A	1		17.40		
Copper, Cu....mg	0.068	0.010	6	A	1		0.412		
Manganese, Mn....mg	0.009	0.000	6	A	1		0.055		
Selenium, Se....mcg	37.7	7.088	6	A	1		229.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.603	0.055	6	A	1		3.670		
Riboflavin....mg	0.510	0.055	6	A	1		3.106		
Niacin....mg	7.685	0.512	6	A	1		46.802		
Pantothenic acid....mg	0.802	0.106	4	A	1		4.887		
Vitamin B-6....mg	0.491	0.062	4	A	1		2.993		
Folate, total....mcg	1	0.833	3	A	1		5		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	1	0.833	3	A	1		5		
Folate, DFE....mcg_DFE	1		0	NC	4		5		
Choline, total....mg	106.6	2.029	4	AS	1		649.4		
Betaine....mg	6.3	1.925	4	A	1		38.2		
Vitamin B-12....mcg	0.58	0.120	4	A	1		3.53		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.11		0	BFPN	4		0.69		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0		
Lipids:									
Fatty acids, total saturated....g	0.791		0	NC	4		4.818		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 10962

Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000	0.000	4	A	1		0.000		
10:0 g	0.000	0.000	4	A	1		0.000		
12:0 g	0.000	0.000	4	A	1		0.000		
13:0 g									
14:0 g	0.023	0.002	4	A	1		0.143		
15:0 g	0.000	0.000	4	A	1		0.000		
16:0 g	0.501	0.034	4	A	1		3.052		
17:0 g	0.007	0.001	4	A	1		0.044		
18:0 g	0.259	0.016	4	A	1		1.579		
20:0 g	0.000	0.000	4	A	1		0.000		
22:0 g	0.000	0.000	4	A	1		0.000		
24:0 g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated g	1.022		0	NC	4		6.226		
14:1 g	0.000	0.000	4	A	1		0.000		
15:1 g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated g	0.070	0.008	4	A	1		0.428		
17:1 g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated g	0.939	0.097	4	AS	1		5.718		
18:1 c g	0.926	0.096	4	A	1		5.642		
18:1-11c (18:1c n-7) g									
18:1 t g	0.012	0.002	4	A	1		0.076		
18:1-11t (18:1t n-7) g									
20:1 g	0.013	0.001	4	A	1		0.081		
22:1 undifferentiated g	0.000	0.000	4	AS	1		0.000		
22:1 c g	0.000	0.000	4	A	1		0.000		
22:1 t g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.474		0	NC	4		2.884		
18:2 undifferentiated g	0.384	0.020	4	AS	1		2.341		
18:2 n-6 c,c g	0.384	0.020	4	A	1		2.341		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.000	0.000	4	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.009	0.001	4	AS	1		0.056		
18:3 n-3 c,c,c (ALA) g	0.009	0.001	4	A	1		0.056		
18:3 n-6 c,c,c g	0.000	0.000	4	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.012	0.001	4	A	1		0.071		
20:3 undifferentiated g	0.000	0.000	4	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.068	0.004	4	A	1		0.415		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000		
Fatty acids, total trans g	0.012		0	NC	4		0.076		
Fatty acids, total trans-monoenoic g	0.012		0	NC	4		0.076		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	84	1.125	12	A	1		514		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.370		0	A	1		2.255		
Threonine g	1.368		0	A	1		8.331		
Isoleucine g	1.473		0	A	1		8.970		

NDB No. 10962

Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine.....g	2.560		0	A	1		15.592		
Lysine.....g	2.767		0	A	1		16.848		
Methionine.....g	0.853		0	A	1		5.193		
Cystine.....g	0.351		0	A	1		2.136		
Phenylalanine.....g	1.292		0	A	1		7.871		
Tyrosine.....g	1.232		0	A	1		7.506		
Valine.....g	1.573		0	A	1		9.582		
Arginine.....g	2.004		0	A	1		12.207		
Histidine.....g	1.265		0	A	1		7.706		
Alanine.....g	1.782		0	A	1		10.851		
Aspartic acid.....g	2.910		0	A	1		17.720		
Glutamic acid.....g	4.752		0	A	1		28.940		
Glycine.....g	1.406		0	A	1		8.562		
Proline.....g	1.258		0	A	1		7.660		
Serine.....g	1.299		0	A	1		7.911		
Hydroxyproline.....g	0.109		0	A	1		0.661		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 609g: 1 piece

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10963

Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw

URMIS #3647, Vastas lateralis\Rectus Femoris, Leg sirloin tip roast

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.88	0.289	12	A	1		580.48		
Energy....kcal	113		0	NC	4		866		
Energy....kJ	474		0	NC	4		3623		
Protein (N x 6.25)....g	22.88	0.210	12	A	1		175.06		
Total lipid (fat)....g	1.71	0.158	12	A	1		13.12		
Ash....g	1.11	0.017	12	A	1		8.52		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.237	6	A	1		37		
Iron, Fe....mg	0.80	0.097	6	A	1		6.13		
Magnesium, Mg....mg	25	0.430	6	A	1		188		
Phosphorus, P....mg	232	2.335	6	A	1		1771		
Potassium, K....mg	399	3.242	6	A	1		3050		
Sodium, Na....mg	50	2.039	6	A	1		381		
Zinc, Zn....mg	2.05	0.139	6	A	1		15.66		
Copper, Cu....mg	0.067	0.008	6	A	1		0.515		
Manganese, Mn....mg	0.009	0.002	6	A	1		0.067		
Selenium, Se....mcg	26.4	5.108	6	A	1		202.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.654	0.057	6	A	1		5.004		
Riboflavin....mg	0.357	0.049	6	A	1		2.728		
Niacin....mg	7.183	0.762	6	A	1		54.952		
Pantothenic acid....mg	0.900	0.171	4	A	1		6.884		
Vitamin B-6....mg	0.689	0.048	4	A	1		5.273		
Folate, total....mcg	0	0.375	4	A	1		3		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	0	0.375	4	A	1		3		
Folate, DFE....mcg_DFE	0		0	NC	4		3		
Choline, total....mg	79.9	2.836	4	AS	1		611.5		
Betaine....mg	6.7	1.644	4	A	1		51.5		
Vitamin B-12....mcg	0.53	0.115	4	A	1		4.05		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	A	1		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.08		0	BFYN	4		0.60		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0		
Lipids:									
Fatty acids, total saturated....g	0.524		0	NC	4		4.008		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 10963

Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000	0.000	4	A	1		0.000		
10:0 g	0.000	0.000	4	A	1		0.000		
12:0 g	0.000	0.000	4	A	1		0.000		
13:0 g									
14:0 g	0.016	0.002	4	A	1		0.122		
15:0 g	0.000	0.000	4	A	1		0.000		
16:0 g	0.332	0.041	4	A	1		2.541		
17:0 g	0.005	0.000	4	A	1		0.039		
18:0 g	0.171	0.019	4	A	1		1.306		
20:0 g	0.000	0.000	4	A	1		0.000		
22:0 g	0.000	0.000	4	A	1		0.000		
24:0 g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated g	0.687		0	NC	4		5.255		
14:1 g	0.000	0.000	4	A	1		0.000		
15:1 g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated g	0.046	0.008	4	A	1		0.350		
17:1 g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated g	0.632	0.094	4	AS	1		4.837		
18:1 c g	0.623	0.093	4	A	1		4.769		
18:1-11c (18:1c n-7) g									
18:1 t g	0.009	0.002	4	A	1		0.067		
18:1-11t (18:1t n-7) g									
20:1 g	0.009	0.001	4	A	1		0.069		
22:1 undifferentiated g	0.000	0.000	4	AS	1		0.000		
22:1 c g	0.000	0.000	4	A	1		0.000		
22:1 t g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.323		0	NC	4		2.471		
18:2 undifferentiated g	0.257	0.010	4	AS	1		1.969		
18:2 n-6 c,c g	0.257	0.010	4	A	1		1.969		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.000	0.000	4	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.006	0.001	4	AS	1		0.048		
18:3 n-3 c,c,c (ALA) g	0.006	0.001	4	A	1		0.048		
18:3 n-6 c,c,c g	0.000	0.000	4	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.007	0.001	4	A	1		0.054		
20:3 undifferentiated g	0.000	0.000	4	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.052	0.005	4	A	1		0.399		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000		
Fatty acids, total trans g	0.009		0	NC	4		0.067		
Fatty acids, total trans-monoenoic g	0.009		0	NC	4		0.067		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	62	1.433	12	A	1		477		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.272		0	A	1		2.084		
Threonine g	1.006		0	A	1		7.699		
Isoleucine g	1.084		0	A	1		8.289		

NDB No. 10963

Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	1.883		0	A	1		14.409		
Lysine....g	2.035		0	A	1		15.569		
Methionine....g	0.627		0	A	1		4.798		
Cystine....g	0.258		0	A	1		1.974		
Phenylalanine....g	0.951		0	A	1		7.274		
Tyrosine....g	0.907		0	A	1		6.936		
Valine....g	1.157		0	A	1		8.855		
Arginine....g	1.475		0	A	1		11.280		
Histidine....g	0.931		0	A	1		7.121		
Alanine....g	1.311		0	A	1		10.027		
Aspartic acid....g	2.141		0	A	1		16.375		
Glutamic acid....g	3.496		0	A	1		26.744		
Glycine....g	1.034		0	A	1		7.912		
Proline....g	0.925		0	A	1		7.078		
Serine....g	0.956		0	A	1		7.311		
Hydroxyproline....g	0.080		0	A	1		0.611		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 765g: 1 piece

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10959

Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled

Pectoralis profundi, Shoulder breast, URMIS #3604

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	67.26	0.622	12	A	1		250.86		
Energy ... kcal	162		0	NC	4		604		
Energy ... kJ	678		0	NC	4		2529		
Protein (N x 6.25) ... g	28.47	0.318	12	A	1		106.18		
Total lipid (fat) ... g	4.49	0.578	12	A	1		16.73		
Ash ... g	1.13	0.012	12	A	1		4.22		
Carbohydrate, by difference ... g	0.00		0	NC	4		0.00		
Fiber, total dietary ... g	0.0		0	Z	7		0.0		
Sugars, total ... g	0.00		0	Z	7		0.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	7	0.559	6	A	1		26		
Iron, Fe ... mg	0.92	0.034	6	A	1		3.42		
Magnesium, Mg ... mg	26	0.584	6	A	1		98		
Phosphorus, P ... mg	240	3.572	6	A	1		896		
Potassium, K ... mg	364	3.979	6	A	1		1357		
Sodium, Na ... mg	54	3.919	6	A	1		203		
Zinc, Zn ... mg	2.43	0.094	6	A	1		9.07		
Copper, Cu ... mg	0.070	0.011	6	A	1		0.260		
Manganese, Mn ... mg	0.012	0.001	6	A	1		0.043		
Selenium, Se ... mcg	33.7	6.648	6	A	1		125.5		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0		
Thiamin ... mg	0.542	0.068	6	A	1		2.020		
Riboflavin ... mg	0.432	0.031	6	A	1		1.610		
Niacin ... mg	10.412	0.500	6	A	1		38.835		
Pantothenic acid ... mg	0.720	0.070	4	A	1		2.685		
Vitamin B-6 ... mg	0.541	0.065	4	A	1		2.017		
Folate, total ... mcg	2	0.574	4	A	1		7		
Folic acid ... mcg	0		0	Z	7		0		
Folate, food ... mcg	2	0.574	4	A	1		7		
Folate, DFE ... mcg_DFE	2		0	NC	4		7		
Choline, total ... mg	99.0	2.283	4	AS	1		369.4		
Betaine ... mg	4.0	1.233	4	A	1		14.9		
Vitamin B-12 ... mcg	0.61	0.074	4	A	1		2.28		
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... mcg_RAE	0		0	AS	1		0		
Retinol ... mcg	0		0	A	1		0		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
Vitamin A, IU ... IU	0		0	AS	1		0		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	0.10		0	BFPN	4		0.39		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	0.0		0	Z	7		0.0		
Lipids:									
Fatty acids, total saturated ... g	1.325		0	NC	4		4.941		
4:0 ... g	0.000		0	Z	7		0.000		

NDB No. 10959

Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000	0.000	4	A	1		0.000		
10:0 g	0.002	0.002	4	A	1		0.007		
12:0 g	0.000	0.000	4	A	1		0.000		
13:0 g									
14:0 g	0.044	0.004	4	A	1		0.164		
15:0 g	0.000	0.000	4	A	1		0.000		
16:0 g	0.836	0.106	4	A	1		3.118		
17:0 g	0.012	0.002	4	A	1		0.043		
18:0 g	0.429	0.051	4	A	1		1.601		
20:0 g	0.002	0.002	4	A	1		0.008		
22:0 g	0.000	0.000	4	A	1		0.000		
24:0 g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated g	1.802		0	NC	4		6.722		
14:1 g	0.000	0.000	4	A	1		0.000		
15:1 g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated g	0.120	0.019	4	A	1		0.448		
17:1 g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated g	1.660	0.265	4	AS	1		6.190		
18:1 c g	1.641	0.262	4	A	1		6.123		
18:1-11c (18:1c n-7) g									
18:1 t g	0.018	0.004	4	A	1		0.068		
18:1-11t (18:1t n-7) g									
20:1 g	0.022	0.003	4	A	1		0.084		
22:1 undifferentiated g	0.000	0.000	4	AS	1		0.000		
22:1 c g	0.000	0.000	4	A	1		0.000		
22:1 t g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.578		0	NC	4		2.154		
18:2 undifferentiated g	0.486	0.036	4	AS	1		1.811		
18:2 n-6 c,c g	0.483	0.034	4	A	1		1.803		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.002	0.002	4	A	1		0.008		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.014	0.002	4	AS	1		0.051		
18:3 n-3 c,c,c (ALA) g	0.014	0.002	4	A	1		0.051		
18:3 n-6 c,c,c g	0.000	0.000	4	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.015	0.001	4	A	1		0.057		
20:3 undifferentiated g	0.000	0.000	4	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.063	0.004	4	A	1		0.235		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000		
Fatty acids, total trans g	0.020		0	NC	4		0.076		
Fatty acids, total trans-monoenoic g	0.018		0	NC	4		0.068		
Fatty acids, total trans-polyenoic g	0.002		0	NC	4		0.008		
Cholesterol mg	78	0.886	12	A	1		292		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.339		0	A	1		1.264		
Threonine g	1.252		0	A	1		4.670		
Isoleucine g	1.348		0	A	1		5.028		

NDB No. 10959

Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	2.343		0	A	1		8.740		
Lysine....g	2.532		0	A	1		9.444		
Methionine....g	0.780		0	A	1		2.910		
Cystine....g	0.321		0	A	1		1.197		
Phenylalanine....g	1.183		0	A	1		4.412		
Tyrosine....g	1.128		0	A	1		4.207		
Valine....g	1.440		0	A	1		5.371		
Arginine....g	1.834		0	A	1		6.842		
Histidine....g	1.158		0	A	1		4.319		
Alanine....g	1.631		0	A	1		6.082		
Aspartic acid....g	2.663		0	A	1		9.933		
Glutamic acid....g	4.349		0	A	1		16.221		
Glycine....g	1.287		0	A	1		4.799		
Proline....g	1.151		0	A	1		4.293		
Serine....g	1.189		0	A	1		4.434		
Hydroxyproline....g	0.099		0	A	1		0.371		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 373g: 1 piece

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10958

Pork, Shoulder breast, boneless, separable lean and fat, raw

Pectoralis Profundi, Shoulder breast, URMIS #3604

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.37	0.250	12	A	1		319.78		
Energy....kcal	127		0	NC	4		546		
Energy....kJ	531		0	NC	4		2284		
Protein (N x 6.25)....g	22.54	0.344	12	A	1		96.94		
Total lipid (fat)....g	3.40	0.353	12	A	1		14.63		
Ash....g	1.07	0.022	12	A	1		4.61		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	7	0.803	6	A	1		28		
Iron, Fe....mg	0.89	0.075	6	A	1		3.83		
Magnesium, Mg....mg	26	0.530	6	A	1		111		
Phosphorus, P....mg	229	2.097	6	A	1		986		
Potassium, K....mg	378	7.198	6	A	1		1624		
Sodium, Na....mg	54	2.230	6	A	1		234		
Zinc, Zn....mg	1.95	0.116	6	A	1		8.38		
Copper, Cu....mg	0.076	0.006	6	A	1		0.325		
Manganese, Mn....mg	0.014	0.002	6	A	1		0.059		
Selenium, Se....mcg	25.8	4.900	6	A	1		110.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.645	0.061	6	A	1		2.773		
Riboflavin....mg	0.465	0.070	6	A	1		1.999		
Niacin....mg	9.602	0.480	6	A	1		41.287		
Pantothenic acid....mg	0.982	0.213	4	A	1		4.225		
Vitamin B-6....mg	0.722	0.086	4	A	1		3.105		
Folate, total....mcg	0	0.300	4	A	1		1		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	0	0.300	4	A	1		1		
Folate, DFE....mcg_DFE	0		0	NC	4		1		
Choline, total....mg	88.9	9.576	4	AS	1		382.1		
Betaine....mg	4.8	1.913	4	A	1		20.5		
Vitamin B-12....mcg	0.87	0.255	4	A	1		3.74		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	A	1		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.08		0	BFYN	4		0.34		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0		
Lipids:									
Fatty acids, total saturated....g	1.074		0	NC	4		4.616		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 10958

Pork, Shoulder breast, boneless, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000	0.000	4	A	1		0.000		
10:0 g	0.000	0.000	4	A	1		0.000		
12:0 g	0.000	0.000	4	A	1		0.000		
13:0 g									
14:0 g	0.037	0.006	4	A	1		0.159		
15:0 g	0.000	0.000	4	A	1		0.000		
16:0 g	0.680	0.106	4	A	1		2.923		
17:0 g	0.008	0.000	4	A	1		0.036		
18:0 g	0.348	0.047	4	A	1		1.498		
20:0 g	0.000	0.000	4	A	1		0.000		
22:0 g	0.000	0.000	4	A	1		0.000		
24:0 g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated g	1.473		0	NC	4		6.333		
14:1 g	0.000	0.000	4	A	1		0.000		
15:1 g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated g	0.096	0.017	4	A	1		0.411		
17:1 g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated g	1.359	0.226	4	AS	1		5.843		
18:1 c g	1.344	0.227	4	A	1		5.778		
18:1-11c (18:1c n-7) g									
18:1 t g	0.015	0.001	4	A	1		0.065		
18:1-11t (18:1t n-7) g									
20:1 g	0.018	0.003	4	A	1		0.078		
22:1 undifferentiated g	0.000	0.000	4	AS	1		0.000		
22:1 c g	0.000	0.000	4	A	1		0.000		
22:1 t g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.488		0	NC	4		2.100		
18:2 undifferentiated g	0.406	0.042	4	AS	1		1.746		
18:2 n-6 c,c g	0.406	0.042	4	A	1		1.746		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.000	0.000	4	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.012	0.002	4	AS	1		0.053		
18:3 n-3 c,c,c (ALA) g	0.012	0.002	4	A	1		0.053		
18:3 n-6 c,c,c g	0.000	0.000	4	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.013	0.002	4	A	1		0.055		
20:3 undifferentiated g	0.000	0.000	4	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.057	0.005	4	A	1		0.247		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000		
Fatty acids, total trans g	0.015		0	NC	4		0.065		
Fatty acids, total trans-monoenoic g	0.015		0	NC	4		0.065		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	60	1.225	12	A	1		258		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.268		0	A	1		1.154		
Threonine g	0.991		0	A	1		4.263		
Isoleucine g	1.068		0	A	1		4.590		

NDB No. 10958

Pork, Shoulder breast, boneless, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	1.856		0	A	1		7.979		
Lysine....g	2.005		0	A	1		8.622		
Methionine....g	0.618		0	A	1		2.657		
Cystine....g	0.254		0	A	1		1.093		
Phenylalanine....g	0.937		0	A	1		4.028		
Tyrosine....g	0.893		0	A	1		3.841		
Valine....g	1.140		0	A	1		4.903		
Arginine....g	1.453		0	A	1		6.247		
Histidine....g	0.917		0	A	1		3.943		
Alanine....g	1.291		0	A	1		5.553		
Aspartic acid....g	2.109		0	A	1		9.068		
Glutamic acid....g	3.444		0	A	1		14.810		
Glycine....g	1.019		0	A	1		4.381		
Proline....g	0.912		0	A	1		3.920		
Serine....g	0.942		0	A	1		4.049		
Hydroxyproline....g	0.079		0	A	1		0.338		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 430g: 1 piece

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10961

Pork, Shoulder petite tender, boneless, separable lean and fat, raw

Shoulder petite tender, Teres major, URMIS #3605

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.57	0.318	12	A	1		78.30		
Energy	kcal	128		0	NC	4		134		
Energy	kJ	535		0	NC	4		561		
Protein (N x 6.25)	g	21.65	0.226	12	A	1		22.74		
Total lipid (fat)	g	3.91	0.420	12	A	1		4.11		
Ash	g	1.08	0.022	12	A	1		1.13		
Carbohydrate, by difference	g	0.00		0	NC	4		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	6	0.327	4	A	1		7		
Iron, Fe	mg	1.07	0.025	4	A	1		1.13		
Magnesium, Mg	mg	24	0.361	4	A	1		25		
Phosphorus, P	mg	229	1.708	4	A	1		240		
Potassium, K	mg	391	3.808	4	A	1		411		
Sodium, Na	mg	50	2.319	4	A	1		53		
Zinc, Zn	mg	2.16	0.165	4	A	1		2.27		
Copper, Cu	mg	0.090	0.004	4	A	1		0.095		
Manganese, Mn	mg	0.011	0.001	4	A	1		0.012		
Selenium, Se	mcg	21.5	6.552	4	A	1		22.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.831	0.117	4	A	1		0.872		
Riboflavin	mg	0.600	0.130	4	A	1		0.630		
Niacin	mg	5.312	0.179	4	A	1		5.578		
Pantothenic acid	mg	0.982	0.031	4	A	1		1.032		
Vitamin B-6	mg	0.650	0.059	4	A	1		0.682		
Folate, total	mcg	2	1.180	4	A	1		2		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	2	1.180	4	A	1		2		
Folate, DFE	mcg_DFE	2		0	NC	4		2		
Choline, total	mg	84.6	3.829	4	AS	1		88.8		
Betaine	mg	5.1	1.527	4	A	1		5.4		
Vitamin B-12	mcg	0.59	0.082	4	A	1		0.62		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	A	1		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0	AS	1		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.08		0	BFYN	4		0.08		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0		
Lipids:										
Fatty acids, total saturated	g	1.012		0	NC	4		1.062		
4:0	g	0.000		0	Z	7		0.000		

NDB No. 10961

Pork, Shoulder petite tender, boneless, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000	0.000	4	A	1		0.000		
10:0 g	0.000	0.000	4	A	1		0.000		
12:0 g	0.000	0.000	4	A	1		0.000		
13:0 g									
14:0 g	0.033	0.004	4	A	1		0.035		
15:0 g	0.000	0.000	4	A	1		0.000		
16:0 g	0.637	0.080	4	A	1		0.669		
17:0 g	0.009	0.002	4	A	1		0.010		
18:0 g	0.332	0.035	4	A	1		0.349		
20:0 g	0.000	0.000	4	A	1		0.000		
22:0 g	0.000	0.000	4	A	1		0.000		
24:0 g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated g	1.324		0	NC	4		1.390		
14:1 g	0.000	0.000	4	A	1		0.000		
15:1 g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated g	0.086	0.013	4	A	1		0.090		
17:1 g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated g	1.222	0.181	4	AS	1		1.283		
18:1 c g	1.208	0.179	4	A	1		1.268		
18:1-11c (18:1c n-7) g									
18:1 t g	0.014	0.003	4	A	1		0.015		
18:1-11t (18:1t n-7) g									
20:1 g	0.016	0.002	4	A	1		0.017		
22:1 undifferentiated g	0.000	0.000	4	AS	1		0.000		
22:1 c g	0.000	0.000	4	A	1		0.000		
22:1 t g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.469		0	NC	4		0.492		
18:2 undifferentiated g	0.393	0.028	4	AS	1		0.413		
18:2 n-6 c,c g	0.393	0.028	4	A	1		0.413		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.000	0.000	4	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.011	0.001	4	AS	1		0.011		
18:3 n-3 c,c,c (ALA) g	0.011	0.001	4	A	1		0.011		
18:3 n-6 c,c,c g	0.000	0.000	4	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.012	0.001	4	A	1		0.013		
20:3 undifferentiated g	0.000	0.000	4	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.053	0.003	4	A	1		0.056		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000		
Fatty acids, total trans g	0.014		0	NC	4		0.015		
Fatty acids, total trans-monoenoic g	0.014		0	NC	4		0.015		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	66	0.756	12	A	1		70		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.258		0	A	1		0.271		
Threonine g	0.952		0	A	1		1.000		
Isoleucine g	1.025		0	A	1		1.077		

NDB No. 10961

Pork, Shoulder petite tender, boneless, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	1.782		0	A	1		1.871		
Lysine....g	1.926		0	A	1		2.022		
Methionine....g	0.594		0	A	1		0.623		
Cystine....g	0.244		0	A	1		0.256		
Phenylalanine....g	0.900		0	A	1		0.945		
Tyrosine....g	0.858		0	A	1		0.901		
Valine....g	1.095		0	A	1		1.150		
Arginine....g	1.395		0	A	1		1.465		
Histidine....g	0.881		0	A	1		0.925		
Alanine....g	1.240		0	A	1		1.302		
Aspartic acid....g	2.025		0	A	1		2.127		
Glutamic acid....g	3.308		0	A	1		3.473		
Glycine....g	0.979		0	A	1		1.028		
Proline....g	0.876		0	A	1		0.919		
Serine....g	0.904		0	A	1		0.949		
Hydroxyproline....g	0.076		0	A	1		0.079		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 105g: 1 piece

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10864
Pork, bacon, rendered fat, cooked

bacon drippings
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.25		1	A	1				
Energy	kcal	898		0	NC	4				
Energy	kJ	3756		0	NC	4				
Protein (N x 6.25)	g	0.07		1	A	1				
Total lipid (fat)	g	99.50		1	A	1				
Ash	g	0.16		1	A	1				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	1		1	A	1				
Iron, Fe	mg	0.13		1	A	1				
Magnesium, Mg	mg	0		1	A	1				
Phosphorus, P	mg	9		1	A	1				
Potassium, K	mg	15		1	A	1				
Sodium, Na	mg	27		1	A	1				
Zinc, Zn	mg	0.06		1	A	1				
Copper, Cu	mg	0.022		1	A	1				
Manganese, Mn	mg	0.006		1	A	1				
Selenium, Se	mcg	5.7		1	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.004		1	A	1				
Riboflavin	mg	0.015		1	A	1				
Niacin	mg	0.725		1	A	1				
Pantothenic acid	mg	0.007		1	A	1				
Vitamin B-6	mg	0.005		1	A	1				
Folate, total	mcg	0		0	BFNN	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	0		0	BFNN	4				
Folate, DFE	mcg_DFE	0		0	NC	4				
Choline, total	mg	6.5		0	AS	1				
Betaine	mg	0.2		1	A	1				
Vitamin B-12	mcg	0.09		1	A	1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	11		0	AS	1				
Retinol	mcg	11		1	A	1				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	37		0	AS	1				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFNN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4				
Lipids:										
Fatty acids, total saturated	g	31.991		0	NC	4				
4:0	g	0.000		0	Z	7				

NDB No. 10864
Pork, bacon, rendered fat, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7				
8:0....g	0.000		1	A	1				
10:0....g	0.000		1	A	1				
12:0....g	0.000		1	A	1				
13:0....g									
14:0....g	1.320		1	A	1				
15:0....g	0.000		1	A	1				
16:0....g	19.762		1	A	1				
17:0....g	0.274		1	A	1				
18:0....g	10.443		1	A	1				
20:0....g	0.192		1	A	1				
22:0....g	0.000		1	A	1				
24:0....g									
Fatty acids, total monounsaturated....g	41.435		0	NC	4				
14:1....g	0.000		1	A	1				
15:1....g	0.000		1	A	1				
16:1 undifferentiated....g	2.860		1	A	1				
17:1....g	0.000		1	A	1				
18:1 undifferentiated....g	37.818		1	A	1				
20:1....g	0.757		1	A	1				
22:1 undifferentiated....g	0.000		0	BFFN	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	10.535		0	NC	4				
18:2 undifferentiated....g	9.426		0	AS	1				
18:2 n-6 c,c....g	9.426		1	A	1				
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.476		1	A	1				
18:3 n-3 c,c,c (ALA)....g	0.476		1	A	1				
18:3 n-6 c,c,c....g	0.000		1	A	1				
18:3i....g									
18:4....g	0.000		0	BFFN	4				
20:2 n-6 c,c....g	0.442		1	A	1				
20:3 undifferentiated....g	0.000		1	A	1				
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.191		1	A	1				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFFN	4				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4				
22:6 n-3 (DHA)....g	0.000		0	BFFN	4				
Fatty acids, total trans....g	0.000		1	A	1				
Cholesterol....mg	97		1	A	1				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 10864
Pork, bacon, rendered fat, cooked

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10860
Pork, cured, bacon, cooked, baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.52	0.696	4	A	1		1.01		
Energy....kcal	548		0	NC	4		44		
Energy....kJ	2293		0	NC	4		186		
Protein (N x 6.25)....g	35.73	1.597	4	A	1		2.89		
Total lipid (fat)....g	43.27	1.276	4	A	1		3.50		
Ash....g	7.12	0.224	4	A	1		0.58		
Carbohydrate, by difference....g	1.35		0	NC	4		0.11		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	10	0.398	4	A	1		1		
Iron, Fe....mg	1.49	0.159	4	A	1		0.12		
Magnesium, Mg....mg	30	1.382	4	A	1		2		
Phosphorus, P....mg	506	10.897	4	A	1		41		
Potassium, K....mg	539	20.807	4	A	1		44		
Sodium, Na....mg	2193	73.300	4	A	1		178		
Zinc, Zn....mg	3.36	0.107	4	A	1		0.27		
Copper, Cu....mg	0.182	0.017	4	A	1		0.015		
Manganese, Mn....mg	0.022	0.000	4	A	1		0.002		
Selenium, Se....mcg	59.0	6.114	4	A	1		4.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.348	0.020	4	A	1		0.028		
Riboflavin....mg	0.251	0.010	4	A	1		0.020		
Niacin....mg	10.623	0.661	4	A	1		0.860		
Pantothenic acid....mg	1.033	0.042	4	A	1		0.084		
Vitamin B-6....mg	0.309	0.010	4	A	1		0.025		
Folate, total....mcg	2		2	A	1		0		
Folic acid....mcg	0		0	NR	4		0		
Folate, food....mcg	2		2	A	1		0		
Folate, DFE....mcg_DFE	2		0	NC	4		0		
Choline, total....mg	119.3		0	AS	1		9.7		
Betaine....mg	3.4	0.223	4	A	1		0.3		
Vitamin B-12....mcg	1.16	0.047	4	A	1		0.09		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	11		0	AS	1		1		
Retinol....mcg	11	0.000	4	A	1		1		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	37		0	AS	1		3		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.32		8	A	1		0.03		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		2	A	1		0.00		
Tocopherol, gamma....mg	0.07		4	A	1		0.01		
Tocopherol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1	0.048	4	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	14.187		0	NC	4		1.149		
4:0....g	0.000	0.000	4	Z	7		0.000		

NDB No. 10860
Pork, cured, bacon, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000	0.000	4	A	1		0.000		
10:0 g	0.010	0.010	4	A	1		0.001		
12:0 g	0.000	0.000	4	A	1		0.000		
13:0 g									
14:0 g	0.551	0.023	4	A	1		0.045		
15:0 g	0.000	0.000	4	A	1		0.000		
16:0 g	9.028	0.480	4	A	1		0.731		
17:0 g	0.107	0.006	4	A	1		0.009		
18:0 g	4.411	0.227	4	A	1		0.357		
20:0 g	0.081	0.005	4	A	1		0.007		
22:0 g	0.000	0.000	4	A	1		0.000		
24:0 g									
Fatty acids, total monounsaturated g	19.065		0	NC	4		1.544		
14:1 g	0.000	0.000	4	A	1		0.000		
15:1 g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated g	1.236	0.031	4	A	1		0.100		
17:1 g	0.061	0.035	4	A	1		0.005		
18:1 undifferentiated g	17.439	0.772	4	A	1		1.413		
20:1 g	0.329	0.018	4	A	1		0.027		
22:1 undifferentiated g	0.000		0	Z	7		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	4.859		0	NC	4		0.394		
18:2 undifferentiated g	4.088		0	AS	1		0.331		
18:2 n-6 c,c g	4.088	0.094	4	A	1		0.331		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.210		0	AS	1		0.017		
18:3 n-3 c,c,c (ALA) g	0.210	0.005	4	A	1		0.017		
18:3 n-6 c,c,c g	0.000	0.000	4	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.199	0.009	4	A	1		0.016		
20:3 undifferentiated g	0.000	0.000	4	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.152	0.003	4	A	1		0.012		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000		
Fatty acids, total trans g	0.000	0.000	4	A	1		0.000		
Cholesterol mg	107	1.931	4	A	1		9		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.299		0	A	1		0.024		
Threonine g	1.399		0	A	1		0.113		
Isoleucine g	1.676		0	A	1		0.136		
Leucine g	2.782		0	A	1		0.225		
Lysine g	2.964		0	A	1		0.240		
Methionine g	0.795		0	A	1		0.064		
Cystine g	0.397		0	A	1		0.032		
Phenylalanine g	1.417		0	A	1		0.115		
Tyrosine g	1.119		0	A	1		0.091		
Valine g	1.901		0	A	1		0.154		
Arginine g	2.314		0	A	1		0.187		

NDB No. 10860
Pork, cured, bacon, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine....g	1.343		0	A	1		0.109		
Alanine....g	2.286		0	A	1		0.185		
Aspartic acid....g	3.362		0	A	1		0.272		
Glutamic acid....g	5.260		0	A	1		0.426		
Glycine....g	2.508		0	A	1		0.203		
Proline....g	1.960		0	A	1		0.159		
Serine....g	1.359		0	A	1		0.110		
Hydroxyproline....g	0.628		0	BFPN	4		0.051		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 8.1g: 1 slice cooked

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10124
Pork, cured, bacon, cooked, broiled, pan-fried or roasted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.32	0.355	8	A	1		0.99		
Energy	kcal	541		0	NC	4		43		
Energy	kJ	2262		0	NC	4		181		
Protein (N x 6.25)	g	37.04	0.995	8	A	1		2.96		
Total lipid (fat)	g	41.78	0.957	8	A	1		3.34		
Ash	g	7.43	0.162	8	A	1		0.59		
Carbohydrate, by difference	g	1.43		0	NC	4		0.11		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	11	0.378	8	A	1		1		
Iron, Fe	mg	1.44	0.086	8	A	1		0.11		
Magnesium, Mg	mg	33	1.331	8	A	1		3		
Phosphorus, P	mg	533	11.848	8	A	1		43		
Potassium, K	mg	565	14.871	8	A	1		45		
Sodium, Na	mg	2310	58.310	8	A	1		185		
Zinc, Zn	mg	3.50	0.086	8	A	1		0.28		
Copper, Cu	mg	0.164	0.011	8	A	1		0.013		
Manganese, Mn	mg	0.022	0.000	8	A	1		0.002		
Selenium, Se	mcg	62.0	3.914	8	A	1		5.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.404	0.023	8	A	1		0.032		
Riboflavin	mg	0.264	0.009	8	A	1		0.021		
Niacin	mg	11.099	0.388	8	A	1		0.888		
Pantothenic acid	mg	1.171	0.067	8	A	1		0.094		
Vitamin B-6	mg	0.349	0.017	8	A	1		0.028		
Folate, total	mcg	2		2	A	1		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	2		2	A	1		0		
Folate, DFE	mcg_DFE	2		0	NC	4		0		
Choline, total	mg	123.2		0	BFPN	4		9.9		
Betaine	mg	3.5		0	BFPN	4		0.3		
Vitamin B-12	mcg	1.23	0.037	8	A	1		0.10		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	11		0	AS	1		1		
Retinol	mcg	11	0.000	8	A	1		1		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	37		0	AS	1		3		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.31		12	A	1		0.02		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.00		2	A	1		0.00		
Tocopherol, gamma	mg	0.07		4	A	1		0.01		
Tocopherol, delta	mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)	mcg	1.0		0	AS	1		0.1		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	1.0		0	BFNN	4		0.1		
Vitamin D	IU	42		0	BFNN	4		3		
Vitamin K (phylloquinone)	mcg	0.1	0.027	8	A	1		0.0		
Lipids:										
Fatty acids, total saturated	g	13.739		0	NC	4		1.099		
4:0	g	0.000		0	Z	7		0.000		

NDB No. 10124
Pork, cured, bacon, cooked, broiled, pan-fried or roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000	0.000	8	A	1		0.000		
10:0 g	0.005	0.005	8	A	1		0.000		
12:0 g	0.000	0.000	8	A	1		0.000		
13:0 g									
14:0 g	0.532	0.014	8	A	1		0.043		
15:0 g	0.000	0.000	8	A	1		0.000		
16:0 g	8.732	0.307	8	A	1		0.699		
17:0 g	0.104	0.003	8	A	1		0.008		
18:0 g	4.287	0.130	8	A	1		0.343		
20:0 g	0.078	0.003	8	A	1		0.006		
22:0 g	0.000	0.000	8	A	1		0.000		
24:0 g									
Fatty acids, total monounsaturated g	18.520		0	NC	4		1.482		
14:1 g	0.000	0.000	8	A	1		0.000		
15:1 g	0.000	0.000	8	A	1		0.000		
16:1 undifferentiated g	1.212	0.020	8	A	1		0.097		
17:1 g	0.073	0.022	8	A	1		0.006		
18:1 undifferentiated g	16.915	0.508	8	A	1		1.353		
20:1 g	0.320	0.010	8	A	1		0.026		
22:1 undifferentiated g	0.000		0	Z	7		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	4.548		0	NC	4		0.364		
18:2 undifferentiated g	0.000		0	Z	7		0.000		
18:2 n-6 c,c g	4.000	0.064	8	A	1		0.320		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.200		0	AS	1		0.016		
18:3 n-3 c,c,c (ALA) g	0.200	0.005	8	A	1		0.016		
18:3 n-6 c,c,c g	0.000	0.000	8	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.194	0.005	8	A	1		0.016		
20:3 undifferentiated g	0.000	0.000	8	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.154	0.003	8	A	1		0.012		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000		
Fatty acids, total trans g	0.000	0.000	8	A	1		0.000		
Cholesterol mg	110	1.726	8	A	1		9		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.321		0	A	1		0.026		
Threonine g	1.501		0	A	1		0.120		
Isoleucine g	1.798		0	A	1		0.144		
Leucine g	2.985		0	A	1		0.239		
Lysine g	3.180		0	A	1		0.254		
Methionine g	0.853		0	A	1		0.068		
Cystine g	0.426		0	A	1		0.034		
Phenylalanine g	1.521		0	A	1		0.122		
Tyrosine g	1.200		0	A	1		0.096		
Valine g	2.040		0	A	1		0.163		
Arginine g	2.483		0	A	1		0.199		

NDB No. 10124
Pork, cured, bacon, cooked, broiled, pan-fried or roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine....g	1.441		0	A	1		0.115		
Alanine....g	2.453		0	A	1		0.196		
Aspartic acid....g	3.607		0	A	1		0.289		
Glutamic acid....g	5.643		0	A	1		0.451		
Glycine....g	2.691		0	A	1		0.215		
Proline....g	2.103		0	A	1		0.168		
Serine....g	1.458		0	A	1		0.117		
Hydroxyproline....g	0.650		0	A	1		0.052		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 8.0g: 1 slice cooked

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43378

Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.32	0.355	8	A	1		0.99		
Energy....kcal	541		0	NC	4		43		
Energy....kJ	2262		0	NC	4		181		
Protein (N x 6.25)....g	37.04	0.995	8	A	1		2.96		
Total lipid (fat)....g	41.78	0.957	8	A	1		3.34		
Ash....g	7.43	0.162	8	A	1		0.59		
Carbohydrate, by difference....g	1.43		0	NC	4		0.11		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.378	8	A	1		1		
Iron, Fe....mg	1.44	0.086	8	A	1		0.11		
Magnesium, Mg....mg	33	1.331	8	A	1		3		
Phosphorus, P....mg	533	11.848	8	A	1		43		
Potassium, K....mg	565	14.871	8	A	1		45		
Sodium, Na....mg	1030		0	BFZN	4		82		
Zinc, Zn....mg	3.50	0.086	8	A	1		0.28		
Copper, Cu....mg	0.164	0.011	8	A	1		0.013		
Manganese, Mn....mg	0.022	0.000	8	A	1		0.002		
Selenium, Se....mcg	62.0	3.914	8	A	1		5.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.404	0.023	8	A	1		0.032		
Riboflavin....mg	0.264	0.009	8	A	1		0.021		
Niacin....mg	11.099	0.388	8	A	1		0.888		
Pantothenic acid....mg	1.171	0.067	8	A	1		0.094		
Vitamin B-6....mg	0.349	0.017	8	A	1		0.028		
Folate, total....mcg	2		2	A	1		0		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	2		2	A	1		0		
Folate, DFE....mcg_DFE	2		0	NC	4		0		
Choline, total....mg	123.2		0	BFPN	4		9.9		
Betaine....mg	3.5		0	BFPN	4		0.3		
Vitamin B-12....mcg	1.23	0.037	8	A	1		0.10		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	11		0	AS	1		1		
Retinol....mcg	11	0.000	8	A	1		1		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	37		0	AS	1		3		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.31		12	A	1		0.02		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		2	A	1		0.00		
Tocopherol, gamma....mg	0.07		4	A	1		0.01		
Tocopherol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....mcg	1.0		0	AS	1		0.1		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.0		0	BFNN	4		0.1		
Vitamin D....IU	42		0	BFNN	4		3		
Vitamin K (phylloquinone)....mcg	0.1	0.027	8	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	13.739		0	NC	4		1.099		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 43378

Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000	0.000	8	A	1		0.000		
10:0 g	0.005	0.005	8	A	1		0.000		
12:0 g	0.000	0.000	8	A	1		0.000		
13:0 g									
14:0 g	0.532	0.014	8	A	1		0.043		
15:0 g	0.000	0.000	8	A	1		0.000		
16:0 g	8.732	0.307	8	A	1		0.699		
17:0 g	0.104	0.003	8	A	1		0.008		
18:0 g	4.287	0.130	8	A	1		0.343		
20:0 g	0.078	0.003	8	A	1		0.006		
22:0 g	0.000	0.000	8	A	1		0.000		
24:0 g									
Fatty acids, total monounsaturated g	18.520		0	NC	4		1.482		
14:1 g	0.000	0.000	8	A	1		0.000		
15:1 g	0.000	0.000	8	A	1		0.000		
16:1 undifferentiated g	1.212	0.020	8	A	1		0.097		
17:1 g	0.073	0.022	8	A	1		0.006		
18:1 undifferentiated g	16.915	0.508	8	A	1		1.353		
20:1 g	0.320	0.010	8	A	1		0.026		
22:1 undifferentiated g	0.000		0	Z	7		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	4.548		0	NC	4		0.364		
18:2 undifferentiated g	4.000		0	AS	1		0.320		
18:2 n-6 c,c g	4.000	0.064	8	A	1		0.320		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.200		0	AS	1		0.016		
18:3 n-3 c,c,c (ALA) g	0.200	0.005	8	A	1		0.016		
18:3 n-6 c,c,c g	0.000	0.000	8	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.194	0.005	8	A	1		0.016		
20:3 undifferentiated g	0.000	0.000	8	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.154	0.003	8	A	1		0.012		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000		
Fatty acids, total trans g	0.000	0.000	8	A	1		0.000		
Cholesterol mg	110	1.726	8	A	1		9		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.310		0	A	1		0.025		
Threonine g	1.450		0	A	1		0.116		
Isoleucine g	1.737		0	A	1		0.139		
Leucine g	2.884		0	A	1		0.231		
Lysine g	3.072		0	A	1		0.246		
Methionine g	0.824		0	A	1		0.066		
Cystine g	0.412		0	A	1		0.033		
Phenylalanine g	1.469		0	A	1		0.118		
Tyrosine g	1.159		0	A	1		0.093		
Valine g	1.971		0	A	1		0.158		
Arginine g	2.398		0	A	1		0.192		

NDB No. 43378

Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	1.392		0	A	1		0.111		
Alanine.....g	2.370		0	A	1		0.190		
Aspartic acid.....g	3.484		0	A	1		0.279		
Glutamic acid.....g	5.452		0	A	1		0.436		
Glycine.....g	2.600		0	A	1		0.208		
Proline.....g	2.031		0	A	1		0.162		
Serine.....g	1.408		0	A	1		0.113		
Hydroxyproline.....g	0.650		0	A	1		0.052		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 8.0g: 1 slice cooked

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10861
Pork, cured, bacon, cooked, microwaved

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	16.49		4	A	1		0.82		
Energy	kcal	505		0	NC	4		25		
Energy	kJ	2114		0	NC	4		106		
Protein (N x 6.25)	g	38.62		4	A	1		1.93		
Total lipid (fat)	g	37.27		4	A	1		1.86		
Ash	g	6.57		4	A	1		0.33		
Carbohydrate, by difference	g	1.05		0	NC	4		0.05		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	11		4	A	1		1		
Iron, Fe	mg	1.28		4	A	1		0.06		
Magnesium, Mg	mg	31		4	A	1		2		
Phosphorus, P	mg	480		4	A	1		24		
Potassium, K	mg	498		4	A	1		25		
Sodium, Na	mg	2073		4	A	1		104		
Zinc, Zn	mg	3.70		4	A	1		0.18		
Copper, Cu	mg	0.142		4	A	1		0.007		
Manganese, Mn	mg	0.022		4	A	1		0.001		
Selenium, Se	mcg	65.8		4	A	1		3.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.598		4	A	1		0.030		
Riboflavin	mg	0.250		4	A	1		0.013		
Niacin	mg	10.150		4	A	1		0.508		
Pantothenic acid	mg	1.265		4	A	1		0.063		
Vitamin B-6	mg	0.433		4	A	1		0.022		
Folate, total	mcg	2	0.250	6	A	1		0		
Folic acid	mcg	0		0	NR	4		0		
Folate, food	mcg	2	0.250	6	A	1		0		
Folate, DFE	mcg_DFE	2		0	NC	4		0		
Choline, total	mg	124.7		0	AS	1		6.2		
Betaine	mg	3.0	0.138	4	A	1		0.1		
Vitamin B-12	mcg	1.58		4	A	1		0.08		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	11		0	AS	1		1		
Retinol	mcg	11		4	A	1		1		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	37		0	AS	1		2		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.31	0.020	6	A	1		0.02		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.00	0.000	6	A	1		0.00		
Tocopherol, gamma	mg	0.07	0.000	6	A	1		0.00		
Tocopherol, delta	mg	0.00	0.000	6	A	1		0.00		
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.1		4	A	1		0.0		
Lipids:										
Fatty acids, total saturated	g	12.102		0	NC	4		0.605		
4:0	g	0.000		0	Z	7		0.000		

NDB No. 10861
Pork, cured, bacon, cooked, microwaved

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		4	A	1		0.000		
10:0 g	0.010		4	A	1		0.000		
12:0 g	0.000		4	A	1		0.000		
13:0 g									
14:0 g	0.477		4	A	1		0.024		
15:0 g	0.000		4	A	1		0.000		
16:0 g	7.578		4	A	1		0.379		
17:0 g	0.095		4	A	1		0.005		
18:0 g	3.871		4	A	1		0.194		
20:0 g	0.071		4	A	1		0.004		
22:0 g	0.000		4	A	1		0.000		
24:0 g									
Fatty acids, total monounsaturated g	16.336		0	NC	4		0.817		
14:1 g	0.000		4	A	1		0.000		
15:1 g	0.000		4	A	1		0.000		
16:1 undifferentiated g	1.141		4	A	1		0.057		
17:1 g	0.025		4	A	1		0.001		
18:1 undifferentiated g	14.876		4	A	1		0.744		
20:1 g	0.294		4	A	1		0.015		
22:1 undifferentiated g	0.000		0	Z	7		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	4.372		0	NC	4		0.219		
18:2 undifferentiated g	3.675		0	AS	1		0.184		
18:2 n-6 c,c g	3.675		4	A	1		0.184		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.178		0	AS	1		0.009		
18:3 n-3 c,c,c (ALA) g	0.178		4	A	1		0.009		
18:3 n-6 c,c,c g	0.000		4	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.182		4	A	1		0.009		
20:3 undifferentiated g	0.000		4	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.160		4	A	1		0.008		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000		
Fatty acids, total trans g	0.000		4	A	1		0.000		
Cholesterol mg	117		4	A	1		6		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.323		0	A	1		0.016		
Threonine g	1.512		0	A	1		0.076		
Isoleucine g	1.812		0	A	1		0.091		
Leucine g	3.008		0	A	1		0.150		
Lysine g	3.204		0	A	1		0.160		
Methionine g	0.859		0	A	1		0.043		
Cystine g	0.430		0	A	1		0.021		
Phenylalanine g	1.532		0	A	1		0.077		
Tyrosine g	1.209		0	A	1		0.060		
Valine g	2.055		0	A	1		0.103		
Arginine g	2.501		0	A	1		0.125		

NDB No. 10861
Pork, cured, bacon, cooked, microwaved

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine....g	1.452		0	A	1		0.073		
Alanine....g	2.471		0	A	1		0.124		
Aspartic acid....g	3.634		0	A	1		0.182		
Glutamic acid....g	5.685		0	A	1		0.284		
Glycine....g	2.711		0	A	1		0.136		
Proline....g	2.118		0	A	1		0.106		
Serine....g	1.469		0	A	1		0.073		
Hydroxyproline....g	0.678		0	BFPN	4		0.034		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 5.0g: 1 slice cooked

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10862
Pork, cured, bacon, cooked, pan-fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.12	0.277	4	A	1		0.96		
Energy....kcal	533		0	NC	4		42		
Energy....kJ	2230		0	NC	4		176		
Protein (N x 6.25)....g	38.34	0.967	4	A	1		3.03		
Total lipid (fat)....g	40.30	1.082	4	A	1		3.18		
Ash....g	7.74	0.099	4	A	1		0.61		
Carbohydrate, by difference....g	1.50		0	NC	4		0.12		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	12	0.126	4	A	1		1		
Iron, Fe....mg	1.38	0.087	4	A	1		0.11		
Magnesium, Mg....mg	36	0.923	4	A	1		3		
Phosphorus, P....mg	561	4.796	4	A	1		44		
Potassium, K....mg	591	12.183	4	A	1		47		
Sodium, Na....mg	2428	35.911	4	A	1		192		
Zinc, Zn....mg	3.64	0.098	4	A	1		0.29		
Copper, Cu....mg	0.146	0.004	4	A	1		0.012		
Manganese, Mn....mg	0.022	0.000	4	A	1		0.002		
Selenium, Se....mcg	65.0	5.303	4	A	1		5.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.459	0.011	4	A	1		0.036		
Riboflavin....mg	0.277	0.014	4	A	1		0.022		
Niacin....mg	11.575	0.340	4	A	1		0.914		
Pantothenic acid....mg	1.310	0.078	4	A	1		0.103		
Vitamin B-6....mg	0.389	0.016	4	A	1		0.031		
Folate, total....mcg	2		2	A	1		0		
Folic acid....mcg	0		0	NR	4		0		
Folate, food....mcg	2		2	A	1		0		
Folate, DFE....mcg_DFE	2		0	NC	4		0		
Choline, total....mg	130.8		0	AS	1		10.3		
Betaine....mg	4.2	0.166	4	A	1		0.3		
Vitamin B-12....mcg	1.30	0.029	4	A	1		0.10		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	11		0	AS	1		1		
Retinol....mcg	11	0.000	4	A	1		1		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	37		0	AS	1		3		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.30		4	A	1		0.02		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		2	A	1		0.00		
Tocopherol, gamma....mg	0.07		4	A	1		0.01		
Tocopherol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....mcg	1.1		0	AS	1		0.1		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.1		0	BFNN	4		0.1		
Vitamin D....IU	43		0	BFNN	4		3		
Vitamin K (phylloquinone)....mcg	0.0	0.025	4	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	13.291		0	NC	4		1.050		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 10862
Pork, cured, bacon, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000	0.000	4	A	1		0.000		
10:0 g	0.000	0.000	4	A	1		0.000		
12:0 g	0.000	0.000	4	A	1		0.000		
13:0 g									
14:0 g	0.514	0.014	4	A	1		0.041		
15:0 g	0.000	0.000	4	A	1		0.000		
16:0 g	8.436	0.387	4	A	1		0.666		
17:0 g	0.101	0.003	4	A	1		0.008		
18:0 g	4.164	0.133	4	A	1		0.329		
20:0 g	0.076	0.003	4	A	1		0.006		
22:0 g	0.000	0.000	4	A	1		0.000		
24:0 g									
Fatty acids, total monounsaturated g	17.976		0	NC	4		1.420		
14:1 g	0.000	0.000	4	A	1		0.000		
15:1 g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated g	1.188	0.020	4	A	1		0.094		
17:1 g	0.086	0.029	4	A	1		0.007		
18:1 undifferentiated g	16.391	0.653	4	A	1		1.295		
20:1 g	0.312	0.009	4	A	1		0.025		
22:1 undifferentiated g	0.000		0	Z	7		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	4.447		0	NC	4		0.351		
18:2 undifferentiated g									
18:2 n-6 c,c g	3.912	0.071	4	A	1		0.309		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g									
18:3 n-3 c,c,c (ALA) g	0.189	0.004	4	A	1		0.015		
18:3 n-6 c,c,c g	0.000	0.000	4	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.189	0.005	4	A	1		0.015		
20:3 undifferentiated g	0.000	0.000	4	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.156	0.004	4	A	1		0.012		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000		
Fatty acids, total trans g	0.000	0.000	4	A	1		0.000		
Cholesterol mg	113	1.915	4	A	1		9		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.321		0	A	1		0.025		
Threonine g	1.501		0	A	1		0.119		
Isoleucine g	1.798		0	A	1		0.142		
Leucine g	2.985		0	A	1		0.236		
Lysine g	3.180		0	A	1		0.251		
Methionine g	0.853		0	A	1		0.067		
Cystine g	0.426		0	A	1		0.034		
Phenylalanine g	1.521		0	A	1		0.120		
Tyrosine g	1.200		0	A	1		0.095		
Valine g	2.040		0	A	1		0.161		
Arginine g	2.483		0	A	1		0.196		

NDB No. 10862
Pork, cured, bacon, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine....g	1.441		0	A	1		0.114		
Alanine....g	2.453		0	A	1		0.194		
Aspartic acid....g	3.607		0	A	1		0.285		
Glutamic acid....g	5.643		0	A	1		0.446		
Glycine....g	2.691		0	A	1		0.213		
Proline....g	2.103		0	A	1		0.166		
Serine....g	1.458		0	A	1		0.115		
Hydroxyproline....g	0.673		0	A	1		0.053		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 7.9g: 1 slice cooked

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10123
Pork, cured, bacon, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	40.20	0.795	4	A	1				
Energy....kcal	458		0	NC	4				
Energy....kJ	1918		0	NC	4				
Protein (N x 6.25)....g	11.60	0.496	4	A	1				
Total lipid (fat)....g	45.04	1.317	4	A	1				
Ash....g	2.51	0.057	4	A	1				
Carbohydrate, by difference....g	0.66		0	NC	4				
Fiber, total dietary....g	0.0		0	Z	7				
Sugars, total....g	0.00		0	Z	7				
Starch....g									
Minerals:									
Calcium, Ca....mg	6	1.318	4	A	1				
Iron, Fe....mg	0.48	0.016	4	A	1				
Magnesium, Mg....mg	12	0.578	4	A	1				
Phosphorus, P....mg	188	2.598	4	A	1				
Potassium, K....mg	208	9.086	4	A	1				
Sodium, Na....mg	833	9.708	4	A	1				
Zinc, Zn....mg	1.17	0.060	4	A	1				
Copper, Cu....mg	0.070	0.011	4	A	1				
Manganese, Mn....mg	0.022	0.000	4	A	1				
Selenium, Se....mcg	20.2	1.805	4	A	1				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7				
Thiamin....mg	0.281	0.017	4	A	1				
Riboflavin....mg	0.113	0.005	4	A	1				
Niacin....mg	3.828	0.079	4	A	1				
Pantothenic acid....mg	0.520	0.050	4	A	1				
Vitamin B-6....mg	0.210	0.016	4	A	1				
Folate, total....mcg	2		4	A	1				
Folic acid....mcg	0		0	Z	7				
Folate, food....mcg	2		4	A	1				
Folate, DFE....mcg_DFE	2		0	NC	4				
Choline, total....mg	46.6		0	AS	1				
Betaine....mg	0.9	0.097	4	A	1				
Vitamin B-12....mcg	0.69	0.008	4	A	1				
Vitamin B-12, added....mcg	0.00		0	Z	7				
Vitamin A, RAE....mcg_RAE	11		0	AS	1				
Retinol....mcg	11	0.000	4	A	1				
Carotene, beta....mcg	0		0	Z	7				
Carotene, alpha....mcg	0		0	Z	7				
Cryptoxanthin, beta....mcg	0		0	Z	7				
Vitamin A, IU....IU	37		0	AS	1				
Lycopene....mcg	0		0	Z	7				
Lutein + zeaxanthin....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)....mg	0.27		8	A	1				
Vitamin E, added....mg	0.00		0	Z	7				
Tocopherol, beta....mg	0.02		4	A	1				
Tocopherol, gamma....mg	0.08		6	A	1				
Tocopherol, delta....mg	0.00		2	A	1				
Vitamin D (D2 + D3)....mcg	1.6		0	AS	1				
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.6		0	BFNN	4				
Vitamin D....IU	63		0	BFNN	4				
Vitamin K (phylloquinone)....mcg	0.0	0.000	4	A	1				
Lipids:									
Fatty acids, total saturated....g	14.993		0	NC	4				
4:0....g	0.000		0	Z	7				

NDB No. 10123
Pork, cured, bacon, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7				
8:0 g	0.000	0.000	4	A	1				
10:0 g	0.010	0.010	4	A	1				
12:0 g	0.000	0.000	4	A	1				
13:0 g									
14:0 g	0.573	0.019	4	A	1				
15:0 g	0.000	0.000	4	A	1				
16:0 g	9.610	0.384	4	A	1				
17:0 g	0.114	0.003	4	A	1				
18:0 g	4.601	0.118	4	A	1				
20:0 g	0.085	0.002	4	A	1				
22:0 g	0.000	0.000	4	A	1				
24:0 g									
Fatty acids, total monounsaturated g	20.047		0	NC	4				
14:1 g	0.000	0.000	4	A	1				
15:1 g	0.000	0.000	4	A	1				
16:1 undifferentiated g	1.279	0.023	4	A	1				
17:1 g	0.095	0.032	4	A	1				
18:1 undifferentiated g	18.334	0.677	4	A	1				
20:1 g	0.340	0.010	4	A	1				
22:1 undifferentiated g	0.000		0	Z	7				
24:1 c g									
Fatty acids, total polyunsaturated g	4.821		0	NC	4				
18:2 undifferentiated g	4.292		0	AS	1				
18:2 n-6 c,c g	4.292	0.015	4	A	1				
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.213		0	AS	1				
18:3 n-3 c,c,c (ALA) g	0.213	0.004	4	A	1				
18:3 n-6 c,c,c g	0.000	0.000	4	A	1				
18:3i g									
18:4 g	0.000		0	Z	7				
20:2 n-6 c,c g	0.205	0.003	4	A	1				
20:3 undifferentiated g	0.000	0.000	4	A	1				
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.112	0.001	4	A	1				
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7				
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7				
22:6 n-3 (DHA) g	0.000		0	Z	7				
Fatty acids, total trans g	0.000	0.000	4	A	1				
Cholesterol mg	68	1.310	4	A	1				
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.097		0	A	1				
Threonine g	0.454		0	A	1				
Isoleucine g	0.544		0	A	1				
Leucine g	0.903		0	A	1				
Lysine g	0.962		0	A	1				
Methionine g	0.258		0	A	1				
Cystine g	0.129		0	A	1				
Phenylalanine g	0.460		0	A	1				
Tyrosine g	0.363		0	A	1				
Valine g	0.617		0	A	1				
Arginine g	0.751		0	A	1				

NDB No. 10123
Pork, cured, bacon, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine....g	0.436		0	A	1				
Alanine....g	0.742		0	A	1				
Aspartic acid....g	1.091		0	A	1				
Glutamic acid....g	1.707		0	A	1				
Glycine....g	0.814		0	A	1				
Proline....g	0.636		0	A	1				
Serine....g	0.441		0	A	1				
Hydroxyproline....g	0.190		1	A	1				
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10129
Pork, cured, breakfast strips, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	26.93	1.982	6		1		45.78	9.16	
Energy....kcal	459		0	NC	4		780	156	
Energy....kJ	1920		0		4		3265	653	
Protein (N x 6.25)....g	28.95	1.933	6		1		49.22	9.84	
Total lipid (fat)....g	36.70	0.975	6		1		62.39	12.48	
Ash....g	6.37	0.400	6		1		10.83	2.17	
Carbohydrate, by difference....g	1.05		0	NC	4		1.79	0.36	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	14	1.961	6		1		24	5	
Iron, Fe....mg	1.97	0.097	6		1		3.35	0.67	
Magnesium, Mg....mg	26	2.302	6		1		44	9	
Phosphorus, P....mg	265	27.269	6		1		451	90	
Potassium, K....mg	466	38.945	6		1		792	158	
Sodium, Na....mg	2099	197.512	5		1		3568	714	
Zinc, Zn....mg	3.68	0.280	6		1		6.26	1.25	
Copper, Cu....mg	0.153	0.029	6		1		0.260	0.052	
Manganese, Mn....mg	0.044	0.008	4		1		0.075	0.015	
Selenium, Se....mcg	24.7		0	BFZN	4		42.0	8.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.737	0.040	6		1		1.253	0.251	
Riboflavin....mg	0.368	0.046	6		1		0.626	0.125	
Niacin....mg	7.592	0.559	6		1		12.906	2.581	
Pantothenic acid....mg	0.922		0		1		1.567	0.313	
Vitamin B-6....mg	0.340	0.027	5		1		0.578	0.116	
Folate, total....mcg	4		0		1		7	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		1		7	1	
Folate, DFE....mcg_DFE	4		0	NC	4		7	1	
Choline, total....mg	96.3		0	BFPN	4		163.7	32.7	
Betaine....mg	2.7		0	BFPN	4		4.6	0.9	
Vitamin B-12....mcg	1.77	0.048	6		1		3.01	0.60	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.25		0	BFSN	4		0.43	0.09	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.8		0	AS	1		1.4	0.3	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.8		0	BFNN	4		1.4	0.3	
Vitamin D....IU	33		0	BFNN	4		56	11	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.1	0.0	
Lipids:									
Fatty acids, total saturated....g	12.770		0		1		21.709	4.342	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10129
Pork, cured, breakfast strips, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.100	0.032	4		1		0.170	0.034	
12:0 g	0.080	0.027	4		1		0.136	0.027	
13:0 g									
14:0 g	0.630	0.087	4		1		1.071	0.214	
15:0 g									
16:0 g	7.390	0.435	4		1		12.563	2.513	
17:0 g									
18:0 g	4.560	0.288	4		1		7.752	1.550	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	16.400		0		1		27.880	5.576	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.670	0.163	4		1		2.839	0.568	
17:1 g									
18:1 undifferentiated g	14.730	0.902	4		1		25.041	5.008	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	5.650		0		1		9.605	1.921	
18:2 undifferentiated g	4.860	0.608	4		1		8.262	1.652	
18:3 undifferentiated g	0.790	0.157	4		1		1.343	0.269	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	105	4.245	4		1		179	36	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.278		0		1		0.473	0.095	
Threonine g	1.112		0		1		1.890	0.378	
Isoleucine g	1.177		0		1		2.001	0.400	
Leucine g	2.015		0		1		3.426	0.685	
Lysine g	2.149		0		1		3.653	0.731	
Methionine g	0.639		0		1		1.086	0.217	
Cystine g	0.296		0		1		0.503	0.101	
Phenylalanine g	1.116		0		1		1.897	0.379	
Tyrosine g	0.843		0		1		1.433	0.287	
Valine g	1.394		0		1		2.370	0.474	
Arginine g	1.769		0		1		3.007	0.601	
Histidine g	0.834		0		1		1.418	0.284	
Alanine g	1.621		0		1		2.756	0.551	
Aspartic acid g	2.390		0		1		4.063	0.813	
Glutamic acid g	3.974		0		1		6.756	1.351	
Glycine g	2.071		0		1		3.521	0.704	
Proline g	1.538		0		1		2.615	0.523	
Serine g	1.089		0		1		1.851	0.370	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10129

Pork, cured, breakfast strips, cooked

Common Measures:

Measure 1 = 170g: 1 package (12 oz)

Measure 2 = 34g: 3 slices, cooked (raw product packed 15 per 12-oz bag)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10128
Pork, cured, breakfast strips, raw or unheated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.41	0.422	38		1		161.19	32.24	
Energy....kcal	388		0	NC	4		1319	264	
Energy....kJ	1623				4		5520	1104	
Protein (N x 6.25)....g	11.74	0.157	38		1		39.92	7.98	
Total lipid (fat)....g	37.16	0.626	40		1		126.34	25.27	
Ash....g	3.00	0.052	6		1		10.20	2.04	
Carbohydrate, by difference....g	0.70		0	NC	4		2.38	0.48	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8	1.528	3		1		27	5	
Iron, Fe....mg	0.94	0.056	6		1		3.20	0.64	
Magnesium, Mg....mg	12	0.476	6		1		41	8	
Phosphorus, P....mg	137	17.192	6		1		466	93	
Potassium, K....mg	204	11.965	6		1		694	139	
Sodium, Na....mg	987	40.062	6		1		3356	671	
Zinc, Zn....mg	1.66	0.076	6		1		5.64	1.13	
Copper, Cu....mg	0.063	0.008	6		1		0.214	0.043	
Manganese, Mn....mg	0.030	0.002	3		1		0.102	0.020	
Selenium, Se....mcg	25.0		0	BFZN	4		85.0	17.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	27.2	3.399	5		1		92.5	18.5	
Thiamin....mg	0.475	0.026	6		1		1.615	0.323	
Riboflavin....mg	0.180	0.021	6		1		0.612	0.122	
Niacin....mg	3.650	0.214	6		1		12.410	2.482	
Pantothenic acid....mg	0.476		0		1		1.618	0.324	
Vitamin B-6....mg	0.210	0.013	5		1		0.714	0.143	
Folate, total....mcg	3		0		1		10	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		0		1		10	2	
Folate, DFE....mcg_DFE	3		0	NC	4		10	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.99	0.015	6		1		3.37	0.67	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	12.910		0		1		43.894	8.779	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 10128
Pork, cured, breakfast strips, raw or unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.210	0.084	4		1		0.714	0.143	
12:0 ... g	0.210	0.095	4		1		0.714	0.143	
13:0 ... g									
14:0 ... g	0.720	0.118	4		1		2.448	0.490	
15:0 ... g									
16:0 ... g	7.520	0.280	4		1		25.568	5.114	
17:0 ... g									
18:0 ... g	4.270	0.291	4		1		14.518	2.904	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	16.790		0		1		57.086	11.417	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.840	0.095	4		1		6.256	1.251	
17:1 ... g									
18:1 undifferentiated ... g	14.950	0.724	4		1		50.830	10.166	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	5.550		0		1		18.870	3.774	
18:2 undifferentiated ... g	4.660	0.460	4		1		15.844	3.169	
18:3 undifferentiated ... g	0.900	0.258	4		1		3.060	0.612	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	69	2.250	4		1		235	47	
Phytosterols ... mg	0		0		4		0	0	
Amino Acids:									
Tryptophan ... g	0.113		0		1		0.384	0.077	
Threonine ... g	0.451		0		1		1.533	0.307	
Isoleucine ... g	0.477		0		1		1.622	0.324	
Leucine ... g	0.817		0		1		2.778	0.556	
Lysine ... g	0.871		0		1		2.961	0.592	
Methionine ... g	0.259		0		1		0.881	0.176	
Cystine ... g	0.120		0		1		0.408	0.082	
Phenylalanine ... g	0.453		0		1		1.540	0.308	
Tyrosine ... g	0.342		0		1		1.163	0.233	
Valine ... g	0.565		0		1		1.921	0.384	
Arginine ... g	0.717		0		1		2.438	0.488	
Histidine ... g	0.338		0		1		1.149	0.230	
Alanine ... g	0.657		0		1		2.234	0.447	
Aspartic acid ... g	0.969		0		1		3.295	0.659	
Glutamic acid ... g	1.611		0		1		5.477	1.095	
Glycine ... g	0.839		0		1		2.853	0.571	
Proline ... g	0.623		0		1		2.118	0.424	
Serine ... g	0.441		0		1		1.499	0.300	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 340g: 1 package (12 oz)

Measure 2 = 68g: 3 slices

NDB No. 10128
Pork, cured, breakfast strips, raw or unheated

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10131
Pork, cured, canadian-style bacon, grilled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.70		0		1		85.76	29.00	
Energy....kcal	185		0	NC	4		257	87	
Energy....kJ	774		0		4		1076	364	
Protein (N x 6.25)....g	24.24		0		1		33.69	11.39	
Total lipid (fat)....g	8.44		0		1		11.73	3.97	
Ash....g	4.27		0		1		5.94	2.01	
Carbohydrate, by difference....g	1.35		0	NC	4		1.88	0.63	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0		1		14	5	
Iron, Fe....mg	0.82		0		1		1.14	0.39	
Magnesium, Mg....mg	21		0		1		29	10	
Phosphorus, P....mg	296		0		1		411	139	
Potassium, K....mg	390		0		1		542	183	
Sodium, Na....mg	1546		0		1		2149	727	
Zinc, Zn....mg	1.70		0		1		2.36	0.80	
Copper, Cu....mg	0.054		0		1		0.075	0.025	
Manganese, Mn....mg	0.027		0		1		0.038	0.013	
Selenium, Se....mcg	24.7		0	BFZN	4		34.3	11.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.824		0		1		1.145	0.387	
Riboflavin....mg	0.197		0		1		0.274	0.093	
Niacin....mg	6.915		0		1		9.612	3.250	
Pantothenic acid....mg	0.520		0		1		0.723	0.244	
Vitamin B-6....mg	0.450		0		1		0.626	0.212	
Folate, total....mcg	4		0		1		6	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		1		6	2	
Folate, DFE....mcg_DFE	4		0	NC	4		6	2	
Choline, total....mg	80.6		0	BFPN	4		112.1	37.9	
Betaine....mg	2.3		0	BFPN	4		3.2	1.1	
Vitamin B-12....mcg	0.78		0		1		1.08	0.37	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.34		0	BFYN	4		0.47	0.16	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.1		0	AS	1		1.5	0.5	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.1		0	BFNN	4		1.5	0.5	
Vitamin D....IU	43		0	BFNN	4		60	20	
Vitamin K (phylloquinone)....mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.840		0		1		3.948	1.335	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10131
Pork, cured, canadian-style bacon, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.030		0		1		0.042	0.014	
12:0 g	0.020		0		1		0.028	0.009	
13:0 g									
14:0 g	0.130		0		1		0.181	0.061	
15:0 g									
16:0 g	1.790		0		1		2.488	0.841	
17:0 g									
18:0 g	0.880		0		1		1.223	0.414	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.040		0		1		5.616	1.899	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.380		0		1		0.528	0.179	
17:1 g									
18:1 undifferentiated g	3.650		0		1		5.074	1.716	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.810		0		1		1.126	0.381	
18:2 undifferentiated g	0.690		0		1		0.959	0.324	
18:3 undifferentiated g	0.120		0		1		0.167	0.056	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	58		0		1		81	27	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.240		0		1		0.334	0.113	
Threonine g	0.973		0		1		1.352	0.457	
Isoleucine g	0.915		0		1		1.272	0.430	
Leucine g	1.706		0		1		2.371	0.802	
Lysine g	1.908		0		1		2.652	0.897	
Methionine g	0.659		0		1		0.916	0.310	
Cystine g	0.302		0		1		0.420	0.142	
Phenylalanine g	0.787		0		1		1.094	0.370	
Tyrosine g	0.733		0		1		1.019	0.345	
Valine g	0.966		0		1		1.343	0.454	
Arginine g	1.322		0		1		1.838	0.621	
Histidine g	0.880		0		1		1.223	0.414	
Alanine g	1.233		0		1		1.714	0.580	
Aspartic acid g	2.020		0		1		2.808	0.949	
Glutamic acid g	3.354		0		1		4.662	1.576	
Glycine g	1.043		0		1		1.450	0.490	
Proline g	0.907		0		1		1.261	0.426	
Serine g	0.919		0		1		1.277	0.432	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10131

Pork, cured, canadian-style bacon, grilled

Common Measures:

Measure 1 = 139g: 1 package (6 oz) yields

Measure 2 = 47g: 2 slices (6 per 6-oz pkg.)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10130
Pork, cured, canadian-style bacon, unheated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.93	0.725	28		1		113.78	38.15	
Energy....kcal	157		0	NC	4		267	89	
Energy....kJ	657		0		4		1117	374	
Protein (N x 6.25)....g	20.64	0.496	27		1		35.09	11.76	
Total lipid (fat)....g	6.97	0.578	14		1		11.85	3.97	
Ash....g	3.79	0.285	14		1		6.44	2.16	
Carbohydrate, by difference....g	1.68		0	NC	4		2.86	0.96	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8	0.864	11		1		14	5	
Iron, Fe....mg	0.68	0.080	15		1		1.16	0.39	
Magnesium, Mg....mg	17	0.712	13		1		29	10	
Phosphorus, P....mg	243	8.243	33		1		413	139	
Potassium, K....mg	344	16.441	14		1		585	196	
Sodium, Na....mg	1409	104.412	13		1		2395	803	
Zinc, Zn....mg	1.39	0.134	10		1		2.36	0.79	
Copper, Cu....mg	0.045	0.012	10		1		0.077	0.026	
Manganese, Mn....mg	0.023	0.001	4		1		0.039	0.013	
Selenium, Se....mcg	25.0		2	A	1		42.5	14.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.751	0.036	14		1		1.277	0.428	
Riboflavin....mg	0.172	0.008	18		1		0.292	0.098	
Niacin....mg	6.231	0.316	14		1		10.593	3.552	
Pantothenic acid....mg	0.520	0.120	4		1		0.884	0.296	
Vitamin B-6....mg	0.390	0.034	15		1		0.663	0.222	
Folate, total....mcg	4		0		1		7	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		1		7	2	
Folate, DFE....mcg_DFE	4		0	NC	4		7	2	
Choline, total....mg	68.6		0	BFPN	4		116.7	39.1	
Betaine....mg	1.9		0	BFPN	4		3.3	1.1	
Vitamin B-12....mcg	0.67	0.066	10		1		1.14	0.38	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		1		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.21		0	BFSN	4		0.36	0.12	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	2.8		0	AS	1		4.7	1.6	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	2.8		0	BFNN	4		4.7	1.6	
Vitamin D....IU	111		0	BFNN	4		188	63	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.220		0		1		3.774	1.265	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10130
Pork, cured, canadian-style bacon, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.020	0.008	10		1		0.034	0.011	
12:0....g	0.020	0.007	10		1		0.034	0.011	
13:0....g									
14:0....g	0.100	0.008	10		1		0.170	0.057	
15:0....g									
16:0....g	1.400	0.115	10		1		2.380	0.798	
17:0....g									
18:0....g	0.680	0.059	10		1		1.156	0.388	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.150		0		1		5.355	1.796	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.300	0.021	10		1		0.510	0.171	
17:1....g									
18:1 undifferentiated....g	2.850	0.215	10		1		4.845	1.625	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.630		0		1		1.071	0.359	
18:2 undifferentiated....g	0.540	0.061	10		1		0.918	0.308	
18:3 undifferentiated....g	0.090	0.016	10		1		0.153	0.051	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	50	5.873	9		1		85	29	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.205		1		1		0.349	0.117	
Threonine....g	0.829		1		1		1.409	0.473	
Isoleucine....g	0.779		1		1		1.324	0.444	
Leucine....g	1.453		1		1		2.470	0.828	
Lysine....g	1.625		1		1		2.763	0.926	
Methionine....g	0.561		1		1		0.954	0.320	
Cystine....g	0.258		1		1		0.439	0.147	
Phenylalanine....g	0.670		1		1		1.139	0.382	
Tyrosine....g	0.624		1		1		1.061	0.356	
Valine....g	0.822		1		1		1.397	0.469	
Arginine....g	1.126		1		1		1.914	0.642	
Histidine....g	0.750		1		1		1.275	0.428	
Alanine....g	1.050		1		1		1.785	0.599	
Aspartic acid....g	1.720		1		1		2.924	0.980	
Glutamic acid....g	2.856		1		1		4.855	1.628	
Glycine....g	0.888		1		1		1.510	0.506	
Proline....g	0.773		1		1		1.314	0.441	
Serine....g	0.783		1		1		1.331	0.446	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10130

Pork, cured, canadian-style bacon, unheated

Common Measures:

Measure 1 = 170g: 1 package (6 oz)

Measure 2 = 57g: 2 slices (6 per 6-oz pkg.)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10132
Pork, cured, feet, pickled

Refuse: 66% Bone and hard tissue 66%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.00		1	A	1		21.26	340.20	
Energy....kcal	140		0	NC	4		40	635	
Energy....kJ	586		0	NC	4		166	2657	
Protein (N x 6.25)....g	11.63		1	A	1		3.30	52.73	
Total lipid (fat)....g	10.02		1	A	1		2.84	45.43	
Ash....g	3.35		1	A	1		0.95	15.19	
Carbohydrate, by difference....g	0.01		0	NC	4		0.00	0.05	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		1	A	1		0.00	0.00	
Sucrose....g	0.00		1	A	1		0.00	0.00	
Glucose (dextrose)....g	0.00		1	A	1		0.00	0.00	
Fructose....g	0.00		1	A	1		0.00	0.00	
Lactose....g	0.00		1	A	1		0.00	0.00	
Maltose....g	0.00		1	A	1		0.00	0.00	
Galactose....g	0.00		1	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	32		0		1		9	145	
Iron, Fe....mg	0.31		1	A	1		0.09	1.43	
Magnesium, Mg....mg	11		1	A	1		3	51	
Phosphorus, P....mg	87		1	A	1		25	394	
Potassium, K....mg	13		1	A	1		4	58	
Sodium, Na....mg	560		1	A	1		159	2540	
Zinc, Zn....mg	0.20		1	A	1		0.06	0.91	
Copper, Cu....mg	0.037		1	A	1		0.010	0.167	
Manganese, Mn....mg	0.022		1	A	1		0.006	0.100	
Selenium, Se....mcg	15.8		1	A	1		4.5	71.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.006		1	A	1		0.002	0.027	
Riboflavin....mg	0.015		1	A	1		0.004	0.067	
Niacin....mg	0.220		1	A	1		0.062	0.997	
Pantothenic acid....mg	0.262		1	A	1		0.074	1.188	
Vitamin B-6....mg	0.007		1	A	1		0.002	0.032	
Folate, total....mcg	1		1	A	1		0	5	
Folic acid....mcg	0		1	Z	7		0	0	
Folate, food....mcg	1		1	NR	4		0	5	
Folate, DFE....mcg_DFE	1		0	NC	4		0	5	
Choline, total....mg	44.5		0	BFPN	4		12.6	201.7	
Betaine....mg	2.9		0	BFPN	4		0.8	13.3	
Vitamin B-12....mcg	0.21		1	A	1		0.06	0.95	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	11		0	AS	1		3	50	
Retinol....mcg	11		1	A	1		3	50	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	37		0	AS	1		10	167	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.21		1	A	1		0.06	0.95	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.02		1	A	1		0.01	0.09	
Tocopherol, gamma....mg	0.02		1	A	1		0.01	0.09	
Tocopherol, delta....mg	0.01		1	A	1		0.00	0.07	
Vitamin D (D2 + D3)....mcg	0.4		0	AS	1		0.1	1.8	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 10132
Pork, cured, feet, pickled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.4		0	BFNN	4		0.1	1.8	
Vitamin D....IU	16		0	BFNN	4		4	71	
Vitamin K (phylloquinone)....mcg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.945		0	NC	4		0.835	13.357	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.121		1	A	1		0.034	0.548	
15:0....g	0.000		1	A	1		0.000	0.000	
16:0....g	2.075		1	A	1		0.588	9.412	
17:0....g	0.019		1	A	1		0.005	0.086	
18:0....g	0.704		1	A	1		0.200	3.193	
20:0....g	0.012		1	A	1		0.003	0.054	
22:0....g	0.014		1	A	1		0.004	0.064	
24:0....g									
Fatty acids, total monounsaturated....g	5.677		0	NC	4		1.609	25.750	
14:1....g	0.000		1	A	1		0.000	0.000	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.386		1	A	1		0.109	1.751	
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	5.196		0	AS	1		1.473	23.569	
18:1 c....g	5.161		1	A	1		1.463	23.410	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.035		1	A	1		0.010	0.159	
18:1-11t (18:1t n-7)....g									
20:1....g	0.095		1	A	1		0.027	0.430	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.784		0	NC	4		0.222	3.555	
18:2 undifferentiated....g	0.668		0	AS	1		0.189	3.030	
18:2 n-6 c,c....g	0.638		1	A	1		0.181	2.894	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.030		1	A	1		0.008	0.136	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.028		0	AS	1		0.008	0.127	
18:3 n-3 c,c,c (ALA)....g	0.028		1	A	1		0.008	0.127	
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g	0.037		1	A	1		0.010	0.168	
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.051		1	A	1		0.014	0.231	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.065		0	NC	4		0.018	0.294	
Fatty acids, total trans-monoenoic....g	0.035		0	NC	4		0.010	0.159	
Fatty acids, total trans-polyenoic....g	0.030		0	NC	4		0.008	0.136	
Cholesterol....mg	83		1	A	1		24	376	
Phytosterols....mg	0		0		4		0	0	

NDB No. 10132
Pork, cured, feet, pickled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.023		0	BFPN	4		0.007	0.105	
Threonine....g	0.314		0	BFPN	4		0.089	1.424	
Isoleucine....g	0.198		0	BFPN	4		0.056	0.897	
Leucine....g	0.512		0	BFPN	4		0.145	2.321	
Lysine....g	0.500		0	BFPN	4		0.142	2.270	
Methionine....g	0.128		0	BFPN	4		0.036	0.581	
Cystine....g	0.102		0	BFPN	4		0.029	0.464	
Phenylalanine....g	0.337		0	BFPN	4		0.096	1.529	
Tyrosine....g	0.186		0	BFPN	4		0.053	0.842	
Valine....g	0.291		0	BFPN	4		0.082	1.318	
Arginine....g	0.872		0	BFPN	4		0.247	3.955	
Histidine....g	0.128		0	BFPN	4		0.036	0.581	
Alanine....g	0.953		0	BFPN	4		0.270	4.321	
Aspartic acid....g	0.837		0	BFPN	4		0.237	3.795	
Glutamic acid....g	1.279		0	BFPN	4		0.362	5.800	
Glycine....g	2.034		0	BFPN	4		0.577	9.228	
Proline....g	1.220		0	BFPN	4		0.346	5.534	
Serine....g	0.465		0	BFPN	4		0.132	2.110	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10913

Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted

Refuse: 10% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.23		0	PAK	1		1996.79	57.15	
Energy	kcal	161		0	PIK	4		4792	137	
Energy	kJ	675		0	PIK	4		20050	574	
Protein	g	20.10		0	PAK	1		596.89	17.08	
Total lipid (fat)	g	8.56		0	PAK	1		254.13	7.27	
Ash	g	3.13		0	PAK	1		92.86	2.66	
Carbohydrate, by difference	g	0.99		0	PIK	4		29.33	0.84	
Fiber, total dietary	g	0.0		0	PIK	4		0.0	0.0	
Sugars, total	g	0.78		0	PAK	1		23.27	0.67	
Sucrose	g	0.67		0	PAK	1		19.96	0.57	
Glucose (dextrose)	g	0.07		0	PAK	1		1.99	0.06	
Fructose	g	0.04		0	PAK	1		1.32	0.04	
Lactose	g	0.00		0	PAK	1		0.00	0.00	
Maltose	g	0.00		0	PAK	1		0.00	0.00	
Galactose	g	0.00		0	PAK	1		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	PAK	1		233	7	
Iron, Fe	mg	0.69		0	PAK	1		20.57	0.59	
Magnesium, Mg	mg	18		0	PAK	1		523	15	
Phosphorus, P	mg	238		0	PAK	1		7055	202	
Potassium, K	mg	244		0	PAK	1		7242	207	
Sodium, Na	mg	1101		0	PAK	1		32693	936	
Zinc, Zn	mg	1.74		0	PAK	1		51.68	1.48	
Copper, Cu	mg	0.123		0	PAK	1		3.638	0.104	
Manganese, Mn	mg	0.022		0	PAK	1		0.656	0.019	
Selenium, Se	mcg	26.3		0	PAK	1		781.2	22.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0	0.0	
Thiamin	mg	0.348		0	PAK	1		10.329	0.296	
Riboflavin	mg	0.180		0	PAK	1		5.336	0.153	
Niacin	mg	4.290		0	PAK	1		127.398	3.646	
Pantothenic acid	mg	0.519		0	PAK	1		15.404	0.441	
Vitamin B-6	mg	0.410		0	PAK	1		12.168	0.348	
Folate, total	mcg	4		0	PAK	1		110	3	
Folic acid	mcg	0		0	PIK	4		0	0	
Folate, food	mcg	4		0	PIK	4		110	3	
Folate, DFE	mcg_DFE	4		0	NC	4		110	3	
Choline, total	mg	74.9		0	PAK	1		2223.3	63.6	
Betaine	mg	4.5		0	PAK	1		132.4	3.8	
Vitamin B-12	mcg	0.35		0	PAK	1		10.54	0.30	
Vitamin B-12, added	mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	11		0	PAK	1		333	10	
Retinol	mcg	11		0	PAK	1		333	10	
Carotene, beta	mcg	0		0	PIK	4		0	0	
Carotene, alpha	mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta	mcg	0		0	PIK	4		0	0	
Vitamin A, IU	IU	37		0	PAK	1		1111	32	
Lycopene	mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin	mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.22		0	PAK	1		6.40	0.18	
Vitamin E, added	mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta	mg	0.00		0	PAK	1		0.05	0.00	
Tocopherol, gamma	mg	0.06		0	PAK	1		1.70	0.05	
Tocopherol, delta	mg	0.00		0	PAK	1		0.06	0.00	
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 10913

Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	PAK	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	2.897		0	PIK	4		86.050	2.463	
4:0.....g	0.000		0	PIK	4		0.000	0.000	
6:0.....g	0.000		0	PIK	4		0.000	0.000	
8:0.....g	0.000		0	PAK	1		0.000	0.000	
10:0.....g	0.005		0	PAK	1		0.145	0.004	
12:0.....g	0.005		0	PAK	1		0.157	0.005	
13:0.....g									
14:0.....g	0.105		0	PAK	1		3.127	0.090	
15:0.....g	0.000		0	PAK	1		0.000	0.000	
16:0.....g	1.840		0	PAK	1		54.653	1.564	
17:0.....g	0.022		0	PAK	1		0.661	0.019	
18:0.....g	0.893		0	PAK	1		26.519	0.759	
20:0.....g	0.015		0	PAK	1		0.444	0.013	
22:0.....g	0.012		0	PAK	1		0.343	0.010	
24:0.....g									
Fatty acids, total monounsaturated.....g	3.918		0	PIK	4		116.378	3.331	
14:1.....g	0.000		0	PAK	1		0.000	0.000	
15:1.....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated.....g	0.218		0	PAK	1		6.479	0.185	
17:1.....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated.....g	3.640		0	PAK	1		108.096	3.094	
20:1.....g	0.061		0	PAK	1		1.803	0.052	
22:1 undifferentiated.....g	0.000		0	PIK	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.020		0	PIK	4		30.297	0.867	
18:2 undifferentiated.....g	0.898		0	PAK	1		26.669	0.763	
18:3 undifferentiated.....g	0.037		0	PAK	1		1.111	0.032	
18:4.....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c.....g	0.036		0	PAK	1		1.059	0.030	
20:3 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
20:4 undifferentiated.....g	0.049		0	PAK	1		1.458	0.042	
20:5 n-3 (EPA).....g	0.000		0	PIK	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans.....g	0.067		0	PIK	4		1.985	0.057	
Cholesterol.....mg	63		0	PAK	1		1877	54	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.187		0	PAK	1		5.542	0.159	
Threonine.....g	0.894		0	PAK	1		26.546	0.760	
Isoleucine.....g	0.903		0	PAK	1		26.817	0.767	
Leucine.....g	1.603		0	PAK	1		47.600	1.362	
Lysine.....g	1.686		0	PAK	1		50.070	1.433	
Methionine.....g	0.477		0	PAK	1		14.176	0.406	
Cystine.....g	0.226		0	PAK	1		6.709	0.192	
Phenylalanine.....g	0.801		0	PAK	1		23.795	0.681	
Tyrosine.....g	0.647		0	PAK	1		19.222	0.550	
Valine.....g	1.014		0	PAK	1		30.118	0.862	
Arginine.....g	1.283		0	PAK	1		38.104	1.091	
Histidine.....g	0.876		0	PAK	1		26.003	0.744	
Alanine.....g	1.186		0	PAK	1		35.235	1.008	
Aspartic acid.....g	1.751		0	PAK	1		52.009	1.488	
Glutamic acid.....g	2.867		0	PAK	1		85.149	2.437	
Glycine.....g	1.072		0	PAK	1		31.836	0.911	
Proline.....g	0.868		0	PAK	1		25.790	0.738	
Serine.....g	0.785		0	PAK	1		23.316	0.667	
Hydroxyproline.....g	0.130		0	PAK	1		3.866	0.111	
Others:									

NDB No. 10913

Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2970g: 1 roast rump

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10912

Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated

Refuse: 12% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.49		0	PAK	1		19.70	315.23	
Energy....kcal	172		0	PIK	4		49	779	
Energy....kJ	718		0	PIK	4		204	3257	
Protein....g	13.99		0	PAK	1		3.97	63.45	
Total lipid (fat)....g	12.50		0	PAK	1		3.54	56.69	
Ash....g	3.22		0	PAK	1		0.91	14.60	
Carbohydrate, by difference....g	0.80		0	PIK	4		0.23	3.64	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.62		0	PIK	4		0.18	2.83	
Sucrose....g	0.48		0	PIK	4		0.14	2.20	
Glucose (dextrose)....g	0.11		0	PIK	4		0.03	0.48	
Fructose....g	0.03		0	PIK	4		0.01	0.15	
Lactose....g	0.00		0	PIK	4		0.00	0.00	
Maltose....g	0.00		0	PIK	4		0.00	0.00	
Galactose....g	0.00		0	PIK	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	PAK	1		2	29	
Iron, Fe....mg	1.02		0	PAK	1		0.29	4.61	
Magnesium, Mg....mg	15		0	PAK	1		4	70	
Phosphorus, P....mg	218		0	PAK	1		62	990	
Potassium, K....mg	199		0	PAK	1		57	904	
Sodium, Na....mg	1069		0	PAK	1		303	4850	
Zinc, Zn....mg	1.33		0	PAK	1		0.38	6.02	
Copper, Cu....mg	0.092		0	PAK	1		0.026	0.417	
Manganese, Mn....mg	0.022		0	PAK	1		0.006	0.100	
Selenium, Se....mcg	26.4		0	PAK	1		7.5	119.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.235		0	PAK	1		0.066	1.064	
Riboflavin....mg	0.178		0	PAK	1		0.050	0.807	
Niacin....mg	4.819		0	PAK	1		1.366	21.861	
Pantothenic acid....mg	0.371		0	PAK	1		0.105	1.684	
Vitamin B-6....mg	0.251		0	PAK	1		0.071	1.137	
Folate, total....mcg	2		0	PIK	4		1	11	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	2		0	PIK	4		1	11	
Folate, DFE....mcg_DFE	2		0	NC	4		1	11	
Choline, total....mg	57.8		0	PIK	4		16.4	262.1	
Betaine....mg	3.5		0	PIK	4		1.0	15.7	
Vitamin B-12....mcg	0.50		0	PAK	1		0.14	2.26	
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	10		0	PIK	4		3	43	
Retinol....mcg	10		0	PIK	4		3	43	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	32		0	PIK	4		9	144	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.27		0	PIK	4		0.08	1.21	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PIK	4		0.00	0.01	
Tocopherol, gamma....mg	0.07		0	PIK	4		0.02	0.30	
Tocopherol, delta....mg	0.00		0	PIK	4		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 10912

Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	4.176		0	PIK	4		1.184	18.944	
4:0.....g	0.000		0	PIK	4		0.000	0.000	
6:0.....g	0.000		0	PIK	4		0.000	0.000	
8:0.....g	0.000		0	PIK	4		0.000	0.000	
10:0.....g	0.000		0	PIK	4		0.000	0.000	
12:0.....g	0.000		0	PIK	4		0.000	0.000	
13:0.....g									
14:0.....g	0.152		0	PIK	4		0.043	0.687	
15:0.....g	0.000		0	PIK	4		0.000	0.000	
16:0.....g	2.647		0	PIK	4		0.751	12.008	
17:0.....g	0.035		0	PIK	4		0.010	0.157	
18:0.....g	1.307		0	PIK	4		0.371	5.929	
20:0.....g	0.021		0	PIK	4		0.006	0.095	
22:0.....g	0.015		0	PIK	4		0.004	0.068	
24:0.....g									
Fatty acids, total monounsaturated.....g	5.639		0	PIK	4		1.599	25.576	
14:1.....g	0.000		0	PIK	4		0.000	0.000	
15:1.....g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated.....g	0.288		0	PIK	4		0.082	1.307	
17:1.....g	0.000		0	PIK	4		0.000	0.000	
18:1 undifferentiated.....g	5.264		0	PIK	4		1.492	23.878	
20:1.....g	0.086		0	PIK	4		0.024	0.391	
22:1 undifferentiated.....g	0.000		0	PIK	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.566		0	PIK	4		0.444	7.103	
18:2 undifferentiated.....g	1.393		0	PIK	4		0.395	6.318	
18:3 undifferentiated.....g	0.061		0	PIK	4		0.017	0.278	
18:4.....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c.....g	0.057		0	PIK	4		0.016	0.260	
20:3 undifferentiated.....g	0.000		0	PIK	4		0.000	0.000	
20:4 undifferentiated.....g	0.054		0	PIK	4		0.015	0.247	
20:5 n-3 (EPA).....g	0.000		0	PIK	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans.....g	0.100		0	PIK	4		0.028	0.454	
Cholesterol.....mg	54		0	PAK	1		15	246	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.128		0	PAK	1		0.036	0.582	
Threonine.....g	0.618		0	PAK	1		0.175	2.802	
Isoleucine.....g	0.625		0	PAK	1		0.177	2.835	
Leucine.....g	1.110		0	PAK	1		0.315	5.033	
Lysine.....g	1.164		0	PAK	1		0.330	5.279	
Methionine.....g	0.329		0	PAK	1		0.093	1.494	
Cystine.....g	0.157		0	PAK	1		0.045	0.714	
Phenylalanine.....g	0.555		0	PAK	1		0.157	2.519	
Tyrosine.....g	0.447		0	PAK	1		0.127	2.025	
Valine.....g	0.704		0	PAK	1		0.199	3.192	
Arginine.....g	0.891		0	PAK	1		0.252	4.039	
Histidine.....g	0.609		0	PAK	1		0.173	2.765	
Alanine.....g	0.828		0	PAK	1		0.235	3.755	
Aspartic acid.....g	1.217		0	PAK	1		0.345	5.521	
Glutamic acid.....g	1.988		0	PAK	1		0.564	9.017	
Glycine.....g	0.764		0	PAK	1		0.217	3.465	
Proline.....g	0.609		0	PAK	1		0.173	2.762	
Serine.....g	0.545		0	PAK	1		0.155	2.472	
Hydroxyproline.....g	0.110		0	PAK	1		0.031	0.500	
Others:									

NDB No. 10912

Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10865

Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted

Refuse: 19% Bone 10%, separable fat 9%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.92	1.331	5	A	1		2106.35	60.28	
Energy....kcal	121		0	NC	4		3599	103	
Energy....kJ	507		0	NC	4		15059	431	
Protein....g	21.41	1.100	5	A	1		635.97	18.20	
Total lipid (fat)....g	3.56	0.364	5	A	1		105.77	3.03	
Ash....g	3.23	0.163	5	A	1		96.08	2.75	
Carbohydrate, by difference....g	0.87		0	NC	4		25.84	0.74	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.84	0.399	4	A	1		25.00	0.72	
Sucrose....g	0.75	0.443	4	A	1		22.28	0.64	
Glucose (dextrose)....g	0.04	0.042	4	A	1		1.25	0.04	
Fructose....g	0.05	0.049	4	A	1		1.47	0.04	
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose....g	0.00	0.000	4	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		2	A	1		240	7	
Iron, Fe....mg	0.71		2	A	1		21.13	0.60	
Magnesium, Mg....mg	18		2	A	1		530	15	
Phosphorus, P....mg	246		2	A	1		7291	209	
Potassium, K....mg	250		2	A	1		7410	212	
Sodium, Na....mg	1150		2	A	1		34155	978	
Zinc, Zn....mg	1.81		2	A	1		53.76	1.54	
Copper, Cu....mg	0.098		2	A	1		2.922	0.084	
Manganese, Mn....mg	0.022		2	A	1		0.656	0.019	
Selenium, Se....mcg	27.5		2	A	1		816.8	23.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.356		2	A	1		10.570	0.303	
Riboflavin....mg	0.189		2	A	1		5.625	0.161	
Niacin....mg	4.430		2	A	1		131.571	3.766	
Pantothenic acid....mg	0.531		2	A	1		15.769	0.451	
Vitamin B-6....mg	0.434		2	A	1		12.888	0.369	
Folate, total....mcg	4		1	A	1		119	3	
Folic acid....mcg	0		1	Z	7		0	0	
Folate, food....mcg	4		1	NR	4		119	3	
Folate, DFE....mcg_DFE	4		0	NC	4		119	3	
Choline, total....mg	83.6		0	AS	1		2481.5	71.0	
Betaine....mg	5.0		1	A	1		147.7	4.2	
Vitamin B-12....mcg	0.36		2	A	1		10.69	0.31	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	11		0	AS	1		329	9	
Retinol....mcg	11		1	A	1		329	9	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	37		0	AS	1		1096	31	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.20		1	A	1		5.94	0.17	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.05		1	A	1		1.49	0.04	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									

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Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.254		0	NC	4		37.235	1.066	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.044		1	A	1		1.321	0.038	
15:0....g	0.000		1	A	1		0.000	0.000	
16:0....g	0.783		1	A	1		23.266	0.666	
17:0....g	0.009		1	A	1		0.262	0.008	
18:0....g	0.403		1	A	1		11.980	0.343	
20:0....g	0.006		1	A	1		0.192	0.006	
22:0....g	0.007		1	A	1		0.214	0.006	
24:0....g									
Fatty acids, total monounsaturated....g	1.610		0	NC	4		47.803	1.368	
14:1....g	0.000		1	A	1		0.000	0.000	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.095		1	A	1		2.813	0.080	
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	1.494		0	AS	1		44.364	1.270	
18:1 c....g	1.476		1	A	1		43.837	1.255	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.018		1	A	1		0.527	0.015	
18:1-11t (18:1t n-7)....g									
20:1....g	0.021		1	A	1		0.626	0.018	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.387		0	NC	4		11.498	0.329	
18:2 undifferentiated....g	0.326		0	AS	1		9.694	0.277	
18:2 n-6 c,c....g	0.308		1	A	1		9.140	0.262	
18:2 CLAs....g	0.005		1	A	1		0.144	0.004	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.014		1	A	1		0.409	0.012	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.011		0	AS	1		0.313	0.009	
18:3 n-3 c,c,c (ALA)....g	0.011		1	A	1		0.313	0.009	
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.010		1	A	1		0.289	0.008	
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.041		1	A	1		1.203	0.034	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.032		0	NC	4		0.936	0.027	
Fatty acids, total trans-monoenoic....g	0.018		0	NC	4		0.527	0.015	
Fatty acids, total trans-polyenoic....g	0.014		0	NC	4		0.409	0.012	
Cholesterol....mg	62	4.062	5	A	1		1847	53	
Phytosterols....mg									

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Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.201		0	A	1		5.968	0.171	
Threonine....g	0.958		0	A	1		28.451	0.814	
Isoleucine....g	0.967		0	A	1		28.709	0.822	
Leucine....g	1.716		0	A	1		50.951	1.458	
Lysine....g	1.809		0	A	1		53.728	1.538	
Methionine....g	0.512		0	A	1		15.213	0.435	
Cystine....g	0.240		0	A	1		7.141	0.204	
Phenylalanine....g	0.857		0	A	1		25.441	0.728	
Tyrosine....g	0.695		0	A	1		20.637	0.591	
Valine....g	1.083		0	A	1		32.177	0.921	
Arginine....g	1.370		0	A	1		40.694	1.165	
Histidine....g	0.933		0	A	1		27.700	0.793	
Alanine....g	1.261		0	A	1		37.456	1.072	
Aspartic acid....g	1.868		0	A	1		55.476	1.588	
Glutamic acid....g	3.065		0	A	1		91.018	2.605	
Glycine....g	1.118		0	A	1		33.215	0.951	
Proline....g	0.919		0	A	1		27.298	0.781	
Serine....g	0.838		0	A	1		24.895	0.712	
Hydroxyproline....g	0.139		0	A	1		4.120	0.118	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2970g: 1 roast rump

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

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Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated

Refuse: 28% Bone 12%, Separable fat 16%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	77.03		1	A	1		2661.21	349.39	21.84
Energy	kcal	95		0	NC	4		3294	432	27
Energy	kJ	399		0	NC	4		13783	1810	113
Protein (N x 6.25)	g	15.43		1	A	1		533.15	70.00	4.37
Total lipid (fat)	g	3.48		1	A	1		120.40	15.81	0.99
Ash	g	3.49		1	A	1		120.75	15.85	0.99
Carbohydrate, by difference	g	0.56		0	NC	4		19.48	2.56	0.16
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.67		0	BFSN	4		22.98	3.02	0.19
Sucrose	g	0.59		0	BFSN	4		20.48	2.69	0.17
Glucose (dextrose)	g	0.03		0	BFSN	4		1.15	0.15	0.01
Fructose	g	0.04		0	BFSN	4		1.35	0.18	0.01
Lactose	g	0.00		0	BFSN	4		0.00	0.00	0.00
Maltose	g	0.00		0	BFSN	4		0.00	0.00	0.00
Galactose	g	0.00		0	BFSN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	7		1	A	1		242	32	2
Iron, Fe	mg	1.13		1	A	1		39.04	5.13	0.32
Magnesium, Mg	mg	16		1	A	1		563	74	5
Phosphorus, P	mg	235		1	A	1		8119	1066	67
Potassium, K	mg	205		1	A	1		7083	930	58
Sodium, Na	mg	1170		1	A	1		40424	5307	332
Zinc, Zn	mg	1.37		1	A	1		47.33	6.21	0.39
Copper, Cu	mg	0.091		1	A	1		3.141	0.412	0.026
Manganese, Mn	mg	0.022		1	A	1		0.764	0.100	0.006
Selenium, Se	mcg	28.8		1	A	1		995.0	130.6	8.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.235		1	A	1		8.116	1.066	0.067
Riboflavin	mg	0.213		1	A	1		7.356	0.966	0.060
Niacin	mg	5.320		1	A	1		183.806	24.132	1.508
Pantothenic acid	mg	0.377		1	A	1		13.025	1.710	0.107
Vitamin B-6	mg	0.265		1	A	1		9.152	1.202	0.075
Folate, total	mcg	3		0	BFPN	4		100	13	1
Folic acid	mcg	0		0	BFPN	4		0	0	0
Folate, food	mcg	3		0	BFPN	4		100	13	1
Folate, DFE	mcg_DFE	3		0	NC	4		100	13	1
Choline, total	mg	63.8		0	BFNN	4		2204.8	289.5	18.1
Betaine	mg	3.8		0	BFNN	4		131.3	17.2	1.1
Vitamin B-12	mcg	0.54		1	A	1		18.66	2.45	0.15
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	9		0	NC	4		302	40	2
Retinol	mcg	9		0	BFSN	4		302	40	2
Carotene, beta	mcg	0		0	Z	7		0	0	0
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	29		0	NC	4		1008	132	8
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.16		0	BFSN	4		5.46	0.72	0.04
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocopherol, gamma	mg	0.04		0	BFSN	4		1.36	0.18	0.01
Tocopherol, delta	mg	0.00		0	BFSN	4		0.00	0.00	0.00
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									

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Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	1.227		0	BFFN	4		42.388	5.565	0.348
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
12:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.044		0	BFFN	4		1.504	0.197	0.012
15:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
16:0....g	0.767		0	BFFN	4		26.486	3.477	0.217
17:0....g	0.009		0	BFFN	4		0.299	0.039	0.002
18:0....g	0.395		0	BFFN	4		13.637	1.790	0.112
20:0....g	0.006		0	BFFN	4		0.219	0.029	0.002
22:0....g	0.007		0	BFFN	4		0.244	0.032	0.002
24:0....g									
Fatty acids, total monounsaturated....g	1.575		0	BFFN	4		54.418	7.144	0.447
14:1....g	0.000		0	BFFN	4		0.000	0.000	0.000
15:1....g	0.000		0	BFFN	4		0.000	0.000	0.000
16:1 undifferentiated....g	0.093		0	BFFN	4		3.202	0.420	0.026
17:1....g	0.000		0	BFFN	4		0.000	0.000	0.000
18:1 undifferentiated....g	1.462		0	BFFN	4		50.504	6.631	0.414
18:1 c....g	1.444		0	BFFN	4		49.904	6.552	0.409
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.017		0	BFFN	4		0.600	0.079	0.005
18:1-11t (18:1t n-7)....g									
20:1....g	0.021		0	BFFN	4		0.712	0.093	0.006
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.379		0	BFFN	4		13.090	1.718	0.107
18:2 undifferentiated....g	0.319		0	BFFN	4		11.035	1.449	0.091
18:2 n-6 c,c....g	0.301		0	BFFN	4		10.405	1.366	0.085
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.013		0	BFFN	4		0.466	0.061	0.004
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.010		0	BFFN	4		0.356	0.047	0.003
18:3 n-3 c,c,c (ALA)....g	0.010		0	BFFN	4		0.356	0.047	0.003
18:3 n-6 c,c,c....g	0.000		0	BFFN	4		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.010		0	BFFN	4		0.329	0.043	0.003
20:3 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.040		0	BFFN	4		1.369	0.180	0.011
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.031		0	BFFN	4		1.065	0.140	0.009
Fatty acids, total trans-monoenoic....g	0.017		0	BFFN	4		0.600	0.079	0.005
Fatty acids, total trans-polyenoic....g	0.013		0	BFFN	4		0.466	0.061	0.004
Cholesterol....mg	53		1	A	1		1817	239	15
Phytosterols....mg									

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Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.145		0	A	1		5.003	0.657	0.041
Threonine....g	0.690		0	A	1		23.851	3.131	0.196
Isoleucine....g	0.697		0	A	1		24.068	3.160	0.197
Leucine....g	1.236		0	A	1		42.713	5.608	0.350
Lysine....g	1.304		0	A	1		45.041	5.913	0.370
Methionine....g	0.369		0	A	1		12.754	1.674	0.105
Cystine....g	0.173		0	A	1		5.987	0.786	0.049
Phenylalanine....g	0.617		0	A	1		21.328	2.800	0.175
Tyrosine....g	0.501		0	A	1		17.300	2.271	0.142
Valine....g	0.781		0	A	1		26.975	3.541	0.221
Arginine....g	0.987		0	A	1		34.115	4.479	0.280
Histidine....g	0.672		0	A	1		23.221	3.049	0.191
Alanine....g	0.909		0	A	1		31.400	4.122	0.258
Aspartic acid....g	1.346		0	A	1		46.507	6.106	0.382
Glutamic acid....g	2.208		0	A	1		76.302	10.018	0.626
Glycine....g	0.806		0	A	1		27.845	3.656	0.228
Proline....g	0.662		0	A	1		22.884	3.004	0.188
Serine....g	0.604		0	A	1		20.870	2.740	0.171
Hydroxyproline....g	0.100		0	A	1		3.454	0.453	0.028
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3455g: 1 ham rump (1 rump unheated or as purchased)

Measure 2 = 453.6g: 1 lb rump

Measure 3 = 28.35g: 1 oz rump

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10914

Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted

Refuse: 19% Bone 13%, Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.43		0	PAK	1		1937.02	53.91	
Energy....kcal	200		0	PIK	4		6114	170	
Energy....kJ	838		0	PIK	4		25583	712	
Protein....g	18.62		0	PAK	1		568.61	15.83	
Total lipid (fat)....g	13.37		0	PAK	1		408.34	11.37	
Ash....g	3.24		0	PAK	1		98.80	2.75	
Carbohydrate, by difference....g	1.35		0	PIK	4		41.22	1.15	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.79		0	PAK	1		24.16	0.67	
Sucrose....g	0.57		0	PAK	1		17.33	0.48	
Glucose (dextrose)....g	0.17		0	PAK	1		5.26	0.15	
Fructose....g	0.05		0	PAK	1		1.57	0.04	
Lactose....g	0.00		0	PAK	1		0.00	0.00	
Maltose....g	0.00		0	PAK	1		0.00	0.00	
Galactose....g	0.00		0	PAK	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0	PAK	1		262	7	
Iron, Fe....mg	1.37		0	PAK	1		41.76	1.16	
Magnesium, Mg....mg	17		0	PAK	1		533	15	
Phosphorus, P....mg	207		0	PAK	1		6333	176	
Potassium, K....mg	232		0	PAK	1		7094	197	
Sodium, Na....mg	988		0	PAK	1		30162	839	
Zinc, Zn....mg	2.72		0	PAK	1		82.99	2.31	
Copper, Cu....mg	0.161		0	PAK	1		4.929	0.137	
Manganese, Mn....mg	0.022		0	PAK	1		0.675	0.019	
Selenium, Se....mcg	24.2		0	PAK	1		740.2	20.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.261		0	PAK	1		7.968	0.222	
Riboflavin....mg	0.173		0	PAK	1		5.296	0.147	
Niacin....mg	4.695		0	PAK	1		143.389	3.991	
Pantothenic acid....mg	0.519		0	PAK	1		15.844	0.441	
Vitamin B-6....mg	0.320		0	PAK	1		9.775	0.272	
Folate, total....mcg	1		0	PAK	1		31	1	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	1		0	PIK	4		31	1	
Folate, DFE....mcg_DFE	1		0	NC	4		31	1	
Choline, total....mg	73.9		0	PAK	1		2255.5	62.8	
Betaine....mg	2.3		0	PAK	1		71.3	2.0	
Vitamin B-12....mcg	0.55		0	PAK	1		16.72	0.47	
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	11		0	PAK	1		346	10	
Retinol....mcg	11		0	PAK	1		346	10	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	38		0	PAK	1		1154	32	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.29		0	PAK	1		8.95	0.25	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.01		0	PAK	1		0.33	0.01	
Tocopherol, gamma....mg	0.08		0	PAK	1		2.55	0.07	
Tocopherol, delta....mg	0.01		0	PAK	1		0.30	0.01	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 10914

Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	PAK	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	4.371		0	PIK	4		133.479	3.715	
4:0.....g	0.000		0	PIK	4		0.000	0.000	
6:0.....g	0.000		0	PIK	4		0.000	0.000	
8:0.....g	0.000		0	PAK	1		0.000	0.000	
10:0.....g	0.009		0	PAK	1		0.272	0.008	
12:0.....g	0.010		0	PAK	1		0.295	0.008	
13:0.....g									
14:0.....g	0.157		0	PAK	1		4.781	0.133	
15:0.....g	0.000		0	PAK	1		0.000	0.000	
16:0.....g	2.784		0	PAK	1		85.021	2.366	
17:0.....g	0.033		0	PAK	1		1.016	0.028	
18:0.....g	1.339		0	PAK	1		40.890	1.138	
20:0.....g	0.022		0	PAK	1		0.667	0.019	
22:0.....g	0.018		0	PAK	1		0.540	0.015	
24:0.....g									
Fatty acids, total monounsaturated.....g	6.143		0	PIK	4		187.593	5.221	
14:1.....g	0.000		0	PAK	1		0.000	0.000	
15:1.....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated.....g	0.323		0	PIK	4		9.855	0.274	
17:1.....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated.....g	5.720		0	PAK	1		174.678	4.862	
20:1.....g	0.100		0	PAK	1		3.060	0.085	
22:1 undifferentiated.....g	0.000		0	PIK	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.746		0	PIK	4		53.337	1.484	
18:2 undifferentiated.....g	1.539		0	PAK	1		47.006	1.308	
18:3 undifferentiated.....g	0.063		0	PAK	1		1.934	0.054	
18:4.....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c.....g	0.067		0	PAK	1		2.053	0.057	
20:3 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
20:4 undifferentiated.....g	0.077		0	PAK	1		2.345	0.065	
20:5 n-3 (EPA).....g	0.000		0	PIK	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans.....g	0.093		0	PIK	4		2.848	0.079	
Cholesterol.....mg	66		0	PAK	1		2014	56	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.171		0	PAK	1		5.225	0.145	
Threonine.....g	0.823		0	PAK	1		25.142	0.700	
Isoleucine.....g	0.833		0	PAK	1		25.428	0.708	
Leucine.....g	1.478		0	PAK	1		45.142	1.256	
Lysine.....g	1.551		0	PAK	1		47.369	1.318	
Methionine.....g	0.439		0	PAK	1		13.409	0.373	
Cystine.....g	0.209		0	PAK	1		6.397	0.178	
Phenylalanine.....g	0.740		0	PAK	1		22.591	0.629	
Tyrosine.....g	0.595		0	PAK	1		18.177	0.506	
Valine.....g	0.937		0	PAK	1		28.616	0.796	
Arginine.....g	1.186		0	PAK	1		36.215	1.008	
Histidine.....g	0.811		0	PAK	1		24.775	0.690	
Alanine.....g	1.101		0	PAK	1		33.639	0.936	
Aspartic acid.....g	1.621		0	PAK	1		49.490	1.377	
Glutamic acid.....g	2.648		0	PAK	1		80.859	2.251	
Glycine.....g	1.013		0	PAK	1		30.938	0.861	
Proline.....g	0.810		0	PAK	1		24.724	0.688	
Serine.....g	0.726		0	PAK	1		22.166	0.617	
Hydroxyproline.....g	0.121		0	PAK	1		3.683	0.103	
Others:									

NDB No. 10914

Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3054g: 1 roast shank

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10911

Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated

Refuse: 10% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	69.21		0	PAK	1		19.62	313.93	
Energy ... kcal	167		0	PIK	4		47	758	
Energy ... kJ	699		0	PIK	4		198	3172	
Protein ... g	16.65		0	PAK	1		4.72	75.54	
Total lipid (fat) ... g	11.02		0	PAK	1		3.12	50.00	
Ash ... g	2.89		0	PAK	1		0.82	13.10	
Carbohydrate, by difference ... g	0.33		0	PIK	4		0.09	1.52	
Fiber, total dietary ... g	0.0		0	PIK	4		0.0	0.0	
Sugars, total ... g	0.66		0	PIK	4		0.19	3.00	
Sucrose ... g	0.45		0	PIK	4		0.13	2.04	
Glucose (dextrose) ... g	0.17		0	PIK	4		0.05	0.78	
Fructose ... g	0.04		0	PIK	4		0.01	0.18	
Lactose ... g	0.00		0	PIK	4		0.00	0.00	
Maltose ... g	0.00		0	PIK	4		0.00	0.00	
Galactose ... g	0.00		0	PIK	4		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	7		0	PAK	1		2	30	
Iron, Fe ... mg	0.72		0	PAK	1		0.20	3.25	
Magnesium, Mg ... mg	17		0	PAK	1		5	77	
Phosphorus, P ... mg	214		0	PAK	1		61	969	
Potassium, K ... mg	219		0	PAK	1		62	994	
Sodium, Na ... mg	964		0	PAK	1		273	4373	
Zinc, Zn ... mg	1.84		0	PAK	1		0.52	8.34	
Copper, Cu ... mg	0.097		0	PAK	1		0.027	0.440	
Manganese, Mn ... mg	0.022		0	PAK	1		0.006	0.100	
Selenium, Se ... mcg	35.7		0	PAK	1		10.1	161.8	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	PIK	4		0.0	0.0	
Thiamin ... mg	0.306		0	PAK	1		0.087	1.388	
Riboflavin ... mg	0.183		0	PAK	1		0.052	0.828	
Niacin ... mg	3.407		0	PAK	1		0.966	15.456	
Pantothenic acid ... mg	0.439		0	PAK	1		0.125	1.993	
Vitamin B-6 ... mg	0.235		0	PAK	1		0.067	1.068	
Folate, total ... mcg	1		0	PIK	4		0	3	
Folic acid ... mcg	0		0	PIK	4		0	0	
Folate, food ... mcg	1		0	PIK	4		0	3	
Folate, DFE ... mcg_DFE	1		0	NC	4		0	3	
Choline, total ... mg	68.6		0	PIK	4		19.5	311.3	
Betaine ... mg	2.3		0	PIK	4		0.7	10.6	
Vitamin B-12 ... mcg	0.31		0	PAK	1		0.09	1.41	
Vitamin B-12, added ... mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	9		0	PIK	4		3	43	
Retinol ... mcg	9		0	PIK	4		3	43	
Carotene, beta ... mcg	0		0	PIK	4		0	0	
Carotene, alpha ... mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta ... mcg	0		0	PIK	4		0	0	
Vitamin A, IU ... IU	32		0	PIK	4		9	143	
Lycopene ... mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin ... mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.32		0	PIK	4		0.09	1.43	
Vitamin E, added ... mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta ... mg	0.01		0	PIK	4		0.00	0.04	
Tocopherol, gamma ... mg	0.08		0	PIK	4		0.02	0.36	
Tocopherol, delta ... mg	0.00		0	PIK	4		0.00	0.02	
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									

NDB No. 10911

Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	3.607		0	PIK	4		1.022	16.359	
4:0.....g	0.000		0	PIK	4		0.000	0.000	
6:0.....g	0.000		0	PIK	4		0.000	0.000	
8:0.....g	0.000		0	PIK	4		0.000	0.000	
10:0.....g	0.000		0	PIK	4		0.000	0.000	
12:0.....g	0.000		0	PIK	4		0.000	0.000	
13:0.....g									
14:0.....g	0.130		0	PIK	4		0.037	0.589	
15:0.....g	0.000		0	PIK	4		0.000	0.000	
16:0.....g	2.290		0	PIK	4		0.649	10.388	
17:0.....g	0.030		0	PIK	4		0.009	0.136	
18:0.....g	1.126		0	PIK	4		0.319	5.109	
20:0.....g	0.018		0	PIK	4		0.005	0.080	
22:0.....g	0.013		0	PIK	4		0.004	0.058	
24:0.....g									
Fatty acids, total monounsaturated.....g	4.975		0	PIK	4		1.410	22.565	
14:1.....g	0.000		0	PIK	4		0.000	0.000	
15:1.....g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated.....g	0.243		0	PIK	4		0.069	1.102	
17:1.....g	0.000		0	PIK	4		0.000	0.000	
18:1 undifferentiated.....g	4.653		0	PIK	4		1.319	21.108	
20:1.....g	0.078		0	PIK	4		0.022	0.356	
22:1 undifferentiated.....g	0.000		0	PIK	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.457		0	PIK	4		0.413	6.610	
18:2 undifferentiated.....g	1.299		0	PIK	4		0.368	5.893	
18:3 undifferentiated.....g	0.057		0	PIK	4		0.016	0.259	
18:4.....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c.....g	0.056		0	PIK	4		0.016	0.256	
20:3 undifferentiated.....g	0.000		0	PIK	4		0.000	0.000	
20:4 undifferentiated.....g	0.044		0	PIK	4		0.013	0.202	
20:5 n-3 (EPA).....g	0.000		0	PIK	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans.....g	0.084		0	PIK	4		0.024	0.379	
Cholesterol.....mg	52		0	PAK	1		15	237	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.153		0	PAK	1		0.043	0.696	
Threonine.....g	0.737		0	PAK	1		0.209	3.344	
Isoleucine.....g	0.745		0	PAK	1		0.211	3.381	
Leucine.....g	1.323		0	PAK	1		0.375	6.002	
Lysine.....g	1.389		0	PAK	1		0.394	6.302	
Methionine.....g	0.393		0	PAK	1		0.111	1.784	
Cystine.....g	0.187		0	PAK	1		0.053	0.850	
Phenylalanine.....g	0.662		0	PAK	1		0.188	3.003	
Tyrosine.....g	0.533		0	PAK	1		0.151	2.418	
Valine.....g	0.839		0	PAK	1		0.238	3.804	
Arginine.....g	1.061		0	PAK	1		0.301	4.813	
Histidine.....g	0.726		0	PAK	1		0.206	3.291	
Alanine.....g	0.985		0	PAK	1		0.279	4.467	
Aspartic acid.....g	1.450		0	PAK	1		0.411	6.576	
Glutamic acid.....g	2.370		0	PAK	1		0.672	10.749	
Glycine.....g	0.903		0	PAK	1		0.256	4.094	
Proline.....g	0.723		0	PAK	1		0.205	3.281	
Serine.....g	0.649		0	PAK	1		0.184	2.946	
Hydroxyproline.....g	0.127		0	PAK	1		0.036	0.577	
Others:									

NDB No. 10911

Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10867

Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted

Refuse: 35% Bone 13%, Connective tissue 6%, Separable fat 16%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.97	1.289	6	A	1		2136.91	59.48	
Energy....kcal	128		0	NC	4		3920	109	
Energy....kJ	537		0	NC	4		16399	456	
Protein....g	20.92	1.068	6	A	1		639.04	17.79	
Total lipid (fat)....g	4.43	0.611	6	A	1		135.24	3.76	
Ash....g	3.48	0.190	6	A	1		106.26	2.96	
Carbohydrate, by difference....g	1.20		0	NC	4		36.55	1.02	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.91	0.338	5	A	1		27.80	0.77	
Sucrose....g	0.70	0.403	5	A	1		21.38	0.60	
Glucose (dextrose)....g	0.15	0.147	5	A	1		4.48	0.12	
Fructose....g	0.06	0.063	5	A	1		1.94	0.05	
Lactose....g	0.00	0.000	5	A	1		0.00	0.00	
Maltose....g	0.00	0.000	5	A	1		0.00	0.00	
Galactose....g	0.00	0.000	5	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	9	0.772	3	A	1		281	8	
Iron, Fe....mg	1.56	0.421	3	A	1		47.74	1.33	
Magnesium, Mg....mg	18	0.797	3	A	1		546	15	
Phosphorus, P....mg	216	13.383	3	A	1		6607	184	
Potassium, K....mg	241	17.214	3	A	1		7360	205	
Sodium, Na....mg	1060	105.499	3	A	1		32383	901	
Zinc, Zn....mg	3.09	0.569	3	A	1		94.27	2.62	
Copper, Cu....mg	0.122		2	A	1		3.723	0.104	
Manganese, Mn....mg	0.022	0.000	3	A	1		0.675	0.019	
Selenium, Se....mcg	26.2	4.333	3	A	1		799.1	22.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.257	0.019	3	A	1		7.847	0.218	
Riboflavin....mg	0.192	0.029	3	A	1		5.850	0.163	
Niacin....mg	5.073	0.179	3	A	1		154.938	4.312	
Pantothenic acid....mg	0.544	0.085	3	A	1		16.602	0.462	
Vitamin B-6....mg	0.348	0.059	3	A	1		10.627	0.296	
Folate, total....mcg	1		2	A	1		31	1	
Folic acid....mcg	0		2	Z	7		0	0	
Folate, food....mcg	1		2	NR	4		31	1	
Folate, DFE....mcg_DFE	1		0	NC	4		31	1	
Choline, total....mg	91.1		0	AS	1		2783.5	77.5	
Betaine....mg	2.9		2	A	1		87.9	2.4	
Vitamin B-12....mcg	0.60	0.133	3	A	1		18.42	0.51	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	11		0	AS	1		338	9	
Retinol....mcg	11		2	A	1		338	9	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	37		0	AS	1		1127	31	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.28		2	A	1		8.55	0.24	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.01		2	A	1		0.30	0.01	
Tocopherol, gamma....mg	0.07		2	A	1		2.29	0.06	
Tocopherol, delta....mg	0.01		2	A	1		0.23	0.01	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 10867

Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		2	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	1.402		0	NC	4		42.831	1.192	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.046		2	A	1		1.403	0.039	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	0.875		2	A	1		26.710	0.743	
17:0.....g	0.009		2	A	1		0.267	0.007	
18:0.....g	0.456		2	A	1		13.940	0.388	
20:0.....g	0.006		2	A	1		0.194	0.005	
22:0.....g	0.010		2	A	1		0.316	0.009	
24:0.....g									
Fatty acids, total monounsaturated.....g	1.911		0	NC	4		58.351	1.624	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.098		0	NC	4		3.003	0.084	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	1.881		0	AS	1		57.449	1.599	
18:1 c.....g	1.866		2	A	1		56.999	1.586	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.015		2	A	1		0.449	0.013	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.030		2	A	1		0.902	0.025	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.641		0	NC	4		19.565	0.545	
18:2 undifferentiated.....g	0.537		0	AS	1		16.405	0.457	
18:2 n-6 c,c.....g	0.505		2	A	1		15.430	0.429	
18:2 CLAs.....g	0.018		1	A	1		0.562	0.016	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.014		2	A	1		0.414	0.012	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.015		0	AS	1		0.464	0.013	
18:3 n-3 c,c,c (ALA).....g	0.015		2	A	1		0.464	0.013	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.022		2	A	1		0.681	0.019	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.066		2	A	1		2.014	0.056	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.028		0	NC	4		0.863	0.024	
Fatty acids, total trans-monoenoic.....g	0.015		0	NC	4		0.449	0.013	
Fatty acids, total trans-polyenoic.....g	0.014		0	NC	4		0.414	0.012	
Cholesterol.....mg	65	3.548	6	A	1		1972	55	
Phytosterols.....mg									

NDB No. 10867

Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.196		0	A	1		5.997	0.167	
Threonine....g	0.936		0	A	1		28.589	0.796	
Isoleucine....g	0.945		0	A	1		28.848	0.803	
Leucine....g	1.676		0	A	1		51.197	1.425	
Lysine....g	1.768		0	A	1		53.987	1.503	
Methionine....g	0.501		0	A	1		15.287	0.425	
Cystine....g	0.235		0	A	1		7.176	0.200	
Phenylalanine....g	0.837		0	A	1		25.564	0.712	
Tyrosine....g	0.679		0	A	1		20.736	0.577	
Valine....g	1.059		0	A	1		32.332	0.900	
Arginine....g	1.339		0	A	1		40.891	1.138	
Histidine....g	0.911		0	A	1		27.834	0.775	
Alanine....g	1.232		0	A	1		37.637	1.048	
Aspartic acid....g	1.825		0	A	1		55.744	1.551	
Glutamic acid....g	2.995		0	A	1		91.457	2.545	
Glycine....g	1.093		0	A	1		33.375	0.929	
Proline....g	0.898		0	A	1		27.429	0.763	
Serine....g	0.819		0	A	1		25.015	0.696	
Hydroxyproline....g	0.136		0	A	1		4.139	0.115	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3054g: 1 roast shank

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10885

Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated

Refuse: 26% Bone 10%, Separable fat 16%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.53		1	A	1		2943.19	21.70	347.12
Energy....kcal	91		0	NC	4		3516	26	415
Energy....kJ	382		0	NC	4		14711	108	1735
Protein (N x 6.25)....g	18.65		1	A	1		717.25	5.29	84.59
Total lipid (fat)....g	1.87		1	A	1		71.88	0.53	8.48
Ash....g	3.09		1	A	1		118.76	0.88	14.01
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.71		0	BFSN	4		27.37	0.20	3.23
Sucrose....g	0.55		0	BFSN	4		21.05	0.16	2.48
Glucose (dextrose)....g	0.11		0	BFSN	4		4.41	0.03	0.52
Fructose....g	0.05		0	BFSN	4		1.91	0.01	0.22
Lactose....g	0.00		0	BFSN	4		0.00	0.00	0.00
Maltose....g	0.00		0	BFSN	4		0.00	0.00	0.00
Galactose....g	0.00		0	BFSN	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	7		1	A	1		284	2	34
Iron, Fe....mg	0.76		1	A	1		29.34	0.22	3.46
Magnesium, Mg....mg	18		1	A	1		700	5	83
Phosphorus, P....mg	229		1	A	1		8807	65	1039
Potassium, K....mg	229		1	A	1		8807	65	1039
Sodium, Na....mg	1040		1	A	1		39998	295	4717
Zinc, Zn....mg	1.99		1	A	1		76.54	0.56	9.03
Copper, Cu....mg	0.097		1	A	1		3.731	0.027	0.440
Manganese, Mn....mg	0.022		1	A	1		0.850	0.006	0.100
Selenium, Se....mcg	40.0		1	A	1		1538.4	11.3	181.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.322		1	A	1		12.380	0.091	1.460
Riboflavin....mg	0.218		1	A	1		8.380	0.062	0.988
Niacin....mg	3.590		1	A	1		138.068	1.018	16.284
Pantothenic acid....mg	0.460		1	A	1		17.692	0.130	2.087
Vitamin B-6....mg	0.246		1	A	1		9.461	0.070	1.116
Folate, total....mcg	1		0	BFPN	4		34	0	4
Folic acid....mcg	0		0	BFPN	4		0	0	0
Folate, food....mcg	1		0	BFPN	4		34	0	4
Folate, DFE....mcg_DFE	1		0	NC	4		34	0	4
Choline, total....mg	76.9		0	BFNN	4		2958.3	21.8	348.9
Betaine....mg	2.4		0	BFNN	4		93.5	0.7	11.0
Vitamin B-12....mcg	0.31		1	A	1		11.92	0.09	1.41
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	9		0	NC	4		333	2	39
Retinol....mcg	9		0	BFSN	4		333	2	39
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	29		0	NC	4		1110	8	131
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.22		0	BFSN	4		8.42	0.06	0.99
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.01		0	BFSN	4		0.30	0.00	0.04
Tocopherol, gamma....mg	0.06		0	BFSN	4		2.25	0.02	0.27
Tocopherol, delta....mg	0.01		0	BFSN	4		0.22	0.00	0.03
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 10885

Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.592		0	BFFN	4		22.764	0.168	2.685
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
12:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.019		0	BFFN	4		0.746	0.005	0.088
15:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
16:0....g	0.369		0	BFFN	4		14.196	0.105	1.674
17:0....g	0.004		0	BFFN	4		0.142	0.001	0.017
18:0....g	0.193		0	BFFN	4		7.409	0.055	0.874
20:0....g	0.003		0	BFFN	4		0.103	0.001	0.012
22:0....g	0.004		0	BFFN	4		0.168	0.001	0.020
24:0....g									
Fatty acids, total monounsaturated....g	0.806		0	BFFN	4		31.013	0.229	3.658
14:1....g	0.000		0	BFFN	4		0.000	0.000	0.000
15:1....g	0.000		0	BFFN	4		0.000	0.000	0.000
16:1 undifferentiated....g	0.042		0	BFFN	4		1.596	0.012	0.188
17:1....g	0.000		0	BFFN	4		0.000	0.000	0.000
18:1 undifferentiated....g	0.794		0	BFFN	4		30.533	0.225	3.601
18:1 c....g	0.788		0	BFFN	4		30.294	0.223	3.573
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.006		0	BFFN	4		0.239	0.002	0.028
18:1-11t (18:1t n-7)....g									
20:1....g	0.012		0	BFFN	4		0.479	0.004	0.057
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.270		0	BFFN	4		10.398	0.077	1.226
18:2 undifferentiated....g	0.227		0	BFFN	4		8.719	0.064	1.028
18:2 n-6 c,c....g	0.213		0	BFFN	4		8.201	0.060	0.967
18:2 CLAs....g	0.008		0	BFFN	4		0.298	0.002	0.035
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.006		0	BFFN	4		0.220	0.002	0.026
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.006		0	BFFN	4		0.247	0.002	0.029
18:3 n-3 c,c,c (ALA)....g	0.006		0	BFFN	4		0.247	0.002	0.029
18:3 n-6 c,c,c....g	0.000		0	BFFN	4		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.009		0	BFFN	4		0.362	0.003	0.043
20:3 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.028		0	BFFN	4		1.071	0.008	0.126
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.012		0	BFFN	4		0.459	0.003	0.054
Fatty acids, total trans-monoenoic....g	0.006		0	BFFN	4		0.239	0.002	0.028
Fatty acids, total trans-polyenoic....g	0.006		0	BFFN	4		0.220	0.002	0.026
Cholesterol....mg	50		1	A	1		1935	14	228
Phytosterols....mg									

NDB No. 10885

Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.175		0	A	1		6.731	0.050	0.794
Threonine....g	0.834		0	A	1		32.088	0.237	3.784
Isoleucine....g	0.842		0	A	1		32.379	0.239	3.819
Leucine....g	1.494		0	A	1		57.463	0.424	6.777
Lysine....g	1.576		0	A	1		60.595	0.447	7.147
Methionine....g	0.446		0	A	1		17.158	0.126	2.024
Cystine....g	0.209		0	A	1		8.054	0.059	0.950
Phenylalanine....g	0.746		0	A	1		28.693	0.212	3.384
Tyrosine....g	0.605		0	A	1		23.274	0.172	2.745
Valine....g	0.944		0	A	1		36.290	0.268	4.280
Arginine....g	1.193		0	A	1		45.895	0.338	5.413
Histidine....g	0.812		0	A	1		31.240	0.230	3.684
Alanine....g	1.098		0	A	1		42.243	0.311	4.982
Aspartic acid....g	1.627		0	A	1		62.567	0.461	7.379
Glutamic acid....g	2.669		0	A	1		102.651	0.757	12.107
Glycine....g	0.974		0	A	1		37.460	0.276	4.418
Proline....g	0.800		0	A	1		30.786	0.227	3.631
Serine....g	0.730		0	A	1		28.076	0.207	3.311
Hydroxyproline....g	0.121		0	A	1		4.646	0.034	0.548
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3846g: 1 ham shank (1 shank unheated or as purchased)

Measure 2 = 28.35g: 1 oz shank

Measure 3 = 453.6g: 1 lb shank

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10915

Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil

Refuse: 4% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.48		0	PAK	1		285.47	55.65	
Energy	kcal	166		0	NC	4		725	141	
Energy	kJ	695		0	NC	4		3032	591	
Protein	g	20.80		0	PAK	1		90.67	17.68	
Total lipid (fat)	g	8.73		0	PAK	1		38.04	7.42	
Ash	g	3.89		0	PAK	1		16.94	3.30	
Carbohydrate, by difference	g	1.12		0	PIK	4		4.87	0.95	
Fiber, total dietary	g	0.0		0	PIK	4		0.0	0.0	
Sugars, total	g	1.54		0	PAK	1		6.70	1.31	
Sucrose	g	0.29		0	PAK	1		1.27	0.25	
Glucose (dextrose)	g	1.19		0	PAK	1		5.20	1.01	
Fructose	g	0.05		0	PAK	1		0.23	0.04	
Lactose	g	0.00		0	PAK	1		0.00	0.00	
Maltose	g	0.00		0	PAK	1		0.00	0.00	
Galactose	g	0.00		0	PAK	1		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0	PAK	1		48	9	
Iron, Fe	mg	1.07		0	PAK	1		4.65	0.91	
Magnesium, Mg	mg	19		0	PAK	1		84	16	
Phosphorus, P	mg	251		0	PAK	1		1096	214	
Potassium, K	mg	280		0	PAK	1		1222	238	
Sodium, Na	mg	1309		0	PAK	1		5706	1112	
Zinc, Zn	mg	2.19		0	PAK	1		9.53	1.86	
Copper, Cu	mg	0.137		0	PAK	1		0.599	0.117	
Manganese, Mn	mg	0.022		0	PAK	1		0.096	0.019	
Selenium, Se	mcg	28.7		0	PAK	1		125.2	24.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0	0.0	
Thiamin	mg	0.374		0	PAK	1		1.629	0.318	
Riboflavin	mg	0.174		0	PAK	1		0.759	0.148	
Niacin	mg	5.215		0	PAK	1		22.738	4.433	
Pantothenic acid	mg	0.697		0	PAK	1		3.037	0.592	
Vitamin B-6	mg	0.437		0	PAK	1		1.905	0.371	
Folate, total	mcg	2		0	PAK	1		7	1	
Folic acid	mcg	0		0	PIK	4		0	0	
Folate, food	mcg	2		0	PIK	4		7	1	
Folate, DFE	mcg_DFE	2		0	NC	4		7	1	
Choline, total	mg	81.8		0	PAK	1		356.6	69.5	
Betaine	mg	5.0		0	PAK	1		21.7	4.2	
Vitamin B-12	mcg	0.56		0	PAK	1		2.43	0.47	
Vitamin B-12, added	mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	12		0	PAK	1		51	10	
Retinol	mcg	12		0	PAK	1		51	10	
Carotene, beta	mcg	0		0	PIK	4		0	0	
Carotene, alpha	mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta	mcg	0		0	PIK	4		0	0	
Vitamin A, IU	IU	39		0	PAK	1		169	33	
Lycopene	mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin	mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.27		0	PAK	1		1.16	0.23	
Vitamin E, added	mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta	mg	0.01		0	PAK	1		0.03	0.01	
Tocopherol, gamma	mg	0.06		0	PAK	1		0.26	0.05	
Tocopherol, delta	mg	0.00		0	PAK	1		0.01	0.00	
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 10915

Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	PAK	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	2.901		0	PIK	4		12.650	2.466	
4:0.....g	0.000		0	PIK	4		0.000	0.000	
6:0.....g	0.000		0	PIK	4		0.000	0.000	
8:0.....g	0.000		0	PAK	1		0.000	0.000	
10:0.....g	0.004		0	PAK	1		0.019	0.004	
12:0.....g	0.005		0	PAK	1		0.021	0.004	
13:0.....g									
14:0.....g	0.105		0	PAK	1		0.459	0.090	
15:0.....g	0.000		0	PAK	1		0.000	0.000	
16:0.....g	1.851		0	PAK	1		8.069	1.573	
17:0.....g	0.019		0	PAK	1		0.081	0.016	
18:0.....g	0.890		0	PAK	1		3.879	0.756	
20:0.....g	0.012		0	PAK	1		0.054	0.011	
22:0.....g	0.015		0	PAK	1		0.067	0.013	
24:0.....g									
Fatty acids, total monounsaturated.....g	4.032		0	PIK	4		17.579	3.427	
14:1.....g	0.000		0	PAK	1		0.000	0.000	
15:1.....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated.....g	0.222		0	PAK	1		0.969	0.189	
17:1.....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated.....g	3.745		0	PAK	1		16.330	3.184	
20:1.....g	0.064		0	PAK	1		0.280	0.055	
22:1 undifferentiated.....g	0.000		0	PIK	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.229		0	PIK	4		5.358	1.045	
18:2 undifferentiated.....g	1.064		0	PAK	1		4.639	0.904	
18:3 undifferentiated.....g	0.044		0	PAK	1		0.191	0.037	
18:4.....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c.....g	0.045		0	PAK	1		0.194	0.038	
20:3 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
20:4 undifferentiated.....g	0.077		0	PAK	1		0.335	0.065	
20:5 n-3 (EPA).....g	0.000		0	PIK	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans.....g	0.067		0	PIK	4		0.290	0.057	
Cholesterol.....mg	66		0	PAK	1		287	56	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.193		0	PAK	1		0.843	0.164	
Threonine.....g	0.926		0	PAK	1		4.036	0.787	
Isoleucine.....g	0.935		0	PAK	1		4.076	0.795	
Leucine.....g	1.659		0	PAK	1		7.235	1.411	
Lysine.....g	1.746		0	PAK	1		7.613	1.484	
Methionine.....g	0.494		0	PAK	1		2.155	0.420	
Cystine.....g	0.234		0	PAK	1		1.019	0.199	
Phenylalanine.....g	0.829		0	PAK	1		3.616	0.705	
Tyrosine.....g	0.670		0	PAK	1		2.923	0.570	
Valine.....g	1.050		0	PAK	1		4.577	0.892	
Arginine.....g	1.328		0	PAK	1		5.790	1.129	
Histidine.....g	0.906		0	PAK	1		3.950	0.770	
Alanine.....g	1.227		0	PAK	1		5.351	1.043	
Aspartic acid.....g	1.812		0	PAK	1		7.902	1.540	
Glutamic acid.....g	2.968		0	PAK	1		12.940	2.523	
Glycine.....g	1.106		0	PAK	1		4.823	0.940	
Proline.....g	0.898		0	PAK	1		3.914	0.763	
Serine.....g	0.813		0	PAK	1		3.543	0.691	
Hydroxyproline.....g	0.135		0	PAK	1		0.587	0.115	
Others:									

NDB No. 10915

Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 436g: 1 slice

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10910

Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated

Refuse: 4% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.88		0	PAK	1		19.81	316.97	
Energy	kcal	162		0	NC	4		46	736	
Energy	kJ	679		0	NC	4		192	3078	
Protein	g	15.73		0	PAK	1		4.46	71.34	
Total lipid (fat)	g	10.77		0	PAK	1		3.05	48.86	
Ash	g	3.04		0	PAK	1		0.86	13.81	
Carbohydrate, by difference	g	0.58		0	PIK	4		0.16	2.61	
Fiber, total dietary	g	0.0		0	PIK	4		0.0	0.0	
Sugars, total	g	1.10		0	PIK	4		0.31	4.99	
Sucrose	g	0.20		0	PIK	4		0.06	0.90	
Glucose (dextrose)	g	0.87		0	PIK	4		0.25	3.92	
Fructose	g	0.04		0	PIK	4		0.01	0.16	
Lactose	g	0.00		0	PIK	4		0.00	0.00	
Maltose	g	0.00		0	PIK	4		0.00	0.00	
Galactose	g	0.00		0	PIK	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	PAK	1		2	37	
Iron, Fe	mg	0.98		0	PAK	1		0.28	4.46	
Magnesium, Mg	mg	16		0	PAK	1		5	73	
Phosphorus, P	mg	220		0	PAK	1		62	996	
Potassium, K	mg	213		0	PAK	1		60	967	
Sodium, Na	mg	1011		0	PAK	1		287	4585	
Zinc, Zn	mg	1.74		0	PAK	1		0.49	7.89	
Copper, Cu	mg	0.181		0	PAK	1		0.051	0.821	
Manganese, Mn	mg	0.022		0	PAK	1		0.006	0.100	
Selenium, Se	mcg	32.0		0	PAK	1		9.1	145.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0	0.0	
Thiamin	mg	0.350		0	PAK	1		0.099	1.589	
Riboflavin	mg	0.182		0	PAK	1		0.051	0.824	
Niacin	mg	4.352		0	PAK	1		1.234	19.741	
Pantothenic acid	mg	0.412		0	PAK	1		0.117	1.870	
Vitamin B-6	mg	0.277		0	PAK	1		0.078	1.256	
Folate, total	mcg	1		0	PIK	4		0	5	
Folic acid	mcg	0		0	PIK	4		0	0	
Folate, food	mcg	1		0	PIK	4		0	5	
Folate, DFE	mcg_DFE	1		0	NC	4		0	5	
Choline, total	mg	63.2		0	PIK	4		17.9	286.6	
Betaine	mg	3.9		0	PIK	4		1.1	17.5	
Vitamin B-12	mcg	0.38		0	PAK	1		0.11	1.71	
Vitamin B-12, added	mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	9		0	PIK	4		3	42	
Retinol	mcg	9		0	PIK	4		3	42	
Carotene, beta	mcg	0		0	PIK	4		0	0	
Carotene, alpha	mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta	mcg	0		0	PIK	4		0	0	
Vitamin A, IU	IU	31		0	PIK	4		9	141	
Lycopene	mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin	mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.29		0	PIK	4		0.08	1.30	
Vitamin E, added	mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta	mg	0.01		0	PIK	4		0.00	0.03	
Tocopherol, gamma	mg	0.06		0	PIK	4		0.02	0.28	
Tocopherol, delta	mg	0.00		0	PIK	4		0.00	0.00	
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 10910

Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	3.554		0	PIK	4		1.008	16.123	
4:0.....g	0.000		0	PIK	4		0.000	0.000	
6:0.....g	0.000		0	PIK	4		0.000	0.000	
8:0.....g	0.000		0	PIK	4		0.000	0.000	
10:0.....g	0.000		0	PIK	4		0.000	0.000	
12:0.....g	0.000		0	PIK	4		0.000	0.000	
13:0.....g									
14:0.....g	0.129		0	PIK	4		0.037	0.586	
15:0.....g	0.000		0	PIK	4		0.000	0.000	
16:0.....g	2.261		0	PIK	4		0.641	10.256	
17:0.....g	0.028		0	PIK	4		0.008	0.127	
18:0.....g	1.106		0	PIK	4		0.314	5.016	
20:0.....g	0.016		0	PIK	4		0.005	0.075	
22:0.....g	0.014		0	PIK	4		0.004	0.063	
24:0.....g									
Fatty acids, total monounsaturated.....g	4.880		0	PIK	4		1.384	22.137	
14:1.....g	0.000		0	PIK	4		0.000	0.000	
15:1.....g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated.....g	0.245		0	PIK	4		0.070	1.112	
17:1.....g	0.000		0	PIK	4		0.000	0.000	
18:1 undifferentiated.....g	4.558		0	PIK	4		1.292	20.677	
20:1.....g	0.077		0	PIK	4		0.022	0.348	
22:1 undifferentiated.....g	0.000		0	PIK	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.459		0	PIK	4		0.414	6.619	
18:2 undifferentiated.....g	1.294		0	PIK	4		0.367	5.870	
18:3 undifferentiated.....g	0.058		0	PIK	4		0.016	0.261	
18:4.....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c.....g	0.055		0	PIK	4		0.016	0.252	
20:3 undifferentiated.....g	0.000		0	PIK	4		0.000	0.000	
20:4 undifferentiated.....g	0.052		0	PIK	4		0.015	0.237	
20:5 n-3 (EPA).....g	0.000		0	PIK	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans.....g	0.084		0	PIK	4		0.024	0.383	
Cholesterol.....mg	55		0	PAK	1		16	251	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.145		0	PAK	1		0.041	0.657	
Threonine.....g	0.696		0	PAK	1		0.197	3.159	
Isoleucine.....g	0.704		0	PAK	1		0.200	3.194	
Leucine.....g	1.250		0	PAK	1		0.354	5.670	
Lysine.....g	1.312		0	PAK	1		0.372	5.952	
Methionine.....g	0.371		0	PAK	1		0.105	1.685	
Cystine.....g	0.177		0	PAK	1		0.050	0.802	
Phenylalanine.....g	0.625		0	PAK	1		0.177	2.837	
Tyrosine.....g	0.504		0	PAK	1		0.143	2.284	
Valine.....g	0.792		0	PAK	1		0.225	3.593	
Arginine.....g	1.002		0	PAK	1		0.284	4.546	
Histidine.....g	0.685		0	PAK	1		0.194	3.108	
Alanine.....g	0.930		0	PAK	1		0.264	4.219	
Aspartic acid.....g	1.369		0	PAK	1		0.388	6.211	
Glutamic acid.....g	2.238		0	PAK	1		0.635	10.153	
Glycine.....g	0.852		0	PAK	1		0.242	3.865	
Proline.....g	0.683		0	PAK	1		0.194	3.098	
Serine.....g	0.613		0	PAK	1		0.174	2.782	
Hydroxyproline.....g	0.120		0	PAK	1		0.034	0.544	
Others:									

NDB No. 10910

Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10868

Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil

Refuse: 13% Separable fat 9%, Bone 4%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.58	0.892	8	A	1		298.99	58.29	
Energy....kcal	131		0	NC	4		571	111	
Energy....kJ	548		0	NC	4		2389	466	
Protein....g	22.04	0.585	8	A	1		96.09	18.73	
Total lipid (fat)....g	4.30	0.416	8	A	1		18.74	3.65	
Ash....g	4.06	0.150	8	A	1		17.71	3.45	
Carbohydrate, by difference....g	1.03		0	NC	4		4.47	0.87	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	1.67	0.098	7	A	1		7.27	1.42	
Sucrose....g	0.32	0.215	7	A	1		1.41	0.27	
Glucose (dextrose)....g	1.29	0.335	7	A	1		5.61	1.09	
Fructose....g	0.06	0.058	7	A	1		0.25	0.05	
Lactose....g	0.00	0.000	7	A	1		0.00	0.00	
Maltose....g	0.00	0.000	7	A	1		0.00	0.00	
Galactose....g	0.00	0.000	7	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.169	5	A	1		50	10	
Iron, Fe....mg	1.12	0.097	5	A	1		4.89	0.95	
Magnesium, Mg....mg	20	0.678	5	A	1		85	17	
Phosphorus, P....mg	260	2.702	5	A	1		1134	221	
Potassium, K....mg	289	12.296	5	A	1		1260	246	
Sodium, Na....mg	1374	75.273	5	A	1		5991	1168	
Zinc, Zn....mg	2.29	0.048	5	A	1		10.00	1.95	
Copper, Cu....mg	0.118	0.010	5	A	1		0.512	0.100	
Manganese, Mn....mg	0.022	0.000	5	A	1		0.096	0.019	
Selenium, Se....mcg	30.0	8.764	5	A	1		130.9	25.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.384	0.024	5	A	1		1.672	0.326	
Riboflavin....mg	0.182	0.025	5	A	1		0.794	0.155	
Niacin....mg	5.436	0.332	5	A	1		23.701	4.621	
Pantothenic acid....mg	0.726	0.054	5	A	1		3.165	0.617	
Vitamin B-6....mg	0.461	0.041	5	A	1		2.011	0.392	
Folate, total....mcg	2	0.250	4	A	1		8	1	
Folic acid....mcg	0	0.000	4	Z	7		0	0	
Folate, food....mcg	2	0.250	4	NR	4		8	1	
Folate, DFE....mcg_DFE	2		0	NC	4		8	1	
Choline, total....mg	90.2		0	AS	1		393.5	76.7	
Betaine....mg	5.5	0.915	4	A	1		24.0	4.7	
Vitamin B-12....mcg	0.58	0.025	5	A	1		2.54	0.49	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	12		0	AS	1		50	10	
Retinol....mcg	12	0.114	4	A	1		50	10	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	38		0	AS	1		168	33	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.26	0.026	4	A	1		1.12	0.22	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00	0.005	4	A	1		0.02	0.00	
Tocopherol, gamma....mg	0.05	0.006	4	A	1		0.23	0.04	
Tocopherol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									

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Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0	0.000	4	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.439		0	NC	4		6.275	1.223	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000	0.000	4	A	1		0.000	0.000	
10:0....g	0.000	0.000	4	A	1		0.000	0.000	
12:0....g	0.000	0.000	4	A	1		0.000	0.000	
13:0....g									
14:0....g	0.051	0.010	4	A	1		0.223	0.044	
15:0....g	0.000	0.000	4	A	1		0.000	0.000	
16:0....g	0.911	0.161	4	A	1		3.974	0.775	
17:0....g	0.006	0.002	4	A	1		0.027	0.005	
18:0....g	0.454	0.076	4	A	1		1.978	0.386	
20:0....g	0.005	0.002	4	A	1		0.020	0.004	
22:0....g	0.012	0.001	4	A	1		0.052	0.010	
24:0....g									
Fatty acids, total monounsaturated....g	1.989		0	NC	4		8.671	1.690	
14:1....g	0.000	0.000	4	A	1		0.000	0.000	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.113	0.021	4	A	1		0.491	0.096	
17:1....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated....g	1.847		0	AS	1		8.051	1.570	
18:1 c....g	1.827	0.348	4	A	1		7.968	1.553	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.019	0.004	4	A	1		0.084	0.016	
18:1-11t (18:1t n-7)....g									
20:1....g	0.029	0.006	4	A	1		0.128	0.025	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.687		0	NC	4		2.997	0.584	
18:2 undifferentiated....g	0.572		0	AS	1		2.496	0.487	
18:2 n-6 c,c....g	0.556	0.094	4	A	1		2.426	0.473	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.016	0.003	4	A	1		0.070	0.014	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.020		0	AS	1		0.089	0.017	
18:3 n-3 c,c,c (ALA)....g	0.020	0.004	4	A	1		0.089	0.017	
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.022	0.004	4	A	1		0.098	0.019	
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.072	0.003	4	A	1		0.314	0.061	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.035		0	NC	4		0.153	0.030	
Fatty acids, total trans-monoenoic....g	0.019		0	NC	4		0.084	0.016	
Fatty acids, total trans-polyenoic....g	0.016		0	NC	4		0.070	0.014	
Cholesterol....mg	65	1.912	8	A	1		284	55	
Phytosterols....mg									

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Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.207		0	A	1		0.902	0.176	
Threonine....g	0.986		0	A	1		4.299	0.838	
Isoleucine....g	0.995		0	A	1		4.338	0.846	
Leucine....g	1.766		0	A	1		7.698	1.501	
Lysine....g	1.862		0	A	1		8.118	1.583	
Methionine....g	0.527		0	A	1		2.299	0.448	
Cystine....g	0.247		0	A	1		1.079	0.210	
Phenylalanine....g	0.882		0	A	1		3.844	0.749	
Tyrosine....g	0.715		0	A	1		3.118	0.608	
Valine....g	1.115		0	A	1		4.862	0.948	
Arginine....g	1.410		0	A	1		6.149	1.199	
Histidine....g	0.960		0	A	1		4.185	0.816	
Alanine....g	1.298		0	A	1		5.659	1.103	
Aspartic acid....g	1.923		0	A	1		8.382	1.634	
Glutamic acid....g	3.154		0	A	1		13.752	2.681	
Glycine....g	1.151		0	A	1		5.019	0.978	
Proline....g	0.946		0	A	1		4.125	0.804	
Serine....g	0.863		0	A	1		3.761	0.733	
Hydroxyproline....g	0.143		0	A	1		0.622	0.121	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 436g: 1 slice

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

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Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated

Refuse: 20% Bone 4%, Separable fat 16%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.75		1	A	1		418.30	348.15	21.76
Energy....kcal	91		0	NC	4		498	415	26
Energy....kJ	383		0	NC	4		2085	1735	108
Protein (N x 6.25)....g	17.38		1	A	1		94.72	78.84	4.93
Total lipid (fat)....g	2.29		1	A	1		12.50	10.40	0.65
Ash....g	3.26		1	A	1		17.76	14.78	0.92
Carbohydrate, by difference....g	0.32		0	NC	4		1.73	1.44	0.09
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	1.23		0	BFSN	4		6.72	5.59	0.35
Sucrose....g	0.24		0	BFSN	4		1.30	1.08	0.07
Glucose (dextrose)....g	0.95		0	BFSN	4		5.19	4.32	0.27
Fructose....g	0.04		0	BFSN	4		0.23	0.20	0.01
Lactose....g	0.00		0	BFSN	4		0.00	0.00	0.00
Maltose....g	0.00		0	BFSN	4		0.00	0.00	0.00
Galactose....g	0.00		0	BFSN	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	9		1	A	1		49	41	3
Iron, Fe....mg	1.08		1	A	1		5.89	4.90	0.31
Magnesium, Mg....mg	17		1	A	1		93	78	5
Phosphorus, P....mg	235		1	A	1		1281	1066	67
Potassium, K....mg	221		1	A	1		1204	1002	63
Sodium, Na....mg	1090		1	A	1		5941	4944	309
Zinc, Zn....mg	1.86		1	A	1		10.14	8.44	0.53
Copper, Cu....mg	0.198		1	A	1		1.079	0.898	0.056
Manganese, Mn....mg	0.022		1	A	1		0.120	0.100	0.006
Selenium, Se....mcg	35.3		1	A	1		192.4	160.1	10.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.374		1	A	1		2.038	1.696	0.106
Riboflavin....mg	0.214		1	A	1		1.166	0.971	0.061
Niacin....mg	4.710		1	A	1		25.670	21.365	1.335
Pantothenic acid....mg	0.426		1	A	1		2.321	1.932	0.121
Vitamin B-6....mg	0.295		1	A	1		1.607	1.338	0.084
Folate, total....mcg	1		0	BFPN	4		8	6	0
Folic acid....mcg	0		0	BFPN	4		0	0	0
Folate, food....mcg	1		0	BFPN	4		8	6	0
Folate, DFE....mcg_DFE	1		0	NC	4		8	6	0
Choline, total....mg	69.7		0	BFNN	4		379.9	316.2	19.8
Betaine....mg	4.2		0	BFNN	4		23.1	19.3	1.2
Vitamin B-12....mcg	0.39		1	A	1		2.12	1.77	0.11
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	9		0	NC	4		47	39	2
Retinol....mcg	9		0	BFSN	4		47	39	2
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	28		0	NC	4		155	129	8
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.19		0	BFSN	4		1.04	0.86	0.05
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		0	BFSN	4		0.02	0.02	0.00
Tocopherol, gamma....mg	0.04		0	BFSN	4		0.21	0.18	0.01
Tocopherol, delta....mg	0.00		0	BFSN	4		0.00	0.00	0.00
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									

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Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.768		0	BFFN	4		4.185	3.483	0.218
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
12:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.027		0	BFFN	4		0.149	0.124	0.008
15:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
16:0.....g	0.486		0	BFFN	4		2.650	2.206	0.138
17:0.....g	0.003		0	BFFN	4		0.018	0.015	0.001
18:0.....g	0.242		0	BFFN	4		1.319	1.098	0.069
20:0.....g	0.003		0	BFFN	4		0.014	0.011	0.001
22:0.....g	0.006		0	BFFN	4		0.035	0.029	0.002
24:0.....g									
Fatty acids, total monounsaturated.....g	1.061		0	BFFN	4		5.784	4.814	0.301
14:1.....g	0.000		0	BFFN	4		0.000	0.000	0.000
15:1.....g	0.000		0	BFFN	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.060		0	BFFN	4		0.328	0.273	0.017
17:1.....g	0.000		0	BFFN	4		0.000	0.000	0.000
18:1 undifferentiated.....g	0.985		0	BFFN	4		5.370	4.470	0.279
18:1 c.....g	0.975		0	BFFN	4		5.314	4.423	0.276
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.010		0	BFFN	4		0.056	0.046	0.003
18:1-11t (18:1t n-7).....g									
20:1.....g	0.016		0	BFFN	4		0.086	0.071	0.004
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.367		0	BFFN	4		1.999	1.663	0.104
18:2 undifferentiated.....g	0.305		0	BFFN	4		1.665	1.385	0.087
18:2 n-6 c,c.....g	0.297		0	BFFN	4		1.618	1.347	0.084
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.009		0	BFFN	4		0.046	0.039	0.002
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.011		0	BFFN	4		0.060	0.050	0.003
18:3 n-3 c,c,c (ALA).....g	0.011		0	BFFN	4		0.060	0.050	0.003
18:3 n-6 c,c,c.....g	0.000		0	BFFN	4		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.012		0	BFFN	4		0.065	0.054	0.003
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.038		0	BFFN	4		0.209	0.174	0.011
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.019		0	BFFN	4		0.102	0.085	0.005
Fatty acids, total trans-monoenoic.....g	0.010		0	BFFN	4		0.056	0.046	0.003
Fatty acids, total trans-polyenoic.....g	0.009		0	BFFN	4		0.046	0.039	0.002
Cholesterol.....mg	54		1	A	1		295	246	15
Phytosterols.....mg									

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Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.163		0	A	1		0.889	0.740	0.046
Threonine....g	0.778		0	A	1		4.238	3.527	0.220
Isoleucine....g	0.785		0	A	1		4.276	3.559	0.222
Leucine....g	1.392		0	A	1		7.589	6.316	0.395
Lysine....g	1.468		0	A	1		8.002	6.660	0.416
Methionine....g	0.416		0	A	1		2.266	1.886	0.118
Cystine....g	0.195		0	A	1		1.064	0.885	0.055
Phenylalanine....g	0.695		0	A	1		3.789	3.154	0.197
Tyrosine....g	0.564		0	A	1		3.074	2.558	0.160
Valine....g	0.879		0	A	1		4.793	3.989	0.249
Arginine....g	1.112		0	A	1		6.061	5.045	0.315
Histidine....g	0.757		0	A	1		4.126	3.434	0.215
Alanine....g	1.024		0	A	1		5.579	4.643	0.290
Aspartic acid....g	1.516		0	A	1		8.263	6.877	0.430
Glutamic acid....g	2.487		0	A	1		13.557	11.283	0.705
Glycine....g	0.908		0	A	1		4.947	4.117	0.257
Proline....g	0.746		0	A	1		4.066	3.384	0.211
Serine....g	0.680		0	A	1		3.708	3.086	0.193
Hydroxyproline....g	0.113		0	A	1		0.614	0.511	0.032
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 545g: 1 slice

Measure 2 = 453.6g: 1 lb

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10916

Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.32		0	PAK	1		134.80	60.62	
Energy	kcal	125		0	PIK	4		236	106	
Energy	kJ	523		0	PIK	4		988	444	
Protein	g	18.62		0	PAK	1		35.19	15.83	
Total lipid (fat)	g	5.05		0	PAK	1		9.54	4.29	
Ash	g	3.76		0	PAK	1		7.10	3.19	
Carbohydrate, by difference	g	1.26		0	PIK	4		2.37	1.07	
Fiber, total dietary	g	0.0		0	PIK	4		0.0	0.0	
Sugars, total	g	1.72		0	PAK	1		3.24	1.46	
Sucrose	g	0.12		0	PAK	1		0.23	0.10	
Glucose (dextrose)	g	1.53		0	PAK	1		2.89	1.30	
Fructose	g	0.06		0	PAK	1		0.12	0.05	
Lactose	g	0.00		0	PAK	1		0.00	0.00	
Maltose	g	0.00		0	PAK	1		0.00	0.00	
Galactose	g	0.00		0	PAK	1		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0	PAK	1		17	7	
Iron, Fe	mg	0.85		0	PAK	1		1.61	0.72	
Magnesium, Mg	mg	21		0	PAK	1		39	17	
Phosphorus, P	mg	281		0	PAK	1		532	239	
Potassium, K	mg	334		0	PAK	1		631	284	
Sodium, Na	mg	1212		0	PAK	1		2290	1030	
Zinc, Zn	mg	1.93		0	PAK	1		3.64	1.64	
Copper, Cu	mg	0.117		0	PAK	1		0.222	0.100	
Manganese, Mn	mg	0.022		0	PAK	1		0.042	0.019	
Selenium, Se	mcg	38.8		0	PAK	1		73.4	33.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0	0.0	
Thiamin	mg	0.406		0	PAK	1		0.768	0.345	
Riboflavin	mg	0.188		0	PAK	1		0.355	0.160	
Niacin	mg	5.838		0	PAK	1		11.034	4.962	
Pantothenic acid	mg	0.755		0	PAK	1		1.428	0.642	
Vitamin B-6	mg	0.430		0	PAK	1		0.813	0.365	
Folate, total	mcg	1		0	PAK	1		3	1	
Folic acid	mcg	0		0	PIK	4		0	0	
Folate, food	mcg	1		0	PIK	4		3	1	
Folate, DFE	mcg_DFE	1		0	NC	4		3	1	
Choline, total	mg	77.8		0	PAK	1		147.0	66.1	
Betaine	mg	4.7		0	PAK	1		8.8	4.0	
Vitamin B-12	mcg	0.47		0	PAK	1		0.88	0.40	
Vitamin B-12, added	mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	13		0	PAK	1		24	11	
Retinol	mcg	13		0	PAK	1		24	11	
Carotene, beta	mcg	0		0	PIK	4		0	0	
Carotene, alpha	mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta	mcg	0		0	PIK	4		0	0	
Vitamin A, IU	IU	43		0	PAK	1		81	36	
Lycopene	mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin	mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.24		0	PAK	1		0.45	0.20	
Vitamin E, added	mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta	mg	0.01		0	PAK	1		0.02	0.01	
Tocopherol, gamma	mg	0.04		0	PAK	1		0.07	0.03	
Tocopherol, delta	mg	0.01		0	PAK	1		0.01	0.00	
Vitamin D (D2 + D3)	mcg	0.9		0	PAK	1		1.7	0.7	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 10916

Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.9		0	PIK	4		1.7	0.7	
Vitamin D....IU	35		0	PIK	4		67	30	
Vitamin K (phylloquinone)....mcg	0.0		0	PAK	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.717		0	PIK	4		3.245	1.459	
4:0....g	0.000		0	PIK	4		0.000	0.000	
6:0....g	0.000		0	PIK	4		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.001		0	PAK	1		0.002	0.001	
12:0....g	0.003		0	PAK	1		0.005	0.002	
13:0....g									
14:0....g	0.061		0	PAK	1		0.116	0.052	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	1.082		0	PAK	1		2.045	0.920	
17:0....g	0.011		0	PAK	1		0.021	0.010	
18:0....g	0.540		0	PAK	1		1.021	0.459	
20:0....g	0.009		0	PAK	1		0.016	0.007	
22:0....g	0.010		0	PAK	1		0.018	0.008	
24:0....g									
Fatty acids, total monounsaturated....g	2.321		0	PIK	4		4.387	1.973	
14:1....g	0.000		0	PAK	1		0.000	0.000	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.134		0	PAK	1		0.254	0.114	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	2.151		0	PAK	1		4.066	1.829	
18:1 c....g	2.128		0	PAK	1		4.021	1.809	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.024		0	PAK	1		0.045	0.020	
18:1-11t (18:1t n-7)....g									
20:1....g	0.036		0	PAK	1		0.067	0.030	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.659		0	PIK	4		1.246	0.560	
18:2 undifferentiated....g	0.559		0	PAK	1		1.057	0.476	
18:2 n-6 c,c....g	0.541		0	PAK	1		1.022	0.460	
18:2 CLAs....g	0.003		0	PAK	1		0.006	0.003	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.015		0	PAK	1		0.029	0.013	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.022		0	PAK	1		0.042	0.019	
18:3 n-3 c,c,c (ALA)....g	0.022		0	PAK	1		0.042	0.019	
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.022		0	PAK	1		0.042	0.019	
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.056		0	PAK	1		0.105	0.047	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans....g	0.039		0	PIK	4		0.074	0.033	
Fatty acids, total trans-monoenoic....g	0.024		0	PIK	4		0.045	0.020	
Fatty acids, total trans-polyenoic....g	0.015		0	PIK	4		0.029	0.013	
Cholesterol....mg	54		0	PAK	1		102	46	
Phytosterols....mg									

NDB No. 10916

Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.174		0	PAK	1		0.329	0.148	
Threonine....g	0.832		0	PAK	1		1.572	0.707	
Isoleucine....g	0.840		0	PAK	1		1.587	0.714	
Leucine....g	1.490		0	PAK	1		2.816	1.267	
Lysine....g	1.571		0	PAK	1		2.968	1.335	
Methionine....g	0.445		0	PAK	1		0.840	0.378	
Cystine....g	0.209		0	PAK	1		0.395	0.178	
Phenylalanine....g	0.744		0	PAK	1		1.407	0.633	
Tyrosine....g	0.603		0	PAK	1		1.140	0.513	
Valine....g	0.941		0	PAK	1		1.779	0.800	
Arginine....g	1.191		0	PAK	1		2.251	1.012	
Histidine....g	0.811		0	PAK	1		1.533	0.689	
Alanine....g	1.097		0	PAK	1		2.073	0.933	
Aspartic acid....g	1.624		0	PAK	1		3.069	1.380	
Glutamic acid....g	2.663		0	PAK	1		5.033	2.263	
Glycine....g	0.977		0	PAK	1		1.846	0.830	
Proline....g	0.800		0	PAK	1		1.512	0.680	
Serine....g	0.728		0	PAK	1		1.377	0.619	
Hydroxyproline....g	0.121		0	PAK	1		0.228	0.103	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 189g: 1 slice

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10878

Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil

Refuse: 2% Separable fat

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.06	0.542	12	A	1		136.19	61.25	
Energy	kcal	117		0	NC	4		221	100	
Energy	kJ	490		0	NC	4		926	416	
Protein	g	18.82	0.230	12	A	1		35.57	16.00	
Total lipid (fat)	g	4.09	0.415	12	A	1		7.73	3.48	
Ash	g	3.79	0.120	12	A	1		7.16	3.22	
Carbohydrate, by difference	g	1.24		0	NC	4		2.34	1.05	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	1.75	0.239	12	A	1		3.30	1.48	
Sucrose	g	0.13	0.116	12	A	1		0.24	0.11	
Glucose (dextrose)	g	1.56	0.267	12	A	1		2.94	1.32	
Fructose	g	0.06	0.053	12	A	1		0.12	0.05	
Lactose	g	0.00	0.000	12	A	1		0.00	0.00	
Maltose	g	0.00	0.000	12	A	1		0.00	0.00	
Galactose	g	0.00	0.000	12	A	1		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	9	2.098	4	A	1		17	8	
Iron, Fe	mg	0.86	0.050	4	A	1		1.62	0.73	
Magnesium, Mg	mg	21	0.872	4	A	1		39	18	
Phosphorus, P	mg	284	8.159	4	A	1		536	241	
Potassium, K	mg	337	11.871	4	A	1		636	286	
Sodium, Na	mg	1223	64.856	4	A	1		2311	1039	
Zinc, Zn	mg	1.94	0.113	4	A	1		3.67	1.65	
Copper, Cu	mg	0.113	0.006	4	A	1		0.214	0.096	
Manganese, Mn	mg	0.022	0.000	4	A	1		0.042	0.019	
Selenium, Se	mcg	39.3	1.590	4	A	1		74.3	33.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.409	0.031	4	A	1		0.773	0.348	
Riboflavin	mg	0.190	0.008	4	A	1		0.359	0.161	
Niacin	mg	5.895	0.562	4	A	1		11.141	5.011	
Pantothenic acid	mg	0.762	0.036	4	A	1		1.441	0.648	
Vitamin B-6	mg	0.435	0.030	4	A	1		0.822	0.369	
Folate, total	mcg	1	0.648	4	A	1		3	1	
Folic acid	mcg	0	0.000	4	Z	7		0	0	
Folate, food	mcg	1	0.648	4	NR	4		3	1	
Folate, DFE	mcg_DFE	1		0	NC	4		3	1	
Choline, total	mg	79.4		0	AS	1		150.0	67.5	
Betaine	mg	4.8	0.832	4	A	1		9.0	4.0	
Vitamin B-12	mcg	0.47	0.017	4	A	1		0.89	0.40	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	13		0	AS	1		24	11	
Retinol	mcg	13	0.247	4	A	1		24	11	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	43		0	AS	1		81	36	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.24	0.021	4	A	1		0.45	0.20	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.01	0.006	4	A	1		0.02	0.01	
Tocopherol, gamma	mg	0.04	0.005	4	A	1		0.07	0.03	
Tocopherol, delta	mg	0.00	0.005	4	A	1		0.01	0.00	
Vitamin D (D2 + D3)	mcg	0.9		0	AS	1		1.6	0.7	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 10878

Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.9		0	BFNN	4		1.6	0.7	
Vitamin D....IU	34		0	BFNN	4		65	29	
Vitamin K (phylloquinone)....mcg	0.0	0.000	4	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.401		0	NC	4		2.649	1.191	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.002	0.002	3	A	1		0.003	0.001	
13:0....g									
14:0....g	0.050	0.016	3	A	1		0.094	0.042	
15:0....g	0.000	0.000	3	A	1		0.000	0.000	
16:0....g	0.879	0.277	3	A	1		1.662	0.747	
17:0....g	0.009	0.002	3	A	1		0.016	0.007	
18:0....g	0.446	0.137	3	A	1		0.843	0.379	
20:0....g	0.007	0.003	3	A	1		0.013	0.006	
22:0....g	0.009	0.001	3	A	1		0.017	0.008	
24:0....g									
Fatty acids, total monounsaturated....g	1.879		0	NC	4		3.552	1.597	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.111	0.034	3	A	1		0.209	0.094	
17:1....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated....g	1.741		0	AS	1		3.290	1.480	
18:1 c....g	1.721	0.545	3	A	1		3.253	1.463	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.019	0.004	3	A	1		0.037	0.016	
18:1-11t (18:1t n-7)....g									
20:1....g	0.028	0.009	3	A	1		0.053	0.024	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.540		0	NC	4		1.020	0.459	
18:2 undifferentiated....g	0.451		0	AS	1		0.853	0.384	
18:2 n-6 c,c....g	0.438	0.093	3	A	1		0.828	0.373	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.013	0.002	3	A	1		0.025	0.011	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.017		0	AS	1		0.032	0.014	
18:3 n-3 c,c,c (ALA)....g	0.017	0.003	3	A	1		0.032	0.014	
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.017	0.004	3	A	1		0.033	0.015	
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.054	0.003	3	A	1		0.103	0.046	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.032		0	NC	4		0.061	0.027	
Fatty acids, total trans-monoenoic....g	0.019		0	NC	4		0.037	0.016	
Fatty acids, total trans-polyenoic....g	0.013		0	NC	4		0.025	0.011	
Cholesterol....mg	54	0.796	12	A	1		102	46	
Phytosterols....mg									

NDB No. 10878

Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.177		0	A	1		0.334	0.150	
Threonine....g	0.842		0	A	1		1.591	0.716	
Isoleucine....g	0.850		0	A	1		1.606	0.722	
Leucine....g	1.508		0	A	1		2.850	1.282	
Lysine....g	1.590		0	A	1		3.005	1.352	
Methionine....g	0.450		0	A	1		0.851	0.383	
Cystine....g	0.211		0	A	1		0.399	0.180	
Phenylalanine....g	0.753		0	A	1		1.423	0.640	
Tyrosine....g	0.611		0	A	1		1.154	0.519	
Valine....g	0.952		0	A	1		1.800	0.809	
Arginine....g	1.204		0	A	1		2.276	1.024	
Histidine....g	0.820		0	A	1		1.549	0.697	
Alanine....g	1.108		0	A	1		2.095	0.942	
Aspartic acid....g	1.642		0	A	1		3.103	1.396	
Glutamic acid....g	2.694		0	A	1		5.091	2.290	
Glycine....g	0.983		0	A	1		1.858	0.836	
Proline....g	0.808		0	A	1		1.527	0.687	
Serine....g	0.737		0	A	1		1.392	0.626	
Hydroxyproline....g	0.122		0	A	1		0.230	0.104	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 189g: 1 slice

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10917

Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.72		0	PAK	1		1339.03	60.96	
Energy	kcal	126		0	PIK	4		2353	107	
Energy	kJ	527		0	PIK	4		9844	448	
Protein	g	17.77		0	PAK	1		331.78	15.11	
Total lipid (fat)	g	5.48		0	PAK	1		102.39	4.66	
Ash	g	3.63		0	PAK	1		67.76	3.09	
Carbohydrate, by difference	g	1.39		0	PIK	4		26.03	1.19	
Fiber, total dietary	g	0.0		0	PIK	4		0.0	0.0	
Sugars, total	g	1.54		0	PAK	1		28.78	1.31	
Sucrose	g	0.13		0	PAK	1		2.37	0.11	
Glucose (dextrose)	g	1.36		0	PAK	1		25.35	1.15	
Fructose	g	0.06		0	PAK	1		1.06	0.05	
Lactose	g	0.00		0	PAK	1		0.00	0.00	
Maltose	g	0.00		0	PAK	1		0.00	0.00	
Galactose	g	0.00		0	PAK	1		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0	PAK	1		161	7	
Iron, Fe	mg	0.82		0	PAK	1		15.23	0.69	
Magnesium, Mg	mg	19		0	PAK	1		360	16	
Phosphorus, P	mg	268		0	PAK	1		4997	228	
Potassium, K	mg	313		0	PAK	1		5847	266	
Sodium, Na	mg	1181		0	PAK	1		22040	1003	
Zinc, Zn	mg	1.80		0	PAK	1		33.68	1.53	
Copper, Cu	mg	0.097		0	PAK	1		1.802	0.082	
Manganese, Mn	mg	0.022		0	PAK	1		0.413	0.019	
Selenium, Se	mcg	33.8		0	PAK	1		631.1	28.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0	0.0	
Thiamin	mg	0.360		0	PAK	1		6.726	0.306	
Riboflavin	mg	0.181		0	PAK	1		3.373	0.154	
Niacin	mg	5.734		0	PAK	1		107.059	4.874	
Pantothenic acid	mg	0.714		0	PAK	1		13.335	0.607	
Vitamin B-6	mg	0.390		0	PAK	1		7.276	0.331	
Folate, total	mcg	1		0	PAK	1		19	1	
Folic acid	mcg	0		0	PIK	4		0	0	
Folate, food	mcg	1		0	PIK	4		19	1	
Folate, DFE	mcg_DFE	1		0	NC	4		19	1	
Choline, total	mg	72.5		0	PAK	1		1354.0	61.6	
Betaine	mg	4.2		0	PAK	1		77.5	3.5	
Vitamin B-12	mcg	0.40		0	PAK	1		7.43	0.34	
Vitamin B-12, added	mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	13		0	PAK	1		244	11	
Retinol	mcg	13		0	PAK	1		244	11	
Carotene, beta	mcg	0		0	PIK	4		0	0	
Carotene, alpha	mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta	mcg	0		0	PIK	4		0	0	
Vitamin A, IU	IU	44		0	PAK	1		815	37	
Lycopene	mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin	mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.21		0	PAK	1		3.89	0.18	
Vitamin E, added	mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta	mg	0.01		0	PAK	1		0.16	0.01	
Tocopherol, gamma	mg	0.03		0	PAK	1		0.60	0.03	
Tocopherol, delta	mg	0.00		0	PAK	1		0.01	0.00	
Vitamin D (D2 + D3)	mcg	0.7		0	PAK	1		13.4	0.6	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 10917

Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.7		0	PIK	4		13.4	0.6	
Vitamin D....IU	29		0	PIK	4		534	24	
Vitamin K (phylloquinone)....mcg	0.0		0	PAK	1		0.5	0.0	
Lipids:									
Fatty acids, total saturated....g	1.787		0	PIK	4		33.358	1.519	
4:0....g	0.000		0	PIK	4		0.000	0.000	
6:0....g	0.000		0	PIK	4		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.003		0	PAK	1		0.065	0.003	
12:0....g	0.002		0	PAK	1		0.044	0.002	
13:0....g									
14:0....g	0.064		0	PAK	1		1.203	0.055	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	1.132		0	PAK	1		21.126	0.962	
17:0....g	0.013		0	PAK	1		0.237	0.011	
18:0....g	0.555		0	PAK	1		10.366	0.472	
20:0....g	0.007		0	PAK	1		0.124	0.006	
22:0....g	0.010		0	PAK	1		0.193	0.009	
24:0....g									
Fatty acids, total monounsaturated....g	2.490		0	PIK	4		46.487	2.116	
14:1....g	0.000		0	PAK	1		0.000	0.000	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.149		0	PAK	1		2.775	0.126	
17:1....g	0.003		0	PAK	1		0.050	0.002	
18:1 undifferentiated....g	2.302		0	PAK	1		42.970	1.956	
18:1 c....g	2.280		0	PAK	1		42.568	1.938	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.022		0	PAK	1		0.401	0.018	
18:1-11t (18:1t n-7)....g									
20:1....g	0.037		0	PAK	1		0.693	0.032	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.679		0	PIK	4		12.682	0.577	
18:2 undifferentiated....g	0.578		0	PAK	1		10.789	0.491	
18:2 n-6 c,c....g	0.561		0	PAK	1		10.478	0.477	
18:2 CLAs....g	0.004		0	PAK	1		0.065	0.003	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.013		0	PAK	1		0.246	0.011	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.025		0	PAK	1		0.462	0.021	
18:3 n-3 c,c,c (ALA)....g	0.025		0	PAK	1		0.462	0.021	
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.024		0	PAK	1		0.439	0.020	
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.053		0	PAK	1		0.991	0.045	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans....g	0.009		0	PIK	4		0.161	0.007	
Fatty acids, total trans-monoenoic....g	0.005		0	PIK	4		0.101	0.005	
Fatty acids, total trans-polyenoic....g	0.003		0	PIK	4		0.059	0.003	
Cholesterol....mg	54		0	PAK	1		1006	46	
Phytosterols....mg									

NDB No. 10917

Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.166		0	PAK	1		3.105	0.141	
Threonine....g	0.794		0	PAK	1		14.821	0.675	
Isoleucine....g	0.801		0	PAK	1		14.960	0.681	
Leucine....g	1.422		0	PAK	1		26.550	1.209	
Lysine....g	1.499		0	PAK	1		27.979	1.274	
Methionine....g	0.424		0	PAK	1		7.922	0.361	
Cystine....g	0.200		0	PAK	1		3.726	0.170	
Phenylalanine....g	0.710		0	PAK	1		13.261	0.604	
Tyrosine....g	0.576		0	PAK	1		10.746	0.489	
Valine....g	0.899		0	PAK	1		16.775	0.764	
Arginine....g	1.136		0	PAK	1		21.217	0.966	
Histidine....g	0.774		0	PAK	1		14.452	0.658	
Alanine....g	1.047		0	PAK	1		19.552	0.890	
Aspartic acid....g	1.550		0	PAK	1		28.933	1.317	
Glutamic acid....g	2.541		0	PAK	1		47.445	2.160	
Glycine....g	0.933		0	PAK	1		17.421	0.793	
Proline....g	0.764		0	PAK	1		14.265	0.649	
Serine....g	0.695		0	PAK	1		12.981	0.591	
Hydroxyproline....g	0.115		0	PAK	1		2.149	0.098	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1867g: 1 roast

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10909

Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.85		0	PAK	1		20.65	330.43	
Energy	kcal	121		0	PIK	4		34	551	
Energy	kJ	508		0	PIK	4		144	2305	
Protein	g	17.06		0	PAK	1		4.84	77.37	
Total lipid (fat)	g	5.38		0	PAK	1		1.53	24.41	
Ash	g	3.52		0	PAK	1		1.00	15.96	
Carbohydrate, by difference	g	1.20		0	PIK	4		0.34	5.43	
Fiber, total dietary	g	0.0		0	PIK	4		0.0	0.0	
Sugars, total	g	1.42		0	PAK	1		0.40	6.44	
Sucrose	g	0.09		0	PAK	1		0.03	0.41	
Glucose (dextrose)	g	1.28		0	PAK	1		0.36	5.82	
Fructose	g	0.05		0	PAK	1		0.01	0.22	
Lactose	g	0.00		0	PAK	1		0.00	0.00	
Maltose	g	0.00		0	PAK	1		0.00	0.00	
Galactose	g	0.00		0	PAK	1		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	PAK	1		2	37	
Iron, Fe	mg	0.85		0	PAK	1		0.24	3.87	
Magnesium, Mg	mg	19		0	PAK	1		5	87	
Phosphorus, P	mg	262		0	PAK	1		74	1187	
Potassium, K	mg	312		0	PAK	1		89	1417	
Sodium, Na	mg	1126		0	PAK	1		319	5108	
Zinc, Zn	mg	1.77		0	PAK	1		0.50	8.01	
Copper, Cu	mg	0.101		0	PAK	1		0.029	0.458	
Manganese, Mn	mg	0.022		0	PAK	1		0.006	0.100	
Selenium, Se	mcg	34.6		0	PAK	1		9.8	156.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0	0.0	
Thiamin	mg	0.397		0	PAK	1		0.113	1.802	
Riboflavin	mg	0.183		0	PAK	1		0.052	0.829	
Niacin	mg	5.389		0	PAK	1		1.528	24.444	
Pantothenic acid	mg	0.723		0	PAK	1		0.205	3.280	
Vitamin B-6	mg	0.407		0	PAK	1		0.115	1.846	
Folate, total	mcg	2		0	PAK	1		0	8	
Folic acid	mcg	0		0	PIK	4		0	0	
Folate, food	mcg	2		0	PIK	4		0	8	
Folate, DFE	mcg_DFE	2		0	NC	4		0	8	
Choline, total	mg	70.6		0	PAK	1		20.0	320.0	
Betaine	mg	3.5		0	PAK	1		1.0	15.7	
Vitamin B-12	mcg	0.46		0	PAK	1		0.13	2.10	
Vitamin B-12, added	mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	13		0	PAK	1		4	57	
Retinol	mcg	13		0	PAK	1		4	57	
Carotene, beta	mcg	0		0	PIK	4		0	0	
Carotene, alpha	mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta	mcg	0		0	PIK	4		0	0	
Vitamin A, IU	IU	42		0	PAK	1		12	191	
Lycopene	mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin	mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.23		0	PAK	1		0.06	1.02	
Vitamin E, added	mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta	mg	0.01		0	PAK	1		0.00	0.05	
Tocopherol, gamma	mg	0.03		0	PAK	1		0.01	0.16	
Tocopherol, delta	mg	0.01		0	PAK	1		0.00	0.04	
Vitamin D (D2 + D3)	mcg	0.6		0	PAK	1		0.2	2.5	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 10909

Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.6		0	PIK	4		0.2	2.5	
Vitamin D....IU	22		0	PIK	4		6	102	
Vitamin K (phylloquinone)....mcg	0.0		0	PAK	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.889		0	PIK	4		0.536	8.569	
4:0....g	0.000		0	PIK	4		0.000	0.000	
6:0....g	0.000		0	PIK	4		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.000		0	PAK	1		0.000	0.000	
12:0....g	0.001		0	PAK	1		0.000	0.005	
13:0....g									
14:0....g	0.067		0	PAK	1		0.019	0.302	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	1.196		0	PAK	1		0.339	5.427	
17:0....g	0.014		0	PAK	1		0.004	0.061	
18:0....g	0.596		0	PAK	1		0.169	2.703	
20:0....g	0.007		0	PAK	1		0.002	0.033	
22:0....g	0.008		0	PAK	1		0.002	0.037	
24:0....g									
Fatty acids, total monounsaturated....g	2.571		0	PIK	4		0.729	11.664	
14:1....g	0.000		0	PAK	1		0.000	0.000	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.143		0	PAK	1		0.041	0.648	
17:1....g	0.002		0	PAK	1		0.001	0.011	
18:1 undifferentiated....g	2.387		0	PAK	1		0.677	10.826	
18:1 c....g	2.360		0	PAK	1		0.669	10.703	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.027		0	PAK	1		0.008	0.123	
18:1-11t (18:1t n-7)....g									
20:1....g	0.040		0	PAK	1		0.011	0.180	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.759		0	PIK	4		0.215	3.445	
18:2 undifferentiated....g	0.653		0	PAK	1		0.185	2.962	
18:2 n-6 c,c....g	0.633		0	PAK	1		0.179	2.871	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.020		0	PAK	1		0.006	0.091	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.028		0	PAK	1		0.008	0.127	
18:3 n-3 c,c,c (ALA)....g	0.028		0	PAK	1		0.008	0.127	
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.026		0	PAK	1		0.007	0.118	
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.052		0	PAK	1		0.015	0.238	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans....g	0.012		0	PIK	4		0.003	0.054	
Fatty acids, total trans-monoenoic....g	0.007		0	PIK	4		0.002	0.033	
Fatty acids, total trans-polyenoic....g	0.005		0	PIK	4		0.001	0.021	
Cholesterol....mg	50		0	PAK	1		14	228	
Phytosterols....mg									

NDB No. 10909

Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.160		0	PAK	1		0.045	0.724	
Threonine....g	0.762		0	PAK	1		0.216	3.456	
Isoleucine....g	0.769		0	PAK	1		0.218	3.488	
Leucine....g	1.365		0	PAK	1		0.387	6.190	
Lysine....g	1.438		0	PAK	1		0.408	6.523	
Methionine....g	0.407		0	PAK	1		0.115	1.847	
Cystine....g	0.192		0	PAK	1		0.054	0.869	
Phenylalanine....g	0.682		0	PAK	1		0.193	3.092	
Tyrosine....g	0.552		0	PAK	1		0.157	2.505	
Valine....g	0.862		0	PAK	1		0.244	3.911	
Arginine....g	1.091		0	PAK	1		0.309	4.947	
Histidine....g	0.743		0	PAK	1		0.211	3.370	
Alanine....g	1.005		0	PAK	1		0.285	4.560	
Aspartic acid....g	1.487		0	PAK	1		0.422	6.747	
Glutamic acid....g	2.439		0	PAK	1		0.691	11.063	
Glycine....g	0.896		0	PAK	1		0.254	4.065	
Proline....g	0.733		0	PAK	1		0.208	3.327	
Serine....g	0.667		0	PAK	1		0.189	3.027	
Hydroxyproline....g	0.114		0	PAK	1		0.032	0.515	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz whole

Measure 2 = 453.6g: 1 lb whole

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10879

Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted

Refuse: 2% Separable fat 2%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.58	0.552	12	A	1		1355.13		
Energy....kcal	117		0	NC	4		2183		
Energy....kJ	489		0	NC	4		9136		
Protein....g	17.99	0.410	12	A	1		335.78		
Total lipid (fat)....g	4.39	0.356	12	A	1		81.92		
Ash....g	3.66	0.081	12	A	1		68.40		
Carbohydrate, by difference....g	1.38		0	NC	4		25.76		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	1.57	0.206	12	A	1		29.34		
Sucrose....g	0.13	0.121	12	A	1		2.43		
Glucose (dextrose)....g	1.38	0.222	12	A	1		25.83		
Fructose....g	0.06	0.058	12	A	1		1.08		
Lactose....g	0.00	0.000	12	A	1		0.00		
Maltose....g	0.00	0.000	12	A	1		0.00		
Galactose....g	0.00	0.000	12	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	9	2.157	4	A	1		162		
Iron, Fe....mg	0.82	0.072	4	A	1		15.36		
Magnesium, Mg....mg	19	0.786	4	A	1		361		
Phosphorus, P....mg	270	7.427	4	A	1		5041		
Potassium, K....mg	316	13.410	4	A	1		5900		
Sodium, Na....mg	1193	22.867	4	A	1		22264		
Zinc, Zn....mg	1.82	0.097	4	A	1		33.98		
Copper, Cu....mg	0.091	0.007	4	A	1		1.698		
Manganese, Mn....mg	0.022	0.000	4	A	1		0.413		
Selenium, Se....mcg	34.2	1.083	4	A	1		639.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.362	0.036	4	A	1		6.763		
Riboflavin....mg	0.183	0.007	4	A	1		3.411		
Niacin....mg	5.797	0.560	4	A	1		108.238		
Pantothenic acid....mg	0.721	0.039	4	A	1		13.469		
Vitamin B-6....mg	0.394	0.030	4	A	1		7.360		
Folate, total....mcg	1	0.000	4	A	1		19		
Folic acid....mcg	0	0.000	4	Z	7		0		
Folate, food....mcg	1	0.000	4	NR	4		19		
Folate, DFE....mcg_DFE	1		0	NC	4		19		
Choline, total....mg	74.2		0	AS	1		1386.2		
Betaine....mg	4.3	1.036	4	A	1		79.4		
Vitamin B-12....mcg	0.40	0.012	4	A	1		7.47		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	13		0	AS	1		245		
Retinol....mcg	13	0.212	4	A	1		245		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	44		0	AS	1		815		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.20	0.016	4	A	1		3.83		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.01	0.005	4	A	1		0.16		
Tocopherol, gamma....mg	0.03	0.000	4	A	1		0.56		
Tocopherol, delta....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3)....mcg	0.7		0	AS	1		12.8		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 10879

Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg	0.7		0	BFNN	4		12.8		
Vitamin D.....IU	28		0	BFNN	4		514		
Vitamin K (phylloquinone).....mcg	0.0	0.025	4	A	1		0.5		
Lipids:									
Fatty acids, total saturated.....g	1.424		0	NC	4		26.579		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000	0.000	4	A	1		0.000		
10:0.....g	0.002	0.001	4	A	1		0.046		
12:0.....g	0.001	0.001	4	A	1		0.023		
13:0.....g									
14:0.....g	0.051	0.005	4	A	1		0.952		
15:0.....g	0.000	0.000	4	A	1		0.000		
16:0.....g	0.898	0.086	4	A	1		16.769		
17:0.....g	0.010	0.001	4	A	1		0.181		
18:0.....g	0.447	0.037	4	A	1		8.344		
20:0.....g	0.005	0.002	4	A	1		0.088		
22:0.....g	0.009	0.001	4	A	1		0.176		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.983		0	NC	4		37.022		
14:1.....g	0.000	0.000	4	A	1		0.000		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.122	0.012	4	A	1		2.272		
17:1.....g	0.003	0.003	4	A	1		0.051		
18:1 undifferentiated.....g	1.830		0	AS	1		34.168		
18:1 c.....g	1.814	0.180	4	A	1		33.861		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.016	0.003	4	A	1		0.307		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.028	0.003	4	A	1		0.531		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.542		0	NC	4		10.110		
18:2 undifferentiated.....g	0.453		0	AS	1		8.461		
18:2 n-6 c,c.....g	0.443	0.066	4	A	1		8.270		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.010	0.001	4	A	1		0.191		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.019		0	AS	1		0.354		
18:3 n-3 c,c,c (ALA).....g	0.019	0.002	4	A	1		0.354		
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.018	0.003	4	A	1		0.335		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.051	0.002	4	A	1		0.960		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	53	1.083	12	A	1		999		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.169		0	A	1		3.151		

NDB No. 10879

Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Threonine....g	0.805		0	A	1		15.022		
Isoleucine....g	0.812		0	A	1		15.158		
Leucine....g	1.441		0	A	1		26.901		
Lysine....g	1.519		0	A	1		28.367		
Methionine....g	0.430		0	A	1		8.032		
Cystine....g	0.202		0	A	1		3.770		
Phenylalanine....g	0.719		0	A	1		13.433		
Tyrosine....g	0.584		0	A	1		10.896		
Valine....g	0.910		0	A	1		16.989		
Arginine....g	1.151		0	A	1		21.486		
Histidine....g	0.783		0	A	1		14.625		
Alanine....g	1.059		0	A	1		19.776		
Aspartic acid....g	1.569		0	A	1		29.291		
Glutamic acid....g	2.574		0	A	1		48.056		
Glycine....g	0.939		0	A	1		17.537		
Proline....g	0.772		0	A	1		14.413		
Serine....g	0.704		0	A	1		13.144		
Hydroxyproline....g	0.117		0	BFPN	4		2.175		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1867g: 1 roast whole

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10880

Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated

Refuse: 3% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.95	0.408	12	A	1		335.44		
Energy....kcal	110		0	NC	4		498		
Energy....kJ	459		0	NC	4		2084		
Protein....g	17.34	0.190	12	A	1		78.66		
Total lipid (fat)....g	3.97	0.313	12	A	1		18.00		
Ash....g	3.56	0.109	12	A	1		16.17		
Carbohydrate, by difference....g	1.18		0	NC	4		5.34		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	1.45	0.217	12	A	1		6.57		
Sucrose....g	0.09	0.093	12	A	1		0.42		
Glucose (dextrose)....g	1.31	0.239	12	A	1		5.93		
Fructose....g	0.05	0.040	12	A	1		0.22		
Lactose....g	0.00	0.000	12	A	1		0.00		
Maltose....g	0.00	0.000	12	A	1		0.00		
Galactose....g	0.00	0.000	12	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8	1.959	4	A	1		37		
Iron, Fe....mg	0.86	0.095	4	A	1		3.92		
Magnesium, Mg....mg	19	0.587	4	A	1		88		
Phosphorus, P....mg	265	6.824	4	A	1		1203		
Potassium, K....mg	317	7.805	4	A	1		1436		
Sodium, Na....mg	1141	53.789	4	A	1		5177		
Zinc, Zn....mg	1.79	0.079	4	A	1		8.10		
Copper, Cu....mg	0.101	0.009	4	A	1		0.459		
Manganese, Mn....mg	0.022	0.000	4	A	1		0.100		
Selenium, Se....mcg	35.1	1.567	4	A	1		159.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.402	0.015	4	A	1		1.824		
Riboflavin....mg	0.187	0.008	4	A	1		0.850		
Niacin....mg	5.473	0.561	4	A	1		24.823		
Pantothenic acid....mg	0.734	0.043	4	A	1		3.330		
Vitamin B-6....mg	0.413	0.026	4	A	1		1.876		
Folate, total....mcg	2	0.250	4	A	1		8		
Folic acid....mcg	0	0.000	4	Z	7		0		
Folate, food....mcg	2	0.250	4	NR	4		8		
Folate, DFE....mcg_DFE	2		0	NC	4		8		
Choline, total....mg	71.7		0	AS	1		325.4		
Betaine....mg	3.5	0.518	4	A	1		15.9		
Vitamin B-12....mcg	0.47	0.028	4	A	1		2.12		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	13		0	AS	1		57		
Retinol....mcg	13	0.558	4	A	1		57		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	42		0	AS	1		191		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.21	0.033	4	A	1		0.95		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.01	0.006	4	A	1		0.05		
Tocopherol, gamma....mg	0.03	0.000	4	A	1		0.14		
Tocopherol, delta....mg	0.01	0.005	4	A	1		0.04		
Vitamin D (D2 + D3)....mcg	0.6		0	AS	1		2.6		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 10880

Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg	0.6		0	BFNN	4		2.6		
Vitamin D.....IU	23		0	BFNN	4		105		
Vitamin K (phylloquinone).....mcg	0.0	0.000	4	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	1.428		0	NC	4		6.475		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000	0.000	4	A	1		0.000		
10:0.....g	0.000	0.000	4	A	1		0.000		
12:0.....g	0.001	0.001	4	A	1		0.006		
13:0.....g									
14:0.....g	0.050	0.007	4	A	1		0.225		
15:0.....g	0.000	0.000	4	A	1		0.000		
16:0.....g	0.902	0.142	4	A	1		4.093		
17:0.....g	0.009	0.002	4	A	1		0.043		
18:0.....g	0.453	0.070	4	A	1		2.054		
20:0.....g	0.005	0.002	4	A	1		0.023		
22:0.....g	0.007	0.002	4	A	1		0.032		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.938		0	NC	4		8.791		
14:1.....g	0.000	0.000	4	A	1		0.000		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.112	0.019	4	A	1		0.510		
17:1.....g	0.002	0.002	4	A	1		0.011		
18:1 undifferentiated.....g	1.794		0	AS	1		8.136		
18:1 c.....g	1.773	0.278	4	A	1		8.043		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.020	0.001	4	A	1		0.093		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.029	0.005	4	A	1		0.134		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.577		0	NC	4		2.617		
18:2 undifferentiated.....g	0.488		0	AS	1		2.212		
18:2 n-6 c,c.....g	0.472	0.044	4	A	1		2.141		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.016	0.002	4	A	1		0.071		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.020		0	AS	1		0.092		
18:3 n-3 c,c,c (ALA).....g	0.020	0.002	4	A	1		0.092		
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.019	0.003	4	A	1		0.085		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.050	0.001	4	A	1		0.229		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.036		0	NC	4		0.164		
Fatty acids, total trans-monoenoic.....g	0.020		0	NC	4		0.093		
Fatty acids, total trans-polyenoic.....g	0.016		0	NC	4		0.071		
Cholesterol.....mg	50	0.607	12	A	1		226		
Phytosterols.....mg									

NDB No. 10880

Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.163		0	A	1		0.738		
Threonine....g	0.776		0	A	1		3.519		
Isoleucine....g	0.783		0	A	1		3.551		
Leucine....g	1.389		0	A	1		6.301		
Lysine....g	1.465		0	A	1		6.645		
Methionine....g	0.415		0	A	1		1.882		
Cystine....g	0.195		0	A	1		0.883		
Phenylalanine....g	0.694		0	A	1		3.147		
Tyrosine....g	0.563		0	A	1		2.552		
Valine....g	0.877		0	A	1		3.980		
Arginine....g	1.110		0	A	1		5.033		
Histidine....g	0.755		0	A	1		3.426		
Alanine....g	1.021		0	A	1		4.632		
Aspartic acid....g	1.513		0	A	1		6.861		
Glutamic acid....g	2.482		0	A	1		11.257		
Glycine....g	0.906		0	A	1		4.108		
Proline....g	0.744		0	A	1		3.376		
Serine....g	0.679		0	A	1		3.079		
Hydroxyproline....g	0.112		0	A	1		0.509		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 453.6g: 1 lb

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10918

Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted

Refuse: 14% Bone 13%, Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.60		0	PAK	1		1636.34	54.91	
Energy....kcal	186		0	PIK	4		4707	158	
Energy....kJ	777		0	PIK	4		19692	661	
Protein....g	19.46		0	PAK	1		493.04	16.54	
Total lipid (fat)....g	11.48		0	PAK	1		290.90	9.76	
Ash....g	3.30		0	PAK	1		83.64	2.81	
Carbohydrate, by difference....g	1.15		0	PIK	4		29.08	0.98	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	1.03		0	PAK	1		25.97	0.87	
Sucrose....g	0.27		0	PAK	1		6.83	0.23	
Glucose (dextrose)....g	0.58		0	PAK	1		14.61	0.49	
Fructose....g	0.18		0	PAK	1		4.53	0.15	
Lactose....g	0.00		0	PAK	1		0.00	0.00	
Maltose....g	0.00		0	PAK	1		0.00	0.00	
Galactose....g	0.00		0	PAK	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0	PAK	1		242	8	
Iron, Fe....mg	0.82		0	PAK	1		20.78	0.70	
Magnesium, Mg....mg	18		0	PAK	1		461	15	
Phosphorus, P....mg	213		0	PAK	1		5400	181	
Potassium, K....mg	254		0	PAK	1		6427	216	
Sodium, Na....mg	1181		0	PAK	1		29921	1004	
Zinc, Zn....mg	1.95		0	PAK	1		49.31	1.65	
Copper, Cu....mg	0.124		0	PAK	1		3.138	0.105	
Manganese, Mn....mg	0.022		0	PAK	1		0.560	0.019	
Selenium, Se....mcg	39.4		0	PAK	1		998.1	33.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.322		0	PAK	1		8.166	0.274	
Riboflavin....mg	0.175		0	PAK	1		4.423	0.148	
Niacin....mg	3.901		0	PAK	1		98.810	3.316	
Pantothenic acid....mg	0.588		0	PAK	1		14.907	0.500	
Vitamin B-6....mg	0.316		0	PAK	1		7.994	0.268	
Folate, total....mcg	2		0	PAK	1		47	2	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	2		0	PIK	4		47	2	
Folate, DFE....mcg_DFE	2		0	NC	4		47	2	
Choline, total....mg	80.4		0	PAK	1		2035.9	68.3	
Betaine....mg	3.1		0	PAK	1		78.1	2.6	
Vitamin B-12....mcg	0.47		0	PAK	1		11.82	0.40	
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	12		0	PAK	1		292	10	
Retinol....mcg	12		0	PAK	1		292	10	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	38		0	PAK	1		973	33	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.23		0	PAK	1		5.83	0.20	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.02		0	PAK	1		0.49	0.02	
Tocopherol, gamma....mg	0.06		0	PAK	1		1.52	0.05	
Tocopherol, delta....mg	0.02		0	PAK	1		0.39	0.01	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 10918

Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	PAK	1		1.1	0.0	
Lipids:									
Fatty acids, total saturated.....g	3.783		0	PIK	4		95.811	3.215	
4:0.....g	0.000		0	PIK	4		0.000	0.000	
6:0.....g	0.000		0	PIK	4		0.000	0.000	
8:0.....g	0.000		0	PAK	1		0.000	0.000	
10:0.....g	0.007		0	PAK	1		0.172	0.006	
12:0.....g	0.007		0	PAK	1		0.187	0.006	
13:0.....g									
14:0.....g	0.139		0	PAK	1		3.522	0.118	
15:0.....g	0.000		0	PAK	1		0.000	0.000	
16:0.....g	2.406		0	PAK	1		60.954	2.045	
17:0.....g	0.028		0	PAK	1		0.711	0.024	
18:0.....g	1.161		0	PAK	1		29.418	0.987	
20:0.....g	0.018		0	PAK	1		0.456	0.015	
22:0.....g	0.015		0	PAK	1		0.392	0.013	
24:0.....g									
Fatty acids, total monounsaturated.....g	5.265		0	PIK	4		133.370	4.476	
14:1.....g	0.000		0	PAK	1		0.000	0.000	
15:1.....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated.....g	0.273		0	PAK	1		6.913	0.232	
17:1.....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated.....g	4.904		0	PAK	1		124.215	4.168	
20:1.....g	0.089		0	PAK	1		2.243	0.075	
22:1 undifferentiated.....g	0.000		0	PIK	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.479		0	PIK	4		37.463	1.257	
18:2 undifferentiated.....g	1.303		0	PAK	1		32.997	1.107	
18:3 undifferentiated.....g	0.058		0	PAK	1		1.460	0.049	
18:4.....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c.....g	0.057		0	PAK	1		1.440	0.048	
20:3 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
20:4 undifferentiated.....g	0.062		0	PAK	1		1.567	0.053	
20:5 n-3 (EPA).....g	0.000		0	PIK	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans.....g	0.087		0	PIK	4		2.207	0.074	
Cholesterol.....mg	67		0	PAK	1		1694	57	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.180		0	PAK	1		4.556	0.153	
Threonine.....g	0.863		0	PAK	1		21.870	0.734	
Isoleucine.....g	0.873		0	PAK	1		22.104	0.742	
Leucine.....g	1.549		0	PAK	1		39.238	1.317	
Lysine.....g	1.628		0	PAK	1		41.229	1.384	
Methionine.....g	0.461		0	PAK	1		11.672	0.392	
Cystine.....g	0.219		0	PAK	1		5.544	0.186	
Phenylalanine.....g	0.775		0	PAK	1		19.624	0.659	
Tyrosine.....g	0.625		0	PAK	1		15.825	0.531	
Valine.....g	0.981		0	PAK	1		24.848	0.834	
Arginine.....g	1.241		0	PAK	1		31.441	1.055	
Histidine.....g	0.848		0	PAK	1		21.480	0.721	
Alanine.....g	1.150		0	PAK	1		29.133	0.978	
Aspartic acid.....g	1.695		0	PAK	1		42.938	1.441	
Glutamic acid.....g	2.773		0	PAK	1		70.233	2.357	
Glycine.....g	1.048		0	PAK	1		26.535	0.890	
Proline.....g	0.843		0	PAK	1		21.364	0.717	
Serine.....g	0.760		0	PAK	1		19.241	0.646	
Hydroxyproline.....g	0.126		0	PAK	1		3.194	0.107	
Others:									

NDB No. 10918

Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2533g: 1 roast rump

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10908

Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated

Refuse: 18% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.50		0	PAK	1		19.14	306.18	
Energy	kcal	179		0	PIK	4		51	812	
Energy	kJ	749		0	PIK	4		212	3396	
Protein	g	16.09		0	PAK	1		4.56	72.97	
Total lipid (fat)	g	12.13		0	PAK	1		3.44	55.01	
Ash	g	2.93		0	PAK	1		0.83	13.30	
Carbohydrate, by difference	g	1.35		0	PIK	4		0.38	6.14	
Fiber, total dietary	g	0.0		0	PIK	4		0.0	0.0	
Sugars, total	g	0.88		0	PIK	4		0.25	3.97	
Sucrose	g	0.22		0	PIK	4		0.06	0.99	
Glucose (dextrose)	g	0.51		0	PIK	4		0.15	2.32	
Fructose	g	0.15		0	PIK	4		0.04	0.66	
Lactose	g	0.00		0	PIK	4		0.00	0.00	
Maltose	g	0.00		0	PIK	4		0.00	0.00	
Galactose	g	0.00		0	PIK	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0	PAK	1		3	40	
Iron, Fe	mg	0.64		0	PAK	1		0.18	2.90	
Magnesium, Mg	mg	17		0	PAK	1		5	76	
Phosphorus, P	mg	205		0	PAK	1		58	929	
Potassium, K	mg	213		0	PAK	1		60	965	
Sodium, Na	mg	990		0	PAK	1		281	4490	
Zinc, Zn	mg	1.56		0	PAK	1		0.44	7.08	
Copper, Cu	mg	0.113		0	PAK	1		0.032	0.514	
Manganese, Mn	mg	0.022		0	PAK	1		0.006	0.100	
Selenium, Se	mcg	36.0		0	PAK	1		10.2	163.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0	0.0	
Thiamin	mg	0.273		0	PAK	1		0.077	1.240	
Riboflavin	mg	0.186		0	PAK	1		0.053	0.846	
Niacin	mg	3.822		0	PAK	1		1.084	17.336	
Pantothenic acid	mg	0.441		0	PAK	1		0.125	2.002	
Vitamin B-6	mg	0.236		0	PAK	1		0.067	1.072	
Folate, total	mcg	1		0	PIK	4		0	6	
Folic acid	mcg	0		0	PIK	4		0	0	
Folate, food	mcg	1		0	PIK	4		0	6	
Folate, DFE	mcg_DFE	1		0	NC	4		0	6	
Choline, total	mg	72.4		0	PIK	4		20.5	328.4	
Betaine	mg	2.9		0	PIK	4		0.8	13.2	
Vitamin B-12	mcg	0.53		0	PAK	1		0.15	2.41	
Vitamin B-12, added	mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	10		0	PIK	4		3	46	
Retinol	mcg	10		0	PIK	4		3	46	
Carotene, beta	mcg	0		0	PIK	4		0	0	
Carotene, alpha	mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta	mcg	0		0	PIK	4		0	0	
Vitamin A, IU	IU	34		0	PIK	4		10	154	
Lycopene	mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin	mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.28		0	PIK	4		0.08	1.27	
Vitamin E, added	mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta	mg	0.02		0	PIK	4		0.00	0.07	
Tocopherol, gamma	mg	0.07		0	PIK	4		0.02	0.30	
Tocopherol, delta	mg	0.01		0	PIK	4		0.00	0.05	
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 10908

Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	PIK	4		0.0	0.2	
Lipids:									
Fatty acids, total saturated.....g	3.984		0	PIK	4		1.129	18.071	
4:0.....g	0.000		0	PIK	4		0.000	0.000	
6:0.....g	0.000		0	PIK	4		0.000	0.000	
8:0.....g	0.000		0	PIK	4		0.000	0.000	
10:0.....g	0.000		0	PIK	4		0.000	0.000	
12:0.....g	0.000		0	PIK	4		0.000	0.000	
13:0.....g									
14:0.....g	0.146		0	PIK	4		0.041	0.660	
15:0.....g	0.000		0	PIK	4		0.000	0.000	
16:0.....g	2.527		0	PIK	4		0.716	11.462	
17:0.....g	0.032		0	PIK	4		0.009	0.146	
18:0.....g	1.246		0	PIK	4		0.353	5.650	
20:0.....g	0.019		0	PIK	4		0.005	0.085	
22:0.....g	0.015		0	PIK	4		0.004	0.067	
24:0.....g									
Fatty acids, total monounsaturated.....g	5.475		0	PIK	4		1.552	24.833	
14:1.....g	0.000		0	PIK	4		0.000	0.000	
15:1.....g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated.....g	0.266		0	PIK	4		0.076	1.208	
17:1.....g	0.000		0	PIK	4		0.000	0.000	
18:1 undifferentiated.....g	5.120		0	PIK	4		1.452	23.224	
20:1.....g	0.088		0	PIK	4		0.025	0.400	
22:1 undifferentiated.....g	0.000		0	PIK	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.592		0	PIK	4		0.451	7.223	
18:2 undifferentiated.....g	1.415		0	PIK	4		0.401	6.419	
18:3 undifferentiated.....g	0.064		0	PIK	4		0.018	0.291	
18:4.....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c.....g	0.061		0	PIK	4		0.017	0.278	
20:3 undifferentiated.....g	0.000		0	PIK	4		0.000	0.000	
20:4 undifferentiated.....g	0.052		0	PIK	4		0.015	0.235	
20:5 n-3 (EPA).....g	0.000		0	PIK	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans.....g	0.096		0	PIK	4		0.027	0.434	
Cholesterol.....mg	58		0	PAK	1		16	264	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.148		0	PAK	1		0.042	0.672	
Threonine.....g	0.712		0	PAK	1		0.202	3.230	
Isoleucine.....g	0.720		0	PAK	1		0.204	3.266	
Leucine.....g	1.278		0	PAK	1		0.362	5.797	
Lysine.....g	1.342		0	PAK	1		0.380	6.086	
Methionine.....g	0.380		0	PAK	1		0.108	1.723	
Cystine.....g	0.181		0	PAK	1		0.051	0.821	
Phenylalanine.....g	0.639		0	PAK	1		0.181	2.901	
Tyrosine.....g	0.515		0	PAK	1		0.146	2.335	
Valine.....g	0.810		0	PAK	1		0.230	3.674	
Arginine.....g	1.025		0	PAK	1		0.291	4.649	
Histidine.....g	0.701		0	PAK	1		0.199	3.179	
Alanine.....g	0.951		0	PAK	1		0.270	4.315	
Aspartic acid.....g	1.400		0	PAK	1		0.397	6.352	
Glutamic acid.....g	2.289		0	PAK	1		0.649	10.382	
Glycine.....g	0.872		0	PAK	1		0.247	3.957	
Proline.....g	0.699		0	PAK	1		0.198	3.170	
Serine.....g	0.627		0	PAK	1		0.178	2.845	
Hydroxyproline.....g	0.123		0	PAK	1		0.035	0.559	
Others:									

NDB No. 10908

Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz rump

Measure 2 = 453.6g: 1 lb rump

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10877

Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted

Refuse: 26% Bone 13%, Connective tissue 1%, Separable fat 12%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.53	1.460	5	A	1		1761.30	59.10	
Energy....kcal	131		0	NC	4		3328	112	
Energy....kJ	550		0	NC	4		13924	467	
Protein....g	21.28	0.655	5	A	1		538.92	18.08	
Total lipid (fat)....g	4.70	1.172	5	A	1		118.96	3.99	
Ash....g	3.49	0.239	5	A	1		88.40	2.97	
Carbohydrate, by difference....g	1.00		0	NC	4		25.42	0.85	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	1.15	0.359	4	A	1		29.16	0.98	
Sucrose....g	0.32	0.150	4	A	1		7.98	0.27	
Glucose (dextrose)....g	0.63	0.526	4	A	1		15.88	0.53	
Fructose....g	0.21	0.083	4	A	1		5.30	0.18	
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose....g	0.00	0.000	4	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	10	1.160	3	A	1		258	9	
Iron, Fe....mg	0.87	0.089	3	A	1		22.03	0.74	
Magnesium, Mg....mg	19	0.869	3	A	1		472	16	
Phosphorus, P....mg	221	11.566	3	A	1		5589	188	
Potassium, K....mg	264	4.096	3	A	1		6679	224	
Sodium, Na....mg	1267	95.277	3	A	1		32085	1077	
Zinc, Zn....mg	2.08	0.052	3	A	1		52.77	1.77	
Copper, Cu....mg	0.089	0.014	3	A	1		2.254	0.076	
Manganese, Mn....mg	0.022	0.000	3	A	1		0.560	0.019	
Selenium, Se....mcg	43.4	13.945	3	A	1		1098.5	36.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.330	0.052	3	A	1		8.357	0.280	
Riboflavin....mg	0.188	0.033	3	A	1		4.761	0.160	
Niacin....mg	4.040	0.673	3	A	1		102.332	3.434	
Pantothenic acid....mg	0.618	0.025	3	A	1		15.660	0.525	
Vitamin B-6....mg	0.335	0.027	3	A	1		8.486	0.285	
Folate, total....mcg	2		1	A	1		51	2	
Folic acid....mcg	0		1	Z	7		0	0	
Folate, food....mcg	2		1	NR	4		51	2	
Folate, DFE....mcg_DFE	2		0	NC	4		51	2	
Choline, total....mg	94.0		0	AS	1		2380.7	79.9	
Betaine....mg	3.6		2	A	1		91.4	3.1	
Vitamin B-12....mcg	0.49	0.029	3	A	1		12.50	0.42	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	11		0	AS	1		288	10	
Retinol....mcg	11		2	A	1		288	10	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	38		0	AS	1		960	32	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.21		1	A	1		5.32	0.18	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.02		1	A	1		0.50	0.02	
Tocopherol, gamma....mg	0.05		1	A	1		1.27	0.04	
Tocopherol, delta....mg	0.01		1	A	1		0.37	0.01	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 10877

Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1		2	A	1		1.3	0.0	
Lipids:									
Fatty acids, total saturated....g	1.536		0	NC	4		38.903	1.305	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.056		2	A	1		1.420	0.048	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	0.961		2	A	1		24.350	0.817	
17:0....g	0.009		2	A	1		0.240	0.008	
18:0....g	0.493		2	A	1		12.488	0.419	
20:0....g	0.006		2	A	1		0.156	0.005	
22:0....g	0.010		2	A	1		0.249	0.008	
24:0....g									
Fatty acids, total monounsaturated....g	2.127		0	NC	4		53.869	1.808	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.102		2	A	1		2.589	0.087	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	1.989		0	AS	1		50.382	1.691	
18:1 c....g	1.966		2	A	1		49.788	1.671	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.023		2	A	1		0.594	0.020	
18:1-11t (18:1t n-7)....g									
20:1....g	0.035		2	A	1		0.898	0.030	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.634		0	NC	4		16.054	0.539	
18:2 undifferentiated....g	0.538		0	AS	1		13.624	0.457	
18:2 n-6 c,c....g	0.505		2	A	1		12.792	0.429	
18:2 CLAs....g	0.017		1	A	1		0.436	0.015	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.016		2	A	1		0.396	0.013	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.022		0	AS	1		0.553	0.019	
18:3 n-3 c,c,c (ALA)....g	0.022		2	A	1		0.553	0.019	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.023		2	A	1		0.572	0.019	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.051		2	A	1		1.304	0.044	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.039		0	NC	4		0.990	0.033	
Fatty acids, total trans-monoenoic....g	0.023		0	NC	4		0.594	0.020	
Fatty acids, total trans-polyenoic....g	0.016		0	NC	4		0.396	0.013	
Cholesterol....mg	66	1.586	5	A	1		1673	56	
Phytosterols....mg									

NDB No. 10877

Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.200		0	A	1		5.057	0.170	
Threonine....g	0.952		0	A	1		24.110	0.809	
Isoleucine....g	0.960		0	A	1		24.328	0.816	
Leucine....g	1.705		0	A	1		43.175	1.449	
Lysine....g	1.797		0	A	1		45.529	1.528	
Methionine....g	0.509		0	A	1		12.892	0.433	
Cystine....g	0.239		0	A	1		6.051	0.203	
Phenylalanine....g	0.851		0	A	1		21.559	0.723	
Tyrosine....g	0.690		0	A	1		17.488	0.587	
Valine....g	1.076		0	A	1		27.267	0.915	
Arginine....g	1.361		0	A	1		34.484	1.157	
Histidine....g	0.927		0	A	1		23.473	0.788	
Alanine....g	1.253		0	A	1		31.740	1.065	
Aspartic acid....g	1.856		0	A	1		47.010	1.578	
Glutamic acid....g	3.045		0	A	1		77.128	2.588	
Glycine....g	1.111		0	A	1		28.146	0.945	
Proline....g	0.913		0	A	1		23.132	0.776	
Serine....g	0.833		0	A	1		21.096	0.708	
Hydroxyproline....g	0.138		0	A	1		3.491	0.117	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2533g: 1 roast rump

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10887

Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated

Refuse: 18% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	74.32		1	A	1		21.07	337.11	
Energy ... kcal	107		0	NC	4		30	486	
Energy ... kJ	448		0	NC	4		127	2032	
Protein (N x 6.25) ... g	17.93		1	A	1		5.08	81.31	
Total lipid (fat) ... g	3.38		1	A	1		0.96	15.32	
Ash ... g	3.14		1	A	1		0.89	14.22	
Carbohydrate, by difference ... g	1.24		0	NC	4		0.35	5.63	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.97		0	BFSN	4		0.28	4.40	
Sucrose ... g	0.27		0	BFSN	4		0.08	1.21	
Glucose (dextrose) ... g	0.53		0	BFSN	4		0.15	2.40	
Fructose ... g	0.18		0	BFSN	4		0.05	0.80	
Lactose ... g	0.00		0	BFSN	4		0.00	0.00	
Maltose ... g	0.00		0	BFSN	4		0.00	0.00	
Galactose ... g	0.00		0	BFSN	4		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	10		1	A	1		3	45	
Iron, Fe ... mg	0.67		1	A	1		0.19	3.03	
Magnesium, Mg ... mg	18		1	A	1		5	81	
Phosphorus, P ... mg	218		1	A	1		62	989	
Potassium, K ... mg	221		1	A	1		63	1002	
Sodium, Na ... mg	1070		1	A	1		303	4854	
Zinc, Zn ... mg	1.65		1	A	1		0.47	7.48	
Copper, Cu ... mg	0.117		1	A	1		0.033	0.530	
Manganese, Mn ... mg	0.022		1	A	1		0.006	0.100	
Selenium, Se ... mcg	40.3		1	A	1		11.4	182.8	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.282		1	A	1		0.080	1.279	
Riboflavin ... mg	0.222		1	A	1		0.063	1.007	
Niacin ... mg	4.090		1	A	1		1.160	18.552	
Pantothenic acid ... mg	0.462		1	A	1		0.131	2.096	
Vitamin B-6 ... mg	0.247		1	A	1		0.070	1.120	
Folate, total ... mcg	2		0	BFPN	4		0	8	
Folic acid ... mcg	0		0	BFPN	4		0	0	
Folate, food ... mcg	2		0	BFPN	4		0	8	
Folate, DFE ... mcg_DFE	2		0	NC	4		0	8	
Choline, total ... mg	81.3		0	BFNN	4		23.1	369.0	
Betaine ... mg	3.1		0	BFNN	4		0.9	14.2	
Vitamin B-12 ... mcg	0.58		1	A	1		0.16	2.63	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	10		0	NC	4		3	43	
Retinol ... mcg	10		0	BFSN	4		3	43	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	32		0	NC	4		9	145	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.18		0	BFSN	4		0.05	0.80	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg	0.02		0	BFSN	4		0.00	0.08	
Tocopherol, gamma ... mg	0.04		0	BFSN	4		0.01	0.19	
Tocopherol, delta ... mg	0.01		0	BFSN	4		0.00	0.06	
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									

NDB No. 10887

Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.2	
Lipids:									
Fatty acids, total saturated....g	1.105		0	BFFN	4		0.313	5.011	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.040		0	BFFN	4		0.011	0.183	
15:0....g	0.000		0	BFFN	4		0.000	0.000	
16:0....g	0.691		0	BFFN	4		0.196	3.136	
17:0....g	0.007		0	BFFN	4		0.002	0.031	
18:0....g	0.355		0	BFFN	4		0.101	1.609	
20:0....g	0.004		0	BFFN	4		0.001	0.020	
22:0....g	0.007		0	BFFN	4		0.002	0.032	
24:0....g									
Fatty acids, total monounsaturated....g	1.530		0	BFFN	4		0.434	6.939	
14:1....g	0.000		0	BFFN	4		0.000	0.000	
15:1....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated....g	0.074		0	BFFN	4		0.021	0.333	
17:1....g	0.000		0	BFFN	4		0.000	0.000	
18:1 undifferentiated....g	1.431		0	BFFN	4		0.406	6.489	
18:1 c....g	1.414		0	BFFN	4		0.401	6.413	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.017		0	BFFN	4		0.005	0.077	
18:1-11t (18:1t n-7)....g									
20:1....g	0.026		0	BFFN	4		0.007	0.116	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.456		0	BFFN	4		0.129	2.068	
18:2 undifferentiated....g	0.387		0	BFFN	4		0.110	1.755	
18:2 n-6 c,c....g	0.363		0	BFFN	4		0.103	1.648	
18:2 CLAs....g	0.012		0	BFFN	4		0.004	0.056	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.011		0	BFFN	4		0.003	0.051	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.016		0	BFFN	4		0.004	0.071	
18:3 n-3 c,c,c (ALA)....g	0.016		0	BFFN	4		0.004	0.071	
18:3 n-6 c,c,c....g	0.000		0	BFFN	4		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g	0.016		0	BFFN	4		0.005	0.074	
20:3 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.037		0	BFFN	4		0.010	0.168	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g	0.028		0	BFFN	4		0.008	0.128	
Fatty acids, total trans-monoenoic....g	0.017		0	BFFN	4		0.005	0.077	
Fatty acids, total trans-polyenoic....g	0.011		0	BFFN	4		0.003	0.051	
Cholesterol....mg	58		1	A	1		16	261	
Phytosterols....mg									

NDB No. 10887

Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.168		0	A	1		0.048	0.763	
Threonine....g	0.802		0	A	1		0.227	3.637	
Isoleucine....g	0.809		0	A	1		0.229	3.670	
Leucine....g	1.436		0	A	1		0.407	6.514	
Lysine....g	1.514		0	A	1		0.429	6.869	
Methionine....g	0.429		0	A	1		0.122	1.945	
Cystine....g	0.201		0	A	1		0.057	0.913	
Phenylalanine....g	0.717		0	A	1		0.203	3.253	
Tyrosine....g	0.582		0	A	1		0.165	2.638	
Valine....g	0.907		0	A	1		0.257	4.114	
Arginine....g	1.147		0	A	1		0.325	5.203	
Histidine....g	0.781		0	A	1		0.221	3.541	
Alanine....g	1.056		0	A	1		0.299	4.789	
Aspartic acid....g	1.564		0	A	1		0.443	7.093	
Glutamic acid....g	2.565		0	A	1		0.727	11.636	
Glycine....g	0.936		0	A	1		0.265	4.246	
Proline....g	0.769		0	A	1		0.218	3.490	
Serine....g	0.702		0	A	1		0.199	3.183	
Hydroxyproline....g	0.116		0	A	1		0.033	0.527	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10919

Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted

Refuse: 20% Bone 16%, Connective tissue 4%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.03		0	PAK	1		1923.41	51.03	
Energy....kcal	234		0	NC	4		7494	199	
Energy....kJ	979		0	NC	4		31356	832	
Protein....g	18.17		0	PAK	1		582.06	15.44	
Total lipid (fat)....g	17.29		0	PAK	1		553.84	14.69	
Ash....g	3.10		0	PAK	1		99.33	2.64	
Carbohydrate, by difference....g	1.42		0	PIK	4		45.36	1.20	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.99		0	PAK	1		31.80	0.84	
Sucrose....g	0.47		0	PAK	1		15.20	0.40	
Glucose (dextrose)....g	0.42		0	PAK	1		13.59	0.36	
Fructose....g	0.09		0	PAK	1		3.01	0.08	
Lactose....g	0.00		0	PAK	1		0.00	0.00	
Maltose....g	0.00		0	PAK	1		0.00	0.00	
Galactose....g	0.00		0	PAK	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	PAK	1		271	7	
Iron, Fe....mg	1.00		0	PAK	1		31.99	0.85	
Magnesium, Mg....mg	15		0	PAK	1		493	13	
Phosphorus, P....mg	193		0	PAK	1		6184	164	
Potassium, K....mg	216		0	PAK	1		6924	184	
Sodium, Na....mg	945		0	PAK	1		30262	803	
Zinc, Zn....mg	2.36		0	PAK	1		75.76	2.01	
Copper, Cu....mg	0.162		0	PAK	1		5.180	0.137	
Manganese, Mn....mg	0.022		0	PAK	1		0.708	0.019	
Selenium, Se....mcg	37.3		0	PAK	1		1196.4	31.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.362		0	PAK	1		11.610	0.308	
Riboflavin....mg	0.171		0	PAK	1		5.466	0.145	
Niacin....mg	4.159		0	PAK	1		133.260	3.535	
Pantothenic acid....mg	0.534		0	PAK	1		17.116	0.454	
Vitamin B-6....mg	0.346		0	PAK	1		11.085	0.294	
Folate, total....mcg	1		0	PAK	1		44	1	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	1		0	PIK	4		44	1	
Folate, DFE....mcg_DFE	1		0	NC	4		44	1	
Choline, total....mg	75.2		0	PAK	1		2408.2	63.9	
Betaine....mg	3.9		0	PAK	1		123.4	3.3	
Vitamin B-12....mcg	0.42		0	PAK	1		13.43	0.36	
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	12		0	PAK	1		370	10	
Retinol....mcg	12		0	PAK	1		370	10	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	38		0	PAK	1		1232	33	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.31		0	PAK	1		9.81	0.26	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.13	0.00	
Tocopherol, gamma....mg	0.08		0	PAK	1		2.68	0.07	
Tocopherol, delta....mg	0.01		0	PAK	1		0.17	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 10919

Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	PAK	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	5.715		0	PIK	4		183.108	4.858	
4:0.....g	0.000		0	PIK	4		0.000	0.000	
6:0.....g	0.000		0	PIK	4		0.000	0.000	
8:0.....g	0.000		0	PAK	1		0.000	0.000	
10:0.....g	0.013		0	PAK	1		0.409	0.011	
12:0.....g	0.014		0	PAK	1		0.444	0.012	
13:0.....g									
14:0.....g	0.204		0	PAK	1		6.551	0.174	
15:0.....g	0.000		0	PAK	1		0.000	0.000	
16:0.....g	3.647		0	PAK	1		116.858	3.100	
17:0.....g	0.044		0	PAK	1		1.412	0.037	
18:0.....g	1.742		0	PAK	1		55.808	1.481	
20:0.....g	0.029		0	PAK	1		0.930	0.025	
22:0.....g	0.022		0	PAK	1		0.694	0.018	
24:0.....g									
Fatty acids, total monounsaturated.....g	7.914		0	PIK	4		253.563	6.727	
14:1.....g	0.000		0	PAK	1		0.000	0.000	
15:1.....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated.....g	0.421		0	PAK	1		13.475	0.357	
17:1.....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated.....g	7.362		0	PAK	1		235.891	6.258	
20:1.....g	0.131		0	PAK	1		4.197	0.111	
22:1 undifferentiated.....g	0.000		0	PIK	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.281		0	PIK	4		73.094	1.939	
18:2 undifferentiated.....g	2.019		0	PAK	1		64.690	1.716	
18:3 undifferentiated.....g	0.086		0	PAK	1		2.767	0.073	
18:4.....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c.....g	0.086		0	PAK	1		2.760	0.073	
20:3 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
20:4 undifferentiated.....g	0.090		0	PAK	1		2.878	0.076	
20:5 n-3 (EPA).....g	0.000		0	PIK	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans.....g	0.133		0	PIK	4		4.249	0.113	
Cholesterol.....mg	72		0	PAK	1		2312	61	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.165		0	PAK	1		5.295	0.140	
Threonine.....g	0.799		0	PAK	1		25.594	0.679	
Isoleucine.....g	0.809		0	PAK	1		25.913	0.687	
Leucine.....g	1.436		0	PAK	1		46.011	1.221	
Lysine.....g	1.503		0	PAK	1		48.167	1.278	
Methionine.....g	0.425		0	PAK	1		13.633	0.362	
Cystine.....g	0.205		0	PAK	1		6.554	0.174	
Phenylalanine.....g	0.719		0	PAK	1		23.050	0.611	
Tyrosine.....g	0.577		0	PAK	1		18.474	0.490	
Valine.....g	0.912		0	PAK	1		29.219	0.775	
Arginine.....g	1.155		0	PAK	1		36.990	0.981	
Histidine.....g	0.792		0	PAK	1		25.365	0.673	
Alanine.....g	1.077		0	PAK	1		34.507	0.915	
Aspartic acid.....g	1.580		0	PAK	1		50.608	1.343	
Glutamic acid.....g	2.576		0	PAK	1		82.522	2.189	
Glycine.....g	1.007		0	PAK	1		32.269	0.856	
Proline.....g	0.795		0	PAK	1		25.463	0.676	
Serine.....g	0.707		0	PAK	1		22.646	0.601	
Hydroxyproline.....g	0.118		0	PAK	1		3.770	0.100	
Others:									

NDB No. 10919

Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3204g: 1 roast shank

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10907

Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated

Refuse: 17% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.56		0	PAK	1		17.45	279.21	
Energy	kcal	243		0	NC	4		69	1101	
Energy	kJ	1016		0	NC	4		288	4608	
Protein	g	14.28		0	PAK	1		4.05	64.78	
Total lipid (fat)	g	20.00		0	PAK	1		5.67	90.72	
Ash	g	2.74		0	PAK	1		0.78	12.45	
Carbohydrate, by difference	g	1.42		0	PIK	4		0.40	6.44	
Fiber, total dietary	g	0.0		0	PIK	4		0.0	0.0	
Sugars, total	g	0.86		0	PIK	4		0.24	3.91	
Sucrose	g	0.37		0	PIK	4		0.11	1.69	
Glucose (dextrose)	g	0.41		0	PIK	4		0.12	1.88	
Fructose	g	0.07		0	PIK	4		0.02	0.34	
Lactose	g	0.00		0	PIK	4		0.00	0.00	
Maltose	g	0.00		0	PIK	4		0.00	0.00	
Galactose	g	0.00		0	PIK	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0	PAK	1		2	29	
Iron, Fe	mg	0.82		0	PAK	1		0.23	3.71	
Magnesium, Mg	mg	14		0	PAK	1		4	64	
Phosphorus, P	mg	188		0	PAK	1		53	851	
Potassium, K	mg	215		0	PAK	1		61	973	
Sodium, Na	mg	936		0	PAK	1		265	4248	
Zinc, Zn	mg	1.85		0	PAK	1		0.52	8.39	
Copper, Cu	mg	0.122		0	PAK	1		0.035	0.553	
Manganese, Mn	mg	0.022		0	PAK	1		0.006	0.100	
Selenium, Se	mcg	24.1		0	PAK	1		6.8	109.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0	0.0	
Thiamin	mg	0.546		0	PAK	1		0.155	2.476	
Riboflavin	mg	0.159		0	PAK	1		0.045	0.720	
Niacin	mg	3.253		0	PAK	1		0.922	14.754	
Pantothenic acid	mg	0.539		0	PAK	1		0.153	2.445	
Vitamin B-6	mg	0.241		0	PAK	1		0.068	1.093	
Folate, total	mcg	1		0	PIK	4		0	4	
Folic acid	mcg	0		0	PIK	4		0	0	
Folate, food	mcg	1		0	PIK	4		0	4	
Folate, DFE	mcg_DFE	1		0	NC	4		0	4	
Choline, total	mg	67.9		0	PIK	4		19.3	308.0	
Betaine	mg	3.6		0	PIK	4		1.0	16.3	
Vitamin B-12	mcg	0.47		0	PAK	1		0.13	2.14	
Vitamin B-12, added	mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	11		0	PIK	4		3	48	
Retinol	mcg	11		0	PIK	4		3	48	
Carotene, beta	mcg	0		0	PIK	4		0	0	
Carotene, alpha	mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta	mcg	0		0	PIK	4		0	0	
Vitamin A, IU	IU	36		0	PIK	4		10	161	
Lycopene	mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin	mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.41		0	PIK	4		0.12	1.87	
Vitamin E, added	mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta	mg	0.00		0	PIK	4		0.00	0.02	
Tocopherol, gamma	mg	0.10		0	PIK	4		0.03	0.45	
Tocopherol, delta	mg	0.00		0	PIK	4		0.00	0.00	
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 10907

Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	6.583		0	PIK	4		1.866	29.859	
4:0.....g	0.000		0	PIK	4		0.000	0.000	
6:0.....g	0.000		0	PIK	4		0.000	0.000	
8:0.....g	0.000		0	PIK	4		0.000	0.000	
10:0.....g	0.000		0	PIK	4		0.000	0.000	
12:0.....g	0.000		0	PIK	4		0.000	0.000	
13:0.....g									
14:0.....g	0.235		0	PIK	4		0.067	1.067	
15:0.....g	0.000		0	PIK	4		0.000	0.000	
16:0.....g	4.179		0	PIK	4		1.185	18.955	
17:0.....g	0.055		0	PIK	4		0.015	0.248	
18:0.....g	2.058		0	PIK	4		0.583	9.335	
20:0.....g	0.032		0	PIK	4		0.009	0.147	
22:0.....g	0.024		0	PIK	4		0.007	0.108	
24:0.....g									
Fatty acids, total monounsaturated.....g	8.993		0	PIK	4		2.550	40.793	
14:1.....g	0.000		0	PIK	4		0.000	0.000	
15:1.....g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated.....g	0.441		0	PIK	4		0.125	1.999	
17:1.....g	0.000		0	PIK	4		0.000	0.000	
18:1 undifferentiated.....g	8.410		0	PIK	4		2.384	38.149	
20:1.....g	0.142		0	PIK	4		0.040	0.645	
22:1 undifferentiated.....g	0.000		0	PIK	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.689		0	PIK	4		0.762	12.196	
18:2 undifferentiated.....g	2.393		0	PIK	4		0.679	10.856	
18:3 undifferentiated.....g	0.105		0	PIK	4		0.030	0.478	
18:4.....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c.....g	0.102		0	PIK	4		0.029	0.461	
20:3 undifferentiated.....g	0.000		0	PIK	4		0.000	0.000	
20:4 undifferentiated.....g	0.088		0	PIK	4		0.025	0.401	
20:5 n-3 (EPA).....g	0.000		0	PIK	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans.....g	0.161		0	PIK	4		0.046	0.731	
Cholesterol.....mg	55		0	PAK	1		16	251	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.129		0	PAK	1		0.036	0.584	
Threonine.....g	0.625		0	PAK	1		0.177	2.834	
Isoleucine.....g	0.633		0	PAK	1		0.180	2.872	
Leucine.....g	1.124		0	PAK	1		0.319	5.101	
Lysine.....g	1.175		0	PAK	1		0.333	5.328	
Methionine.....g	0.332		0	PAK	1		0.094	1.508	
Cystine.....g	0.161		0	PAK	1		0.046	0.730	
Phenylalanine.....g	0.564		0	PAK	1		0.160	2.558	
Tyrosine.....g	0.450		0	PAK	1		0.128	2.043	
Valine.....g	0.715		0	PAK	1		0.203	3.244	
Arginine.....g	0.906		0	PAK	1		0.257	4.109	
Histidine.....g	0.622		0	PAK	1		0.176	2.824	
Alanine.....g	0.848		0	PAK	1		0.240	3.848	
Aspartic acid.....g	1.241		0	PAK	1		0.352	5.627	
Glutamic acid.....g	2.019		0	PAK	1		0.572	9.159	
Glycine.....g	0.805		0	PAK	1		0.228	3.653	
Proline.....g	0.628		0	PAK	1		0.178	2.850	
Serine.....g	0.555		0	PAK	1		0.157	2.516	
Hydroxyproline.....g	0.127		0	PAK	1		0.036	0.577	
Others:									

NDB No. 10907

Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz shank

Measure 2 = 453.6g: 1 lb shank

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10881

Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted

Refuse: 41% Bone 16%, Connective tissue 4%, Separable fat 21%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.23	0.454	6	A	1		2218.06	58.84	
Energy....kcal	132		0	NC	4		4216	112	
Energy....kJ	551		0	NC	4		17639	468	
Protein....g	21.69	0.672	6	A	1		694.82	18.43	
Total lipid (fat)....g	4.45	0.160	6	A	1		142.58	3.78	
Ash....g	3.44	0.228	6	A	1		110.21	2.92	
Carbohydrate, by difference....g	1.20		0	NC	4		38.33	1.02	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	1.26	0.277	5	A	1		40.34	1.07	
Sucrose....g	0.65	0.322	5	A	1		20.89	0.55	
Glucose (dextrose)....g	0.48	0.347	5	A	1		15.31	0.41	
Fructose....g	0.13	0.058	5	A	1		4.14	0.11	
Lactose....g	0.00	0.000	5	A	1		0.00	0.00	
Maltose....g	0.00	0.000	5	A	1		0.00	0.00	
Galactose....g	0.00	0.000	5	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	9	0.498	3	A	1		301	8	
Iron, Fe....mg	1.17	0.127	3	A	1		37.61	1.00	
Magnesium, Mg....mg	15	1.124	3	A	1		490	13	
Phosphorus, P....mg	202	4.359	3	A	1		6472	172	
Potassium, K....mg	224	14.799	3	A	1		7177	190	
Sodium, Na....mg	1045	49.482	3	A	1		33471	888	
Zinc, Zn....mg	2.82	0.264	3	A	1		90.46	2.40	
Copper, Cu....mg	0.099	0.004	3	A	1		3.160	0.084	
Manganese, Mn....mg	0.022	0.000	3	A	1		0.708	0.019	
Selenium, Se....mcg	45.3	11.032	3	A	1		1452.5	38.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.394	0.067	3	A	1		12.624	0.335	
Riboflavin....mg	0.199	0.037	3	A	1		6.363	0.169	
Niacin....mg	4.563	0.705	3	A	1		146.208	3.879	
Pantothenic acid....mg	0.580	0.041	3	A	1		18.571	0.493	
Vitamin B-6....mg	0.400	0.076	3	A	1		12.825	0.340	
Folate, total....mcg	2		2	A	1		48	1	
Folic acid....mcg	0		2	Z	7		0	0	
Folate, food....mcg	2		2	NR	4		48	1	
Folate, DFE....mcg_DFE	2		0	NC	4		48	1	
Choline, total....mg	103.3		0	AS	1		3310.0	87.8	
Betaine....mg	5.3		2	A	1		169.6	4.5	
Vitamin B-12....mcg	0.46	0.056	3	A	1		14.74	0.39	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	11		0	AS	1		358	10	
Retinol....mcg	11		2	A	1		358	10	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	37		0	AS	1		1194	32	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.29		2	A	1		9.29	0.25	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.07		2	A	1		2.24	0.06	
Tocopherol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 10881

Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		2	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	1.471		0	NC	4		47.140	1.251	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.046		2	A	1		1.458	0.039	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	0.917		2	A	1		29.379	0.779	
17:0.....g	0.009		2	A	1		0.287	0.008	
18:0.....g	0.481		2	A	1		15.426	0.409	
20:0.....g	0.007		2	A	1		0.224	0.006	
22:0.....g	0.011		2	A	1		0.367	0.010	
24:0.....g									
Fatty acids, total monounsaturated.....g	1.966		0	NC	4		63.003	1.671	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.098		2	A	1		3.153	0.084	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	1.839		0	AS	1		58.906	1.563	
18:1 c.....g	1.812		2	A	1		58.056	1.540	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.027		2	A	1		0.849	0.023	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.030		2	A	1		0.945	0.025	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.713		0	NC	4		22.846	0.606	
18:2 undifferentiated.....g	0.596		0	AS	1		19.104	0.507	
18:2 n-6 c,c.....g	0.568		2	A	1		18.212	0.483	
18:2 CLAs.....g	0.011		1	A	1		0.349	0.009	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.017		2	A	1		0.543	0.014	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.018		0	AS	1		0.577	0.015	
18:3 n-3 c,c,c (ALA).....g	0.018		2	A	1		0.577	0.015	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.021		2	A	1		0.686	0.018	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.077		2	A	1		2.480	0.066	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.043		0	NC	4		1.392	0.037	
Fatty acids, total trans-monoenoic.....g	0.027		0	NC	4		0.849	0.023	
Fatty acids, total trans-polyenoic.....g	0.017		0	NC	4		0.543	0.014	
Cholesterol.....mg	72	2.403	6	A	1		2316	61	
Phytosterols.....mg									

NDB No. 10881

Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.203		0	A	1		6.520	0.173	
Threonine....g	0.970		0	A	1		31.084	0.825	
Isoleucine....g	0.979		0	A	1		31.366	0.832	
Leucine....g	1.737		0	A	1		55.665	1.477	
Lysine....g	1.832		0	A	1		58.699	1.557	
Methionine....g	0.519		0	A	1		16.621	0.441	
Cystine....g	0.244		0	A	1		7.802	0.207	
Phenylalanine....g	0.868		0	A	1		27.795	0.737	
Tyrosine....g	0.704		0	A	1		22.546	0.598	
Valine....g	1.097		0	A	1		35.154	0.933	
Arginine....g	1.388		0	A	1		44.459	1.179	
Histidine....g	0.945		0	A	1		30.263	0.803	
Alanine....g	1.277		0	A	1		40.922	1.086	
Aspartic acid....g	1.892		0	A	1		60.609	1.608	
Glutamic acid....g	3.104		0	A	1		99.440	2.638	
Glycine....g	1.133		0	A	1		36.288	0.963	
Proline....g	0.931		0	A	1		29.823	0.791	
Serine....g	0.849		0	A	1		27.198	0.722	
Hydroxyproline....g	0.140		0	A	1		4.501	0.119	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3204g: 1 roast shank

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10889

Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only

Refuse: 44% Bone 17%, Separable fat 27%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.97		1	A	1		335.52	20.97	
Energy....kcal	113		0	NC	4		511	32	
Energy....kJ	471		0	NC	4		2137	134	
Protein (N x 6.25)....g	17.53		1	A	1		79.52	4.97	
Total lipid (fat)....g	4.18		1	A	1		18.98	1.19	
Ash....g	3.11		1	A	1		14.12	0.88	
Carbohydrate, by difference....g	1.20		0	NC	4		5.46	0.34	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	1.06		0	BFSN	4		4.83	0.30	
Sucrose....g	0.55		0	BFSN	4		2.50	0.16	
Glucose (dextrose)....g	0.40		0	BFSN	4		1.83	0.11	
Fructose....g	0.11		0	BFSN	4		0.50	0.03	
Lactose....g	0.00		0	BFSN	4		0.00	0.00	
Maltose....g	0.00		0	BFSN	4		0.00	0.00	
Galactose....g	0.00		0	BFSN	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	A	1		34	2	
Iron, Fe....mg	0.97		1	A	1		4.40	0.27	
Magnesium, Mg....mg	15		1	A	1		70	4	
Phosphorus, P....mg	209		1	A	1		948	59	
Potassium, K....mg	234		1	A	1		1061	66	
Sodium, Na....mg	1090		1	A	1		4944	309	
Zinc, Zn....mg	2.19		1	A	1		9.93	0.62	
Copper, Cu....mg	0.134		1	A	1		0.608	0.038	
Manganese, Mn....mg	0.022		1	A	1		0.100	0.006	
Selenium, Se....mcg	28.1		1	A	1		127.5	8.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.696		1	A	1		3.157	0.197	
Riboflavin....mg	0.225		1	A	1		1.020	0.064	
Niacin....mg	3.580		1	A	1		16.238	1.015	
Pantothenic acid....mg	0.632		1	A	1		2.867	0.179	
Vitamin B-6....mg	0.267		1	A	1		1.211	0.076	
Folate, total....mcg	1		0	BFPN	4		6	0	
Folic acid....mcg	0		0	BFPN	4		0	0	
Folate, food....mcg	1		0	BFPN	4		6	0	
Folate, DFE....mcg_DFE	1		0	NC	4		6	0	
Choline, total....mg	85.7		0	BFNN	4		388.9	24.3	
Betaine....mg	4.4		0	BFNN	4		19.9	1.2	
Vitamin B-12....mcg	0.55		1	A	1		2.49	0.16	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	9		0	NC	4		43	3	
Retinol....mcg	9		0	BFSN	4		43	3	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	32		0	NC	4		143	9	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.25		0	BFSN	4		1.11	0.07	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma....mg	0.06		0	BFSN	4		0.27	0.02	
Tocopherol, delta....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 10889

Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	1.384		0	BFFN	4		6.276	0.392	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	
12:0.....g	0.000		0	BFFN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.043		0	BFFN	4		0.194	0.012	
15:0.....g	0.000		0	BFFN	4		0.000	0.000	
16:0.....g	0.862		0	BFFN	4		3.911	0.244	
17:0.....g	0.008		0	BFFN	4		0.038	0.002	
18:0.....g	0.453		0	BFFN	4		2.054	0.128	
20:0.....g	0.007		0	BFFN	4		0.030	0.002	
22:0.....g	0.011		0	BFFN	4		0.049	0.003	
24:0.....g									
Fatty acids, total monounsaturated.....g	1.849		0	BFFN	4		8.388	0.524	
14:1.....g	0.000		0	BFFN	4		0.000	0.000	
15:1.....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated.....g	0.093		0	BFFN	4		0.420	0.026	
17:1.....g	0.000		0	BFFN	4		0.000	0.000	
18:1 undifferentiated.....g	1.729		0	BFFN	4		7.842	0.490	
18:1 c.....g	1.704		0	BFFN	4		7.729	0.483	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.025		0	BFFN	4		0.113	0.007	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.028		0	BFFN	4		0.126	0.008	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.671		0	BFFN	4		3.042	0.190	
18:2 undifferentiated.....g	0.561		0	BFFN	4		2.543	0.159	
18:2 n-6 c,c.....g	0.535		0	BFFN	4		2.425	0.152	
18:2 CLAs.....g	0.010		0	BFFN	4		0.046	0.003	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.016		0	BFFN	4		0.072	0.005	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.017		0	BFFN	4		0.077	0.005	
18:3 n-3 c,c,c (ALA).....g	0.017		0	BFFN	4		0.077	0.005	
18:3 n-6 c,c,c.....g	0.000		0	BFFN	4		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g	0.020		0	BFFN	4		0.091	0.006	
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.073		0	BFFN	4		0.330	0.021	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g	0.041		0	BFFN	4		0.185	0.012	
Fatty acids, total trans-monoenoic.....g	0.025		0	BFFN	4		0.113	0.007	
Fatty acids, total trans-polyenoic.....g	0.016		0	BFFN	4		0.072	0.005	
Cholesterol.....mg	52		1	A	1		238	15	
Phytosterols.....mg									

NDB No. 10889

Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.165		0	A	1		0.746	0.047	
Threonine....g	0.784		0	A	1		3.558	0.222	
Isoleucine....g	0.791		0	A	1		3.590	0.224	
Leucine....g	1.405		0	A	1		6.371	0.398	
Lysine....g	1.481		0	A	1		6.718	0.420	
Methionine....g	0.419		0	A	1		1.902	0.119	
Cystine....g	0.197		0	A	1		0.893	0.056	
Phenylalanine....g	0.701		0	A	1		3.181	0.199	
Tyrosine....g	0.569		0	A	1		2.580	0.161	
Valine....g	0.887		0	A	1		4.023	0.251	
Arginine....g	1.122		0	A	1		5.088	0.318	
Histidine....g	0.764		0	A	1		3.464	0.216	
Alanine....g	1.033		0	A	1		4.683	0.293	
Aspartic acid....g	1.529		0	A	1		6.937	0.434	
Glutamic acid....g	2.509		0	A	1		11.381	0.711	
Glycine....g	0.916		0	A	1		4.153	0.260	
Proline....g	0.752		0	A	1		3.413	0.213	
Serine....g	0.686		0	A	1		3.113	0.195	
Hydroxyproline....g	0.114		0	A	1		0.515	0.032	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 453.6g: 1 lb shank

Measure 2 = 28.35g: 1 oz shank

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10920

Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil

Refuse: 4% Bone 3%, Connective tissue 1%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.21		0	PAK	1		299.75	57.13	
Energy	kcal	155		0	NC	4		691	132	
Energy	kJ	649		0	NC	4		2893	551	
Protein	g	19.85		0	PAK	1		88.53	16.87	
Total lipid (fat)	g	7.78		0	PAK	1		34.69	6.61	
Ash	g	3.75		0	PAK	1		16.74	3.19	
Carbohydrate, by difference	g	1.41		0	PIK	4		6.29	1.20	
Fiber, total dietary	g	0.0		0	PIK	4		0.0	0.0	
Sugars, total	g	1.03		0	PAK	1		4.60	0.88	
Sucrose	g	0.00		0	PAK	1		0.00	0.00	
Glucose (dextrose)	g	1.03		0	PAK	1		4.60	0.88	
Fructose	g	0.00		0	PAK	1		0.00	0.00	
Lactose	g	0.00		0	PAK	1		0.00	0.00	
Maltose	g	0.00		0	PAK	1		0.00	0.00	
Galactose	g	0.00		0	PAK	1		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0	PAK	1		49	9	
Iron, Fe	mg	0.90		0	PAK	1		4.00	0.76	
Magnesium, Mg	mg	19		0	PAK	1		84	16	
Phosphorus, P	mg	250		0	PAK	1		1116	213	
Potassium, K	mg	281		0	PAK	1		1251	238	
Sodium, Na	mg	1188		0	PAK	1		5300	1010	
Zinc, Zn	mg	2.16		0	PAK	1		9.62	1.83	
Copper, Cu	mg	0.131		0	PAK	1		0.586	0.112	
Manganese, Mn	mg	0.022		0	PAK	1		0.099	0.019	
Selenium, Se	mcg	23.8		0	PAK	1		106.1	20.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0	0.0	
Thiamin	mg	0.374		0	PAK	1		1.666	0.318	
Riboflavin	mg	0.177		0	PAK	1		0.788	0.150	
Niacin	mg	4.855		0	PAK	1		21.654	4.127	
Pantothenic acid	mg	0.580		0	PAK	1		2.589	0.493	
Vitamin B-6	mg	0.427		0	PAK	1		1.905	0.363	
Folate, total	mcg	2		0	PAK	1		9	2	
Folic acid	mcg	0		0	PIK	4		0	0	
Folate, food	mcg	2		0	PIK	4		9	2	
Folate, DFE	mcg_DFE	2		0	NC	4		9	2	
Choline, total	mg	84.1		0	PAK	1		375.3	71.5	
Betaine	mg	3.6		0	PAK	1		15.8	3.0	
Vitamin B-12	mcg	0.44		0	PAK	1		1.98	0.38	
Vitamin B-12, added	mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	11		0	PAK	1		51	10	
Retinol	mcg	11		0	PAK	1		51	10	
Carotene, beta	mcg	0		0	PIK	4		0	0	
Carotene, alpha	mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta	mcg	0		0	PIK	4		0	0	
Vitamin A, IU	IU	38		0	PAK	1		170	32	
Lycopene	mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin	mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.15		0	PAK	1		0.66	0.13	
Vitamin E, added	mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta	mg	0.01		0	PAK	1		0.04	0.01	
Tocopherol, gamma	mg	0.05		0	PAK	1		0.21	0.04	
Tocopherol, delta	mg	0.00		0	PAK	1		0.01	0.00	
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 10920

Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	PAK	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	2.586		0	PIK	4		11.535	2.198	
4:0.....g	0.000		0	PIK	4		0.000	0.000	
6:0.....g	0.000		0	PIK	4		0.000	0.000	
8:0.....g	0.000		0	PAK	1		0.000	0.000	
10:0.....g	0.004		0	PAK	1		0.018	0.003	
12:0.....g	0.004		0	PAK	1		0.020	0.004	
13:0.....g									
14:0.....g	0.091		0	PAK	1		0.406	0.077	
15:0.....g	0.000		0	PAK	1		0.000	0.000	
16:0.....g	1.649		0	PAK	1		7.353	1.401	
17:0.....g	0.019		0	PAK	1		0.086	0.016	
18:0.....g	0.794		0	PAK	1		3.541	0.675	
20:0.....g	0.012		0	PAK	1		0.054	0.010	
22:0.....g	0.013		0	PAK	1		0.057	0.011	
24:0.....g									
Fatty acids, total monounsaturated.....g	3.577		0	PIK	4		15.954	3.041	
14:1.....g	0.000		0	PAK	1		0.000	0.000	
15:1.....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated.....g	0.192		0	PAK	1		0.856	0.163	
17:1.....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated.....g	3.328		0	PAK	1		14.843	2.829	
20:1.....g	0.057		0	PAK	1		0.255	0.049	
22:1 undifferentiated.....g	0.000		0	PIK	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.032		0	PIK	4		4.602	0.877	
18:2 undifferentiated.....g	0.894		0	PAK	1		3.987	0.760	
18:3 undifferentiated.....g	0.036		0	PAK	1		0.161	0.031	
18:4.....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c.....g	0.038		0	PAK	1		0.169	0.032	
20:3 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
20:4 undifferentiated.....g	0.064		0	PAK	1		0.286	0.054	
20:5 n-3 (EPA).....g	0.000		0	PIK	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans.....g	0.058		0	PIK	4		0.259	0.049	
Cholesterol.....mg	64		0	PAK	1		286	55	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.185		0	PAK	1		0.823	0.157	
Threonine.....g	0.884		0	PAK	1		3.941	0.751	
Isoleucine.....g	0.892		0	PAK	1		3.981	0.759	
Leucine.....g	1.584		0	PAK	1		7.065	1.347	
Lysine.....g	1.667		0	PAK	1		7.435	1.417	
Methionine.....g	0.472		0	PAK	1		2.105	0.401	
Cystine.....g	0.223		0	PAK	1		0.995	0.190	
Phenylalanine.....g	0.792		0	PAK	1		3.531	0.673	
Tyrosine.....g	0.640		0	PAK	1		2.855	0.544	
Valine.....g	1.002		0	PAK	1		4.469	0.852	
Arginine.....g	1.268		0	PAK	1		5.654	1.077	
Histidine.....g	0.865		0	PAK	1		3.857	0.735	
Alanine.....g	1.171		0	PAK	1		5.224	0.996	
Aspartic acid.....g	1.730		0	PAK	1		7.715	1.470	
Glutamic acid.....g	2.833		0	PAK	1		12.636	2.408	
Glycine.....g	1.055		0	PAK	1		4.706	0.897	
Proline.....g	0.857		0	PAK	1		3.821	0.728	
Serine.....g	0.776		0	PAK	1		3.459	0.659	
Hydroxyproline.....g	0.129		0	PAK	1		0.573	0.109	
Others:									

NDB No. 10920

Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 446g: 1 slice

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10906

Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated

Refuse: 3% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.07		0	PAK	1		20.15	322.38	
Energy	kcal	149		0	NC	4		42	677	
Energy	kJ	624		0	NC	4		177	2833	
Protein	g	13.69		0	PAK	1		3.88	62.11	
Total lipid (fat)	g	9.29		0	PAK	1		2.63	42.14	
Ash	g	3.23		0	PAK	1		0.92	14.64	
Carbohydrate, by difference	g	2.72		0	PIK	4		0.77	12.32	
Fiber, total dietary	g	0.0		0	PIK	4		0.0	0.0	
Sugars, total	g	0.85		0	PIK	4		0.24	3.87	
Sucrose	g	0.00		0	PIK	4		0.00	0.00	
Glucose (dextrose)	g	0.85		0	PIK	4		0.24	3.87	
Fructose	g	0.00		0	PIK	4		0.00	0.00	
Lactose	g	0.00		0	PIK	4		0.00	0.00	
Maltose	g	0.00		0	PIK	4		0.00	0.00	
Galactose	g	0.00		0	PIK	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	PAK	1		2	36	
Iron, Fe	mg	1.39		0	PAK	1		0.39	6.30	
Magnesium, Mg	mg	14		0	PAK	1		4	63	
Phosphorus, P	mg	213		0	PAK	1		60	967	
Potassium, K	mg	205		0	PAK	1		58	930	
Sodium, Na	mg	1099		0	PAK	1		312	4985	
Zinc, Zn	mg	1.60		0	PAK	1		0.45	7.27	
Copper, Cu	mg	0.132		0	PAK	1		0.038	0.601	
Manganese, Mn	mg	0.022		0	PAK	1		0.006	0.100	
Selenium, Se	mcg	13.3		0	PAK	1		3.8	60.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0	0.0	
Thiamin	mg	0.402		0	PAK	1		0.114	1.822	
Riboflavin	mg	0.160		0	PAK	1		0.045	0.727	
Niacin	mg	4.177		0	PAK	1		1.184	18.948	
Pantothenic acid	mg	0.382		0	PAK	1		0.108	1.734	
Vitamin B-6	mg	0.342		0	PAK	1		0.097	1.553	
Folate, total	mcg	1		0	PIK	4		0	6	
Folic acid	mcg	0		0	PIK	4		0	0	
Folate, food	mcg	1		0	PIK	4		0	6	
Folate, DFE	mcg_DFE	1		0	NC	4		0	6	
Choline, total	mg	68.1		0	PIK	4		19.3	309.0	
Betaine	mg	2.9		0	PIK	4		0.8	13.4	
Vitamin B-12	mcg	0.46		0	PAK	1		0.13	2.09	
Vitamin B-12, added	mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	10		0	PIK	4		3	44	
Retinol	mcg	10		0	PIK	4		3	44	
Carotene, beta	mcg	0		0	PIK	4		0	0	
Carotene, alpha	mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta	mcg	0		0	PIK	4		0	0	
Vitamin A, IU	IU	33		0	PIK	4		9	148	
Lycopene	mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin	mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.18		0	PIK	4		0.05	0.82	
Vitamin E, added	mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta	mg	0.01		0	PIK	4		0.00	0.03	
Tocopherol, gamma	mg	0.05		0	PIK	4		0.01	0.22	
Tocopherol, delta	mg	0.00		0	PIK	4		0.00	0.00	
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 10906

Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	3.076		0	PIK	4		0.872	13.954	
4:0.....g	0.000		0	PIK	4		0.000	0.000	
6:0.....g	0.000		0	PIK	4		0.000	0.000	
8:0.....g	0.000		0	PIK	4		0.000	0.000	
10:0.....g	0.000		0	PIK	4		0.000	0.000	
12:0.....g	0.000		0	PIK	4		0.000	0.000	
13:0.....g									
14:0.....g	0.108		0	PIK	4		0.031	0.491	
15:0.....g	0.000		0	PIK	4		0.000	0.000	
16:0.....g	1.953		0	PIK	4		0.554	8.861	
17:0.....g	0.024		0	PIK	4		0.007	0.110	
18:0.....g	0.962		0	PIK	4		0.273	4.362	
20:0.....g	0.014		0	PIK	4		0.004	0.065	
22:0.....g	0.014		0	PIK	4		0.004	0.065	
24:0.....g									
Fatty acids, total monounsaturated.....g	4.212		0	PIK	4		1.194	19.107	
14:1.....g	0.000		0	PIK	4		0.000	0.000	
15:1.....g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated.....g	0.213		0	PIK	4		0.060	0.965	
17:1.....g	0.000		0	PIK	4		0.000	0.000	
18:1 undifferentiated.....g	3.934		0	PIK	4		1.115	17.846	
20:1.....g	0.065		0	PIK	4		0.018	0.296	
22:1 undifferentiated.....g	0.000		0	PIK	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.250		0	PIK	4		0.354	5.671	
18:2 undifferentiated.....g	1.091		0	PIK	4		0.309	4.950	
18:3 undifferentiated.....g	0.045		0	PIK	4		0.013	0.206	
18:4.....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c.....g	0.046		0	PIK	4		0.013	0.209	
20:3 undifferentiated.....g	0.000		0	PIK	4		0.000	0.000	
20:4 undifferentiated.....g	0.068		0	PIK	4		0.019	0.307	
20:5 n-3 (EPA).....g	0.000		0	PIK	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans.....g	0.072		0	PIK	4		0.021	0.329	
Cholesterol.....mg	50		0	PAK	1		14	228	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.127		0	PAK	1		0.036	0.575	
Threonine.....g	0.608		0	PAK	1		0.172	2.757	
Isoleucine.....g	0.614		0	PAK	1		0.174	2.786	
Leucine.....g	1.090		0	PAK	1		0.309	4.945	
Lysine.....g	1.146		0	PAK	1		0.325	5.197	
Methionine.....g	0.324		0	PAK	1		0.092	1.471	
Cystine.....g	0.154		0	PAK	1		0.044	0.698	
Phenylalanine.....g	0.545		0	PAK	1		0.155	2.473	
Tyrosine.....g	0.440		0	PAK	1		0.125	1.995	
Valine.....g	0.690		0	PAK	1		0.196	3.131	
Arginine.....g	0.873		0	PAK	1		0.248	3.962	
Histidine.....g	0.597		0	PAK	1		0.169	2.706	
Alanine.....g	0.809		0	PAK	1		0.229	3.670	
Aspartic acid.....g	1.193		0	PAK	1		0.338	5.410	
Glutamic acid.....g	1.951		0	PAK	1		0.553	8.851	
Glycine.....g	0.736		0	PAK	1		0.209	3.337	
Proline.....g	0.593		0	PAK	1		0.168	2.690	
Serine.....g	0.535		0	PAK	1		0.152	2.424	
Hydroxyproline.....g	0.101		0	PAK	1		0.029	0.457	
Others:									

NDB No. 10906

Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10869

Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil

Refuse: 12% Bone 3%, Connective tissue 1%, Separable fat 8%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.21	0.566	5	A	1		313.15	59.68	
Energy	kcal	122		0	NC	4		543	103	
Energy	kJ	509		0	NC	4		2271	433	
Protein	g	20.90	0.544	5	A	1		93.21	17.76	
Total lipid (fat)	g	3.63	0.240	5	A	1		16.19	3.09	
Ash	g	3.90	0.318	5	A	1		17.40	3.32	
Carbohydrate, by difference	g	1.35		0	NC	4		6.04	1.15	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	1.10	0.643	4	A	1		4.92	0.94	
Sucrose	g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose)	g	1.10	0.643	4	A	1		4.92	0.94	
Fructose	g	0.00	0.000	4	A	1		0.00	0.00	
Lactose	g	0.00	0.000	4	A	1		0.00	0.00	
Maltose	g	0.00	0.000	4	A	1		0.00	0.00	
Galactose	g	0.00	0.000	4	A	1		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	12	1.446	3	A	1		51	10	
Iron, Fe	mg	0.93	0.048	3	A	1		4.15	0.79	
Magnesium, Mg	mg	19	0.921	3	A	1		85	16	
Phosphorus, P	mg	258	3.215	3	A	1		1151	219	
Potassium, K	mg	289	10.525	3	A	1		1287	245	
Sodium, Na	mg	1237	164.756	3	A	1		5516	1051	
Zinc, Zn	mg	2.25	0.035	3	A	1		10.05	1.92	
Copper, Cu	mg	0.113	0.017	3	A	1		0.502	0.096	
Manganese, Mn	mg	0.022	0.000	3	A	1		0.099	0.019	
Selenium, Se	mcg	24.5	11.199	3	A	1		109.4	20.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.383	0.063	3	A	1		1.707	0.325	
Riboflavin	mg	0.184	0.029	3	A	1		0.822	0.157	
Niacin	mg	5.023	0.842	3	A	1		22.404	4.270	
Pantothenic acid	mg	0.596	0.067	3	A	1		2.660	0.507	
Vitamin B-6	mg	0.449	0.021	3	A	1		2.001	0.381	
Folate, total	mcg	2		2	A	1		9	2	
Folic acid	mcg	0		2	Z	7		0	0	
Folate, food	mcg	2		2	NR	4		9	2	
Folate, DFE	mcg_DFE	2		0	NC	4		9	2	
Choline, total	mg	92.1		0	AS	1		410.8	78.3	
Betaine	mg	3.9		2	A	1		17.3	3.3	
Vitamin B-12	mcg	0.46	0.034	3	A	1		2.04	0.39	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	11		0	AS	1		51	10	
Retinol	mcg	11		2	A	1		51	10	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	38		0	AS	1		169	32	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.13		2	A	1		0.58	0.11	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.01		2	A	1		0.03	0.01	
Tocopherol, gamma	mg	0.04		2	A	1		0.18	0.03	
Tocopherol, delta	mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									

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Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		2	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	1.217		0	NC	4		5.427	1.034	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.040		2	A	1		0.178	0.034	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	0.769		2	A	1		3.430	0.654	
17:0.....g	0.008		2	A	1		0.036	0.007	
18:0.....g	0.385		2	A	1		1.719	0.328	
20:0.....g	0.005		2	A	1		0.022	0.004	
22:0.....g	0.009		2	A	1		0.042	0.008	
24:0.....g									
Fatty acids, total monounsaturated.....g	1.662		0	NC	4		7.414	1.413	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.089		2	A	1		0.396	0.076	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	1.549		0	AS	1		6.908	1.317	
18:1 c.....g	1.533		2	A	1		6.839	1.303	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.016		2	A	1		0.069	0.013	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.024		2	A	1		0.109	0.021	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.517		0	NC	4		2.305	0.439	
18:2 undifferentiated.....g	0.427		0	AS	1		1.906	0.363	
18:2 n-6 c,c.....g	0.414		2	A	1		1.848	0.352	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.013		2	A	1		0.058	0.011	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.014		0	AS	1		0.062	0.012	
18:3 n-3 c,c,c (ALA).....g	0.014		2	A	1		0.062	0.012	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.017		2	A	1		0.075	0.014	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.059		2	A	1		0.261	0.050	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.029		0	NC	4		0.127	0.024	
Fatty acids, total trans-monoenoic.....g	0.016		0	NC	4		0.069	0.013	
Fatty acids, total trans-polyenoic.....g	0.013		0	NC	4		0.058	0.011	
Cholesterol.....mg	64	1.572	5	A	1		283	54	
Phytosterols.....mg									

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Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.196		0	A	1		0.875	0.167	
Threonine....g	0.935		0	A	1		4.170	0.795	
Isoleucine....g	0.943		0	A	1		4.208	0.802	
Leucine....g	1.674		0	A	1		7.468	1.423	
Lysine....g	1.766		0	A	1		7.875	1.501	
Methionine....g	0.500		0	A	1		2.230	0.425	
Cystine....g	0.235		0	A	1		1.047	0.199	
Phenylalanine....g	0.836		0	A	1		3.729	0.711	
Tyrosine....g	0.678		0	A	1		3.025	0.576	
Valine....g	1.057		0	A	1		4.716	0.899	
Arginine....g	1.337		0	A	1		5.964	1.137	
Histidine....g	0.910		0	A	1		4.060	0.774	
Alanine....g	1.231		0	A	1		5.490	1.046	
Aspartic acid....g	1.823		0	A	1		8.131	1.550	
Glutamic acid....g	2.991		0	A	1		13.340	2.542	
Glycine....g	1.092		0	A	1		4.868	0.928	
Proline....g	0.897		0	A	1		4.001	0.763	
Serine....g	0.818		0	A	1		3.649	0.695	
Hydroxyproline....g	0.135		0	A	1		0.604	0.115	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 446g: 1 slice

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10888

Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated

Refuse: 14% Bone 3%, Separable fat 11%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.54		1	A	1		339.17	342.64	21.42
Energy....kcal	103		0	NC	4		463	468	29
Energy....kJ	432		0	NC	4		1939	1959	122
Protein (N x 6.25)....g	14.47		1	A	1		64.99	65.66	4.10
Total lipid (fat)....g	3.78		1	A	1		16.97	17.14	1.07
Ash....g	3.39		1	A	1		15.20	15.36	0.96
Carbohydrate, by difference....g	2.82		0	NC	4		12.67	12.80	0.80
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.91		0	BFSN	4		4.07	4.11	0.26
Sucrose....g	0.00		0	BFSN	4		0.00	0.00	0.00
Glucose (dextrose)....g	0.91		0	BFSN	4		4.07	4.11	0.26
Fructose....g	0.00		0	BFSN	4		0.00	0.00	0.00
Lactose....g	0.00		0	BFSN	4		0.00	0.00	0.00
Maltose....g	0.00		0	BFSN	4		0.00	0.00	0.00
Galactose....g	0.00		0	BFSN	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	9		1	A	1		38	39	2
Iron, Fe....mg	1.50		1	A	1		6.74	6.80	0.43
Magnesium, Mg....mg	14		1	A	1		63	64	4
Phosphorus, P....mg	222		1	A	1		997	1007	63
Potassium, K....mg	209		1	A	1		938	948	59
Sodium, Na....mg	1160		1	A	1		5208	5262	329
Zinc, Zn....mg	1.66		1	A	1		7.45	7.53	0.47
Copper, Cu....mg	0.137		1	A	1		0.615	0.621	0.039
Manganese, Mn....mg	0.022		1	A	1		0.099	0.100	0.006
Selenium, Se....mcg	13.0		1	A	1		58.4	59.0	3.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.423		1	A	1		1.899	1.919	0.120
Riboflavin....mg	0.178		1	A	1		0.799	0.807	0.050
Niacin....mg	4.380		1	A	1		19.666	19.868	1.242
Pantothenic acid....mg	0.387		1	A	1		1.737	1.755	0.110
Vitamin B-6....mg	0.362		1	A	1		1.625	1.642	0.103
Folate, total....mcg	1		0	BFPN	4		6	6	0
Folic acid....mcg	0		0	BFPN	4		0	0	0
Folate, food....mcg	1		0	BFPN	4		6	6	0
Folate, DFE....mcg_DFE	1		0	NC	4		6	6	0
Choline, total....mg	72.8		0	BFNN	4		327.1	330.4	20.7
Betaine....mg	3.1		0	BFNN	4		13.8	13.9	0.9
Vitamin B-12....mcg	0.48		1	A	1		2.15	2.18	0.14
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	9		0	NC	4		42	42	3
Retinol....mcg	9		0	BFSN	4		42	42	3
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	31		0	NC	4		140	141	9
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.11		0	BFSN	4		0.48	0.48	0.03
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.01		0	BFSN	4		0.03	0.03	0.00
Tocopherol, gamma....mg	0.03		0	BFSN	4		0.15	0.15	0.01
Tocopherol, delta....mg	0.00		0	BFSN	4		0.00	0.00	0.00
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									

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Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	1.266		0	BFFN	4		5.686	5.744	0.359
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
12:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.042		0	BFFN	4		0.187	0.189	0.012
15:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
16:0....g	0.800		0	BFFN	4		3.593	3.630	0.227
17:0....g	0.008		0	BFFN	4		0.037	0.038	0.002
18:0....g	0.401		0	BFFN	4		1.801	1.820	0.114
20:0....g	0.005		0	BFFN	4		0.023	0.024	0.001
22:0....g	0.010		0	BFFN	4		0.044	0.044	0.003
24:0....g									
Fatty acids, total monounsaturated....g	1.730		0	BFFN	4		7.767	7.847	0.490
14:1....g	0.000		0	BFFN	4		0.000	0.000	0.000
15:1....g	0.000		0	BFFN	4		0.000	0.000	0.000
16:1 undifferentiated....g	0.093		0	BFFN	4		0.415	0.420	0.026
17:1....g	0.000		0	BFFN	4		0.000	0.000	0.000
18:1 undifferentiated....g	1.612		0	BFFN	4		7.238	7.312	0.457
18:1 c....g	1.596		0	BFFN	4		7.165	7.239	0.452
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.016		0	BFFN	4		0.072	0.073	0.005
18:1-11t (18:1t n-7)....g									
20:1....g	0.025		0	BFFN	4		0.114	0.115	0.007
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.538		0	BFFN	4		2.415	2.440	0.152
18:2 undifferentiated....g	0.445		0	BFFN	4		1.997	2.018	0.126
18:2 n-6 c,c....g	0.431		0	BFFN	4		1.937	1.956	0.122
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.014		0	BFFN	4		0.061	0.061	0.004
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.015		0	BFFN	4		0.065	0.066	0.004
18:3 n-3 c,c,c (ALA)....g	0.015		0	BFFN	4		0.065	0.066	0.004
18:3 n-6 c,c,c....g	0.000		0	BFFN	4		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.018		0	BFFN	4		0.079	0.080	0.005
20:3 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.061		0	BFFN	4		0.273	0.276	0.017
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.030		0	BFFN	4		0.133	0.135	0.008
Fatty acids, total trans-monoenoic....g	0.016		0	BFFN	4		0.072	0.073	0.005
Fatty acids, total trans-polyenoic....g	0.014		0	BFFN	4		0.061	0.061	0.004
Cholesterol....mg	49		1	A	1		219	221	14
Phytosterols....mg									

NDB No. 10888

Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.136		0	A	1		0.610	0.616	0.039
Threonine....g	0.648		0	A	1		2.907	2.937	0.184
Isoleucine....g	0.653		0	A	1		2.934	2.964	0.185
Leucine....g	1.160		0	A	1		5.207	5.260	0.329
Lysine....g	1.223		0	A	1		5.490	5.547	0.347
Methionine....g	0.346		0	A	1		1.555	1.571	0.098
Cystine....g	0.163		0	A	1		0.730	0.737	0.046
Phenylalanine....g	0.579		0	A	1		2.600	2.626	0.164
Tyrosine....g	0.470		0	A	1		2.109	2.130	0.133
Valine....g	0.732		0	A	1		3.288	3.322	0.208
Arginine....g	0.926		0	A	1		4.159	4.201	0.263
Histidine....g	0.630		0	A	1		2.831	2.860	0.179
Alanine....g	0.852		0	A	1		3.828	3.867	0.242
Aspartic acid....g	1.263		0	A	1		5.669	5.727	0.358
Glutamic acid....g	2.072		0	A	1		9.301	9.396	0.587
Glycine....g	0.756		0	A	1		3.394	3.429	0.214
Proline....g	0.621		0	A	1		2.790	2.818	0.176
Serine....g	0.567		0	A	1		2.544	2.570	0.161
Hydroxyproline....g	0.094		0	A	1		0.421	0.425	0.027
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 449g: 1 slice

Measure 2 = 453.6g: 1 lb

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10921

Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.14		0	PAK	1		96.75	60.47	
Energy	kcal	124		0	PIK	4		169	105	
Energy	kJ	519		0	PIK	4		706	441	
Protein	g	15.08		0	PAK	1		20.51	12.82	
Total lipid (fat)	g	5.13		0	PAK	1		6.98	4.36	
Ash	g	4.27		0	PAK	1		5.80	3.63	
Carbohydrate, by difference	g	4.38		0	PIK	4		5.95	3.72	
Fiber, total dietary	g	0.0		0	PIK	4		0.0	0.0	
Sugars, total	g	4.69		0	PAK	1		6.37	3.98	
Sucrose	g	0.00		0	PAK	1		0.00	0.00	
Glucose (dextrose)	g	4.03		0	PAK	1		5.49	3.43	
Fructose	g	0.48		0	PAK	1		0.65	0.41	
Lactose	g	0.00		0	PAK	1		0.00	0.00	
Maltose	g	0.17		0	PAK	1		0.24	0.15	
Galactose	g	0.00		0	PAK	1		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	PAK	1		11	7	
Iron, Fe	mg	0.74		0	PAK	1		1.01	0.63	
Magnesium, Mg	mg	17		0	PAK	1		24	15	
Phosphorus, P	mg	240		0	PAK	1		326	204	
Potassium, K	mg	272		0	PAK	1		370	231	
Sodium, Na	mg	1389		0	PAK	1		1889	1181	
Zinc, Zn	mg	1.63		0	PAK	1		2.22	1.39	
Copper, Cu	mg	0.085		0	PAK	1		0.116	0.073	
Manganese, Mn	mg	0.037		0	PAK	1		0.050	0.031	
Selenium, Se	mcg	32.6		0	PAK	1		44.4	27.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0	0.0	
Thiamin	mg	0.308		0	PAK	1		0.419	0.262	
Riboflavin	mg	0.137		0	PAK	1		0.186	0.116	
Niacin	mg	4.283		0	PAK	1		5.825	3.641	
Pantothenic acid	mg	0.689		0	PAK	1		0.937	0.586	
Vitamin B-6	mg	0.335		0	PAK	1		0.456	0.285	
Folate, total	mcg	2		0	PAK	1		3	2	
Folic acid	mcg	0		0	PIK	4		0	0	
Folate, food	mcg	2		0	PIK	4		3	2	
Folate, DFE	mcg_DFE	2		0	NC	4		3	2	
Choline, total	mg	64.5		0	PAK	1		87.8	54.9	
Betaine	mg	4.5		0	PAK	1		6.1	3.8	
Vitamin B-12	mcg	0.44		0	PAK	1		0.60	0.37	
Vitamin B-12, added	mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	13		0	PAK	1		18	11	
Retinol	mcg	13		0	PAK	1		18	11	
Carotene, beta	mcg	0		0	PIK	4		0	0	
Carotene, alpha	mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta	mcg	0		0	PIK	4		0	0	
Vitamin A, IU	IU	44		0	PAK	1		60	37	
Lycopene	mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin	mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.13		0	PAK	1		0.17	0.11	
Vitamin E, added	mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta	mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma	mg	0.04		0	PAK	1		0.05	0.03	
Tocopherol, delta	mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)	mcg	0.9		0	PAK	1		1.2	0.7	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 10921

Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.9		0	PIK	4		1.2	0.7	
Vitamin D....IU	34		0	PIK	4		47	29	
Vitamin K (phylloquinone)....mcg	0.0		0	PAK	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.553		0	PIK	4		2.112	1.320	
4:0....g	0.000		0	PIK	4		0.000	0.000	
6:0....g	0.000		0	PIK	4		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.000		0	PAK	1		0.000	0.000	
12:0....g	0.000		0	PAK	1		0.000	0.000	
13:0....g									
14:0....g	0.058		0	PAK	1		0.079	0.050	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	0.990		0	PAK	1		1.346	0.841	
17:0....g	0.013		0	PAK	1		0.018	0.011	
18:0....g	0.480		0	PAK	1		0.653	0.408	
20:0....g	0.002		0	PAK	1		0.003	0.002	
22:0....g	0.010		0	PAK	1		0.013	0.008	
24:0....g									
Fatty acids, total monounsaturated....g	2.160		0	PIK	4		2.937	1.836	
14:1....g	0.000		0	PAK	1		0.000	0.000	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.125		0	PAK	1		0.170	0.106	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	1.999		0	PAK	1		2.719	1.699	
18:1 c....g	1.975		0	PAK	1		2.686	1.679	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.024		0	PAK	1		0.032	0.020	
18:1-11t (18:1t n-7)....g									
20:1....g	0.036		0	PAK	1		0.049	0.031	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.699		0	PIK	4		0.951	0.594	
18:2 undifferentiated....g	0.600		0	PAK	1		0.816	0.510	
18:2 n-6 c,c....g	0.586		0	PAK	1		0.797	0.498	
18:2 CLAs....g	0.000		0	PAK	1		0.000	0.000	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.014		0	PAK	1		0.019	0.012	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.024		0	PAK	1		0.033	0.021	
18:3 n-3 c,c,c (ALA)....g	0.024		0	PAK	1		0.033	0.021	
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.025		0	PAK	1		0.034	0.021	
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.050		0	PAK	1		0.067	0.042	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans....g	0.001		0	PIK	4		0.001	0.001	
Fatty acids, total trans-monoenoic....g	0.000		0	PIK	4		0.001	0.000	
Fatty acids, total trans-polyenoic....g	0.000		0	PIK	4		0.000	0.000	
Cholesterol....mg	45		0	PAK	1		62	39	
Phytosterols....mg									

NDB No. 10921

Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.142		0	PAK	1		0.192	0.120	
Threonine....g	0.675		0	PAK	1		0.918	0.573	
Isoleucine....g	0.681		0	PAK	1		0.926	0.579	
Leucine....g	1.208		0	PAK	1		1.643	1.027	
Lysine....g	1.274		0	PAK	1		1.733	1.083	
Methionine....g	0.361		0	PAK	1		0.491	0.307	
Cystine....g	0.169		0	PAK	1		0.230	0.144	
Phenylalanine....g	0.603		0	PAK	1		0.821	0.513	
Tyrosine....g	0.489		0	PAK	1		0.666	0.416	
Valine....g	0.763		0	PAK	1		1.038	0.649	
Arginine....g	0.965		0	PAK	1		1.313	0.820	
Histidine....g	0.657		0	PAK	1		0.893	0.558	
Alanine....g	0.888		0	PAK	1		1.208	0.755	
Aspartic acid....g	1.316		0	PAK	1		1.789	1.118	
Glutamic acid....g	2.158		0	PAK	1		2.936	1.835	
Glycine....g	0.788		0	PAK	1		1.072	0.670	
Proline....g	0.647		0	PAK	1		0.881	0.550	
Serine....g	0.590		0	PAK	1		0.803	0.502	
Hydroxyproline....g	0.098		0	PAK	1		0.133	0.083	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 136g: 1 slice

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10870

Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil

Refuse: 2%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.20	1.339	4	A	1		98.26	60.52	
Energy....kcal	123		0	NC	4		170	105	
Energy....kJ	516		0	NC	4		713	439	
Protein....g	15.09	0.081	4	A	1		20.83	12.83	
Total lipid (fat)....g	5.06	1.348	4	A	1		6.98	4.30	
Ash....g	4.27	0.063	4	A	1		5.89	3.63	
Carbohydrate, by difference....g	4.38		0	NC	4		6.04	3.72	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	4.69	0.766	4	A	1		6.48	3.99	
Sucrose....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose)....g	4.04	0.650	4	A	1		5.58	3.43	
Fructose....g	0.48	0.481	4	A	1		0.66	0.41	
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose....g	0.17	0.100	4	A	1		0.24	0.15	
Galactose....g	0.00	0.000	4	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		2	A	1		11	7	
Iron, Fe....mg	0.74		2	A	1		1.02	0.63	
Magnesium, Mg....mg	17		2	A	1		24	15	
Phosphorus, P....mg	240		2	A	1		331	204	
Potassium, K....mg	272		2	A	1		375	231	
Sodium, Na....mg	1390		2	A	1		1918	1182	
Zinc, Zn....mg	1.64		2	A	1		2.26	1.39	
Copper, Cu....mg	0.085		2	A	1		0.117	0.072	
Manganese, Mn....mg	0.037		2	A	1		0.051	0.031	
Selenium, Se....mcg	32.6		2	A	1		45.1	27.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.308		2	A	1		0.426	0.262	
Riboflavin....mg	0.137		2	A	1		0.189	0.116	
Niacin....mg	4.285		2	A	1		5.913	3.642	
Pantothenic acid....mg	0.689		2	A	1		0.951	0.586	
Vitamin B-6....mg	0.335		2	A	1		0.463	0.285	
Folate, total....mcg	3		2	A	1		3	2	
Folic acid....mcg	0		2	Z	7		0	0	
Folate, food....mcg	3		2	NR	4		3	2	
Folate, DFE....mcg_DFE	3		0	NC	4		3	2	
Choline, total....mg	64.6		0	AS	1		89.2	54.9	
Betaine....mg	4.5		2	A	1		6.2	3.8	
Vitamin B-12....mcg	0.44		2	A	1		0.61	0.37	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	13		0	AS	1		18	11	
Retinol....mcg	13		2	A	1		18	11	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	44		0	AS	1		61	37	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.12		2	A	1		0.17	0.11	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.03		2	A	1		0.05	0.03	
Tocopherol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.9		0	AS	1		1.2	0.7	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 10870

Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.9		0	BFNN	4		1.2	0.7	
Vitamin D....IU	34		0	BFNN	4		47	29	
Vitamin K (phylloquinone)....mcg	0.0		2	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.528		0	NC	4		2.108	1.299	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.057		2	A	1		0.079	0.049	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	0.973		2	A	1		1.343	0.827	
17:0....g	0.013		2	A	1		0.018	0.011	
18:0....g	0.472		2	A	1		0.652	0.402	
20:0....g	0.002		2	A	1		0.003	0.002	
22:0....g	0.009		2	A	1		0.013	0.008	
24:0....g									
Fatty acids, total monounsaturated....g	2.125		0	NC	4		2.932	1.806	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.123		2	A	1		0.170	0.105	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	1.966		0	AS	1		2.714	1.671	
18:1 c....g	1.943		2	A	1		2.681	1.651	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.023		2	A	1		0.032	0.020	
18:1-11t (18:1t n-7)....g									
20:1....g	0.035		2	A	1		0.049	0.030	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.690		0	NC	4		0.952	0.586	
18:2 undifferentiated....g	0.592		0	AS	1		0.817	0.503	
18:2 n-6 c,c....g	0.578		2	A	1		0.798	0.491	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.014		2	A	1		0.019	0.012	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.024		0	AS	1		0.033	0.020	
18:3 n-3 c,c,c (ALA)....g	0.024		2	A	1		0.033	0.020	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.024		2	A	1		0.034	0.021	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.049		2	A	1		0.068	0.042	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.037		0	NC	4		0.052	0.032	
Fatty acids, total trans-monoenoic....g	0.023		0	NC	4		0.032	0.020	
Fatty acids, total trans-polyenoic....g	0.014		0	NC	4		0.019	0.012	
Cholesterol....mg	45	1.898	4	A	1		63	39	
Phytosterols....mg									

NDB No. 10870

Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.142		0	A	1		0.195	0.120	
Threonine....g	0.675		0	A	1		0.932	0.574	
Isoleucine....g	0.681		0	A	1		0.940	0.579	
Leucine....g	1.209		0	A	1		1.669	1.028	
Lysine....g	1.275		0	A	1		1.760	1.084	
Methionine....g	0.361		0	A	1		0.498	0.307	
Cystine....g	0.169		0	A	1		0.234	0.144	
Phenylalanine....g	0.604		0	A	1		0.833	0.513	
Tyrosine....g	0.490		0	A	1		0.676	0.416	
Valine....g	0.764		0	A	1		1.054	0.649	
Arginine....g	0.966		0	A	1		1.333	0.821	
Histidine....g	0.657		0	A	1		0.907	0.559	
Alanine....g	0.889		0	A	1		1.227	0.756	
Aspartic acid....g	1.317		0	A	1		1.817	1.119	
Glutamic acid....g	2.160		0	A	1		2.981	1.836	
Glycine....g	0.788		0	A	1		1.088	0.670	
Proline....g	0.648		0	A	1		0.894	0.551	
Serine....g	0.591		0	A	1		0.815	0.502	
Hydroxyproline....g	0.098		0	BFPN	4		0.135	0.083	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 138g: 1 slice

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10922

Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.11		0	PAK	1		1438.66	61.30	
Energy	kcal	123		0	PIK	4		2447	104	
Energy	kJ	513		0	PIK	4		10237	436	
Protein	g	13.88		0	PAK	1		276.99	11.80	
Total lipid (fat)	g	5.46		0	PAK	1		108.92	4.64	
Ash	g	4.05		0	PAK	1		80.82	3.44	
Carbohydrate, by difference	g	4.49		0	PIK	4		89.61	3.82	
Fiber, total dietary	g	0.0		0	PIK	4		0.0	0.0	
Sugars, total	g	4.61		0	PAK	1		91.94	3.92	
Sucrose	g	0.04		0	PAK	1		0.77	0.03	
Glucose (dextrose)	g	3.95		0	PAK	1		78.84	3.36	
Fructose	g	0.47		0	PAK	1		9.41	0.40	
Lactose	g	0.00		0	PAK	1		0.00	0.00	
Maltose	g	0.15		0	PAK	1		2.92	0.12	
Galactose	g	0.00		0	PAK	1		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	PAK	1		163	7	
Iron, Fe	mg	0.74		0	PAK	1		14.86	0.63	
Magnesium, Mg	mg	15		0	PAK	1		308	13	
Phosphorus, P	mg	224		0	PAK	1		4459	190	
Potassium, K	mg	245		0	PAK	1		4888	208	
Sodium, Na	mg	1335		0	PAK	1		26633	1135	
Zinc, Zn	mg	1.64		0	PAK	1		32.82	1.40	
Copper, Cu	mg	0.095		0	PAK	1		1.904	0.081	
Manganese, Mn	mg	0.038		0	PAK	1		0.748	0.032	
Selenium, Se	mcg	29.1		0	PAK	1		580.5	24.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0	0.0	
Thiamin	mg	0.260		0	PAK	1		5.196	0.221	
Riboflavin	mg	0.141		0	PAK	1		2.803	0.119	
Niacin	mg	3.620		0	PAK	1		72.218	3.077	
Pantothenic acid	mg	0.644		0	PAK	1		12.856	0.548	
Vitamin B-6	mg	0.260		0	PAK	1		5.196	0.221	
Folate, total	mcg	2		0	PAK	1		40	2	
Folic acid	mcg	0		0	PIK	4		0	0	
Folate, food	mcg	2		0	PIK	4		40	2	
Folate, DFE	mcg_DFE	2		0	NC	4		40	2	
Choline, total	mg	63.4		0	PAK	1		1265.0	53.9	
Betaine	mg	4.4		0	PAK	1		87.2	3.7	
Vitamin B-12	mcg	0.37		0	PAK	1		7.48	0.32	
Vitamin B-12, added	mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	13		0	PAK	1		264	11	
Retinol	mcg	13		0	PAK	1		264	11	
Carotene, beta	mcg	0		0	PIK	4		0	0	
Carotene, alpha	mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta	mcg	0		0	PIK	4		0	0	
Vitamin A, IU	IU	44		0	PAK	1		879	37	
Lycopene	mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin	mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.22		0	PAK	1		4.49	0.19	
Vitamin E, added	mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta	mg	0.01		0	PAK	1		0.20	0.01	
Tocopherol, gamma	mg	0.04		0	PAK	1		0.80	0.03	
Tocopherol, delta	mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)	mcg	0.7		0	PAK	1		13.4	0.6	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 10922

Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg	0.7		0	PIK	4		13.4	0.6	
Vitamin D.....IU	27		0	PIK	4		534	23	
Vitamin K (phylloquinone).....mcg	0.0		0	PAK	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	1.841		0	PIK	4		36.725	1.565	
4:0.....g	0.000		0	PIK	4		0.000	0.000	
6:0.....g	0.000		0	PIK	4		0.000	0.000	
8:0.....g	0.000		0	PAK	1		0.000	0.000	
10:0.....g	0.000		0	PAK	1		0.000	0.000	
12:0.....g	0.000		0	PAK	1		0.000	0.000	
13:0.....g									
14:0.....g	0.068		0	PAK	1		1.357	0.058	
15:0.....g	0.000		0	PAK	1		0.000	0.000	
16:0.....g	1.159		0	PAK	1		23.121	0.985	
17:0.....g	0.015		0	PAK	1		0.298	0.013	
18:0.....g	0.580		0	PAK	1		11.580	0.493	
20:0.....g	0.008		0	PAK	1		0.160	0.007	
22:0.....g	0.011		0	PAK	1		0.209	0.009	
24:0.....g									
Fatty acids, total monounsaturated.....g	2.458		0	PIK	4		49.031	2.089	
14:1.....g	0.000		0	PAK	1		0.000	0.000	
15:1.....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated.....g	0.130		0	PAK	1		2.602	0.111	
17:1.....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated.....g	2.286		0	PAK	1		45.603	1.943	
18:1 c.....g	2.256		0	PAK	1		45.005	1.918	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.030		0	PAK	1		0.598	0.025	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.041		0	PAK	1		0.826	0.035	
22:1 undifferentiated.....g	0.000		0	PIK	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.851		0	PIK	4		16.982	0.724	
18:2 undifferentiated.....g	0.741		0	PAK	1		14.791	0.630	
18:2 n-6 c,c.....g	0.724		0	PAK	1		14.453	0.616	
18:2 CLAs.....g	0.000		0	PAK	1		0.000	0.000	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.017		0	PAK	1		0.338	0.014	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.030		0	PAK	1		0.607	0.026	
18:3 n-3 c,c,c (ALA).....g	0.030		0	PAK	1		0.607	0.026	
18:3 n-6 c,c,c.....g	0.000		0	PAK	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c.....g	0.032		0	PAK	1		0.638	0.027	
20:3 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.047		0	PAK	1		0.946	0.040	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	PIK	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans-monoenoic.....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans-polyenoic.....g	0.000		0	PIK	4		0.000	0.000	
Cholesterol.....mg	43		0	PAK	1		863	37	
Phytosterols.....mg									

NDB No. 10922

Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.130		0	PAK	1		2.599	0.111	
Threonine....g	0.621		0	PAK	1		12.392	0.528	
Isoleucine....g	0.627		0	PAK	1		12.504	0.533	
Leucine....g	1.112		0	PAK	1		22.191	0.945	
Lysine....g	1.173		0	PAK	1		23.400	0.997	
Methionine....g	0.332		0	PAK	1		6.626	0.282	
Cystine....g	0.156		0	PAK	1		3.110	0.133	
Phenylalanine....g	0.555		0	PAK	1		11.081	0.472	
Tyrosine....g	0.451		0	PAK	1		8.988	0.383	
Valine....g	0.702		0	PAK	1		14.014	0.597	
Arginine....g	0.888		0	PAK	1		17.724	0.755	
Histidine....g	0.605		0	PAK	1		12.064	0.514	
Alanine....g	0.818		0	PAK	1		16.314	0.695	
Aspartic acid....g	1.211		0	PAK	1		24.162	1.029	
Glutamic acid....g	1.987		0	PAK	1		39.642	1.689	
Glycine....g	0.725		0	PAK	1		14.466	0.616	
Proline....g	0.596		0	PAK	1		11.889	0.507	
Serine....g	0.543		0	PAK	1		10.843	0.462	
Hydroxyproline....g	0.090		0	PAK	1		1.794	0.076	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1995g: 1 roast

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10905

Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.96		0	PAK	1		20.68	330.93	
Energy....kcal	117		0	PIK	4		33	531	
Energy....kJ	490		0	PIK	4		139	2223	
Protein....g	14.05		0	PAK	1		3.98	63.75	
Total lipid (fat)....g	4.99		0	PAK	1		1.42	22.64	
Ash....g	4.00		0	PAK	1		1.13	18.16	
Carbohydrate, by difference....g	4.00		0	PIK	4		1.13	18.12	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	4.21		0	PAK	1		1.19	19.09	
Sucrose....g	0.00		0	PAK	1		0.00	0.00	
Glucose (dextrose)....g	3.65		0	PAK	1		1.04	16.57	
Fructose....g	0.41		0	PAK	1		0.12	1.88	
Lactose....g	0.00		0	PAK	1		0.00	0.00	
Maltose....g	0.14		0	PAK	1		0.04	0.65	
Galactose....g	0.00		0	PAK	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	PAK	1		2	36	
Iron, Fe....mg	0.78		0	PAK	1		0.22	3.53	
Magnesium, Mg....mg	17		0	PAK	1		5	77	
Phosphorus, P....mg	228		0	PAK	1		65	1035	
Potassium, K....mg	267		0	PAK	1		76	1212	
Sodium, Na....mg	1308		0	PAK	1		371	5934	
Zinc, Zn....mg	1.59		0	PAK	1		0.45	7.23	
Copper, Cu....mg	0.107		0	PAK	1		0.030	0.485	
Manganese, Mn....mg	0.040		0	PAK	1		0.011	0.179	
Selenium, Se....mcg	29.4		0	PAK	1		8.3	133.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.284		0	PAK	1		0.081	1.290	
Riboflavin....mg	0.146		0	PAK	1		0.041	0.661	
Niacin....mg	3.867		0	PAK	1		1.096	17.539	
Pantothenic acid....mg	0.660		0	PAK	1		0.187	2.992	
Vitamin B-6....mg	0.294		0	PAK	1		0.083	1.332	
Folate, total....mcg	3		0	PAK	1		1	16	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	3		0	PIK	4		1	16	
Folate, DFE....mcg_DFE	3		0	NC	4		1	16	
Choline, total....mg	64.8		0	PAK	1		18.4	293.9	
Betaine....mg	3.2		0	PAK	1		0.9	14.5	
Vitamin B-12....mcg	0.34		0	PAK	1		0.10	1.56	
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	13		0	PAK	1		4	61	
Retinol....mcg	13		0	PAK	1		4	61	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	45		0	PAK	1		13	203	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.15		0	PAK	1		0.04	0.66	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.02		0	PAK	1		0.00	0.08	
Tocopherol, gamma....mg	0.04		0	PAK	1		0.01	0.18	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.6		0	PAK	1		0.2	2.6	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 10905

Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.6		0	PIK	4		0.2	2.6	
Vitamin D....IU	23		0	PIK	4		7	105	
Vitamin K (phylloquinone)....mcg	0.0		0	PAK	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.489		0	PIK	4		0.422	6.756	
4:0....g	0.000		0	PIK	4		0.000	0.000	
6:0....g	0.000		0	PIK	4		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.000		0	PAK	1		0.000	0.000	
12:0....g	0.000		0	PAK	1		0.000	0.000	
13:0....g									
14:0....g	0.056		0	PAK	1		0.016	0.254	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	0.953		0	PAK	1		0.270	4.324	
17:0....g	0.012		0	PAK	1		0.003	0.054	
18:0....g	0.459		0	PAK	1		0.130	2.080	
20:0....g	0.000		0	PAK	1		0.000	0.001	
22:0....g	0.010		0	PAK	1		0.003	0.043	
24:0....g									
Fatty acids, total monounsaturated....g	2.098		0	PIK	4		0.595	9.518	
14:1....g	0.000		0	PAK	1		0.000	0.000	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.122		0	PAK	1		0.035	0.554	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	1.942		0	PAK	1		0.551	8.808	
18:1 c....g	1.919		0	PAK	1		0.544	8.704	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.023		0	PAK	1		0.007	0.104	
18:1-11t (18:1t n-7)....g									
20:1....g	0.034		0	PAK	1		0.010	0.156	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.660		0	PIK	4		0.187	2.995	
18:2 undifferentiated....g	0.567		0	PAK	1		0.161	2.573	
18:2 n-6 c,c....g	0.554		0	PAK	1		0.157	2.511	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.014		0	PAK	1		0.004	0.063	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.023		0	PAK	1		0.007	0.105	
18:3 n-3 c,c,c (ALA)....g	0.023		0	PAK	1		0.007	0.105	
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.024		0	PAK	1		0.007	0.107	
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.046		0	PAK	1		0.013	0.209	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans....g	0.001		0	PIK	4		0.000	0.005	
Fatty acids, total trans-monoenoic....g	0.001		0	PIK	4		0.000	0.003	
Fatty acids, total trans-polyenoic....g	0.000		0	PIK	4		0.000	0.002	
Cholesterol....mg	43		0	PAK	1		12	194	
Phytosterols....mg									

NDB No. 10905

Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.132		0	PAK	1		0.037	0.598	
Threonine....g	0.629		0	PAK	1		0.178	2.851	
Isoleucine....g	0.634		0	PAK	1		0.180	2.877	
Leucine....g	1.126		0	PAK	1		0.319	5.107	
Lysine....g	1.187		0	PAK	1		0.337	5.384	
Methionine....g	0.336		0	PAK	1		0.095	1.525	
Cystine....g	0.158		0	PAK	1		0.045	0.716	
Phenylalanine....g	0.562		0	PAK	1		0.159	2.550	
Tyrosine....g	0.456		0	PAK	1		0.129	2.068	
Valine....g	0.711		0	PAK	1		0.202	3.225	
Arginine....g	0.899		0	PAK	1		0.255	4.079	
Histidine....g	0.612		0	PAK	1		0.174	2.777	
Alanine....g	0.828		0	PAK	1		0.235	3.755	
Aspartic acid....g	1.226		0	PAK	1		0.348	5.561	
Glutamic acid....g	2.011		0	PAK	1		0.570	9.123	
Glycine....g	0.734		0	PAK	1		0.208	3.332	
Proline....g	0.603		0	PAK	1		0.171	2.737	
Serine....g	0.550		0	PAK	1		0.156	2.495	
Hydroxyproline....g	0.091		0	PAK	1		0.026	0.414	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz whole

Measure 2 = 453.6g: 1 lb whole

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10871

Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.11	0.903	4	A	1		1438.66	61.30	
Energy	kcal	123		0	NC	4		2447	104	
Energy	kJ	513		0	NC	4		10237	436	
Protein	g	13.88	0.367	4	A	1		276.99	11.80	
Total lipid (fat)	g	5.46	1.403	4	A	1		108.92	4.64	
Ash	g	4.05	0.071	4	A	1		80.82	3.44	
Carbohydrate, by difference	g	4.49		0	NC	4		89.61	3.82	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	4.61	0.781	4	A	1		91.94	3.92	
Sucrose	g	0.04	0.039	4	A	1		0.77	0.03	
Glucose (dextrose)	g	3.95	0.677	4	A	1		78.84	3.36	
Fructose	g	0.47	0.472	4	A	1		9.41	0.40	
Lactose	g	0.00	0.000	4	A	1		0.00	0.00	
Maltose	g	0.15	0.085	4	A	1		2.92	0.12	
Galactose	g	0.00	0.000	4	A	1		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	8		2	A	1		163	7	
Iron, Fe	mg	0.74		2	A	1		14.86	0.63	
Magnesium, Mg	mg	15		2	A	1		308	13	
Phosphorus, P	mg	224		2	A	1		4459	190	
Potassium, K	mg	245		2	A	1		4888	208	
Sodium, Na	mg	1335		2	A	1		26633	1135	
Zinc, Zn	mg	1.64		2	A	1		32.82	1.40	
Copper, Cu	mg	0.095		2	A	1		1.904	0.081	
Manganese, Mn	mg	0.038		2	A	1		0.748	0.032	
Selenium, Se	mcg	29.1		2	A	1		580.5	24.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.260		2	A	1		5.196	0.221	
Riboflavin	mg	0.141		2	A	1		2.803	0.119	
Niacin	mg	3.620		2	A	1		72.218	3.077	
Pantothenic acid	mg	0.644		2	A	1		12.856	0.548	
Vitamin B-6	mg	0.260		2	A	1		5.196	0.221	
Folate, total	mcg	2		2	A	1		40	2	
Folic acid	mcg	0		2	Z	7		0	0	
Folate, food	mcg	2		2	NR	4		40	2	
Folate, DFE	mcg_DFE	2		0	NC	4		40	2	
Choline, total	mg	63.4		0	AS	1		1265.0	53.9	
Betaine	mg	4.4		2	A	1		87.2	3.7	
Vitamin B-12	mcg	0.37		2	A	1		7.48	0.32	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	13		0	AS	1		264	11	
Retinol	mcg	13		2	A	1		264	11	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	44		0	AS	1		879	37	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.22		2	A	1		4.49	0.19	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.01		2	A	1		0.20	0.01	
Tocopherol, gamma	mg	0.04		2	A	1		0.80	0.03	
Tocopherol, delta	mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)	mcg	0.7		0	AS	1		13.4	0.6	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 10871

Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.7		0	BFNN	4		13.4	0.6	
Vitamin D....IU	27		0	BFNN	4		534	23	
Vitamin K (phylloquinone)....mcg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.841		0	NC	4		36.725	1.565	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.068		2	A	1		1.357	0.058	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	1.159		2	A	1		23.121	0.985	
17:0....g	0.015		2	A	1		0.298	0.013	
18:0....g	0.580		2	A	1		11.580	0.493	
20:0....g	0.008		2	A	1		0.160	0.007	
22:0....g	0.011		2	A	1		0.209	0.009	
24:0....g									
Fatty acids, total monounsaturated....g	2.458		0	NC	4		49.031	2.089	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.130		2	A	1		2.602	0.111	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	2.286		0	AS	1		45.603	1.943	
18:1 c....g	2.256		2	A	1		45.005	1.918	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.030		2	A	1		0.598	0.025	
18:1-11t (18:1t n-7)....g									
20:1....g	0.041		2	A	1		0.826	0.035	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.851		0	NC	4		16.982	0.724	
18:2 undifferentiated....g	0.741		0	AS	1		14.791	0.630	
18:2 n-6 c,c....g	0.724		2	A	1		14.453	0.616	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.017		2	A	1		0.338	0.014	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.030		0	AS	1		0.607	0.026	
18:3 n-3 c,c,c (ALA)....g	0.030		2	A	1		0.607	0.026	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.032		2	A	1		0.638	0.027	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.047		2	A	1		0.946	0.040	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.047		0	NC	4		0.936	0.040	
Fatty acids, total trans-monoenoic....g	0.030		0	NC	4		0.598	0.025	
Fatty acids, total trans-polyenoic....g	0.017		0	NC	4		0.338	0.014	
Cholesterol....mg	43	0.741	4	A	1		863	37	
Phytosterols....mg									

NDB No. 10871

Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.130		0	A	1		2.599	0.111	
Threonine....g	0.621		0	A	1		12.392	0.528	
Isoleucine....g	0.627		0	A	1		12.504	0.533	
Leucine....g	1.112		0	A	1		22.191	0.945	
Lysine....g	1.173		0	A	1		23.400	0.997	
Methionine....g	0.332		0	A	1		6.626	0.282	
Cystine....g	0.156		0	A	1		3.110	0.133	
Phenylalanine....g	0.555		0	A	1		11.081	0.472	
Tyrosine....g	0.451		0	A	1		8.988	0.383	
Valine....g	0.702		0	A	1		14.014	0.597	
Arginine....g	0.888		0	A	1		17.724	0.755	
Histidine....g	0.605		0	A	1		12.064	0.514	
Alanine....g	0.818		0	A	1		16.314	0.695	
Aspartic acid....g	1.211		0	A	1		24.162	1.029	
Glutamic acid....g	1.987		0	A	1		39.642	1.689	
Glycine....g	0.725		0	A	1		14.466	0.616	
Proline....g	0.596		0	A	1		11.889	0.507	
Serine....g	0.543		0	A	1		10.843	0.462	
Hydroxyproline....g	0.090		0	BFPN	4		1.794	0.076	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1995g: 1 roast

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10872

Pork, cured, ham and water product, whole, boneless, separable lean only, unheated

Refuse: 3% Separable fat 3%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.05	1.117	4	A	1		331.37	20.71	
Energy....kcal	116		0	NC	4		527	33	
Energy....kJ	486		0	NC	4		2203	138	
Protein....g	14.07	0.228	4	A	1		63.83	3.99	
Total lipid (fat)....g	4.86	1.359	4	A	1		22.07	1.38	
Ash....g	4.01	0.056	4	A	1		18.18	1.14	
Carbohydrate, by difference....g	4.00		0	NC	4		18.15	1.13	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	4.22	0.714	4	A	1		19.14	1.20	
Sucrose....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose)....g	3.66	0.658	4	A	1		16.61	1.04	
Fructose....g	0.41	0.415	4	A	1		1.88	0.12	
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose....g	0.14	0.083	4	A	1		0.65	0.04	
Galactose....g	0.00	0.000	4	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		2	A	1		36	2	
Iron, Fe....mg	0.78		2	A	1		3.53	0.22	
Magnesium, Mg....mg	17		2	A	1		78	5	
Phosphorus, P....mg	229		2	A	1		1036	65	
Potassium, K....mg	268		2	A	1		1213	76	
Sodium, Na....mg	1310		2	A	1		5942	371	
Zinc, Zn....mg	1.60		2	A	1		7.23	0.45	
Copper, Cu....mg	0.107		2	A	1		0.485	0.030	
Manganese, Mn....mg	0.040		2	A	1		0.179	0.011	
Selenium, Se....mcg	29.4		2	A	1		133.4	8.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.284		2	A	1		1.290	0.081	
Riboflavin....mg	0.146		2	A	1		0.662	0.041	
Niacin....mg	3.870		2	A	1		17.554	1.097	
Pantothenic acid....mg	0.661		2	A	1		2.996	0.187	
Vitamin B-6....mg	0.294		2	A	1		1.333	0.083	
Folate, total....mcg	4		2	A	1		16	1	
Folic acid....mcg	0		2	Z	7		0	0	
Folate, food....mcg	4		2	NR	4		16	1	
Folate, DFE....mcg_DFE	4		0	NC	4		16	1	
Choline, total....mg	64.9		0	AS	1		294.3	18.4	
Betaine....mg	3.2		2	A	1		14.6	0.9	
Vitamin B-12....mcg	0.34		2	A	1		1.56	0.10	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	13		0	AS	1		61	4	
Retinol....mcg	13		2	A	1		61	4	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	45		0	AS	1		203	13	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.14		2	A	1		0.66	0.04	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.02		2	A	1		0.08	0.00	
Tocopherol, gamma....mg	0.04		2	A	1		0.18	0.01	
Tocopherol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.6		0	AS	1		2.6	0.2	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 10872

Pork, cured, ham and water product, whole, boneless, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.6		0	BFNN	4		2.6	0.2	
Vitamin D....IU	23		0	BFNN	4		105	7	
Vitamin K (phylloquinone)....mcg	0.0		2	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.447		0	NC	4		6.564	0.410	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.054		2	A	1		0.247	0.015	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	0.926		2	A	1		4.202	0.263	
17:0....g	0.012		2	A	1		0.052	0.003	
18:0....g	0.445		2	A	1		2.020	0.126	
20:0....g	0.000		2	A	1		0.000	0.000	
22:0....g	0.009		2	A	1		0.043	0.003	
24:0....g									
Fatty acids, total monounsaturated....g	2.041		0	NC	4		9.256	0.579	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.119		2	A	1		0.542	0.034	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	1.888		0	AS	1		8.563	0.535	
18:1 c....g	1.865		2	A	1		8.462	0.529	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.022		2	A	1		0.102	0.006	
18:1-11t (18:1t n-7)....g									
20:1....g	0.033		2	A	1		0.152	0.009	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.644		0	NC	4		2.920	0.183	
18:2 undifferentiated....g	0.552		0	AS	1		2.505	0.157	
18:2 n-6 c,c....g	0.539		2	A	1		2.445	0.153	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.013		2	A	1		0.061	0.004	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.022		0	AS	1		0.102	0.006	
18:3 n-3 c,c,c (ALA)....g	0.022		2	A	1		0.102	0.006	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.023		2	A	1		0.104	0.007	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.046		2	A	1		0.208	0.013	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.036		0	NC	4		0.162	0.010	
Fatty acids, total trans-monoenoic....g	0.022		0	NC	4		0.102	0.006	
Fatty acids, total trans-polyenoic....g	0.013		0	NC	4		0.061	0.004	
Cholesterol....mg	43	0.855	4	A	1		193	12	
Phytosterols....mg									

NDB No. 10872

Pork, cured, ham and water product, whole, boneless, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.132		0	A	1		0.599	0.037	
Threonine....g	0.630		0	A	1		2.855	0.178	
Isoleucine....g	0.635		0	A	1		2.881	0.180	
Leucine....g	1.127		0	A	1		5.114	0.320	
Lysine....g	1.189		0	A	1		5.392	0.337	
Methionine....g	0.337		0	A	1		1.527	0.095	
Cystine....g	0.158		0	A	1		0.717	0.045	
Phenylalanine....g	0.563		0	A	1		2.553	0.160	
Tyrosine....g	0.457		0	A	1		2.071	0.129	
Valine....g	0.712		0	A	1		3.229	0.202	
Arginine....g	0.900		0	A	1		4.084	0.255	
Histidine....g	0.613		0	A	1		2.780	0.174	
Alanine....g	0.829		0	A	1		3.759	0.235	
Aspartic acid....g	1.227		0	A	1		5.568	0.348	
Glutamic acid....g	2.014		0	A	1		9.135	0.571	
Glycine....g	0.735		0	A	1		3.334	0.208	
Proline....g	0.604		0	A	1		2.740	0.171	
Serine....g	0.551		0	A	1		2.499	0.156	
Hydroxyproline....g	0.091		0	BFPN	4		0.413	0.026	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10923

Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted

Refuse: 14% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.38		0	PAK	1		1720.76	54.72	
Energy	kcal	177		0	NC	4		4725	150	
Energy	kJ	740		0	NC	4		19769	629	
Protein	g	22.47		0	PAK	1		600.60	19.10	
Total lipid (fat)	g	9.39		0	PAK	1		250.95	7.98	
Ash	g	3.17		0	PAK	1		84.68	2.69	
Carbohydrate, by difference	g	0.60		0	PIK	4		16.01	0.51	
Fiber, total dietary	g	0.0		0	PIK	4		0.0	0.0	
Sugars, total	g	0.45		0	PAK	1		12.15	0.39	
Sucrose	g	0.06		0	PAK	1		1.56	0.05	
Glucose (dextrose)	g	0.24		0	PAK	1		6.53	0.21	
Fructose	g	0.15		0	PAK	1		4.06	0.13	
Lactose	g	0.00		0	PAK	1		0.00	0.00	
Maltose	g	0.00		0	PAK	1		0.00	0.00	
Galactose	g	0.00		0	PAK	1		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0	PAK	1		264	8	
Iron, Fe	mg	0.99		0	PAK	1		26.38	0.84	
Magnesium, Mg	mg	21		0	PAK	1		568	18	
Phosphorus, P	mg	260		0	PAK	1		6940	221	
Potassium, K	mg	477		0	PAK	1		12749	405	
Sodium, Na	mg	841		0	PAK	1		22488	715	
Zinc, Zn	mg	2.35		0	PAK	1		62.79	2.00	
Copper, Cu	mg	0.120		0	PAK	1		3.205	0.102	
Manganese, Mn	mg	0.022		0	PAK	1		0.591	0.019	
Selenium, Se	mcg	46.2		0	PAK	1		1236.2	39.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0	0.0	
Thiamin	mg	0.327		0	PAK	1		8.747	0.278	
Riboflavin	mg	0.222		0	PAK	1		5.947	0.189	
Niacin	mg	7.127		0	PAK	1		190.498	6.058	
Pantothenic acid	mg	0.478		0	PAK	1		12.770	0.406	
Vitamin B-6	mg	0.364		0	PAK	1		9.723	0.309	
Folate, total	mcg	1		0	PAK	1		27	1	
Folic acid	mcg	0		0	PIK	4		0	0	
Folate, food	mcg	1		0	PIK	4		27	1	
Folate, DFE	mcg_DFE	1		0	NC	4		27	1	
Choline, total	mg	98.6		0	PAK	1		2636.4	83.8	
Betaine	mg	2.7		0	PAK	1		71.7	2.3	
Vitamin B-12	mcg	0.58		0	PAK	1		15.51	0.49	
Vitamin B-12, added	mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	11		0	PAK	1		304	10	
Retinol	mcg	11		0	PAK	1		304	10	
Carotene, beta	mcg	0		0	PIK	4		0	0	
Carotene, alpha	mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta	mcg	0		0	PIK	4		0	0	
Vitamin A, IU	IU	38		0	PAK	1		1012	32	
Lycopene	mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin	mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.27		0	PAK	1		7.33	0.23	
Vitamin E, added	mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta	mg	0.00		0	PAK	1		0.04	0.00	
Tocopherol, gamma	mg	0.05		0	PAK	1		1.42	0.05	
Tocopherol, delta	mg	0.00		0	PAK	1		0.06	0.00	
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 10923

Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	PAK	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	3.116		0	PIK	4		83.289	2.649	
4:0....g	0.000		0	PIK	4		0.000	0.000	
6:0....g	0.000		0	PIK	4		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.005		0	PAK	1		0.136	0.004	
12:0....g	0.006		0	PAK	1		0.148	0.005	
13:0....g									
14:0....g	0.115		0	PAK	1		3.076	0.098	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	2.003		0	PAK	1		53.550	1.703	
17:0....g	0.027		0	PAK	1		0.732	0.023	
18:0....g	0.927		0	PAK	1		24.787	0.788	
20:0....g	0.014		0	PAK	1		0.385	0.012	
22:0....g	0.018		0	PAK	1		0.476	0.015	
24:0....g									
Fatty acids, total monounsaturated....g	4.364		0	PIK	4		116.639	3.709	
14:1....g	0.000		0	PAK	1		0.000	0.000	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.249		0	PAK	1		6.662	0.212	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	4.048		0	PAK	1		108.190	3.440	
20:1....g	0.067		0	PAK	1		1.787	0.057	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.337		0	PIK	4		35.728	1.136	
18:2 undifferentiated....g	1.156		0	PAK	1		30.900	0.983	
18:3 undifferentiated....g	0.048		0	PAK	1		1.280	0.041	
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.045		0	PAK	1		1.203	0.038	
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
20:4 undifferentiated....g	0.088		0	PAK	1		2.345	0.075	
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans....g	0.072		0	PIK	4		1.920	0.061	
Cholesterol....mg	72		0	PAK	1		1929	61	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.209		0	PAK	1		5.580	0.177	
Threonine....g	1.000		0	PAK	1		26.721	0.850	
Isoleucine....g	1.010		0	PAK	1		26.992	0.858	
Leucine....g	1.792		0	PAK	1		47.910	1.524	
Lysine....g	1.886		0	PAK	1		50.405	1.603	
Methionine....g	0.534		0	PAK	1		14.271	0.454	
Cystine....g	0.253		0	PAK	1		6.750	0.215	
Phenylalanine....g	0.896		0	PAK	1		23.948	0.762	
Tyrosine....g	0.724		0	PAK	1		19.352	0.615	
Valine....g	1.134		0	PAK	1		30.311	0.964	
Arginine....g	1.435		0	PAK	1		38.346	1.219	
Histidine....g	0.979		0	PAK	1		26.164	0.832	
Alanine....g	1.326		0	PAK	1		35.448	1.127	
Aspartic acid....g	1.958		0	PAK	1		52.336	1.664	
Glutamic acid....g	3.206		0	PAK	1		85.696	2.725	
Glycine....g	1.197		0	PAK	1		31.989	1.017	
Proline....g	0.970		0	PAK	1		25.939	0.825	
Serine....g	0.878		0	PAK	1		23.464	0.746	
Hydroxyproline....g	0.146		0	PAK	1		3.890	0.124	
Others:									

NDB No. 10923

Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2673g: 1 roast rump

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10904

Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated

Refuse: 21% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.86		0	PAK	1		18.10	289.67	
Energy	kcal	200		0	NC	4		57	906	
Energy	kJ	836		0	NC	4		237	3792	
Protein	g	19.70		0	PAK	1		5.59	89.37	
Total lipid (fat)	g	13.26		0	PAK	1		3.76	60.13	
Ash	g	2.76		0	PAK	1		0.78	12.54	
Carbohydrate, by difference	g	0.42		0	PIK	4		0.12	1.89	
Fiber, total dietary	g	0.0		0	PIK	4		0.0	0.0	
Sugars, total	g	0.43		0	PIK	4		0.12	1.96	
Sucrose	g	0.05		0	PIK	4		0.01	0.22	
Glucose (dextrose)	g	0.26		0	PIK	4		0.07	1.18	
Fructose	g	0.12		0	PIK	4		0.04	0.56	
Lactose	g	0.00		0	PIK	4		0.00	0.00	
Maltose	g	0.00		0	PIK	4		0.00	0.00	
Galactose	g	0.00		0	PIK	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	PAK	1		2	36	
Iron, Fe	mg	0.94		0	PAK	1		0.27	4.27	
Magnesium, Mg	mg	19		0	PAK	1		5	85	
Phosphorus, P	mg	231		0	PAK	1		66	1049	
Potassium, K	mg	278		0	PAK	1		79	1259	
Sodium, Na	mg	838		0	PAK	1		238	3803	
Zinc, Zn	mg	2.15		0	PAK	1		0.61	9.76	
Copper, Cu	mg	0.107		0	PAK	1		0.030	0.483	
Manganese, Mn	mg	0.022		0	PAK	1		0.006	0.100	
Selenium, Se	mcg	36.0		0	PAK	1		10.2	163.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0	0.0	
Thiamin	mg	0.259		0	PAK	1		0.073	1.173	
Riboflavin	mg	0.185		0	PAK	1		0.052	0.837	
Niacin	mg	6.310		0	PAK	1		1.789	28.621	
Pantothenic acid	mg	0.371		0	PAK	1		0.105	1.681	
Vitamin B-6	mg	0.306		0	PAK	1		0.087	1.390	
Folate, total	mcg	1		0	PIK	4		0	3	
Folic acid	mcg	0		0	PIK	4		0	0	
Folate, food	mcg	1		0	PIK	4		0	3	
Folate, DFE	mcg_DFE	1		0	NC	4		0	3	
Choline, total	mg	88.1		0	PIK	4		25.0	399.5	
Betaine	mg	2.6		0	PIK	4		0.7	11.9	
Vitamin B-12	mcg	0.47		0	PAK	1		0.13	2.13	
Vitamin B-12, added	mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	11		0	PIK	4		3	49	
Retinol	mcg	11		0	PIK	4		3	49	
Carotene, beta	mcg	0		0	PIK	4		0	0	
Carotene, alpha	mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta	mcg	0		0	PIK	4		0	0	
Vitamin A, IU	IU	36		0	PIK	4		10	163	
Lycopene	mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin	mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.34		0	PIK	4		0.10	1.56	
Vitamin E, added	mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta	mg	0.00		0	PIK	4		0.00	0.01	
Tocopherol, gamma	mg	0.07		0	PIK	4		0.02	0.31	
Tocopherol, delta	mg	0.00		0	PIK	4		0.00	0.00	
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 10904

Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	4.373		0	PIK	4		1.240	19.838	
4:0....g	0.000		0	PIK	4		0.000	0.000	
6:0....g	0.000		0	PIK	4		0.000	0.000	
8:0....g	0.000		0	PIK	4		0.000	0.000	
10:0....g	0.000		0	PIK	4		0.000	0.000	
12:0....g	0.000		0	PIK	4		0.000	0.000	
13:0....g									
14:0....g	0.160		0	PIK	4		0.045	0.727	
15:0....g	0.000		0	PIK	4		0.000	0.000	
16:0....g	2.792		0	PIK	4		0.792	12.666	
17:0....g	0.039		0	PIK	4		0.011	0.177	
18:0....g	1.342		0	PIK	4		0.381	6.088	
20:0....g	0.021		0	PIK	4		0.006	0.093	
22:0....g	0.019		0	PIK	4		0.005	0.087	
24:0....g									
Fatty acids, total monounsaturated....g	6.030		0	PIK	4		1.709	27.351	
14:1....g	0.000		0	PIK	4		0.000	0.000	
15:1....g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated....g	0.312		0	PIK	4		0.088	1.413	
17:1....g	0.000		0	PIK	4		0.000	0.000	
18:1 undifferentiated....g	5.626		0	PIK	4		1.595	25.519	
20:1....g	0.092		0	PIK	4		0.026	0.419	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.830		0	PIK	4		0.519	8.299	
18:2 undifferentiated....g	1.614		0	PIK	4		0.457	7.320	
18:3 undifferentiated....g	0.071		0	PIK	4		0.020	0.322	
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.066		0	PIK	4		0.019	0.300	
20:3 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
20:4 undifferentiated....g	0.079		0	PIK	4		0.022	0.357	
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans....g	0.105		0	PIK	4		0.030	0.474	
Cholesterol....mg	67		0	PAK	1		19	303	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.182		0	PAK	1		0.051	0.824	
Threonine....g	0.873		0	PAK	1		0.247	3.959	
Isoleucine....g	0.882		0	PAK	1		0.250	4.003	
Leucine....g	1.566		0	PAK	1		0.444	7.105	
Lysine....g	1.645		0	PAK	1		0.466	7.462	
Methionine....g	0.466		0	PAK	1		0.132	2.112	
Cystine....g	0.222		0	PAK	1		0.063	1.005	
Phenylalanine....g	0.784		0	PAK	1		0.222	3.555	
Tyrosine....g	0.631		0	PAK	1		0.179	2.864	
Valine....g	0.992		0	PAK	1		0.281	4.502	
Arginine....g	1.256		0	PAK	1		0.356	5.696	
Histidine....g	0.858		0	PAK	1		0.243	3.894	
Alanine....g	1.165		0	PAK	1		0.330	5.283	
Aspartic acid....g	1.715		0	PAK	1		0.486	7.781	
Glutamic acid....g	2.805		0	PAK	1		0.795	12.722	
Glycine....g	1.065		0	PAK	1		0.302	4.832	
Proline....g	0.855		0	PAK	1		0.242	3.878	
Serine....g	0.769		0	PAK	1		0.218	3.486	
Hydroxyproline....g	0.149		0	PAK	1		0.042	0.675	
Others:									

NDB No. 10904

Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz rump

Measure 2 = 453.6g: 1 lb rump

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10873

Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted

Refuse: 23% Bone 14%, Separable fat 9%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	67.90	0.600	8	A	1		1814.91	57.71	
Energy ... kcal	137		0	NC	4		3649	116	
Energy ... kJ	571		0	NC	4		15267	485	
Protein ... g	24.14	0.743	8	A	1		645.23	20.52	
Total lipid (fat) ... g	4.25	0.295	8	A	1		113.57	3.61	
Ash ... g	3.29	0.159	8	A	1		87.85	2.79	
Carbohydrate, by difference ... g	0.43		0	NC	4		11.44	0.36	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.48	0.260	7	A	1		12.71	0.40	
Sucrose ... g	0.07	0.043	7	A	1		1.75	0.06	
Glucose (dextrose) ... g	0.24	0.136	7	A	1		6.41	0.20	
Fructose ... g	0.17	0.143	7	A	1		4.56	0.14	
Lactose ... g	0.00	0.000	7	A	1		0.00	0.00	
Maltose ... g	0.00	0.000	7	A	1		0.00	0.00	
Galactose ... g	0.00	0.000	7	A	1		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	10	1.241	3	A	1		277	9	
Iron, Fe ... mg	1.04	0.116	3	A	1		27.87	0.89	
Magnesium, Mg ... mg	22	1.378	3	A	1		586	19	
Phosphorus, P ... mg	271	1.856	3	A	1		7235	230	
Potassium, K ... mg	511	169.382	3	A	1		13668	435	
Sodium, Na ... mg	861	56.746	3	A	1		23023	732	
Zinc, Zn ... mg	2.50	0.296	3	A	1		66.73	2.12	
Copper, Cu ... mg	0.094	0.010	3	A	1		2.521	0.080	
Manganese, Mn ... mg	0.022	0.000	3	A	1		0.591	0.019	
Selenium, Se ... mcg	49.9	3.226	3	A	1		1334.7	42.4	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.333	0.047	3	A	1		8.907	0.283	
Riboflavin ... mg	0.238	0.016	3	A	1		6.360	0.202	
Niacin ... mg	7.620	0.885	3	A	1		203.680	6.477	
Pantothenic acid ... mg	0.486	0.047	3	A	1		12.981	0.413	
Vitamin B-6 ... mg	0.384	0.023	3	A	1		10.254	0.326	
Folate, total ... mcg	1		2	A	1		27	1	
Folic acid ... mcg	0		2	Z	7		0	0	
Folate, food ... mcg	1		2	NR	4		27	1	
Folate, DFE ... mcg_DFE	1		0	NC	4		27	1	
Choline, total ... mg	110.6		0	AS	1		2957.6	94.1	
Betaine ... mg	3.0		2	A	1		80.5	2.6	
Vitamin B-12 ... mcg	0.61	0.043	3	A	1		16.39	0.52	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	11		0	AS	1		300	10	
Retinol ... mcg	11		2	A	1		300	10	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	37		0	AS	1		1000	32	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.27		2	A	1		7.08	0.23	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma ... mg	0.04		2	A	1		1.20	0.04	
Tocopherol, delta ... mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									

NDB No. 10873

Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		2	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	1.418		0	NC	4		37.908	1.205	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.052		2	A	1		1.402	0.045	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	0.915		2	A	1		24.445	0.777	
17:0.....g	0.014		2	A	1		0.372	0.012	
18:0.....g	0.418		2	A	1		11.170	0.355	
20:0.....g	0.005		2	A	1		0.146	0.005	
22:0.....g	0.014		2	A	1		0.374	0.012	
24:0.....g									
Fatty acids, total monounsaturated.....g	1.995		0	NC	4		53.337	1.696	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.124		2	A	1		3.301	0.105	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	1.846		0	AS	1		49.341	1.569	
18:1 c.....g	1.825		2	A	1		48.780	1.551	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.021		2	A	1		0.561	0.018	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.026		2	A	1		0.695	0.022	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.711		0	NC	4		19.009	0.604	
18:2 undifferentiated.....g	0.588		0	AS	1		15.712	0.500	
18:2 n-6 c,c.....g	0.556		2	A	1		14.849	0.472	
18:2 CLAs.....g	0.018		1	A	1		0.478	0.015	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.014		2	A	1		0.385	0.012	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.021		0	AS	1		0.560	0.018	
18:3 n-3 c,c,c (ALA).....g	0.021		2	A	1		0.560	0.018	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.019		2	A	1		0.507	0.016	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.083		2	A	1		2.231	0.071	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.035		0	NC	4		0.946	0.030	
Fatty acids, total trans-monoenoic.....g	0.021		0	NC	4		0.561	0.018	
Fatty acids, total trans-polyenoic.....g	0.014		0	NC	4		0.385	0.012	
Cholesterol.....mg	72	2.082	8	A	1		1930	61	
Phytosterols.....mg									

NDB No. 10873

Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.227		0	A	1		6.055	0.193	
Threonine....g	1.080		0	A	1		28.866	0.918	
Isoleucine....g	1.090		0	A	1		29.127	0.926	
Leucine....g	1.934		0	A	1		51.692	1.644	
Lysine....g	2.039		0	A	1		54.510	1.733	
Methionine....g	0.577		0	A	1		15.435	0.491	
Cystine....g	0.271		0	A	1		7.245	0.230	
Phenylalanine....g	0.966		0	A	1		25.811	0.821	
Tyrosine....g	0.783		0	A	1		20.937	0.666	
Valine....g	1.221		0	A	1		32.645	1.038	
Arginine....g	1.545		0	A	1		41.286	1.313	
Histidine....g	1.051		0	A	1		28.103	0.894	
Alanine....g	1.422		0	A	1		38.001	1.208	
Aspartic acid....g	2.106		0	A	1		56.284	1.790	
Glutamic acid....g	3.455		0	A	1		92.343	2.936	
Glycine....g	1.261		0	A	1		33.698	1.072	
Proline....g	1.036		0	A	1		27.695	0.881	
Serine....g	0.945		0	A	1		25.257	0.803	
Hydroxyproline....g	0.156		0	A	1		4.180	0.133	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2673g: 1 roast rump

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10890

Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated

Refuse: 37% Bone 21%, Separable fat 16%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.80		1	A	1		321.15	20.07	
Energy	kcal	122		0	NC	4		555	35	
Energy	kJ	512		0	NC	4		2322	145	
Protein (N x 6.25)	g	22.71		1	A	1		102.99	6.44	
Total lipid (fat)	g	3.47		1	A	1		15.76	0.99	
Ash	g	2.96		1	A	1		13.42	0.84	
Carbohydrate, by difference	g	0.06		0	NC	4		0.27	0.02	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.43		0	BFSN	4		1.96	0.12	
Sucrose	g	0.06		0	BFSN	4		0.27	0.02	
Glucose (dextrose)	g	0.22		0	BFSN	4		0.99	0.06	
Fructose	g	0.16		0	BFSN	4		0.70	0.04	
Lactose	g	0.00		0	BFSN	4		0.00	0.00	
Maltose	g	0.00		0	BFSN	4		0.00	0.00	
Galactose	g	0.00		0	BFSN	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	9		1	A	1		41	3	
Iron, Fe	mg	1.05		1	A	1		4.76	0.30	
Magnesium, Mg	mg	21		1	A	1		93	6	
Phosphorus, P	mg	253		1	A	1		1148	72	
Potassium, K	mg	303		1	A	1		1374	86	
Sodium, Na	mg	893		1	A	1		4051	253	
Zinc, Zn	mg	2.40		1	A	1		10.89	0.68	
Copper, Cu	mg	0.109		1	A	1		0.494	0.031	
Manganese, Mn	mg	0.022		1	A	1		0.100	0.006	
Selenium, Se	mcg	41.0		1	A	1		186.0	11.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.265		1	A	1		1.202	0.075	
Riboflavin	mg	0.225		1	A	1		1.020	0.064	
Niacin	mg	7.230		1	A	1		32.795	2.050	
Pantothenic acid	mg	0.377		1	A	1		1.710	0.107	
Vitamin B-6	mg	0.336		1	A	1		1.524	0.095	
Folate, total	mcg	1		0	BFPN	4		4	0	
Folic acid	mcg	0		0	BFPN	4		0	0	
Folate, food	mcg	1		0	BFPN	4		4	0	
Folate, DFE	mcg_DFE	1		0	NC	4		4	0	
Choline, total	mg	102.2		0	BFNN	4		463.5	29.0	
Betaine	mg	2.8		0	BFNN	4		12.6	0.8	
Vitamin B-12	mcg	0.51		1	A	1		2.31	0.14	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	10		0	NC	4		46	3	
Retinol	mcg	10		0	BFSN	4		46	3	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	34		0	NC	4		154	10	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.24		0	BFSN	4		1.09	0.07	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma	mg	0.04		0	BFSN	4		0.19	0.01	
Tocopherol, delta	mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 10890

Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.160		0	BFFN	4		5.261	0.329	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.043		0	BFFN	4		0.195	0.012	
15:0....g	0.000		0	BFFN	4		0.000	0.000	
16:0....g	0.748		0	BFFN	4		3.393	0.212	
17:0....g	0.011		0	BFFN	4		0.052	0.003	
18:0....g	0.342		0	BFFN	4		1.550	0.097	
20:0....g	0.004		0	BFFN	4		0.020	0.001	
22:0....g	0.011		0	BFFN	4		0.052	0.003	
24:0....g									
Fatty acids, total monounsaturated....g	1.632		0	BFFN	4		7.402	0.463	
14:1....g	0.000		0	BFFN	4		0.000	0.000	
15:1....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated....g	0.101		0	BFFN	4		0.458	0.029	
17:1....g	0.000		0	BFFN	4		0.000	0.000	
18:1 undifferentiated....g	1.510		0	BFFN	4		6.848	0.428	
18:1 c....g	1.492		0	BFFN	4		6.770	0.423	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.017		0	BFFN	4		0.078	0.005	
18:1-11t (18:1t n-7)....g									
20:1....g	0.021		0	BFFN	4		0.096	0.006	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.582		0	BFFN	4		2.638	0.165	
18:2 undifferentiated....g	0.481		0	BFFN	4		2.181	0.136	
18:2 n-6 c,c....g	0.454		0	BFFN	4		2.061	0.129	
18:2 CLAs....g	0.015		0	BFFN	4		0.066	0.004	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.012		0	BFFN	4		0.053	0.003	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.017		0	BFFN	4		0.078	0.005	
18:3 n-3 c,c,c (ALA)....g	0.017		0	BFFN	4		0.078	0.005	
18:3 n-6 c,c,c....g	0.000		0	BFFN	4		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g	0.015		0	BFFN	4		0.070	0.004	
20:3 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.068		0	BFFN	4		0.310	0.019	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g	0.029		0	BFFN	4		0.131	0.008	
Fatty acids, total trans-monoenoic....g	0.017		0	BFFN	4		0.078	0.005	
Fatty acids, total trans-polyenoic....g	0.012		0	BFFN	4		0.053	0.003	
Cholesterol....mg	68		1	A	1		309	19	
Phytosterols....mg									

NDB No. 10890

Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.213		0	A	1		0.966	0.060	
Threonine....g	1.016		0	A	1		4.608	0.288	
Isoleucine....g	1.025		0	A	1		4.649	0.291	
Leucine....g	1.819		0	A	1		8.251	0.516	
Lysine....g	1.918		0	A	1		8.701	0.544	
Methionine....g	0.543		0	A	1		2.464	0.154	
Cystine....g	0.255		0	A	1		1.156	0.072	
Phenylalanine....g	0.908		0	A	1		4.120	0.258	
Tyrosine....g	0.737		0	A	1		3.342	0.209	
Valine....g	1.149		0	A	1		5.211	0.326	
Arginine....g	1.453		0	A	1		6.590	0.412	
Histidine....g	0.989		0	A	1		4.486	0.280	
Alanine....g	1.337		0	A	1		6.066	0.379	
Aspartic acid....g	1.981		0	A	1		8.984	0.562	
Glutamic acid....g	3.250		0	A	1		14.740	0.921	
Glycine....g	1.186		0	A	1		5.379	0.336	
Proline....g	0.975		0	A	1		4.421	0.276	
Serine....g	0.889		0	A	1		4.032	0.252	
Hydroxyproline....g	0.147		0	A	1		0.667	0.042	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 453.6g: 1 lb rump

Measure 2 = 28.35g: 1 oz rump

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10924

Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted

Refuse: 15% Bone 12%, Connective tissue 3%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.94		0	PAK	1		1995.35	53.50	
Energy....kcal	191		0	PIK	4		6054	162	
Energy....kJ	799		0	PIK	4		25331	679	
Protein....g	22.88		0	PAK	1		725.36	19.45	
Total lipid (fat)....g	10.93		0	PAK	1		346.59	9.29	
Ash....g	2.98		0	PAK	1		94.32	2.53	
Carbohydrate, by difference....g	0.26		0	PIK	4		8.38	0.22	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.33		0	PAK	1		10.44	0.28	
Sucrose....g	0.05		0	PAK	1		1.45	0.04	
Glucose (dextrose)....g	0.15		0	PAK	1		4.60	0.12	
Fructose....g	0.14		0	PAK	1		4.40	0.12	
Lactose....g	0.00		0	PAK	1		0.00	0.00	
Maltose....g	0.00		0	PAK	1		0.00	0.00	
Galactose....g	0.00		0	PAK	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	PAK	1		230	6	
Iron, Fe....mg	1.11		0	PAK	1		35.32	0.95	
Magnesium, Mg....mg	20		0	PAK	1		631	17	
Phosphorus, P....mg	244		0	PAK	1		7744	208	
Potassium, K....mg	424		0	PAK	1		13443	360	
Sodium, Na....mg	801		0	PAK	1		25405	681	
Zinc, Zn....mg	2.82		0	PAK	1		89.31	2.39	
Copper, Cu....mg	0.193		0	PAK	1		6.119	0.164	
Manganese, Mn....mg	0.022		0	PAK	1		0.701	0.019	
Selenium, Se....mcg	44.5		0	PAK	1		1411.2	37.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.289		0	PAK	1		9.161	0.246	
Riboflavin....mg	0.185		0	PAK	1		5.870	0.157	
Niacin....mg	7.190		0	PAK	1		227.931	6.112	
Pantothenic acid....mg	0.539		0	PAK	1		17.072	0.458	
Vitamin B-6....mg	0.358		0	PAK	1		11.355	0.304	
Folate, total....mcg	3		0	PAK	1		87	2	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	3		0	PIK	4		87	2	
Folate, DFE....mcg_DFE	3		0	NC	4		87	2	
Choline, total....mg	91.0		0	PAK	1		2884.4	77.3	
Betaine....mg	2.5		0	PAK	1		79.5	2.1	
Vitamin B-12....mcg	0.64		0	PAK	1		20.33	0.55	
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	11		0	PAK	1		357	10	
Retinol....mcg	11		0	PAK	1		357	10	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	38		0	PAK	1		1189	32	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.30		0	PAK	1		9.44	0.25	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.06	0.00	
Tocopherol, gamma....mg	0.05		0	PAK	1		1.59	0.04	
Tocopherol, delta....mg	0.00		0	PAK	1		0.08	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 10924

Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	PAK	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	3.545		0	PIK	4		112.379	3.013	
4:0.....g	0.000		0	PIK	4		0.000	0.000	
6:0.....g	0.000		0	PIK	4		0.000	0.000	
8:0.....g	0.000		0	PAK	1		0.000	0.000	
10:0.....g	0.006		0	PAK	1		0.190	0.005	
12:0.....g	0.007		0	PAK	1		0.206	0.006	
13:0.....g									
14:0.....g	0.125		0	PAK	1		3.965	0.106	
15:0.....g	0.000		0	PAK	1		0.000	0.000	
16:0.....g	2.281		0	PAK	1		72.293	1.938	
17:0.....g	0.026		0	PAK	1		0.825	0.022	
18:0.....g	1.067		0	PAK	1		33.813	0.907	
20:0.....g	0.017		0	PAK	1		0.549	0.015	
22:0.....g	0.017		0	PAK	1		0.537	0.014	
24:0.....g									
Fatty acids, total monounsaturated.....g	5.120		0	PIK	4		162.299	4.352	
14:1.....g	0.000		0	PAK	1		0.000	0.000	
15:1.....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated.....g	0.274		0	PAK	1		8.678	0.233	
17:1.....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated.....g	4.766		0	PAK	1		151.085	4.051	
20:1.....g	0.080		0	PAK	1		2.536	0.068	
22:1 undifferentiated.....g	0.000		0	PIK	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.351		0	PIK	4		42.814	1.148	
18:2 undifferentiated.....g	1.180		0	PAK	1		37.406	1.003	
18:3 undifferentiated.....g	0.048		0	PAK	1		1.524	0.041	
18:4.....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c.....g	0.049		0	PAK	1		1.558	0.042	
20:3 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
20:4 undifferentiated.....g	0.073		0	PAK	1		2.325	0.062	
20:5 n-3 (EPA).....g	0.000		0	PIK	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans.....g	0.079		0	PIK	4		2.503	0.067	
Cholesterol.....mg	74		0	PAK	1		2350	63	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.212		0	PAK	1		6.729	0.180	
Threonine.....g	1.017		0	PAK	1		32.244	0.865	
Isoleucine.....g	1.028		0	PAK	1		32.576	0.873	
Leucine.....g	1.824		0	PAK	1		57.823	1.550	
Lysine.....g	1.918		0	PAK	1		60.812	1.631	
Methionine.....g	0.543		0	PAK	1		17.217	0.462	
Cystine.....g	0.257		0	PAK	1		8.153	0.219	
Phenylalanine.....g	0.912		0	PAK	1		28.908	0.775	
Tyrosine.....g	0.736		0	PAK	1		23.345	0.626	
Valine.....g	1.154		0	PAK	1		36.593	0.981	
Arginine.....g	1.460		0	PAK	1		46.296	1.241	
Histidine.....g	0.997		0	PAK	1		31.600	0.847	
Alanine.....g	1.351		0	PAK	1		42.826	1.148	
Aspartic acid.....g	1.994		0	PAK	1		63.197	1.695	
Glutamic acid.....g	3.263		0	PAK	1		103.448	2.774	
Glycine.....g	1.222		0	PAK	1		38.752	1.039	
Proline.....g	0.989		0	PAK	1		31.357	0.841	
Serine.....g	0.894		0	PAK	1		28.329	0.760	
Hydroxyproline.....g	0.148		0	PAK	1		4.699	0.126	
Others:									

NDB No. 10924

Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3170g: 1 roast shank

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10903

Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated

Refuse: 10% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.04		0	PAK	1		18.44	295.03	
Energy	kcal	191		0	PIK	4		54	864	
Energy	kJ	797		0	PIK	4		226	3617	
Protein	g	22.35		0	PAK	1		6.34	101.38	
Total lipid (fat)	g	11.11		0	PAK	1		3.15	50.40	
Ash	g	2.53		0	PAK	1		0.72	11.47	
Carbohydrate, by difference	g	0.29		0	PIK	4		0.08	1.33	
Fiber, total dietary	g	0.0		0	PIK	4		0.0	0.0	
Sugars, total	g	0.32		0	PIK	4		0.09	1.46	
Sucrose	g	0.04		0	PIK	4		0.01	0.18	
Glucose (dextrose)	g	0.16		0	PIK	4		0.05	0.74	
Fructose	g	0.12		0	PIK	4		0.03	0.54	
Lactose	g	0.00		0	PIK	4		0.00	0.00	
Maltose	g	0.00		0	PIK	4		0.00	0.00	
Galactose	g	0.00		0	PIK	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0	PAK	1		2	29	
Iron, Fe	mg	1.01		0	PAK	1		0.29	4.56	
Magnesium, Mg	mg	19		0	PAK	1		5	85	
Phosphorus, P	mg	233		0	PAK	1		66	1058	
Potassium, K	mg	279		0	PAK	1		79	1267	
Sodium, Na	mg	779		0	PAK	1		221	3533	
Zinc, Zn	mg	2.53		0	PAK	1		0.72	11.48	
Copper, Cu	mg	0.114		0	PAK	1		0.032	0.516	
Manganese, Mn	mg	0.022		0	PAK	1		0.006	0.100	
Selenium, Se	mcg	46.6		0	PAK	1		13.2	211.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0	0.0	
Thiamin	mg	0.235		0	PAK	1		0.067	1.064	
Riboflavin	mg	0.211		0	PAK	1		0.060	0.956	
Niacin	mg	4.856		0	PAK	1		1.377	22.025	
Pantothenic acid	mg	0.489		0	PAK	1		0.139	2.219	
Vitamin B-6	mg	0.361		0	PAK	1		0.102	1.636	
Folate, total	mcg	3		0	PIK	4		1	12	
Folic acid	mcg	0		0	PIK	4		0	0	
Folate, food	mcg	3		0	PIK	4		1	12	
Folate, DFE	mcg_DFE	3		0	NC	4		1	12	
Choline, total	mg	86.9		0	PIK	4		24.6	394.2	
Betaine	mg	2.6		0	PIK	4		0.7	11.6	
Vitamin B-12	mcg	0.36		0	PAK	1		0.10	1.64	
Vitamin B-12, added	mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	10		0	PIK	4		3	47	
Retinol	mcg	10		0	PIK	4		3	47	
Carotene, beta	mcg	0		0	PIK	4		0	0	
Carotene, alpha	mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta	mcg	0		0	PIK	4		0	0	
Vitamin A, IU	IU	35		0	PIK	4		10	157	
Lycopene	mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin	mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.34		0	PIK	4		0.10	1.53	
Vitamin E, added	mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta	mg	0.00		0	PIK	4		0.00	0.01	
Tocopherol, gamma	mg	0.06		0	PIK	4		0.02	0.26	
Tocopherol, delta	mg	0.00		0	PIK	4		0.00	0.00	
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 10903

Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	3.614		0	PIK	4		1.025	16.392	
4:0.....g	0.000		0	PIK	4		0.000	0.000	
6:0.....g	0.000		0	PIK	4		0.000	0.000	
8:0.....g	0.000		0	PIK	4		0.000	0.000	
10:0.....g	0.000		0	PIK	4		0.000	0.000	
12:0.....g	0.000		0	PIK	4		0.000	0.000	
13:0.....g									
14:0.....g	0.129		0	PIK	4		0.036	0.584	
15:0.....g	0.000		0	PIK	4		0.000	0.000	
16:0.....g	2.309		0	PIK	4		0.655	10.474	
17:0.....g	0.029		0	PIK	4		0.008	0.132	
18:0.....g	1.115		0	PIK	4		0.316	5.056	
20:0.....g	0.017		0	PIK	4		0.005	0.079	
22:0.....g	0.015		0	PIK	4		0.004	0.068	
24:0.....g									
Fatty acids, total monounsaturated.....g	5.088		0	PIK	4		1.442	23.078	
14:1.....g	0.000		0	PIK	4		0.000	0.000	
15:1.....g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated.....g	0.254		0	PIK	4		0.072	1.152	
17:1.....g	0.000		0	PIK	4		0.000	0.000	
18:1 undifferentiated.....g	4.756		0	PIK	4		1.348	21.572	
20:1.....g	0.078		0	PIK	4		0.022	0.355	
22:1 undifferentiated.....g	0.000		0	PIK	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.419		0	PIK	4		0.402	6.439	
18:2 undifferentiated.....g	1.256		0	PIK	4		0.356	5.697	
18:3 undifferentiated.....g	0.054		0	PIK	4		0.015	0.246	
18:4.....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c.....g	0.053		0	PIK	4		0.015	0.240	
20:3 undifferentiated.....g	0.000		0	PIK	4		0.000	0.000	
20:4 undifferentiated.....g	0.056		0	PIK	4		0.016	0.255	
20:5 n-3 (EPA).....g	0.000		0	PIK	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans.....g	0.085		0	PIK	4		0.024	0.385	
Cholesterol.....mg	62		0	PAK	1		18	283	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.207		0	PAK	1		0.059	0.940	
Threonine.....g	0.993		0	PAK	1		0.282	4.504	
Isoleucine.....g	1.003		0	PAK	1		0.284	4.551	
Leucine.....g	1.781		0	PAK	1		0.505	8.079	
Lysine.....g	1.873		0	PAK	1		0.531	8.494	
Methionine.....g	0.530		0	PAK	1		0.150	2.405	
Cystine.....g	0.251		0	PAK	1		0.071	1.140	
Phenylalanine.....g	0.890		0	PAK	1		0.252	4.039	
Tyrosine.....g	0.719		0	PAK	1		0.204	3.261	
Valine.....g	1.127		0	PAK	1		0.320	5.113	
Arginine.....g	1.426		0	PAK	1		0.404	6.469	
Histidine.....g	0.974		0	PAK	1		0.276	4.416	
Alanine.....g	1.320		0	PAK	1		0.374	5.986	
Aspartic acid.....g	1.947		0	PAK	1		0.552	8.832	
Glutamic acid.....g	3.187		0	PAK	1		0.903	14.454	
Glycine.....g	1.196		0	PAK	1		0.339	5.425	
Proline.....g	0.967		0	PAK	1		0.274	4.385	
Serine.....g	0.873		0	PAK	1		0.247	3.959	
Hydroxyproline.....g	0.162		0	PAK	1		0.046	0.733	
Others:									

NDB No. 10903

Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz shank

Measure 2 = 453.6g: 1 lb shank

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10874

Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted

Refuse: 26% Bone 12%, Connective tissue 3%, Separable fat 11%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.98	0.588	7	A	1		2123.11	56.93	
Energy....kcal	145		0	NC	4		4584	123	
Energy....kJ	605		0	NC	4		19179	514	
Protein....g	24.95	0.718	7	A	1		790.99	21.21	
Total lipid (fat)....g	4.97	0.440	7	A	1		157.64	4.23	
Ash....g	3.09	0.205	7	A	1		97.96	2.63	
Carbohydrate, by difference....g	0.01		0	NC	4		0.30	0.01	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.34	0.252	6	A	1		10.67	0.29	
Sucrose....g	0.05	0.036	6	A	1		1.66	0.04	
Glucose (dextrose)....g	0.13	0.087	6	A	1		3.97	0.11	
Fructose....g	0.16	0.159	6	A	1		5.04	0.14	
Lactose....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose....g	0.00	0.000	6	A	1		0.00	0.00	
Galactose....g	0.00	0.000	6	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7	0.315	3	A	1		237	6	
Iron, Fe....mg	1.20	0.086	3	A	1		38.04	1.02	
Magnesium, Mg....mg	21	0.902	3	A	1		651	17	
Phosphorus, P....mg	255	7.796	3	A	1		8094	217	
Potassium, K....mg	458	159.548	3	A	1		14508	389	
Sodium, Na....mg	820	27.425	3	A	1		25983	697	
Zinc, Zn....mg	3.06	0.169	3	A	1		97.11	2.60	
Copper, Cu....mg	0.173	0.059	3	A	1		5.482	0.147	
Manganese, Mn....mg	0.022	0.000	3	A	1		0.701	0.019	
Selenium, Se....mcg	48.7	2.155	3	A	1		1543.8	41.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.291	0.047	3	A	1		9.213	0.247	
Riboflavin....mg	0.198	0.011	3	A	1		6.286	0.169	
Niacin....mg	7.793	0.474	3	A	1		247.045	6.624	
Pantothenic acid....mg	0.557	0.132	3	A	1		17.656	0.473	
Vitamin B-6....mg	0.381	0.043	3	A	1		12.086	0.324	
Folate, total....mcg	3		2	A	1		95	3	
Folic acid....mcg	0		2	Z	7		0	0	
Folate, food....mcg	3		2	NR	4		95	3	
Folate, DFE....mcg_DFE	3		0	NC	4		95	3	
Choline, total....mg	104.3		0	AS	1		3307.5	88.7	
Betaine....mg	2.9		2	A	1		91.2	2.4	
Vitamin B-12....mcg	0.69	0.130	3	A	1		21.87	0.59	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	11		0	AS	1		351	9	
Retinol....mcg	11		2	A	1		351	9	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	37		0	AS	1		1170	31	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.29		2	A	1		9.19	0.25	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.04		2	A	1		1.27	0.03	
Tocopherol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 10874

Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		2	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	1.564		0	NC	4		49.585	1.330	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.051		2	A	1		1.622	0.043	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	1.010		2	A	1		32.029	0.859	
17:0.....g	0.010		2	A	1		0.305	0.008	
18:0.....g	0.474		2	A	1		15.020	0.403	
20:0.....g	0.007		2	A	1		0.221	0.006	
22:0.....g	0.012		2	A	1		0.388	0.010	
24:0.....g									
Fatty acids, total monounsaturated.....g	2.380		0	NC	4		75.440	2.023	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.126		2	A	1		3.994	0.107	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.221		0	AS	1		70.408	1.888	
18:1 c.....g	2.198		2	A	1		69.675	1.868	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.023		2	A	1		0.732	0.020	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.033		2	A	1		1.039	0.028	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.600		0	NC	4		19.009	0.510	
18:2 undifferentiated.....g	0.500		0	AS	1		15.835	0.425	
18:2 n-6 c,c.....g	0.478		2	A	1		15.147	0.406	
18:2 CLAs.....g	0.009		1	A	1		0.275	0.007	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.013		2	A	1		0.413	0.011	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.016		0	AS	1		0.497	0.013	
18:3 n-3 c,c,c (ALA).....g	0.016		2	A	1		0.497	0.013	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.018		2	A	1		0.583	0.016	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.066		2	A	1		2.095	0.056	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.036		0	NC	4		1.146	0.031	
Fatty acids, total trans-monoenoic.....g	0.023		0	NC	4		0.732	0.020	
Fatty acids, total trans-polyenoic.....g	0.013		0	NC	4		0.413	0.011	
Cholesterol.....mg	74	3.092	7	A	1		2361	63	
Phytosterols.....mg									

NDB No. 10874

Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.234		0	A	1		7.423	0.199	
Threonine....g	1.116		0	A	1		35.387	0.949	
Isoleucine....g	1.126		0	A	1		35.707	0.957	
Leucine....g	1.999		0	A	1		63.370	1.699	
Lysine....g	2.108		0	A	1		66.824	1.792	
Methionine....g	0.597		0	A	1		18.922	0.507	
Cystine....g	0.280		0	A	1		8.882	0.238	
Phenylalanine....g	0.998		0	A	1		31.643	0.848	
Tyrosine....g	0.810		0	A	1		25.667	0.688	
Valine....g	1.262		0	A	1		40.020	1.073	
Arginine....g	1.597		0	A	1		50.614	1.357	
Histidine....g	1.087		0	A	1		34.452	0.924	
Alanine....g	1.470		0	A	1		46.586	1.249	
Aspartic acid....g	2.177		0	A	1		68.999	1.850	
Glutamic acid....g	3.571		0	A	1		113.204	3.035	
Glycine....g	1.303		0	A	1		41.311	1.108	
Proline....g	1.071		0	A	1		33.951	0.910	
Serine....g	0.977		0	A	1		30.963	0.830	
Hydroxyproline....g	0.162		0	A	1		5.124	0.137	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3170g: 1 roast shank

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10891

Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated

Refuse: 24% Bone 10%, Separable fat 14%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.50		1	A	1		319.77	19.99	
Energy	kcal	130		0	NC	4		592	37	
Energy	kJ	546		0	NC	4		2475	155	
Protein (N x 6.25)	g	25.11		1	A	1		113.88	7.12	
Total lipid (fat)	g	3.33		1	A	1		15.12	0.94	
Ash	g	2.63		1	A	1		11.93	0.75	
Carbohydrate, by difference	g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.30		0	BFSN	4		1.36	0.09	
Sucrose	g	0.05		0	BFSN	4		0.21	0.01	
Glucose (dextrose)	g	0.11		0	BFSN	4		0.51	0.03	
Fructose	g	0.14		0	BFSN	4		0.64	0.04	
Lactose	g	0.00		0	BFSN	4		0.00	0.00	
Maltose	g	0.00		0	BFSN	4		0.00	0.00	
Galactose	g	0.00		0	BFSN	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	7		1	A	1		31	2	
Iron, Fe	mg	1.10		1	A	1		4.99	0.31	
Magnesium, Mg	mg	20		1	A	1		91	6	
Phosphorus, P	mg	250		1	A	1		1134	71	
Potassium, K	mg	299		1	A	1		1356	85	
Sodium, Na	mg	809		1	A	1		3670	229	
Zinc, Zn	mg	2.79		1	A	1		12.65	0.79	
Copper, Cu	mg	0.117		1	A	1		0.530	0.033	
Manganese, Mn	mg	0.022		1	A	1		0.100	0.006	
Selenium, Se	mcg	52.3		1	A	1		237.2	14.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.235		1	A	1		1.066	0.067	
Riboflavin	mg	0.246		1	A	1		1.116	0.070	
Niacin	mg	5.280		1	A	1		23.950	1.497	
Pantothenic acid	mg	0.516		1	A	1		2.340	0.146	
Vitamin B-6	mg	0.393		1	A	1		1.783	0.111	
Folate, total	mcg	3		0	BFPN	4		14	1	
Folic acid	mcg	0		0	BFPN	4		0	0	
Folate, food	mcg	3		0	BFPN	4		14	1	
Folate, DFE	mcg_DFE	3		0	NC	4		14	1	
Choline, total	mg	97.3		0	BFNN	4		441.5	27.6	
Betaine	mg	2.7		0	BFNN	4		12.2	0.8	
Vitamin B-12	mcg	0.37		1	A	1		1.68	0.10	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	10		0	NC	4		45	3	
Retinol	mcg	10		0	BFSN	4		45	3	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	33		0	NC	4		150	9	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.26		0	BFSN	4		1.18	0.07	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma	mg	0.04		0	BFSN	4		0.16	0.01	
Tocopherol, delta	mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 10891

Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	1.048		0	BFFN	4		4.755	0.297	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	
12:0.....g	0.000		0	BFFN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.034		0	BFFN	4		0.156	0.010	
15:0.....g	0.000		0	BFFN	4		0.000	0.000	
16:0.....g	0.677		0	BFFN	4		3.072	0.192	
17:0.....g	0.006		0	BFFN	4		0.029	0.002	
18:0.....g	0.318		0	BFFN	4		1.441	0.090	
20:0.....g	0.005		0	BFFN	4		0.021	0.001	
22:0.....g	0.008		0	BFFN	4		0.037	0.002	
24:0.....g									
Fatty acids, total monounsaturated.....g	1.595		0	BFFN	4		7.235	0.452	
14:1.....g	0.000		0	BFFN	4		0.000	0.000	
15:1.....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated.....g	0.084		0	BFFN	4		0.383	0.024	
17:1.....g	0.000		0	BFFN	4		0.000	0.000	
18:1 undifferentiated.....g	1.489		0	BFFN	4		6.752	0.422	
18:1 c.....g	1.473		0	BFFN	4		6.682	0.418	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.015		0	BFFN	4		0.070	0.004	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.022		0	BFFN	4		0.100	0.006	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.402		0	BFFN	4		1.823	0.114	
18:2 undifferentiated.....g	0.335		0	BFFN	4		1.519	0.095	
18:2 n-6 c,c.....g	0.320		0	BFFN	4		1.453	0.091	
18:2 CLAs.....g	0.006		0	BFFN	4		0.026	0.002	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.009		0	BFFN	4		0.040	0.002	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.010		0	BFFN	4		0.048	0.003	
18:3 n-3 c,c,c (ALA).....g	0.010		0	BFFN	4		0.048	0.003	
18:3 n-6 c,c,c.....g	0.000		0	BFFN	4		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g	0.012		0	BFFN	4		0.056	0.003	
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.044		0	BFFN	4		0.201	0.013	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g	0.024		0	BFFN	4		0.110	0.007	
Fatty acids, total trans-monoenoic.....g	0.015		0	BFFN	4		0.070	0.004	
Fatty acids, total trans-polyenoic.....g	0.009		0	BFFN	4		0.040	0.002	
Cholesterol.....mg	63		1	A	1		284	18	
Phytosterols.....mg									

NDB No. 10891

Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.236		0	A	1		1.069	0.067	
Threonine....g	1.123		0	A	1		5.095	0.318	
Isoleucine....g	1.133		0	A	1		5.141	0.321	
Leucine....g	2.011		0	A	1		9.124	0.570	
Lysine....g	2.121		0	A	1		9.621	0.601	
Methionine....g	0.601		0	A	1		2.724	0.170	
Cystine....g	0.282		0	A	1		1.279	0.080	
Phenylalanine....g	1.004		0	A	1		4.556	0.285	
Tyrosine....g	0.815		0	A	1		3.695	0.231	
Valine....g	1.270		0	A	1		5.762	0.360	
Arginine....g	1.606		0	A	1		7.287	0.455	
Histidine....g	1.094		0	A	1		4.960	0.310	
Alanine....g	1.479		0	A	1		6.707	0.419	
Aspartic acid....g	2.190		0	A	1		9.934	0.621	
Glutamic acid....g	3.593		0	A	1		16.298	1.019	
Glycine....g	1.311		0	A	1		5.948	0.372	
Proline....g	1.078		0	A	1		4.888	0.306	
Serine....g	0.983		0	A	1		4.458	0.279	
Hydroxyproline....g	0.163		0	A	1		0.738	0.046	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 453.6g: 1 lb shank

Measure 2 = 28.35g: 1 oz shank

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10925

Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil

Refuse: 3% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.36		0	PAK	1		281.95	53.85	
Energy	kcal	180		0	NC	4		800	153	
Energy	kJ	753		0	NC	4		3349	640	
Protein	g	26.18		0	PAK	1		116.51	22.25	
Total lipid (fat)	g	8.28		0	PAK	1		36.84	7.04	
Ash	g	2.80		0	PAK	1		12.45	2.38	
Carbohydrate, by difference	g	0.17		0	PIK	4		0.74	0.14	
Fiber, total dietary	g	0.0		0	PIK	4		0.0	0.0	
Sugars, total	g	0.02		0	PAK	1		0.10	0.02	
Sucrose	g	0.00		0	PAK	1		0.00	0.00	
Glucose (dextrose)	g	0.02		0	PAK	1		0.10	0.02	
Fructose	g	0.00		0	PAK	1		0.00	0.00	
Lactose	g	0.00		0	PAK	1		0.00	0.00	
Maltose	g	0.00		0	PAK	1		0.00	0.00	
Galactose	g	0.00		0	PAK	1		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0	PAK	1		51	10	
Iron, Fe	mg	1.15		0	PAK	1		5.11	0.98	
Magnesium, Mg	mg	22		0	PAK	1		98	19	
Phosphorus, P	mg	280		0	PAK	1		1248	238	
Potassium, K	mg	344		0	PAK	1		1531	292	
Sodium, Na	mg	821		0	PAK	1		3656	698	
Zinc, Zn	mg	2.87		0	PAK	1		12.79	2.44	
Copper, Cu	mg	0.115		0	PAK	1		0.513	0.098	
Manganese, Mn	mg	0.022		0	PAK	1		0.098	0.019	
Selenium, Se	mcg	48.2		0	PAK	1		214.3	40.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0	0.0	
Thiamin	mg	0.306		0	PAK	1		1.361	0.260	
Riboflavin	mg	0.247		0	PAK	1		1.100	0.210	
Niacin	mg	8.520		0	PAK	1		37.913	7.242	
Pantothenic acid	mg	0.464		0	PAK	1		2.066	0.395	
Vitamin B-6	mg	0.376		0	PAK	1		1.674	0.320	
Folate, total	mcg	1		0	PAK	1		4	1	
Folic acid	mcg	0		0	PIK	4		0	0	
Folate, food	mcg	1		0	PIK	4		4	1	
Folate, DFE	mcg_DFE	1		0	NC	4		4	1	
Choline, total	mg	127.4		0	PAK	1		566.8	108.3	
Betaine	mg	1.7		0	PAK	1		7.5	1.4	
Vitamin B-12	mcg	0.58		0	PAK	1		2.58	0.49	
Vitamin B-12, added	mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	13		0	PAK	1		59	11	
Retinol	mcg	13		0	PAK	1		59	11	
Carotene, beta	mcg	0		0	PIK	4		0	0	
Carotene, alpha	mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta	mcg	0		0	PIK	4		0	0	
Vitamin A, IU	IU	44		0	PAK	1		197	38	
Lycopene	mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin	mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.24		0	PAK	1		1.07	0.20	
Vitamin E, added	mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta	mg	0.01		0	PAK	1		0.07	0.01	
Tocopherol, gamma	mg	0.04		0	PAK	1		0.17	0.03	
Tocopherol, delta	mg	0.00		0	PAK	1		0.01	0.00	
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 10925

Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	PAK	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.427		0	PIK	4		10.800	2.063	
4:0....g	0.000		0	PIK	4		0.000	0.000	
6:0....g	0.000		0	PIK	4		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.004		0	PAK	1		0.017	0.003	
12:0....g	0.004		0	PAK	1		0.019	0.004	
13:0....g									
14:0....g	0.088		0	PAK	1		0.391	0.075	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	1.552		0	PAK	1		6.904	1.319	
17:0....g	0.022		0	PAK	1		0.100	0.019	
18:0....g	0.728		0	PAK	1		3.241	0.619	
20:0....g	0.011		0	PAK	1		0.049	0.009	
22:0....g	0.018		0	PAK	1		0.079	0.015	
24:0....g									
Fatty acids, total monounsaturated....g	3.206		0	PIK	4		14.266	2.725	
14:1....g	0.000		0	PAK	1		0.000	0.000	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.194		0	PAK	1		0.863	0.165	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	2.960		0	PAK	1		13.170	2.516	
20:1....g	0.052		0	PAK	1		0.233	0.045	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.064		0	PIK	4		4.734	0.904	
18:2 undifferentiated....g	0.901		0	PAK	1		4.010	0.766	
18:3 undifferentiated....g	0.033		0	PAK	1		0.148	0.028	
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.035		0	PAK	1		0.156	0.030	
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
20:4 undifferentiated....g	0.095		0	PAK	1		0.421	0.080	
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans....g	0.048		0	PIK	4		0.214	0.041	
Cholesterol....mg	80		0	PAK	1		354	68	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.244		0	PAK	1		1.086	0.207	
Threonine....g	1.167		0	PAK	1		5.193	0.992	
Isoleucine....g	1.178		0	PAK	1		5.244	1.002	
Leucine....g	2.092		0	PAK	1		9.308	1.778	
Lysine....g	2.202		0	PAK	1		9.800	1.872	
Methionine....g	0.624		0	PAK	1		2.775	0.530	
Cystine....g	0.294		0	PAK	1		1.309	0.250	
Phenylalanine....g	1.045		0	PAK	1		4.651	0.888	
Tyrosine....g	0.846		0	PAK	1		3.763	0.719	
Valine....g	1.322		0	PAK	1		5.885	1.124	
Arginine....g	1.673		0	PAK	1		7.444	1.422	
Histidine....g	1.140		0	PAK	1		5.075	0.969	
Alanine....g	1.544		0	PAK	1		6.871	1.312	
Aspartic acid....g	2.282		0	PAK	1		10.156	1.940	
Glutamic acid....g	3.740		0	PAK	1		16.641	3.179	
Glycine....g	1.385		0	PAK	1		6.163	1.177	
Proline....g	1.128		0	PAK	1		5.021	0.959	
Serine....g	1.024		0	PAK	1		4.555	0.870	
Hydroxyproline....g	0.170		0	PAK	1		0.755	0.144	
Others:									

NDB No. 10925

Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 445g: 1 slice

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10902

Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated

Refuse: 3% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.16		0	PAK	1		288.78	314.30	
Energy....kcal	159		0	NC	4		682	742	
Energy....kJ	663		0	NC	4		2852	3104	
Protein....g	22.82		0	PAK	1		98.13	106.80	
Total lipid (fat)....g	7.40		0	PAK	1		31.81	34.62	
Ash....g	2.73		0	PAK	1		11.72	12.76	
Carbohydrate, by difference....g	0.17		0	PIK	4		0.73	0.79	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.04		0	PIK	4		0.17	0.18	
Sucrose....g	0.00		0	PIK	4		0.00	0.00	
Glucose (dextrose)....g	0.04		0	PIK	4		0.17	0.18	
Fructose....g	0.00		0	PIK	4		0.00	0.00	
Lactose....g	0.00		0	PIK	4		0.00	0.00	
Maltose....g	0.00		0	PIK	4		0.00	0.00	
Galactose....g	0.00		0	PIK	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0	PAK	1		38	42	
Iron, Fe....mg	1.05		0	PAK	1		4.50	4.89	
Magnesium, Mg....mg	19		0	PAK	1		83	91	
Phosphorus, P....mg	248		0	PAK	1		1065	1159	
Potassium, K....mg	289		0	PAK	1		1241	1351	
Sodium, Na....mg	839		0	PAK	1		3607	3926	
Zinc, Zn....mg	2.20		0	PAK	1		9.44	10.27	
Copper, Cu....mg	0.097		0	PAK	1		0.417	0.454	
Manganese, Mn....mg	0.022		0	PAK	1		0.095	0.103	
Selenium, Se....mcg	43.7		0	PAK	1		188.0	204.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.239		0	PAK	1		1.029	1.120	
Riboflavin....mg	0.230		0	PAK	1		0.989	1.077	
Niacin....mg	6.227		0	PAK	1		26.775	29.141	
Pantothenic acid....mg	0.407		0	PAK	1		1.749	1.904	
Vitamin B-6....mg	0.337		0	PAK	1		1.449	1.577	
Folate, total....mcg	1		0	PIK	4		3	4	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	1		0	PIK	4		3	4	
Folate, DFE....mcg_DFE	1		0	NC	4		3	4	
Choline, total....mg	116.7		0	PIK	4		502.0	546.3	
Betaine....mg	1.7		0	PIK	4		7.3	7.9	
Vitamin B-12....mcg	0.57		0	PAK	1		2.47	2.69	
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	12		0	PIK	4		51	55	
Retinol....mcg	12		0	PIK	4		51	55	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	39		0	PIK	4		169	184	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.25		0	PIK	4		1.08	1.17	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.01		0	PIK	4		0.06	0.06	
Tocopherol, gamma....mg	0.04		0	PIK	4		0.17	0.19	
Tocopherol, delta....mg	0.00		0	PIK	4		0.00	0.00	
Vitamin D (D2 + D3)....mcg									

NDB No. 10902

Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.236		0	PIK	4		9.616	10.466	
4:0....g	0.000		0	PIK	4		0.000	0.000	
6:0....g	0.000		0	PIK	4		0.000	0.000	
8:0....g	0.000		0	PIK	4		0.000	0.000	
10:0....g	0.000		0	PIK	4		0.000	0.000	
12:0....g	0.000		0	PIK	4		0.000	0.000	
13:0....g									
14:0....g	0.081		0	PIK	4		0.347	0.378	
15:0....g	0.000		0	PIK	4		0.000	0.000	
16:0....g	1.424		0	PIK	4		6.121	6.662	
17:0....g	0.021		0	PIK	4		0.089	0.097	
18:0....g	0.688		0	PIK	4		2.957	3.218	
20:0....g	0.010		0	PIK	4		0.044	0.048	
22:0....g	0.013		0	PIK	4		0.058	0.063	
24:0....g									
Fatty acids, total monounsaturated....g	2.965		0	PIK	4		12.748	13.875	
14:1....g	0.000		0	PIK	4		0.000	0.000	
15:1....g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated....g	0.163		0	PIK	4		0.699	0.761	
17:1....g	0.000		0	PIK	4		0.000	0.000	
18:1 undifferentiated....g	2.755		0	PIK	4		11.847	12.894	
20:1....g	0.047		0	PIK	4		0.202	0.219	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.967		0	PIK	4		4.159	4.527	
18:2 undifferentiated....g	0.835		0	PIK	4		3.589	3.906	
18:3 undifferentiated....g	0.033		0	PIK	4		0.143	0.156	
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.033		0	PIK	4		0.144	0.157	
20:3 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
20:4 undifferentiated....g	0.066		0	PIK	4		0.283	0.308	
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans....g	0.049		0	PIK	4		0.209	0.227	
Cholesterol....mg	63		0	PAK	1		271	295	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.213		0	PAK	1		0.914	0.995	
Threonine....g	1.017		0	PAK	1		4.373	4.760	
Isoleucine....g	1.027		0	PAK	1		4.416	4.806	
Leucine....g	1.823		0	PAK	1		7.838	8.531	
Lysine....g	1.919		0	PAK	1		8.252	8.981	
Methionine....g	0.543		0	PAK	1		2.336	2.543	
Cystine....g	0.256		0	PAK	1		1.103	1.200	
Phenylalanine....g	0.911		0	PAK	1		3.917	4.263	
Tyrosine....g	0.737		0	PAK	1		3.168	3.449	
Valine....g	1.153		0	PAK	1		4.956	5.394	
Arginine....g	1.458		0	PAK	1		6.269	6.823	
Histidine....g	0.994		0	PAK	1		4.275	4.652	
Alanine....g	1.346		0	PAK	1		5.788	6.300	
Aspartic acid....g	1.989		0	PAK	1		8.554	9.310	
Glutamic acid....g	3.259		0	PAK	1		14.014	15.253	
Glycine....g	1.208		0	PAK	1		5.196	5.655	
Proline....g	0.984		0	PAK	1		4.230	4.604	
Serine....g	0.892		0	PAK	1		3.836	4.175	

NDB No. 10902

Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.158		0	PAK	1		0.677	0.737	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 430g: 1 slice

Measure 2 = 468g: 2 slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10875

Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil

Refuse: 11% Bone 3%, Separable fat 8%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.87		2	A	1		293.13	55.99	
Energy	kcal	150		0	NC	4		669	128	
Energy	kJ	629		0	NC	4		2800	535	
Protein	g	27.75		2	A	1		123.49	23.59	
Total lipid (fat)	g	4.38		2	A	1		19.48	3.72	
Ash	g	2.85		2	A	1		12.69	2.42	
Carbohydrate, by difference	g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		1	A	1		0.00	0.00	
Sucrose	g	0.00		1	A	1		0.00	0.00	
Glucose (dextrose)	g	0.00		1	A	1		0.00	0.00	
Fructose	g	0.00		1	A	1		0.00	0.00	
Lactose	g	0.00		1	A	1		0.00	0.00	
Maltose	g	0.00		1	A	1		0.00	0.00	
Galactose	g	0.00		1	A	1		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	12		2	A	1		54	10	
Iron, Fe	mg	1.20		2	A	1		5.36	1.02	
Magnesium, Mg	mg	23		2	A	1		101	19	
Phosphorus, P	mg	291		2	A	1		1293	247	
Potassium, K	mg	358		2	A	1		1591	304	
Sodium, Na	mg	835		2	A	1		3714	709	
Zinc, Zn	mg	3.03		2	A	1		13.48	2.58	
Copper, Cu	mg	0.096		2	A	1		0.427	0.082	
Manganese, Mn	mg	0.022		2	A	1		0.098	0.019	
Selenium, Se	mcg	51.0		2	A	1		227.2	43.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.308		2	A	1		1.373	0.262	
Riboflavin	mg	0.261		2	A	1		1.161	0.222	
Niacin	mg	9.010		2	A	1		40.094	7.658	
Pantothenic acid	mg	0.469		2	A	1		2.087	0.399	
Vitamin B-6	mg	0.392		2	A	1		1.744	0.333	
Folate, total	mcg	1		1	A	1		4	1	
Folic acid	mcg	0		1	Z	7		0	0	
Folate, food	mcg	1		1	NR	4		4	1	
Folate, DFE	mcg_DFE	1		0	NC	4		4	1	
Choline, total	mg	138.9		0	AS	1		617.9	118.0	
Betaine	mg	1.8		1	A	1		8.2	1.6	
Vitamin B-12	mcg	0.60		2	A	1		2.69	0.51	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	13		0	AS	1		59	11	
Retinol	mcg	13		1	A	1		59	11	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	45		0	AS	1		198	38	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.23		1	A	1		1.02	0.20	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.01		1	A	1		0.07	0.01	
Tocopherol, gamma	mg	0.03		1	A	1		0.13	0.03	
Tocopherol, delta	mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 10875

Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	1.110		0	NC	4		4.938	0.943	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.039		1	A	1		0.174	0.033	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	0.706		1	A	1		3.141	0.600	
17:0.....g	0.012		1	A	1		0.053	0.010	
18:0.....g	0.334		1	A	1		1.486	0.284	
20:0.....g	0.004		1	A	1		0.018	0.003	
22:0.....g	0.015		1	A	1		0.066	0.013	
24:0.....g									
Fatty acids, total monounsaturated.....g	1.351		0	NC	4		6.012	1.148	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.096		1	A	1		0.427	0.082	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	1.234		0	AS	1		5.491	1.049	
18:1 c.....g	1.222		1	A	1		5.438	1.039	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.012		1	A	1		0.053	0.010	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.021		1	A	1		0.093	0.018	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.577		0	NC	4		2.567	0.490	
18:2 undifferentiated.....g	0.458		0	AS	1		2.038	0.389	
18:2 n-6 c,c.....g	0.451		1	A	1		2.007	0.383	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.007		1	A	1		0.031	0.006	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.012		0	AS	1		0.053	0.010	
18:3 n-3 c,c,c (ALA).....g	0.012		1	A	1		0.053	0.010	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.015		1	A	1		0.066	0.013	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.092		1	A	1		0.409	0.078	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.019		0	NC	4		0.085	0.016	
Fatty acids, total trans-monoenoic.....g	0.012		0	NC	4		0.053	0.010	
Fatty acids, total trans-polyenoic.....g	0.007		0	NC	4		0.031	0.006	
Cholesterol.....mg	80		2	A	1		357	68	
Phytosterols.....mg									

NDB No. 10875

Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.260		0	A	1		1.159	0.221	
Threonine....g	1.241		0	A	1		5.524	1.055	
Isoleucine....g	1.253		0	A	1		5.574	1.065	
Leucine....g	2.223		0	A	1		9.893	1.890	
Lysine....g	2.344		0	A	1		10.432	1.993	
Methionine....g	0.664		0	A	1		2.954	0.564	
Cystine....g	0.312		0	A	1		1.387	0.265	
Phenylalanine....g	1.110		0	A	1		4.940	0.944	
Tyrosine....g	0.900		0	A	1		4.007	0.765	
Valine....g	1.404		0	A	1		6.248	1.193	
Arginine....g	1.776		0	A	1		7.902	1.509	
Histidine....g	1.209		0	A	1		5.378	1.027	
Alanine....g	1.634		0	A	1		7.273	1.389	
Aspartic acid....g	2.421		0	A	1		10.772	2.058	
Glutamic acid....g	3.971		0	A	1		17.673	3.376	
Glycine....g	1.449		0	A	1		6.449	1.232	
Proline....g	1.191		0	A	1		5.300	1.012	
Serine....g	1.086		0	A	1		4.834	0.923	
Hydroxyproline....g	0.180		0	A	1		0.800	0.153	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 445g: 1 slice

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10892

Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated

Refuse: 12% Bone 3%, Separable fat 9%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.29		1	A	1		302.24	328.95	
Energy....kcal	123		0	NC	4		530	576	
Energy....kJ	515		0	NC	4		2216	2412	
Protein (N x 6.25)....g	24.34		1	A	1		104.68	113.93	
Total lipid (fat)....g	2.87		1	A	1		12.32	13.41	
Ash....g	2.80		1	A	1		12.04	13.10	
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	BFSN	4		0.00	0.00	
Sucrose....g	0.00		0	BFSN	4		0.00	0.00	
Glucose (dextrose)....g	0.00		0	BFSN	4		0.00	0.00	
Fructose....g	0.00		0	BFSN	4		0.00	0.00	
Lactose....g	0.00		0	BFSN	4		0.00	0.00	
Maltose....g	0.00		0	BFSN	4		0.00	0.00	
Galactose....g	0.00		0	BFSN	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	9		1	A	1		41	44	
Iron, Fe....mg	1.10		1	A	1		4.73	5.15	
Magnesium, Mg....mg	20		1	A	1		87	95	
Phosphorus, P....mg	258		1	A	1		1109	1207	
Potassium, K....mg	300		1	A	1		1290	1404	
Sodium, Na....mg	861		1	A	1		3702	4029	
Zinc, Zn....mg	2.30		1	A	1		9.89	10.76	
Copper, Cu....mg	0.097		1	A	1		0.417	0.454	
Manganese, Mn....mg	0.022		1	A	1		0.095	0.103	
Selenium, Se....mcg	46.5		1	A	1		200.0	217.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.240		1	A	1		1.032	1.123	
Riboflavin....mg	0.251		1	A	1		1.079	1.174	
Niacin....mg	6.590		1	A	1		28.337	30.841	
Pantothenic acid....mg	0.413		1	A	1		1.775	1.932	
Vitamin B-6....mg	0.352		1	A	1		1.513	1.647	
Folate, total....mcg	1		0	BFPN	4		4	4	
Folic acid....mcg	0		0	BFPN	4		0	0	
Folate, food....mcg	1		0	BFPN	4		4	4	
Folate, DFE....mcg_DFE	1		0	NC	4		4	4	
Choline, total....mg	125.3		0	BFNN	4		538.7	586.4	
Betaine....mg	1.7		0	BFNN	4		7.1	7.8	
Vitamin B-12....mcg	0.60		1	A	1		2.58	2.81	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	12		0	NC	4		50	54	
Retinol....mcg	12		0	BFSN	4		50	54	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	39		0	NC	4		167	181	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.20		0	BFSN	4		0.86	0.94	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.01		0	BFSN	4		0.06	0.06	
Tocopherol, gamma....mg	0.03		0	BFSN	4		0.11	0.12	
Tocopherol, delta....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 10892

Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.726		0	BFFN	4		3.124	3.400	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.026		0	BFFN	4		0.110	0.119	
15:0....g	0.000		0	BFFN	4		0.000	0.000	
16:0....g	0.462		0	BFFN	4		1.987	2.163	
17:0....g	0.008		0	BFFN	4		0.034	0.037	
18:0....g	0.219		0	BFFN	4		0.940	1.023	
20:0....g	0.003		0	BFFN	4		0.011	0.012	
22:0....g	0.010		0	BFFN	4		0.042	0.046	
24:0....g									
Fatty acids, total monounsaturated....g	0.884		0	BFFN	4		3.803	4.139	
14:1....g	0.000		0	BFFN	4		0.000	0.000	
15:1....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated....g	0.063		0	BFFN	4		0.270	0.294	
17:1....g	0.000		0	BFFN	4		0.000	0.000	
18:1 undifferentiated....g	0.808		0	BFFN	4		3.474	3.781	
18:1 c....g	0.800		0	BFFN	4		3.440	3.744	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.008		0	BFFN	4		0.034	0.037	
18:1-11t (18:1t n-7)....g									
20:1....g	0.014		0	BFFN	4		0.059	0.064	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.378		0	BFFN	4		1.624	1.767	
18:2 undifferentiated....g	0.300		0	BFFN	4		1.289	1.403	
18:2 n-6 c,c....g	0.295		0	BFFN	4		1.270	1.382	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.005		0	BFFN	4		0.020	0.021	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.008		0	BFFN	4		0.034	0.037	
18:3 n-3 c,c,c (ALA)....g	0.008		0	BFFN	4		0.034	0.037	
18:3 n-6 c,c,c....g	0.000		0	BFFN	4		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g	0.010		0	BFFN	4		0.042	0.046	
20:3 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.060		0	BFFN	4		0.259	0.282	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g	0.012		0	BFFN	4		0.053	0.058	
Fatty acids, total trans-monoenoic....g	0.008		0	BFFN	4		0.034	0.037	
Fatty acids, total trans-polyenoic....g	0.005		0	BFFN	4		0.020	0.021	
Cholesterol....mg	63		1	A	1		272	296	
Phytosterols....mg									

NDB No. 10892

Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.228		0	A	1		0.982	1.069	
Threonine....g	1.089		0	A	1		4.683	5.097	
Isoleucine....g	1.099		0	A	1		4.725	5.143	
Leucine....g	1.950		0	A	1		8.386	9.127	
Lysine....g	2.057		0	A	1		8.843	9.625	
Methionine....g	0.582		0	A	1		2.504	2.725	
Cystine....g	0.273		0	A	1		1.175	1.279	
Phenylalanine....g	0.974		0	A	1		4.187	4.557	
Tyrosine....g	0.790		0	A	1		3.397	3.697	
Valine....g	1.232		0	A	1		5.296	5.764	
Arginine....g	1.558		0	A	1		6.698	7.290	
Histidine....g	1.060		0	A	1		4.559	4.962	
Alanine....g	1.434		0	A	1		6.165	6.710	
Aspartic acid....g	2.123		0	A	1		9.131	9.938	
Glutamic acid....g	3.484		0	A	1		14.981	16.305	
Glycine....g	1.271		0	A	1		5.467	5.950	
Proline....g	1.045		0	A	1		4.493	4.890	
Serine....g	0.953		0	A	1		4.097	4.460	
Hydroxyproline....g	0.158		0	A	1		0.678	0.738	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 430g: 1 slice

Measure 2 = 468g: 2 slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10926

Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.93		0	PAK	1		196.46	60.29	
Energy	kcal	118		0	PIK	4		327	100	
Energy	kJ	494		0	PIK	4		1369	420	
Protein	g	20.89		0	PAK	1		57.85	17.75	
Total lipid (fat)	g	3.40		0	PAK	1		9.41	2.89	
Ash	g	3.80		0	PAK	1		10.53	3.23	
Carbohydrate, by difference	g	0.99		0	PIK	4		2.74	0.84	
Fiber, total dietary	g	0.0		0	PIK	4		0.0	0.0	
Sugars, total	g	1.04		0	PAK	1		2.89	0.89	
Sucrose	g	0.31		0	PAK	1		0.87	0.27	
Glucose (dextrose)	g	0.72		0	PAK	1		2.00	0.61	
Fructose	g	0.01		0	PAK	1		0.03	0.01	
Lactose	g	0.00		0	PAK	1		0.00	0.00	
Maltose	g	0.00		0	PAK	1		0.00	0.00	
Galactose	g	0.00		0	PAK	1		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0	PAK	1		17	5	
Iron, Fe	mg	0.93		0	PAK	1		2.59	0.79	
Magnesium, Mg	mg	22		0	PAK	1		61	19	
Phosphorus, P	mg	321		0	PAK	1		890	273	
Potassium, K	mg	363		0	PAK	1		1006	309	
Sodium, Na	mg	1160		0	PAK	1		3214	986	
Zinc, Zn	mg	2.13		0	PAK	1		5.91	1.81	
Copper, Cu	mg	0.272		0	PAK	1		0.753	0.231	
Manganese, Mn	mg	0.026		0	PAK	1		0.072	0.022	
Selenium, Se	mcg	36.9		0	PAK	1		102.1	31.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0	0.0	
Thiamin	mg	0.513		0	PAK	1		1.420	0.436	
Riboflavin	mg	0.217		0	PAK	1		0.601	0.185	
Niacin	mg	7.374		0	PAK	1		20.425	6.268	
Pantothenic acid	mg	0.839		0	PAK	1		2.323	0.713	
Vitamin B-6	mg	0.504		0	PAK	1		1.397	0.429	
Folate, total	mcg	1		0	PAK	1		3	1	
Folic acid	mcg	0		0	PIK	4		0	0	
Folate, food	mcg	1		0	PIK	4		3	1	
Folate, DFE	mcg_DFE	1		0	NC	4		3	1	
Choline, total	mg	81.9		0	PAK	1		226.8	69.6	
Betaine	mg	6.2		0	PAK	1		17.3	5.3	
Vitamin B-12	mcg	0.42		0	PAK	1		1.18	0.36	
Vitamin B-12, added	mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	13		0	PAK	1		37	11	
Retinol	mcg	13		0	PAK	1		37	11	
Carotene, beta	mcg	0		0	PIK	4		0	0	
Carotene, alpha	mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta	mcg	0		0	PIK	4		0	0	
Vitamin A, IU	IU	44		0	PAK	1		122	37	
Lycopene	mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin	mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.22		0	PAK	1		0.60	0.18	
Vitamin E, added	mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta	mg	0.01		0	PAK	1		0.01	0.00	
Tocopherol, gamma	mg	0.03		0	PAK	1		0.08	0.03	
Tocopherol, delta	mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)	mcg	0.9		0	PAK	1		2.6	0.8	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 10926

Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.9		0	PIK	4		2.6	0.8	
Vitamin D....IU	37		0	PIK	4		104	32	
Vitamin K (phylloquinone)....mcg	0.0		0	PAK	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.054		0	PIK	4		2.921	0.896	
4:0....g	0.000		0	PIK	4		0.000	0.000	
6:0....g	0.000		0	PIK	4		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.000		0	PAK	1		0.001	0.000	
12:0....g	0.001		0	PAK	1		0.004	0.001	
13:0....g									
14:0....g	0.037		0	PAK	1		0.102	0.031	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	0.667		0	PAK	1		1.847	0.567	
17:0....g	0.006		0	PAK	1		0.018	0.005	
18:0....g	0.329		0	PAK	1		0.912	0.280	
20:0....g	0.005		0	PAK	1		0.013	0.004	
22:0....g	0.009		0	PAK	1		0.025	0.008	
24:0....g									
Fatty acids, total monounsaturated....g	1.445		0	PIK	4		4.003	1.228	
14:1....g	0.000		0	PAK	1		0.000	0.000	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.087		0	PAK	1		0.242	0.074	
17:1....g	0.003		0	PAK	1		0.009	0.003	
18:1 undifferentiated....g	1.334		0	PAK	1		3.696	1.134	
18:1 c....g	1.320		0	PAK	1		3.657	1.122	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.014		0	PAK	1		0.039	0.012	
18:1-11t (18:1t n-7)....g									
20:1....g	0.020		0	PAK	1		0.056	0.017	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.454		0	PIK	4		1.258	0.386	
18:2 undifferentiated....g	0.368		0	PAK	1		1.020	0.313	
18:2 n-6 c,c....g	0.358		0	PAK	1		0.992	0.305	
18:2 CLAs....g	0.001		0	PAK	1		0.002	0.001	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.009		0	PAK	1		0.026	0.008	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.016		0	PAK	1		0.044	0.013	
18:3 n-3 c,c,c (ALA)....g	0.016		0	PAK	1		0.044	0.013	
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.013		0	PAK	1		0.035	0.011	
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.058		0	PAK	1		0.159	0.049	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans....g	0.002		0	PIK	4		0.005	0.002	
Fatty acids, total trans-monoenoic....g	0.001		0	PIK	4		0.003	0.001	
Fatty acids, total trans-polyenoic....g	0.001		0	PIK	4		0.002	0.001	
Cholesterol....mg	58		0	PAK	1		159	49	
Phytosterols....mg									

NDB No. 10926

Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan.....g	0.196		0	PAK	1		0.543	0.167	
Threonine.....g	0.934		0	PAK	1		2.587	0.794	
Isoleucine.....g	0.943		0	PAK	1		2.611	0.801	
Leucine.....g	1.673		0	PAK	1		4.634	1.422	
Lysine.....g	1.764		0	PAK	1		4.886	1.499	
Methionine.....g	0.499		0	PAK	1		1.383	0.425	
Cystine.....g	0.235		0	PAK	1		0.650	0.199	
Phenylalanine.....g	0.835		0	PAK	1		2.314	0.710	
Tyrosine.....g	0.677		0	PAK	1		1.877	0.576	
Valine.....g	1.057		0	PAK	1		2.927	0.898	
Arginine.....g	1.336		0	PAK	1		3.701	1.136	
Histidine.....g	0.910		0	PAK	1		2.520	0.773	
Alanine.....g	1.230		0	PAK	1		3.408	1.046	
Aspartic acid.....g	1.822		0	PAK	1		5.046	1.549	
Glutamic acid.....g	2.989		0	PAK	1		8.279	2.540	
Glycine.....g	1.092		0	PAK	1		3.024	0.928	
Proline.....g	0.897		0	PAK	1		2.484	0.762	
Serine.....g	0.817		0	PAK	1		2.264	0.695	
Hydroxyproline.....g	0.135		0	PAK	1		0.375	0.115	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 277g: 1 slice

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10882

Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil

Refuse: 1% Separable fat

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.10	0.431	11	A	1		196.95	60.44	
Energy	kcal	116		0	NC	4		322	99	
Energy	kJ	486		0	NC	4		1346	413	
Protein	g	20.95	0.454	11	A	1		58.02	17.80	
Total lipid (fat)	g	3.16	0.210	11	A	1		8.74	2.68	
Ash	g	3.81	0.098	11	A	1		10.55	3.24	
Carbohydrate, by difference	g	0.99		0	NC	4		2.73	0.84	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	1.05	0.188	11	A	1		2.90	0.89	
Sucrose	g	0.32	0.135	11	A	1		0.87	0.27	
Glucose (dextrose)	g	0.72	0.215	11	A	1		2.00	0.61	
Fructose	g	0.01	0.010	11	A	1		0.03	0.01	
Lactose	g	0.00	0.000	11	A	1		0.00	0.00	
Maltose	g	0.00	0.000	11	A	1		0.00	0.00	
Galactose	g	0.00	0.000	11	A	1		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	6	0.654	4	A	1		17	5	
Iron, Fe	mg	0.94	0.082	4	A	1		2.59	0.80	
Magnesium, Mg	mg	22	0.419	4	A	1		61	19	
Phosphorus, P	mg	322	3.764	4	A	1		892	274	
Potassium, K	mg	364	11.431	4	A	1		1008	309	
Sodium, Na	mg	1163	71.932	4	A	1		3221	988	
Zinc, Zn	mg	2.14	0.066	4	A	1		5.92	1.82	
Copper, Cu	mg	0.271	0.082	4	A	1		0.752	0.231	
Manganese, Mn	mg	0.026	0.004	4	A	1		0.072	0.022	
Selenium, Se	mcg	37.0	7.872	4	A	1		102.4	31.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.514	0.090	4	A	1		1.424	0.437	
Riboflavin	mg	0.218	0.018	4	A	1		0.603	0.185	
Niacin	mg	7.395	0.369	4	A	1		20.484	6.286	
Pantothenic acid	mg	0.841	0.052	4	A	1		2.329	0.715	
Vitamin B-6	mg	0.506	0.020	4	A	1		1.401	0.430	
Folate, total	mcg	1	0.337	4	A	1		3	1	
Folic acid	mcg	0	0.000	4	Z	7		0	0	
Folate, food	mcg	1	0.337	4	NR	4		3	1	
Folate, DFE	mcg_DFE	1		0	NC	4		3	1	
Choline, total	mg	82.3		0	AS	1		227.9	69.9	
Betaine	mg	6.3	1.885	4	A	1		17.4	5.3	
Vitamin B-12	mcg	0.42	0.033	4	A	1		1.18	0.36	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	13		0	AS	1		37	11	
Retinol	mcg	13	0.076	4	A	1		37	11	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	44		0	AS	1		122	37	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.22	0.012	3	A	1		0.60	0.18	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.00	0.005	4	A	1		0.01	0.00	
Tocopherol, gamma	mg	0.03	0.004	4	A	1		0.08	0.03	
Tocopherol, delta	mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3)	mcg	0.9		0	AS	1		2.6	0.8	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 10882

Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.9		0	BFNN	4		2.6	0.8	
Vitamin D....IU	37		0	BFNN	4		103	32	
Vitamin K (phylloquinone)....mcg	0.0	0.000	4	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.975		0	NC	4		2.699	0.828	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000	0.000	4	A	1		0.000	0.000	
10:0....g	0.000	0.000	4	A	1		0.000	0.000	
12:0....g	0.001	0.001	4	A	1		0.003	0.001	
13:0....g									
14:0....g	0.034	0.006	4	A	1		0.094	0.029	
15:0....g	0.000	0.000	4	A	1		0.000	0.000	
16:0....g	0.615	0.085	4	A	1		1.705	0.523	
17:0....g	0.006	0.001	4	A	1		0.016	0.005	
18:0....g	0.305	0.038	4	A	1		0.845	0.259	
20:0....g	0.004	0.001	4	A	1		0.012	0.004	
22:0....g	0.009	0.000	4	A	1		0.024	0.007	
24:0....g									
Fatty acids, total monounsaturated....g	1.333		0	NC	4		3.693	1.133	
14:1....g	0.000	0.000	4	A	1		0.000	0.000	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.081	0.015	4	A	1		0.226	0.069	
17:1....g	0.003	0.002	4	A	1		0.009	0.003	
18:1 undifferentiated....g	1.230		0	AS	1		3.408	1.046	
18:1 c....g	1.217	0.149	4	A	1		3.372	1.035	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.013	0.002	4	A	1		0.036	0.011	
18:1-11t (18:1t n-7)....g									
20:1....g	0.018	0.003	4	A	1		0.050	0.015	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.424		0	NC	4		1.175	0.361	
18:2 undifferentiated....g	0.341		0	AS	1		0.945	0.290	
18:2 n-6 c,c....g	0.332	0.028	4	A	1		0.921	0.283	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.009	0.000	4	A	1		0.024	0.007	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.014		0	AS	1		0.040	0.012	
18:3 n-3 c,c,c (ALA)....g	0.014	0.004	4	A	1		0.040	0.012	
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.011	0.002	4	A	1		0.032	0.010	
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.057	0.004	4	A	1		0.159	0.049	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.022		0	NC	4		0.060	0.018	
Fatty acids, total trans-monoenoic....g	0.013		0	NC	4		0.036	0.011	
Fatty acids, total trans-polyenoic....g	0.009		0	NC	4		0.024	0.007	
Cholesterol....mg	57	0.997	11	A	1		159	49	
Phytosterols....mg									

NDB No. 10882

Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.197		0	A	1		0.544	0.167	
Threonine....g	0.937		0	A	1		2.596	0.797	
Isoleucine....g	0.946		0	A	1		2.619	0.804	
Leucine....g	1.678		0	A	1		4.648	1.426	
Lysine....g	1.770		0	A	1		4.902	1.504	
Methionine....g	0.501		0	A	1		1.388	0.426	
Cystine....g	0.235		0	A	1		0.651	0.200	
Phenylalanine....g	0.838		0	A	1		2.321	0.712	
Tyrosine....g	0.680		0	A	1		1.883	0.578	
Valine....g	1.060		0	A	1		2.936	0.901	
Arginine....g	1.340		0	A	1		3.713	1.139	
Histidine....g	0.912		0	A	1		2.527	0.775	
Alanine....g	1.234		0	A	1		3.417	1.049	
Aspartic acid....g	1.827		0	A	1		5.061	1.553	
Glutamic acid....g	2.998		0	A	1		8.304	2.548	
Glycine....g	1.094		0	A	1		3.030	0.930	
Proline....g	0.899		0	A	1		2.490	0.764	
Serine....g	0.820		0	A	1		2.271	0.697	
Hydroxyproline....g	0.136		0	A	1		0.376	0.115	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 277g: 1 slice

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10927

Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	68.53		0	PAK	1		99.37	630.48	58.25
Energy ... kcal	136		0	PIK	4		198	1256	116
Energy ... kJ	571		0	PIK	4		828	5253	485
Protein ... g	22.18		0	PAK	1		32.16	204.07	18.85
Total lipid (fat) ... g	5.10		0	PAK	1		7.40	46.94	4.34
Ash ... g	3.73		0	PAK	1		5.41	34.31	3.17
Carbohydrate, by difference ... g	0.46		0	PIK	4		0.66	4.20	0.39
Fiber, total dietary ... g	0.0		0	PIK	4		0.0	0.0	0.0
Sugars, total ... g	1.06		0	PAK	1		1.53	9.71	0.90
Sucrose ... g	0.48		0	PAK	1		0.69	4.39	0.41
Glucose (dextrose) ... g	0.58		0	PAK	1		0.84	5.32	0.49
Fructose ... g	0.00		0	PAK	1		0.00	0.00	0.00
Lactose ... g	0.00		0	PAK	1		0.00	0.00	0.00
Maltose ... g	0.00		0	PAK	1		0.00	0.00	0.00
Galactose ... g	0.00		0	PAK	1		0.00	0.00	0.00
Starch ... g									
Minerals:									
Calcium, Ca ... mg	4		0	PAK	1		6	40	4
Iron, Fe ... mg	0.83		0	PAK	1		1.20	7.63	0.70
Magnesium, Mg ... mg	22		0	PAK	1		31	198	18
Phosphorus, P ... mg	308		0	PAK	1		447	2834	262
Potassium, K ... mg	345		0	PAK	1		500	3172	293
Sodium, Na ... mg	977		0	PAK	1		1417	8993	831
Zinc, Zn ... mg	1.80		0	PAK	1		2.61	16.57	1.53
Copper, Cu ... mg	0.193		0	PAK	1		0.280	1.774	0.164
Manganese, Mn ... mg	0.022		0	PAK	1		0.032	0.203	0.019
Selenium, Se ... mcg	41.1		0	PAK	1		59.6	378.0	34.9
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	PIK	4		0.0	0.0	0.0
Thiamin ... mg	0.463		0	PAK	1		0.671	4.256	0.393
Riboflavin ... mg	0.226		0	PAK	1		0.328	2.082	0.192
Niacin ... mg	6.619		0	PAK	1		9.598	60.898	5.626
Pantothenic acid ... mg	1.032		0	PAK	1		1.497	9.497	0.877
Vitamin B-6 ... mg	0.422		0	PAK	1		0.612	3.880	0.358
Folate, total ... mcg	1		0	PAK	1		1	9	1
Folic acid ... mcg	0		0	PIK	4		0	0	0
Folate, food ... mcg	1		0	PIK	4		1	9	1
Folate, DFE ... mcg_DFE	1		0	NC	4		1	9	1
Choline, total ... mg	83.7		0	PAK	1		121.4	770.4	71.2
Betaine ... mg	3.6		0	PAK	1		5.2	33.3	3.1
Vitamin B-12 ... mcg	0.50		0	PAK	1		0.73	4.64	0.43
Vitamin B-12, added ... mcg	0.00		0	PIK	4		0.00	0.00	0.00
Vitamin A, RAE ... mcg_RAE	13		0	PAK	1		19	119	11
Retinol ... mcg	13		0	PAK	1		19	119	11
Carotene, beta ... mcg	0		0	PIK	4		0	0	0
Carotene, alpha ... mcg	0		0	PIK	4		0	0	0
Cryptoxanthin, beta ... mcg	0		0	PIK	4		0	0	0
Vitamin A, IU ... IU	43		0	PAK	1		62	396	37
Lycopene ... mcg	0		0	PIK	4		0	0	0
Lutein + zeaxanthin ... mcg	0		0	PIK	4		0	0	0
Vitamin E (alpha-tocopherol) ... mg	0.19		0	PAK	1		0.28	1.79	0.17
Vitamin E, added ... mg	0.00		0	PIK	4		0.00	0.00	0.00
Tocopherol, beta ... mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocopherol, gamma ... mg	0.03		0	PAK	1		0.05	0.30	0.03
Tocopherol, delta ... mg	0.00		0	PAK	1		0.00	0.01	0.00
Vitamin D (D2 + D3) ... mcg	0.8		0	PAK	1		1.2	7.6	0.7
Vitamin D2 (ergocalciferol) ... mcg									

NDB No. 10927

Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.8		0	PIK	4		1.2	7.6	0.7
Vitamin D....IU	33		0	PIK	4		48	305	28
Vitamin K (phylloquinone)....mcg	0.0		0	PAK	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.471		0	PIK	4		0.683	4.330	0.400
4:0....g	0.000		0	PIK	4		0.000	0.000	0.000
6:0....g	0.000		0	PIK	4		0.000	0.000	0.000
8:0....g	0.000		0	PAK	1		0.000	0.000	0.000
10:0....g	0.001		0	PAK	1		0.002	0.012	0.001
12:0....g	0.001		0	PAK	1		0.002	0.013	0.001
13:0....g									
14:0....g	0.032		0	PAK	1		0.046	0.293	0.027
15:0....g	0.000		0	PAK	1		0.000	0.000	0.000
16:0....g	0.598		0	PAK	1		0.866	5.497	0.508
17:0....g	0.008		0	PAK	1		0.011	0.071	0.007
18:0....g	0.297		0	PAK	1		0.430	2.728	0.252
20:0....g	0.004		0	PAK	1		0.006	0.040	0.004
22:0....g	0.009		0	PAK	1		0.013	0.084	0.008
24:0....g									
Fatty acids, total monounsaturated....g	0.657		0	PIK	4		0.953	6.045	0.559
14:1....g	0.000		0	PAK	1		0.000	0.000	0.000
15:1....g	0.000		0	PAK	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.077		0	PAK	1		0.112	0.710	0.066
17:1....g	0.000		0	PAK	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.611		0	PAK	1		0.885	5.617	0.519
18:1 c....g	1.205		0	PAK	1		1.747	11.086	1.024
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.012		0	PAK	1		0.018	0.113	0.010
18:1-11t (18:1t n-7)....g									
20:1....g	0.020		0	PAK	1		0.029	0.182	0.017
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.179		0	PIK	4		0.259	1.643	0.152
18:2 undifferentiated....g	0.161		0	PAK	1		0.233	1.478	0.137
18:2 n-6 c,c....g	0.351		0	PAK	1		0.509	3.229	0.298
18:2 CLAs....g	0.004		0	PAK	1		0.006	0.038	0.004
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.009		0	PAK	1		0.012	0.079	0.007
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.007		0	PAK	1		0.011	0.068	0.006
18:3 n-3 c,c,c (ALA)....g	0.013		0	PAK	1		0.019	0.122	0.011
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.013		0	PAK	1		0.019	0.119	0.011
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.067		0	PAK	1		0.096	0.612	0.057
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PIK	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.010		0	PIK	4		0.015	0.094	0.009
Fatty acids, total trans-monoenoic....g	0.006		0	PIK	4		0.009	0.059	0.005
Fatty acids, total trans-polyenoic....g	0.004		0	PIK	4		0.005	0.035	0.003
Cholesterol....mg	64		0	PAK	1		92	585	54
Phytosterols....mg									

NDB No. 10927

Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.208		0	PAK	1		0.301	1.910	0.176
Threonine....g	0.991		0	PAK	1		1.437	9.116	0.842
Isoleucine....g	1.000		0	PAK	1		1.450	9.202	0.850
Leucine....g	1.775		0	PAK	1		2.574	16.331	1.509
Lysine....g	1.871		0	PAK	1		2.713	17.211	1.590
Methionine....g	0.530		0	PAK	1		0.768	4.873	0.450
Cystine....g	0.249		0	PAK	1		0.361	2.292	0.212
Phenylalanine....g	0.887		0	PAK	1		1.286	8.157	0.754
Tyrosine....g	0.718		0	PAK	1		1.042	6.610	0.611
Valine....g	1.122		0	PAK	1		1.626	10.318	0.953
Arginine....g	1.419		0	PAK	1		2.057	13.050	1.206
Histidine....g	0.966		0	PAK	1		1.401	8.889	0.821
Alanine....g	1.307		0	PAK	1		1.895	12.025	1.111
Aspartic acid....g	1.934		0	PAK	1		2.805	17.796	1.644
Glutamic acid....g	3.172		0	PAK	1		4.599	29.183	2.696
Glycine....g	1.164		0	PAK	1		1.688	10.712	0.990
Proline....g	0.954		0	PAK	1		1.383	8.773	0.811
Serine....g	0.868		0	PAK	1		1.258	7.984	0.738
Hydroxyproline....g	0.144		0	PAK	1		0.208	1.322	0.122
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	0.0
Caffeine....mg	0		0	PIK	4		0	0	0
Theobromine....mg	0		0	PIK	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 145g: 1 slice

Measure 2 = 920g: 1 roast

Measure 3 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10901

Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.62		0	PAK	1		20.02	320.33	
Energy....kcal	129		0	PIK	4		37	586	
Energy....kJ	541		0	PIK	4		153	2452	
Protein....g	18.66		0	PAK	1		5.29	84.64	
Total lipid (fat)....g	5.75		0	PAK	1		1.63	26.10	
Ash....g	4.27		0	PAK	1		1.21	19.38	
Carbohydrate, by difference....g	0.69		0	PIK	4		0.20	3.15	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	1.18		0	PAK	1		0.33	5.34	
Sucrose....g	0.74		0	PAK	1		0.21	3.36	
Glucose (dextrose)....g	0.44		0	PAK	1		0.12	1.98	
Fructose....g	0.00		0	PAK	1		0.00	0.00	
Lactose....g	0.00		0	PAK	1		0.00	0.00	
Maltose....g	0.00		0	PAK	1		0.00	0.00	
Galactose....g	0.00		0	PAK	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0	PIK	4		1	18	
Iron, Fe....mg	0.75		0	PIK	4		0.21	3.39	
Magnesium, Mg....mg	19		0	PIK	4		5	87	
Phosphorus, P....mg	276		0	PIK	4		78	1253	
Potassium, K....mg	310		0	PIK	4		88	1404	
Sodium, Na....mg	881		0	PIK	4		250	3996	
Zinc, Zn....mg	1.63		0	PIK	4		0.46	7.38	
Copper, Cu....mg	0.168		0	PIK	4		0.048	0.761	
Manganese, Mn....mg	0.001		0	PAK	1		0.000	0.005	
Selenium, Se....mcg	36.8		0	PIK	4		10.4	167.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.391		0	PIK	4		0.111	1.773	
Riboflavin....mg	0.187		0	PIK	4		0.053	0.850	
Niacin....mg	5.575		0	PIK	4		1.580	25.287	
Pantothenic acid....mg	0.017		0	PAK	1		0.005	0.078	
Vitamin B-6....mg	0.356		0	PIK	4		0.101	1.616	
Folate, total....mcg	1		0	PIK	4		0	4	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	1		0	PIK	4		0	4	
Folate, DFE....mcg_DFE	1		0	NC	4		0	4	
Choline, total....mg	75.8		0	PIK	4		21.5	343.7	
Betaine....mg	3.3		0	PIK	4		0.9	15.0	
Vitamin B-12....mcg	0.43		0	PIK	4		0.12	1.94	
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	12		0	PIK	4		3	53	
Retinol....mcg	12		0	PIK	4		3	53	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	39		0	PIK	4		11	177	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.20		0	PIK	4		0.06	0.91	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, gamma....mg	0.03		0	PIK	4		0.01	0.16	

NDB No. 10901

Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocopherol, delta....mg	0.00		0	PIK	4		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.7		0	PAK	1		0.2	3.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.7		0	PIK	4		0.2	3.0	
Vitamin D....IU	27		0	PIK	4		8	120	
Vitamin K (phylloquinone)....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.833		0	PIK	4		0.520	8.312	
4:0....g	0.000		0	PIK	4		0.000	0.000	
6:0....g	0.000		0	PIK	4		0.000	0.000	
8:0....g	0.000		0	PIK	4		0.000	0.000	
10:0....g	0.000		0	PIK	4		0.000	0.000	
12:0....g	0.000		0	PIK	4		0.000	0.000	
13:0....g									
14:0....g	0.061		0	PIK	4		0.017	0.276	
15:0....g	0.000		0	PIK	4		0.000	0.000	
16:0....g	1.148		0	PIK	4		0.325	5.206	
17:0....g	0.015		0	PIK	4		0.004	0.070	
18:0....g	0.582		0	PIK	4		0.165	2.641	
20:0....g	0.008		0	PIK	4		0.002	0.037	
22:0....g	0.018		0	PIK	4		0.005	0.082	
24:0....g									
Fatty acids, total monounsaturated....g	2.513		0	PIK	4		0.712	11.400	
14:1....g	0.000		0	PIK	4		0.000	0.000	
15:1....g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated....g	0.142		0	PIK	4		0.040	0.645	
17:1....g	0.000		0	PIK	4		0.000	0.000	
18:1 undifferentiated....g	2.335		0	PIK	4		0.662	10.589	
18:1 c....g	2.310		0	PIK	4		0.655	10.480	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.024		0	PIK	4		0.007	0.110	
18:1-11t (18:1t n-7)....g									
20:1....g	0.036		0	PIK	4		0.010	0.165	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.902		0	PIK	4		0.256	4.091	
18:2 undifferentiated....g	0.718		0	PIK	4		0.204	3.257	
18:2 n-6 c,c....g	0.700		0	PIK	4		0.199	3.176	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.018		0	PIK	4		0.005	0.080	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.026		0	PIK	4		0.007	0.119	
18:3 n-3 c,c,c (ALA)....g	0.026		0	PIK	4		0.007	0.119	
18:3 n-6 c,c,c....g	0.000		0	PIK	4		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.025		0	PIK	4		0.007	0.115	
20:3 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.132		0	PIK	4		0.038	0.600	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PIK	4		0.000	0.000	

NDB No. 10901

Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans....g	0.042		0	PIK	4		0.012	0.190	
Fatty acids, total trans-monoenoic....g	0.024		0	PIK	4		0.007	0.110	
Fatty acids, total trans-polyenoic....g	0.018		0	PIK	4		0.005	0.080	
Cholesterol....mg	57		0	PAK	1		16	258	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.174		0	PAK	1		0.049	0.791	
Threonine....g	0.833		0	PAK	1		0.236	3.777	
Isoleucine....g	0.841		0	PAK	1		0.238	3.813	
Leucine....g	1.492		0	PAK	1		0.423	6.767	
Lysine....g	1.572		0	PAK	1		0.446	7.128	
Methionine....g	0.445		0	PAK	1		0.126	2.018	
Cystine....g	0.210		0	PAK	1		0.059	0.951	
Phenylalanine....g	0.745		0	PAK	1		0.211	3.381	
Tyrosine....g	0.603		0	PAK	1		0.171	2.737	
Valine....g	0.943		0	PAK	1		0.267	4.277	
Arginine....g	1.193		0	PAK	1		0.338	5.410	
Histidine....g	0.813		0	PAK	1		0.230	3.687	
Alanine....g	1.100		0	PAK	1		0.312	4.990	
Aspartic acid....g	1.627		0	PAK	1		0.461	7.380	
Glutamic acid....g	2.667		0	PAK	1		0.756	12.096	
Glycine....g	0.984		0	PAK	1		0.279	4.462	
Proline....g	0.803		0	PAK	1		0.228	3.644	
Serine....g	0.730		0	PAK	1		0.207	3.310	
Hydroxyproline....g	0.126		0	PAK	1		0.036	0.573	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz spiral slice

Measure 2 = 453.6g: 1 lb spiral slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10893

Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated

Refuse: 99% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.46		1	A	1		20.54	328.70	
Energy....kcal	109		0	NC	4		31	494	
Energy....kJ	455		0	NC	4		129	2066	
Protein (N x 6.25)....g	19.25		1	A	1		5.46	87.32	
Total lipid (fat)....g	3.26		1	A	1		0.92	14.79	
Ash....g	4.39		1	A	1		1.25	19.93	
Carbohydrate, by difference....g	0.63		0	NC	4		0.18	2.87	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	1.22		1	A	1		0.34	5.52	
Sucrose....g	0.78		1	A	1		0.22	3.54	
Glucose (dextrose)....g	0.44		1	A	1		0.12	1.98	
Fructose....g	0.00		1	A	1		0.00	0.00	
Lactose....g	0.00		1	A	1		0.00	0.00	
Maltose....g	0.00		1	A	1		0.00	0.00	
Galactose....g	0.00		1	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0	BFNN	4		1	18	
Iron, Fe....mg	0.76		0	BFNN	4		0.22	3.45	
Magnesium, Mg....mg	20		0	BFNN	4		6	89	
Phosphorus, P....mg	283		0	BFNN	4		80	1284	
Potassium, K....mg	317		0	BFNN	4		90	1437	
Sodium, Na....mg	895		0	BFNN	4		254	4059	
Zinc, Zn....mg	1.65		0	BFNN	4		0.47	7.49	
Copper, Cu....mg	0.171		0	BFNN	4		0.049	0.778	
Manganese, Mn....mg									
Selenium, Se....mcg	37.9		0	BFNN	4		10.8	172.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.399		0	BFPN	4		0.113	1.811	
Riboflavin....mg	0.196		0	BFPN	4		0.056	0.890	
Niacin....mg	5.733		0	BFPN	4		1.625	26.006	
Pantothenic acid....mg									
Vitamin B-6....mg	0.365		0	BFPN	4		0.104	1.656	
Folate, total....mcg	1		0	BFPN	4		0	4	
Folic acid....mcg	0		0	BFPN	4		0	0	
Folate, food....mcg	1		0	BFPN	4		0	4	
Folate, DFE....mcg_DFE	1		0	NC	4		0	4	
Choline, total....mg	78.2		0	BFNN	4		22.2	354.5	
Betaine....mg	3.4		0	BFNN	4		1.0	15.3	
Vitamin B-12....mcg	0.44		0	BFPN	4		0.12	1.97	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	12		0	NC	4		3	53	
Retinol....mcg	12		0	BFSN	4		3	53	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	39		0	NC	4		11	176	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.17		0	BFSN	4		0.05	0.78	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma....mg	0.03		0	BFSN	4		0.01	0.12	
Tocopherol, delta....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.6		0	AS	1		0.2	2.9	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 10893

Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.6		0	BFNN	4		0.2	2.9	
Vitamin D....IU	25		0	BFNN	4		7	115	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.009		0	BFFN	4		0.286	4.578	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.031		0	BFFN	4		0.009	0.138	
15:0....g	0.000		0	BFFN	4		0.000	0.000	
16:0....g	0.623		0	BFFN	4		0.176	2.824	
17:0....g	0.008		0	BFFN	4		0.002	0.037	
18:0....g	0.328		0	BFFN	4		0.093	1.486	
20:0....g	0.004		0	BFFN	4		0.001	0.019	
22:0....g	0.016		0	BFFN	4		0.005	0.074	
24:0....g									
Fatty acids, total monounsaturated....g	1.384		0	BFFN	4		0.392	6.279	
14:1....g	0.000		0	BFFN	4		0.000	0.000	
15:1....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated....g	0.088		0	BFFN	4		0.025	0.400	
17:1....g	0.000		0	BFFN	4		0.000	0.000	
18:1 undifferentiated....g	1.278		0	BFFN	4		0.362	5.797	
18:1 c....g	1.266		0	BFFN	4		0.359	5.741	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.012		0	BFFN	4		0.003	0.056	
18:1-11t (18:1t n-7)....g									
20:1....g	0.018		0	BFFN	4		0.005	0.083	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.585		0	BFFN	4		0.166	2.655	
18:2 undifferentiated....g	0.428		0	BFFN	4		0.121	1.940	
18:2 n-6 c,c....g	0.418		0	BFFN	4		0.118	1.895	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.010		0	BFFN	4		0.003	0.046	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.012		0	BFFN	4		0.003	0.056	
18:3 n-3 c,c,c (ALA)....g	0.012		0	BFFN	4		0.003	0.056	
18:3 n-6 c,c,c....g	0.000		0	BFFN	4		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g	0.012		0	BFFN	4		0.003	0.056	
20:3 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.133		0	BFFN	4		0.038	0.603	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g	0.022		0	BFFN	4		0.006	0.101	
Fatty acids, total trans-monoenoic....g	0.012		0	BFFN	4		0.003	0.056	
Fatty acids, total trans-polyenoic....g	0.010		0	BFFN	4		0.003	0.046	
Cholesterol....mg	57		1	A	1		16	257	
Phytosterols....mg									

NDB No. 10893

Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.181		0	A	1		0.051	0.819	
Threonine....g	0.861		0	A	1		0.244	3.906	
Isoleucine....g	0.869		0	A	1		0.246	3.942	
Leucine....g	1.542		0	A	1		0.437	6.995	
Lysine....g	1.626		0	A	1		0.461	7.376	
Methionine....g	0.460		0	A	1		0.131	2.089	
Cystine....g	0.216		0	A	1		0.061	0.980	
Phenylalanine....g	0.770		0	A	1		0.218	3.493	
Tyrosine....g	0.625		0	A	1		0.177	2.833	
Valine....g	0.974		0	A	1		0.276	4.418	
Arginine....g	1.232		0	A	1		0.349	5.587	
Histidine....g	0.838		0	A	1		0.238	3.803	
Alanine....g	1.134		0	A	1		0.321	5.142	
Aspartic acid....g	1.679		0	A	1		0.476	7.617	
Glutamic acid....g	2.755		0	A	1		0.781	12.496	
Glycine....g	1.005		0	A	1		0.285	4.560	
Proline....g	0.826		0	A	1		0.234	3.748	
Serine....g	0.754		0	A	1		0.214	3.418	
Hydroxyproline....g	0.125		0	A	1		0.035	0.566	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz spiral slice

Measure 2 = 453.6g: 1 lb spiral slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10876

Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted

Refuse: 3% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	69.47	1.478	3	A	1		100.73	639.12	59.05
Energy ... kcal	126		0	NC	4		183	1159	107
Energy ... kJ	527		0	NC	4		764	4848	448
Protein ... g	22.56	1.572	3	A	1		32.72	207.57	19.18
Total lipid (fat) ... g	3.78	1.041	3	A	1		5.49	34.80	3.22
Ash ... g	3.77	0.424	3	A	1		5.47	34.71	3.21
Carbohydrate, by difference ... g	0.41		0	NC	4		0.60	3.80	0.35
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total ... g	1.08	0.045	3	A	1		1.56	9.91	0.92
Sucrose ... g	0.49	0.245	3	A	1		0.71	4.51	0.42
Glucose (dextrose) ... g	0.59	0.233	3	A	1		0.85	5.40	0.50
Fructose ... g	0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose ... g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose ... g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose ... g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch ... g									
Minerals:									
Calcium, Ca ... mg	4		1	A	1		6	40	4
Iron, Fe ... mg	0.84		1	A	1		1.21	7.71	0.71
Magnesium, Mg ... mg	22		1	A	1		31	200	18
Phosphorus, P ... mg	312		1	A	1		452	2870	265
Potassium, K ... mg	349		1	A	1		506	3211	297
Sodium, Na ... mg	986		1	A	1		1430	9071	838
Zinc, Zn ... mg	1.82		1	A	1		2.64	16.74	1.55
Copper, Cu ... mg	0.189		1	A	1		0.274	1.738	0.161
Manganese, Mn ... mg	0.022		1	A	1		0.032	0.203	0.019
Selenium, Se ... mcg	41.8		1	A	1		60.6	384.6	35.5
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin ... mg	0.468		1	A	1		0.678	4.305	0.398
Riboflavin ... mg	0.230		1	A	1		0.334	2.116	0.196
Niacin ... mg	6.720		1	A	1		9.744	61.823	5.712
Pantothenic acid ... mg	1.050		1	A	1		1.522	9.659	0.892
Vitamin B-6 ... mg	0.428		1	A	1		0.621	3.938	0.364
Folate, total ... mcg	1		1	A	1		1	9	1
Folic acid ... mcg	0		1	Z	7		0	0	0
Folate, food ... mcg	1		1	NR	4		1	9	1
Folate, DFE ... mcg_DFE	1		0	NC	4		1	9	1
Choline, total ... mg	86.1		0	AS	1		124.9	792.3	73.2
Betaine ... mg	3.7		1	A	1		5.4	34.2	3.2
Vitamin B-12 ... mcg	0.51		1	A	1		0.74	4.69	0.43
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE ... mcg_RAE	13		0	AS	1		19	119	11
Retinol ... mcg	13		1	A	1		19	119	11
Carotene, beta ... mcg	0		0	Z	7		0	0	0
Carotene, alpha ... mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	0
Vitamin A, IU ... IU	43		0	AS	1		62	396	37
Lycopene ... mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) ... mg	0.19		1	A	1		0.28	1.75	0.16
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta ... mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma ... mg	0.03		1	A	1		0.04	0.28	0.03
Tocopherol, delta ... mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3) ... mcg	0.8		0	AS	1		1.2	7.3	0.7
Vitamin D2 (ergocalciferol) ... mcg									

NDB No. 10876

Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.8		0	BFNN	4		1.2	7.3	0.7
Vitamin D....IU	32		0	BFNN	4		46	294	27
Vitamin K (phylloquinone)....mcg	0.0		1	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.493		0	NC	4		0.714	4.533	0.419
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		1	A	1		0.000	0.000	0.000
10:0....g	0.000		1	A	1		0.000	0.000	0.000
12:0....g	0.000		1	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.015		1	A	1		0.022	0.137	0.013
15:0....g	0.000		1	A	1		0.000	0.000	0.000
16:0....g	0.304		1	A	1		0.441	2.796	0.258
17:0....g	0.004		1	A	1		0.006	0.037	0.003
18:0....g	0.160		1	A	1		0.232	1.471	0.136
20:0....g	0.002		1	A	1		0.003	0.018	0.002
22:0....g	0.008		1	A	1		0.012	0.074	0.007
24:0....g									
Fatty acids, total monounsaturated....g	0.676		0	NC	4		0.980	6.217	0.574
14:1....g	0.000		1	A	1		0.000	0.000	0.000
15:1....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.043		1	A	1		0.062	0.396	0.037
17:1....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.624		0	AS	1		0.905	5.740	0.530
18:1 c....g	0.618		1	A	1		0.896	5.685	0.525
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.006		1	A	1		0.009	0.055	0.005
18:1-11t (18:1t n-7)....g									
20:1....g	0.009		1	A	1		0.013	0.082	0.008
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.286		0	NC	4		0.414	2.628	0.243
18:2 undifferentiated....g	0.209		0	AS	1		0.303	1.921	0.177
18:2 n-6 c,c....g	0.204		1	A	1		0.296	1.876	0.173
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.005		1	A	1		0.007	0.045	0.004
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.006		0	AS	1		0.009	0.055	0.005
18:3 n-3 c,c,c (ALA)....g	0.006		1	A	1		0.009	0.055	0.005
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.006		1	A	1		0.009	0.055	0.005
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.065		1	A	1		0.094	0.597	0.055
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total trans....g	0.011		0	NC	4		0.016	0.100	0.009
Fatty acids, total trans-monoenoic....g	0.006		0	NC	4		0.009	0.055	0.005
Fatty acids, total trans-polyenoic....g	0.005		0	NC	4		0.007	0.045	0.004
Cholesterol....mg	63	2.902	3	A	1		92	582	54
Phytosterols....mg									

NDB No. 10876

Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.212		0	A	1		0.307	1.948	0.180
Threonine....g	1.009		0	A	1		1.464	9.286	0.858
Isoleucine....g	1.019		0	A	1		1.477	9.370	0.866
Leucine....g	1.808		0	A	1		2.621	16.629	1.536
Lysine....g	1.906		0	A	1		2.764	17.536	1.620
Methionine....g	0.540		0	A	1		0.783	4.965	0.459
Cystine....g	0.253		0	A	1		0.367	2.331	0.215
Phenylalanine....g	0.903		0	A	1		1.309	8.304	0.767
Tyrosine....g	0.732		0	A	1		1.062	6.736	0.622
Valine....g	1.142		0	A	1		1.655	10.502	0.970
Arginine....g	1.444		0	A	1		2.093	13.282	1.227
Histidine....g	0.983		0	A	1		1.425	9.041	0.835
Alanine....g	1.329		0	A	1		1.927	12.225	1.129
Aspartic acid....g	1.968		0	A	1		2.854	18.107	1.673
Glutamic acid....g	3.229		0	A	1		4.682	29.707	2.745
Glycine....g	1.178		0	A	1		1.709	10.841	1.002
Proline....g	0.968		0	A	1		1.404	8.909	0.823
Serine....g	0.883		0	A	1		1.281	8.125	0.751
Hydroxyproline....g	0.146		0	A	1		0.212	1.345	0.124
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 145g: 1 slice

Measure 2 = 920g: 1 roast

Measure 3 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10928

Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.62		0	PAK	1		1072.17	60.88	
Energy....kcal	114		0	PIK	4		1703	97	
Energy....kJ	476		0	PIK	4		7124	405	
Protein....g	20.54		0	PAK	1		307.55	17.46	
Total lipid (fat)....g	3.13		0	PAK	1		46.92	2.66	
Ash....g	3.86		0	PAK	1		57.80	3.28	
Carbohydrate, by difference....g	0.84		0	PIK	4		12.56	0.71	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.81		0	PAK	1		12.15	0.69	
Sucrose....g	0.37		0	PAK	1		5.54	0.31	
Glucose (dextrose)....g	0.44		0	PAK	1		6.62	0.38	
Fructose....g	0.00		0	PAK	1		0.00	0.00	
Lactose....g	0.00		0	PAK	1		0.00	0.00	
Maltose....g	0.00		0	PAK	1		0.00	0.00	
Galactose....g	0.00		0	PAK	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	PAK	1		91	5	
Iron, Fe....mg	0.84		0	PAK	1		12.64	0.72	
Magnesium, Mg....mg	22		0	PAK	1		325	18	
Phosphorus, P....mg	318		0	PAK	1		4760	270	
Potassium, K....mg	367		0	PAK	1		5487	312	
Sodium, Na....mg	1179		0	PAK	1		17646	1002	
Zinc, Zn....mg	1.98		0	PAK	1		29.61	1.68	
Copper, Cu....mg	0.272		0	PAK	1		4.074	0.231	
Manganese, Mn....mg	0.027		0	PAK	1		0.405	0.023	
Selenium, Se....mcg	32.7		0	PAK	1		488.9	27.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.619		0	PAK	1		9.263	0.526	
Riboflavin....mg	0.215		0	PAK	1		3.223	0.183	
Niacin....mg	6.820		0	PAK	1		102.102	5.797	
Pantothenic acid....mg	0.890		0	PAK	1		13.330	0.757	
Vitamin B-6....mg	0.461		0	PAK	1		6.900	0.392	
Folate, total....mcg	2		0	PAK	1		27	2	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	2		0	PIK	4		27	2	
Folate, DFE....mcg_DFE	2		0	NC	4		27	2	
Choline, total....mg	79.6		0	PAK	1		1191.5	67.7	
Betaine....mg	7.8		0	PAK	1		116.9	6.6	
Vitamin B-12....mcg	0.42		0	PAK	1		6.23	0.35	
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	13		0	PAK	1		196	11	
Retinol....mcg	13		0	PAK	1		196	11	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	44		0	PAK	1		654	37	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.27		0	PAK	1		3.99	0.23	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.01		0	PAK	1		0.10	0.01	
Tocopherol, gamma....mg	0.03		0	PAK	1		0.40	0.02	
Tocopherol, delta....mg	0.00		0	PAK	1		0.07	0.00	
Vitamin D (D2 + D3)....mcg	0.8		0	PAK	1		11.3	0.6	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 10928

Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.8		0	PIK	4		11.3	0.6	
Vitamin D....IU	30		0	PIK	4		454	26	
Vitamin K (phylloquinone)....mcg	0.0		0	PAK	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.084		0	PIK	4		16.232	0.922	
4:0....g	0.000		0	PIK	4		0.000	0.000	
6:0....g	0.000		0	PIK	4		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.001		0	PAK	1		0.017	0.001	
12:0....g	0.003		0	PAK	1		0.042	0.002	
13:0....g									
14:0....g	0.039		0	PAK	1		0.581	0.033	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	0.685		0	PAK	1		10.249	0.582	
17:0....g	0.008		0	PAK	1		0.114	0.006	
18:0....g	0.336		0	PAK	1		5.031	0.286	
20:0....g	0.005		0	PAK	1		0.072	0.004	
22:0....g	0.008		0	PAK	1		0.126	0.007	
24:0....g									
Fatty acids, total monounsaturated....g	1.479		0	PIK	4		22.141	1.257	
14:1....g	0.000		0	PAK	1		0.000	0.000	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.092		0	PAK	1		1.372	0.078	
17:1....g	0.003		0	PAK	1		0.044	0.003	
18:1 undifferentiated....g	1.364		0	PAK	1		20.417	1.159	
18:1 c....g	1.349		0	PAK	1		20.190	1.146	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.015		0	PAK	1		0.227	0.013	
18:1-11t (18:1t n-7)....g									
20:1....g	0.021		0	PAK	1		0.308	0.017	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.452		0	PIK	4		6.772	0.385	
18:2 undifferentiated....g	0.370		0	PAK	1		5.535	0.314	
18:2 n-6 c,c....g	0.363		0	PAK	1		5.430	0.308	
18:2 CLAs....g	0.000		0	PAK	1		0.006	0.000	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.007		0	PAK	1		0.099	0.006	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.017		0	PAK	1		0.248	0.014	
18:3 n-3 c,c,c (ALA)....g	0.017		0	PAK	1		0.248	0.014	
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.012		0	PAK	1		0.184	0.010	
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.054		0	PAK	1		0.806	0.046	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans....g	0.001		0	PIK	4		0.014	0.001	
Fatty acids, total trans-monoenoic....g	0.001		0	PIK	4		0.009	0.001	
Fatty acids, total trans-polyenoic....g	0.000		0	PIK	4		0.005	0.000	
Cholesterol....mg	56		0	PAK	1		833	47	
Phytosterols....mg									

NDB No. 10928

Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.193		0	PAK	1		2.885	0.164	
Threonine....g	0.919		0	PAK	1		13.757	0.781	
Isoleucine....g	0.927		0	PAK	1		13.882	0.788	
Leucine....g	1.646		0	PAK	1		24.636	1.399	
Lysine....g	1.735		0	PAK	1		25.978	1.475	
Methionine....g	0.491		0	PAK	1		7.356	0.418	
Cystine....g	0.231		0	PAK	1		3.453	0.196	
Phenylalanine....g	0.822		0	PAK	1		12.302	0.699	
Tyrosine....g	0.667		0	PAK	1		9.978	0.567	
Valine....g	1.039		0	PAK	1		15.559	0.883	
Arginine....g	1.314		0	PAK	1		19.678	1.117	
Histidine....g	0.895		0	PAK	1		13.395	0.761	
Alanine....g	1.210		0	PAK	1		18.114	1.029	
Aspartic acid....g	1.792		0	PAK	1		26.827	1.523	
Glutamic acid....g	2.940		0	PAK	1		44.011	2.499	
Glycine....g	1.073		0	PAK	1		16.070	0.912	
Proline....g	0.882		0	PAK	1		13.203	0.750	
Serine....g	0.804		0	PAK	1		12.038	0.684	
Hydroxyproline....g	0.133		0	PAK	1		1.992	0.113	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1497g: 1 roast

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10900

Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.68		0	PAK	1		20.61	329.69	
Energy	kcal	112		0	PIK	4		32	509	
Energy	kJ	469		0	PIK	4		133	2129	
Protein	g	19.38		0	PAK	1		5.50	87.93	
Total lipid (fat)	g	3.43		0	PAK	1		0.97	15.54	
Ash	g	3.56		0	PAK	1		1.01	16.13	
Carbohydrate, by difference	g	0.95		0	PIK	4		0.27	4.31	
Fiber, total dietary	g	0.0		0	PIK	4		0.0	0.0	
Sugars, total	g	1.02		0	PAK	1		0.29	4.64	
Sucrose	g	0.28		0	PAK	1		0.08	1.26	
Glucose (dextrose)	g	0.73		0	PAK	1		0.21	3.33	
Fructose	g	0.01		0	PAK	1		0.00	0.05	
Lactose	g	0.00		0	PAK	1		0.00	0.00	
Maltose	g	0.00		0	PAK	1		0.00	0.00	
Galactose	g	0.00		0	PAK	1		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0	PAK	1		2	26	
Iron, Fe	mg	0.87		0	PAK	1		0.25	3.93	
Magnesium, Mg	mg	21		0	PAK	1		6	94	
Phosphorus, P	mg	302		0	PAK	1		86	1370	
Potassium, K	mg	346		0	PAK	1		98	1569	
Sodium, Na	mg	1096		0	PAK	1		311	4970	
Zinc, Zn	mg	1.97		0	PAK	1		0.56	8.95	
Copper, Cu	mg	0.142		0	PAK	1		0.040	0.644	
Manganese, Mn	mg	0.025		0	PAK	1		0.007	0.112	
Selenium, Se	mcg	34.4		0	PAK	1		9.7	155.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0	0.0	
Thiamin	mg	0.530		0	PAK	1		0.150	2.403	
Riboflavin	mg	0.209		0	PAK	1		0.059	0.946	
Niacin	mg	6.859		0	PAK	1		1.944	31.111	
Pantothenic acid	mg	0.786		0	PAK	1		0.223	3.564	
Vitamin B-6	mg	0.473		0	PAK	1		0.134	2.144	
Folate, total	mcg	1		0	PAK	1		0	3	
Folic acid	mcg	0		0	PIK	4		0	0	
Folate, food	mcg	1		0	PIK	4		0	3	
Folate, DFE	mcg_DFE	1		0	NC	4		0	3	
Choline, total	mg	75.0		0	PAK	1		21.3	340.1	
Betaine	mg	5.5		0	PAK	1		1.6	25.1	
Vitamin B-12	mcg	0.41		0	PAK	1		0.12	1.87	
Vitamin B-12, added	mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	13		0	PAK	1		4	60	
Retinol	mcg	13		0	PAK	1		4	60	
Carotene, beta	mcg	0		0	PIK	4		0	0	
Carotene, alpha	mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta	mcg	0		0	PIK	4		0	0	
Vitamin A, IU	IU	44		0	PAK	1		12	200	
Lycopene	mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin	mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.26		0	PAK	1		0.08	1.20	
Vitamin E, added	mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta	mg	0.01		0	PAK	1		0.00	0.06	
Tocopherol, gamma	mg	0.03		0	PAK	1		0.01	0.14	
Tocopherol, delta	mg	0.00		0	PAK	1		0.00	0.02	
Vitamin D (D2 + D3)	mcg	0.6		0	PAK	1		0.2	2.9	
Vitamin D2 (ergocalciferol)	mcg									

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Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.6		0	PIK	4		0.2	2.9	
Vitamin D....IU	25		0	PIK	4		7	114	
Vitamin K (phylloquinone)....mcg	0.0		0	PAK	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.005		0	PIK	4		0.285	4.561	
4:0....g	0.000		0	PIK	4		0.000	0.000	
6:0....g	0.000		0	PIK	4		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.001		0	PAK	1		0.000	0.005	
12:0....g	0.002		0	PAK	1		0.001	0.009	
13:0....g									
14:0....g	0.035		0	PAK	1		0.010	0.159	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	0.635		0	PAK	1		0.180	2.879	
17:0....g	0.007		0	PAK	1		0.002	0.030	
18:0....g	0.314		0	PAK	1		0.089	1.423	
20:0....g	0.004		0	PAK	1		0.001	0.017	
22:0....g	0.009		0	PAK	1		0.002	0.039	
24:0....g									
Fatty acids, total monounsaturated....g	1.372		0	PIK	4		0.389	6.222	
14:1....g	0.000		0	PAK	1		0.000	0.000	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.081		0	PAK	1		0.023	0.369	
17:1....g	0.003		0	PAK	1		0.001	0.012	
18:1 undifferentiated....g	1.268		0	PAK	1		0.360	5.754	
18:1 c....g	1.254		0	PAK	1		0.356	5.690	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.014		0	PAK	1		0.004	0.063	
18:1-11t (18:1t n-7)....g									
20:1....g	0.019		0	PAK	1		0.005	0.086	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.428		0	PIK	4		0.121	1.941	
18:2 undifferentiated....g	0.346		0	PAK	1		0.098	1.571	
18:2 n-6 c,c....g	0.338		0	PAK	1		0.096	1.534	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.008		0	PAK	1		0.002	0.037	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.014		0	PAK	1		0.004	0.064	
18:3 n-3 c,c,c (ALA)....g	0.014		0	PAK	1		0.004	0.064	
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.012		0	PAK	1		0.003	0.052	
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.056		0	PAK	1		0.016	0.254	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans....g	0.002		0	PIK	4		0.001	0.008	
Fatty acids, total trans-monoenoic....g	0.001		0	PIK	4		0.000	0.005	
Fatty acids, total trans-polyenoic....g	0.001		0	PIK	4		0.000	0.003	
Cholesterol....mg	53		0	PAK	1		15	241	
Phytosterols....mg									

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Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.182		0	PAK	1		0.052	0.825	
Threonine....g	0.867		0	PAK	1		0.246	3.933	
Isoleucine....g	0.875		0	PAK	1		0.248	3.969	
Leucine....g	1.553		0	PAK	1		0.440	7.043	
Lysine....g	1.637		0	PAK	1		0.464	7.426	
Methionine....g	0.464		0	PAK	1		0.131	2.103	
Cystine....g	0.218		0	PAK	1		0.062	0.987	
Phenylalanine....g	0.775		0	PAK	1		0.220	3.517	
Tyrosine....g	0.629		0	PAK	1		0.178	2.852	
Valine....g	0.981		0	PAK	1		0.278	4.448	
Arginine....g	1.240		0	PAK	1		0.352	5.626	
Histidine....g	0.844		0	PAK	1		0.239	3.830	
Alanine....g	1.142		0	PAK	1		0.324	5.179	
Aspartic acid....g	1.691		0	PAK	1		0.479	7.670	
Glutamic acid....g	2.774		0	PAK	1		0.786	12.582	
Glycine....g	1.013		0	PAK	1		0.287	4.596	
Proline....g	0.832		0	PAK	1		0.236	3.775	
Serine....g	0.759		0	PAK	1		0.215	3.442	
Hydroxyproline....g	0.099		0	PAK	1		0.028	0.450	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz whole

Measure 2 = 453.6g: 1 lb whole

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10883

Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted

Refuse: 3% Separable fat 3%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.71	0.612	9	A	1		1073.55	60.96	
Energy	kcal	113		0	NC	4		1688	96	
Energy	kJ	472		0	NC	4		7062	401	
Protein	g	20.57	0.625	9	A	1		307.99	17.49	
Total lipid (fat)	g	3.01	0.220	9	A	1		45.08	2.56	
Ash	g	3.87	0.230	9	A	1		57.86	3.29	
Carbohydrate, by difference	g	0.84		0	NC	4		12.52	0.71	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.81	0.116	9	A	1		12.17	0.69	
Sucrose	g	0.37	0.145	9	A	1		5.55	0.32	
Glucose (dextrose)	g	0.44	0.126	9	A	1		6.62	0.38	
Fructose	g	0.00	0.000	9	A	1		0.00	0.00	
Lactose	g	0.00	0.000	9	A	1		0.00	0.00	
Maltose	g	0.00	0.000	9	A	1		0.00	0.00	
Galactose	g	0.00	0.000	9	A	1		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	6	0.439	3	A	1		91	5	
Iron, Fe	mg	0.85	0.058	3	A	1		12.65	0.72	
Magnesium, Mg	mg	22	1.224	3	A	1		325	18	
Phosphorus, P	mg	318	8.090	3	A	1		4765	271	
Potassium, K	mg	367	27.622	3	A	1		5494	312	
Sodium, Na	mg	1180	40.000	3	A	1		17665	1003	
Zinc, Zn	mg	1.98	0.139	3	A	1		29.64	1.68	
Copper, Cu	mg	0.272	0.134	3	A	1		4.072	0.231	
Manganese, Mn	mg	0.027	0.005	3	A	1		0.405	0.023	
Selenium, Se	mcg	32.7	5.652	3	A	1		489.5	27.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.620	0.061	3	A	1		9.276	0.527	
Riboflavin	mg	0.216	0.010	3	A	1		3.228	0.183	
Niacin	mg	6.830	0.540	3	A	1		102.244	5.805	
Pantothenic acid	mg	0.892	0.023	3	A	1		13.348	0.758	
Vitamin B-6	mg	0.462	0.016	3	A	1		6.910	0.392	
Folate, total	mcg	2	0.767	3	A	1		27	2	
Folic acid	mcg	0	0.000	3	Z	7		0	0	
Folate, food	mcg	2	0.767	3	NR	4		27	2	
Folate, DFE	mcg_DFE	2		0	NC	4		27	2	
Choline, total	mg	79.8		0	AS	1		1194.5	67.8	
Betaine	mg	7.8	1.706	3	A	1		117.2	6.7	
Vitamin B-12	mcg	0.42	0.054	3	A	1		6.24	0.35	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	13		0	AS	1		196	11	
Retinol	mcg	13	0.284	3	A	1		196	11	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	44		0	AS	1		654	37	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.27	0.019	3	A	1		3.99	0.23	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.01	0.007	3	A	1		0.10	0.01	
Tocopherol, gamma	mg	0.03	0.007	3	A	1		0.40	0.02	
Tocopherol, delta	mg	0.00	0.005	3	A	1		0.07	0.00	
Vitamin D (D2 + D3)	mcg	0.8		0	AS	1		11.3	0.6	
Vitamin D2 (ergocalciferol)	mcg									

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Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.8		0	BFNN	4		11.3	0.6	
Vitamin D....IU	30		0	BFNN	4		452	26	
Vitamin K (phylloquinone)....mcg	0.0	0.000	3	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.044		0	NC	4		15.626	0.887	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.001	0.001	3	A	1		0.015	0.001	
12:0....g	0.003	0.001	3	A	1		0.040	0.002	
13:0....g									
14:0....g	0.037	0.003	3	A	1		0.559	0.032	
15:0....g	0.000	0.000	3	A	1		0.000	0.000	
16:0....g	0.659	0.054	3	A	1		9.860	0.560	
17:0....g	0.007	0.001	3	A	1		0.109	0.006	
18:0....g	0.324	0.029	3	A	1		4.850	0.275	
20:0....g	0.005	0.000	3	A	1		0.069	0.004	
22:0....g	0.008	0.000	3	A	1		0.124	0.007	
24:0....g									
Fatty acids, total monounsaturated....g	1.422		0	NC	4		21.294	1.209	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.089	0.007	3	A	1		1.327	0.075	
17:1....g	0.003	0.003	3	A	1		0.044	0.003	
18:1 undifferentiated....g	1.311		0	AS	1		19.629	1.115	
18:1 c....g	1.297	0.083	3	A	1		19.410	1.102	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.015	0.002	3	A	1		0.219	0.012	
18:1-11t (18:1t n-7)....g									
20:1....g	0.020	0.003	3	A	1		0.293	0.017	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.437		0	NC	4		6.544	0.372	
18:2 undifferentiated....g	0.356		0	AS	1		5.328	0.303	
18:2 n-6 c,c....g	0.350	0.025	3	A	1		5.234	0.297	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.006	0.003	3	A	1		0.094	0.005	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.016		0	AS	1		0.239	0.014	
18:3 n-3 c,c,c (ALA)....g	0.016	0.004	3	A	1		0.239	0.014	
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.012	0.001	3	A	1		0.174	0.010	
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.054	0.002	3	A	1		0.803	0.046	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.021		0	NC	4		0.313	0.018	
Fatty acids, total trans-monoenoic....g	0.015		0	NC	4		0.219	0.012	
Fatty acids, total trans-polyenoic....g	0.006		0	NC	4		0.094	0.005	
Cholesterol....mg	56	1.605	9	A	1		832	47	
Phytosterols....mg									

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Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.193		0	A	1		2.890	0.164	
Threonine....g	0.920		0	A	1		13.779	0.782	
Isoleucine....g	0.929		0	A	1		13.904	0.789	
Leucine....g	1.648		0	A	1		24.675	1.401	
Lysine....g	1.738		0	A	1		26.020	1.477	
Methionine....g	0.492		0	A	1		7.368	0.418	
Cystine....g	0.231		0	A	1		3.458	0.196	
Phenylalanine....g	0.823		0	A	1		12.321	0.700	
Tyrosine....g	0.668		0	A	1		9.994	0.567	
Valine....g	1.041		0	A	1		15.583	0.885	
Arginine....g	1.316		0	A	1		19.708	1.119	
Histidine....g	0.896		0	A	1		13.415	0.762	
Alanine....g	1.212		0	A	1		18.139	1.030	
Aspartic acid....g	1.795		0	A	1		26.866	1.525	
Glutamic acid....g	2.944		0	A	1		44.079	2.503	
Glycine....g	1.075		0	A	1		16.086	0.913	
Proline....g	0.883		0	A	1		13.220	0.751	
Serine....g	0.805		0	A	1		12.056	0.685	
Hydroxyproline....g	0.133		0	A	1		1.995	0.113	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1497g: 1 roast

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10884

Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated

Refuse: 4% Separable fat 4%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.85	0.483	11	A	1		20.65	330.43	
Energy....kcal	110		0	NC	4		31	501	
Energy....kJ	462		0	NC	4		131	2096	
Protein....g	19.44	0.365	11	A	1		5.51	88.16	
Total lipid (fat)....g	3.21	0.271	11	A	1		0.91	14.56	
Ash....g	3.56	0.082	11	A	1		1.01	16.16	
Carbohydrate, by difference....g	0.95		0	NC	4		0.27	4.29	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	1.03	0.227	11	A	1		0.29	4.65	
Sucrose....g	0.28	0.121	11	A	1		0.08	1.27	
Glucose (dextrose)....g	0.74	0.253	11	A	1		0.21	3.33	
Fructose....g	0.01	0.010	11	A	1		0.00	0.05	
Lactose....g	0.00	0.000	11	A	1		0.00	0.00	
Maltose....g	0.00	0.000	11	A	1		0.00	0.00	
Galactose....g	0.00	0.000	11	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.585	4	A	1		2	26	
Iron, Fe....mg	0.87	0.038	4	A	1		0.25	3.94	
Magnesium, Mg....mg	21	0.504	4	A	1		6	94	
Phosphorus, P....mg	303	5.692	4	A	1		86	1373	
Potassium, K....mg	347	15.558	4	A	1		98	1573	
Sodium, Na....mg	1098	72.836	4	A	1		311	4979	
Zinc, Zn....mg	1.98	0.015	4	A	1		0.56	8.97	
Copper, Cu....mg	0.142	0.012	4	A	1		0.040	0.645	
Manganese, Mn....mg	0.025	0.003	4	A	1		0.007	0.112	
Selenium, Se....mcg	34.5	6.976	4	A	1		9.8	156.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.531	0.116	4	A	1		0.151	2.408	
Riboflavin....mg	0.209	0.015	4	A	1		0.059	0.950	
Niacin....mg	6.877	0.375	4	A	1		1.950	31.196	
Pantothenic acid....mg	0.788	0.046	4	A	1		0.223	3.573	
Vitamin B-6....mg	0.474	0.018	4	A	1		0.134	2.150	
Folate, total....mcg	1	0.250	4	A	1		0	3	
Folic acid....mcg	0	0.000	4	Z	7		0	0	
Folate, food....mcg	1	0.250	4	NR	4		0	3	
Folate, DFE....mcg_DFE	1		0	NC	4		0	3	
Choline, total....mg	75.2		0	AS	1		21.3	340.9	
Betaine....mg	5.5	1.624	4	A	1		1.6	25.1	
Vitamin B-12....mcg	0.41	0.011	4	A	1		0.12	1.87	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	13		0	AS	1		4	60	
Retinol....mcg	13	0.239	4	A	1		4	60	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	44		0	AS	1		12	200	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.26	0.029	4	A	1		0.07	1.19	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.01	0.005	4	A	1		0.00	0.06	
Tocopherol, gamma....mg	0.03	0.007	4	A	1		0.01	0.14	
Tocopherol, delta....mg	0.00	0.005	4	A	1		0.00	0.02	
Vitamin D (D2 + D3)....mcg	0.6		0	AS	1		0.2	2.8	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 10884

Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.6		0	BFNN	4		0.2	2.8	
Vitamin D....IU	25		0	BFNN	4		7	114	
Vitamin K (phylloquinone)....mcg	0.0	0.000	4	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.934		0	NC	4		0.265	4.237	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000	0.000	4	A	1		0.000	0.000	
10:0....g	0.001	0.001	4	A	1		0.000	0.005	
12:0....g	0.002	0.001	4	A	1		0.001	0.009	
13:0....g									
14:0....g	0.032	0.006	4	A	1		0.009	0.147	
15:0....g	0.000	0.000	4	A	1		0.000	0.000	
16:0....g	0.589	0.084	4	A	1		0.167	2.673	
17:0....g	0.006	0.001	4	A	1		0.002	0.027	
18:0....g	0.291	0.034	4	A	1		0.083	1.322	
20:0....g	0.004	0.001	4	A	1		0.001	0.016	
22:0....g	0.008	0.000	4	A	1		0.002	0.038	
24:0....g									
Fatty acids, total monounsaturated....g	1.274		0	NC	4		0.361	5.777	
14:1....g	0.000	0.000	4	A	1		0.000	0.000	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.077	0.014	4	A	1		0.022	0.348	
17:1....g	0.003	0.002	4	A	1		0.001	0.012	
18:1 undifferentiated....g	1.177		0	AS	1		0.334	5.338	
18:1 c....g	1.164	0.154	4	A	1		0.330	5.279	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.013	0.002	4	A	1		0.004	0.059	
18:1-11t (18:1t n-7)....g									
20:1....g	0.017	0.003	4	A	1		0.005	0.079	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.400		0	NC	4		0.113	1.813	
18:2 undifferentiated....g	0.321		0	AS	1		0.091	1.455	
18:2 n-6 c,c....g	0.313	0.024	4	A	1		0.089	1.421	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.008	0.000	4	A	1		0.002	0.034	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.013		0	AS	1		0.004	0.059	
18:3 n-3 c,c,c (ALA)....g	0.013	0.003	4	A	1		0.004	0.059	
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.010	0.002	4	A	1		0.003	0.047	
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.056	0.005	4	A	1		0.016	0.253	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.020		0	NC	4		0.006	0.093	
Fatty acids, total trans-monoenoic....g	0.013		0	NC	4		0.004	0.059	
Fatty acids, total trans-polyenoic....g	0.008		0	NC	4		0.002	0.034	
Cholesterol....mg	53	1.013	11	A	1		15	241	
Phytosterols....mg									

NDB No. 10884

Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.182		0	A	1		0.052	0.827	
Threonine....g	0.870		0	A	1		0.247	3.944	
Isoleucine....g	0.877		0	A	1		0.249	3.980	
Leucine....g	1.557		0	A	1		0.441	7.063	
Lysine....g	1.642		0	A	1		0.466	7.448	
Methionine....g	0.465		0	A	1		0.132	2.109	
Cystine....g	0.218		0	A	1		0.062	0.990	
Phenylalanine....g	0.778		0	A	1		0.220	3.527	
Tyrosine....g	0.631		0	A	1		0.179	2.861	
Valine....g	0.983		0	A	1		0.279	4.461	
Arginine....g	1.244		0	A	1		0.353	5.641	
Histidine....g	0.847		0	A	1		0.240	3.840	
Alanine....g	1.145		0	A	1		0.325	5.192	
Aspartic acid....g	1.695		0	A	1		0.481	7.690	
Glutamic acid....g	2.782		0	A	1		0.789	12.617	
Glycine....g	1.015		0	A	1		0.288	4.604	
Proline....g	0.834		0	A	1		0.237	3.784	
Serine....g	0.761		0	A	1		0.216	3.451	
Hydroxyproline....g	0.099	0.013	4	A	1		0.028	0.449	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10134

Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.67		0		1		94.74	57.52	
Energy	kcal	145		0	NC	4		203	123	
Energy	kJ	607		0		4		849	516	
Protein (N x 6.25)	g	20.93		0		1		29.30	17.79	
Total lipid (fat)	g	5.53		0		1		7.74	4.70	
Ash	g	4.37		0		1		6.12	3.71	
Carbohydrate, by difference	g	1.50		0	NC	4		2.10	1.28	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0		1		11	7	
Iron, Fe	mg	1.48		2		1		2.07	1.26	
Magnesium, Mg	mg	14		0		1		20	12	
Phosphorus, P	mg	196		0		1		274	167	
Potassium, K	mg	287		0		1		402	244	
Sodium, Na	mg	1203		0		1		1684	1023	
Zinc, Zn	mg	2.88		2		1		4.03	2.45	
Copper, Cu	mg	0.079		0		1		0.111	0.067	
Manganese, Mn	mg	0.054		2		1		0.076	0.046	
Selenium, Se	mcg	19.5		0	BFYN	4		27.3	16.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.754		0		1		1.056	0.641	
Riboflavin	mg	0.202		0		1		0.283	0.172	
Niacin	mg	4.023		0		1		5.632	3.420	
Pantothenic acid	mg	0.403		0		1		0.564	0.343	
Vitamin B-6	mg	0.400		0		1		0.560	0.340	
Folate, total	mcg	3		0		1		4	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		0		1		4	3	
Folate, DFE	mcg_DFE	3		0	NC	4		4	3	
Choline, total	mg	85.1		0	BFPN	4		119.2	72.4	
Betaine	mg	5.7		0	BFPN	4		8.0	4.9	
Vitamin B-12	mcg	0.65		0		1		0.91	0.55	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.25		0	BFSN	4		0.34	0.21	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.8		0	AS	1		1.1	0.7	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.8		0	BFNN	4		1.1	0.7	
Vitamin D	IU	32		0	BFNN	4		45	27	
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	1.810		0		1		2.534	1.539	
4:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 10134

Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.020		0		1		0.028	0.017	
12:0 g	0.020		0		1		0.028	0.017	
13:0 g									
14:0 g	0.090		0		1		0.126	0.077	
15:0 g									
16:0 g	1.120		0		1		1.568	0.952	
17:0 g									
18:0 g	0.570		0		1		0.798	0.485	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.620		0		1		3.668	2.227	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.240		0		1		0.336	0.204	
17:1 g									
18:1 undifferentiated g	2.380		0		1		3.332	2.023	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.540		0		1		0.756	0.459	
18:2 undifferentiated g	0.480		0		1		0.672	0.408	
18:3 undifferentiated g	0.060		0		1		0.084	0.051	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	53		0		1		74	45	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.251		0		1		0.351	0.213	
Threonine g	0.931		0		1		1.303	0.791	
Isoleucine g	0.918		0		1		1.285	0.780	
Leucine g	1.661		0		1		2.325	1.412	
Lysine g	1.775		0		1		2.485	1.509	
Methionine g	0.553		0		1		0.774	0.470	
Cystine g	0.315		0		1		0.441	0.268	
Phenylalanine g	0.904		0		1		1.266	0.768	
Tyrosine g	0.687		0		1		0.962	0.584	
Valine g	0.908		0		1		1.271	0.772	
Arginine g	1.360		0		1		1.904	1.156	
Histidine g	0.750		0		1		1.050	0.638	
Alanine g	1.236		0		1		1.730	1.051	
Aspartic acid g	1.983		0		1		2.776	1.686	
Glutamic acid g	3.413		0		1		4.778	2.901	
Glycine g	1.088		0		1		1.523	0.925	
Proline g	0.894		0		1		1.252	0.760	
Serine g	0.857		0		1		1.200	0.728	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10134

Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10183

Pork, cured, ham, boneless, extra lean and regular, roasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.75		0		1		92.05	55.89	
Energy....kcal	165		0	NC	4		231	140	
Energy....kJ	690		0		4		967	587	
Protein (N x 6.25)....g	21.97		0		1		30.76	18.67	
Total lipid (fat)....g	7.66		0		1		10.72	6.51	
Ash....g	4.11		0		1		5.75	3.49	
Carbohydrate, by difference....g	0.50		0	NC	4		0.70	0.43	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0		1		11	7	
Iron, Fe....mg	1.40	0.096	7		1		1.96	1.19	
Magnesium, Mg....mg	19		0		1		27	16	
Phosphorus, P....mg	248		0		1		347	211	
Potassium, K....mg	362		0		1		507	308	
Sodium, Na....mg	1385		0		1		1939	1177	
Zinc, Zn....mg	2.63	0.280	7		1		3.68	2.24	
Copper, Cu....mg	0.119		0		1		0.167	0.101	
Manganese, Mn....mg	0.046	0.005	6		1		0.064	0.039	
Selenium, Se....mcg	19.5		0	BFZN	4		27.3	16.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	0.739		0		1		1.035	0.628	
Riboflavin....mg	0.280		0		1		0.392	0.238	
Niacin....mg	5.324		0		1		7.454	4.525	
Pantothenic acid....mg	0.597		0		1		0.836	0.507	
Vitamin B-6....mg	0.350		0		1		0.490	0.298	
Folate, total....mcg	3		0		1		4	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		0		1		4	3	
Folate, DFE....mcg_DFE	3		0	NC	4		4	3	
Choline, total....mg	85.9		0	BFPN	4		120.2	73.0	
Betaine....mg	5.8		0	BFPN	4		8.1	4.9	
Vitamin B-12....mcg	0.68		0		1		0.95	0.58	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.28		0	PIK	4		0.39	0.24	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.8		0	AS	1		1.1	0.7	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.8		0	BFNN	4		1.1	0.7	
Vitamin D....IU	32		0	BFNN	4		44	27	
Vitamin K (phylloquinone)....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.610		0		1		3.654	2.219	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10183
Pork, cured, ham, boneless, extra lean and regular, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.030		0		1		0.042	0.026	
12:0....g	0.020		0		1		0.028	0.017	
13:0....g									
14:0....g	0.130		0		1		0.182	0.111	
15:0....g									
16:0....g	1.570		0		1		2.198	1.335	
17:0....g									
18:0....g	0.860		0		1		1.204	0.731	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.740		0		1		5.236	3.179	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.370		0		1		0.518	0.315	
17:1....g									
18:1 undifferentiated....g	3.370		0		1		4.718	2.865	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.070		0		1		1.498	0.910	
18:2 undifferentiated....g	0.900		0		1		1.260	0.765	
18:3 undifferentiated....g	0.170		0		1		0.238	0.145	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	57		0		1		80	48	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.243		0		1		0.340	0.207	
Threonine....g	0.901		0		1		1.261	0.766	
Isoleucine....g	0.888		0		1		1.243	0.755	
Leucine....g	1.607		0		1		2.250	1.366	
Lysine....g	1.718		0		1		2.405	1.460	
Methionine....g	0.535		0		1		0.749	0.455	
Cystine....g	0.304		0		1		0.426	0.258	
Phenylalanine....g	0.875		0		1		1.225	0.744	
Tyrosine....g	0.664		0		1		0.930	0.564	
Valine....g	0.878		0		1		1.229	0.746	
Arginine....g	1.316		0		1		1.842	1.119	
Histidine....g	0.726		0		1		1.016	0.617	
Alanine....g	1.196		0		1		1.674	1.017	
Aspartic acid....g	1.919		0		1		2.687	1.631	
Glutamic acid....g	3.303		0		1		4.624	2.808	
Glycine....g	1.053		0		1		1.474	0.895	
Proline....g	0.865		0		1		1.211	0.735	
Serine....g	0.830		0		1		1.162	0.706	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10183

Pork, cured, ham, boneless, extra lean and regular, roasted

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10182

Pork, cured, ham, boneless, extra lean and regular, unheated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.92	0.297	147		1		93.69	18.74	
Energy....kcal	162		0	NC	4		227	45	
Energy....kJ	678		0		4		949	190	
Protein (N x 6.25)....g	18.26	0.157	147		1		25.56	5.11	
Total lipid (fat)....g	8.39	0.339	42		1		11.75	2.35	
Ash....g	4.15	0.102	30		1		5.81	1.16	
Carbohydrate, by difference....g	2.28		0	NC	4		3.19	0.64	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7	1.850	6		1		10	2	
Iron, Fe....mg	0.90	0.067	28		1		1.26	0.25	
Magnesium, Mg....mg	18	0.755	28		1		25	5	
Phosphorus, P....mg	236	7.327	31		1		330	66	
Potassium, K....mg	297	6.227	70		1		416	83	
Sodium, Na....mg	1278	31.577	74		1		1789	358	
Zinc, Zn....mg	2.05	0.070	27		1		2.87	0.57	
Copper, Cu....mg	0.089	0.006	26		1		0.125	0.025	
Manganese, Mn....mg	0.032	0.002	9		1		0.045	0.009	
Selenium, Se....mcg	16.3		0	BFZN	4		22.8	4.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.889	0.033	28		1		1.245	0.249	
Riboflavin....mg	0.240	0.009	27		1		0.336	0.067	
Niacin....mg	5.090	0.178	27		1		7.126	1.425	
Pantothenic acid....mg	0.454	0.071	10		1		0.636	0.127	
Vitamin B-6....mg	0.380	0.023	27		1		0.532	0.106	
Folate, total....mcg	3		0		1		4	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		0		1		4	1	
Folate, DFE....mcg_DFE	3		0	NC	4		4	1	
Choline, total....mg	69.9		0	BFPN	4		97.8	19.6	
Betaine....mg	4.6		0	BFPN	4		6.4	1.3	
Vitamin B-12....mcg	0.80	0.054	26		1		1.12	0.22	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.22		0	BFYN	4		0.30	0.06	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.6		0	AS	1		0.9	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.6		0	BFNN	4		0.9	0.2	
Vitamin D....IU	26		0	BFNN	4		36	7	
Vitamin K (phylloquinone)....mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.700		0		1		3.780	0.756	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10182

Pork, cured, ham, boneless, extra lean and regular, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.020	0.004	20		1		0.028	0.006	
12:0 g	0.020	0.003	18		1		0.028	0.006	
13:0 g									
14:0 g	0.120	0.008	22		1		0.168	0.034	
15:0 g									
16:0 g	1.700	0.107	22		1		2.380	0.476	
17:0 g									
18:0 g	0.860	0.051	22		1		1.204	0.241	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.940		0		1		5.516	1.103	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.340	0.016	22		1		0.476	0.095	
17:1 g									
18:1 undifferentiated g	3.600	0.238	22		1		5.040	1.008	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.930		0		1		1.302	0.260	
18:2 undifferentiated g	0.810	0.048	22		1		1.134	0.227	
18:3 undifferentiated g	0.120	0.016	22		1		0.168	0.034	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	53	2.497	19		1		74	15	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.219		2		1		0.307	0.061	
Threonine g	0.811		10		1		1.135	0.227	
Isoleucine g	0.800		10		1		1.120	0.224	
Leucine g	1.448		10		1		2.027	0.405	
Lysine g	1.547		10		1		2.166	0.433	
Methionine g	0.482		10		1		0.675	0.135	
Cystine g	0.274		2		1		0.384	0.077	
Phenylalanine g	0.788		10		1		1.103	0.221	
Tyrosine g	0.598		10		1		0.837	0.167	
Valine g	0.791		10		1		1.107	0.221	
Arginine g	1.186		10		1		1.660	0.332	
Histidine g	0.653		10		1		0.914	0.183	
Alanine g	1.077		10		1		1.508	0.302	
Aspartic acid g	1.729		10		1		2.421	0.484	
Glutamic acid g	2.975		10		1		4.165	0.833	
Glycine g	0.949		10		1		1.329	0.266	
Proline g	0.779		10		1		1.091	0.218	
Serine g	0.747		10		1		1.046	0.209	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10182

Pork, cured, ham, boneless, extra lean and regular, unheated

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 28g: 1 slice (6-1/4" x 4" x 1/16") (1 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43327

Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.70		0		1				
Energy	kcal	145		0		1				
Energy	kJ	607		0		1				
Protein (N x 6.25)	g	20.90		0		1				
Total lipid (fat)	g	5.50		0		1				
Ash	g	4.40		0	NC	4				
Carbohydrate, by difference	g	1.50		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0		1				
Iron, Fe	mg	1.48		0		1				
Magnesium, Mg	mg	14		0		1				
Phosphorus, P	mg	196		0		1				
Potassium, K	mg	287		0		1				
Sodium, Na	mg	969		0		1				
Zinc, Zn	mg	2.88		0		1				
Copper, Cu	mg	0.079		0		1				
Manganese, Mn	mg									
Selenium, Se	mcg	19.5		0	BFZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.750		0		1				
Riboflavin	mg	0.200		0		1				
Niacin	mg	4.020		0		1				
Pantothenic acid	mg									
Vitamin B-6	mg	0.400		0		1				
Folate, total	mcg	3		0		1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	3		0		1				
Folate, DFE	mcg_DFE	3		0	NC	4				
Choline, total	mg	85.0		0	BFPN	4				
Betaine	mg	5.7		0	BFPN	4				
Vitamin B-12	mcg	0.65		0		1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	NR	4				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	0		0		1				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.25		0	BFSN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.8		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.8		0	BFNN	4				
Vitamin D	IU	32		0	BFNN	4				
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4				
Lipids:										
Fatty acids, total saturated	g	1.801		0		4				
4:0	g	0.000		0	Z	7				

NDB No. 43327

Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	Z	7				
8:0 ... g	0.000		0		4				
10:0 ... g	0.020		0		4				
12:0 ... g	0.020		0		4				
13:0 ... g									
14:0 ... g	0.090		0		4				
15:0 ... g									
16:0 ... g	1.114		0		4				
17:0 ... g									
18:0 ... g	0.567		0		4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.607		0		4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.239		0		4				
17:1 ... g									
18:1 undifferentiated ... g	2.368		0		4				
20:1 ... g	0.000		0		4				
22:1 undifferentiated ... g	0.000		0		4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.537		0		4				
18:2 undifferentiated ... g	0.478		0		4				
18:3 undifferentiated ... g	0.060		0		4				
18:4 ... g	0.000		0		4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4				
20:5 n-3 (EPA) ... g	0.000		0		4				
22:5 n-3 (DPA) ... g	0.000		0		4				
22:6 n-3 (DHA) ... g	0.000		0		4				
Fatty acids, total trans ... g									
Cholesterol ... mg	53		0		1				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg	0		0	Z	7				
Theobromine ... mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43325

Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.80		0		1			18.65	
Energy....kcal	165		0		1			47	
Energy....kJ	690		0		1			196	
Protein (N x 6.25)....g	22.00		0		1			6.24	
Total lipid (fat)....g	7.70		0		1			2.18	
Ash....g	4.00		0	NC	4			1.13	
Carbohydrate, by difference....g	0.50		0	NC	4			0.14	
Fiber, total dietary....g	0.0		0	Z	7			0.0	
Sugars, total....g	0.00		0	Z	7			0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0		1			2	
Iron, Fe....mg	1.40		0		1			0.40	
Magnesium, Mg....mg	19		0		1			5	
Phosphorus, P....mg	248		0		1			70	
Potassium, K....mg	362		0		1			103	
Sodium, Na....mg	969		0		1			275	
Zinc, Zn....mg	2.63		0		1			0.75	
Copper, Cu....mg	0.119		0		1			0.034	
Manganese, Mn....mg									
Selenium, Se....mcg	19.5		0	BFZN	4			5.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7			0.0	
Thiamin....mg	0.740		0		1			0.210	
Riboflavin....mg	0.280		0		1			0.079	
Niacin....mg	5.320		0		1			1.508	
Pantothenic acid....mg									
Vitamin B-6....mg	0.350		0		1			0.099	
Folate, total....mcg	3		0		1			1	
Folic acid....mcg	0		0	Z	7			0	
Folate, food....mcg	3		0		1			1	
Folate, DFE....mcg_DFE	3		0	NC	4			1	
Choline, total....mg	86.0		0	BFPN	4			24.4	
Betaine....mg	5.8		0	BFPN	4			1.6	
Vitamin B-12....mcg	0.68		0		1			0.19	
Vitamin B-12, added....mcg	0.00		0	Z	7			0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1			0	
Retinol....mcg	0		0	NR	4			0	
Carotene, beta....mcg	0		0	Z	7			0	
Carotene, alpha....mcg	0		0	Z	7			0	
Cryptoxanthin, beta....mcg	0		0	Z	7			0	
Vitamin A, IU....IU	0		0	AS	1			0	
Lycopene....mcg	0		0	Z	7			0	
Lutein + zeaxanthin....mcg	0		0	Z	7			0	
Vitamin E (alpha-tocopherol)....mg	0.28		0	BFSN	4			0.08	
Vitamin E, added....mg	0.00		0	Z	7			0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.8		0	AS	1			0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.8		0	BFNN	4			0.2	
Vitamin D....IU	32		0	BFNN	4			9	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4			0.0	
Lipids:									
Fatty acids, total saturated....g	2.624		0		4			0.744	
4:0....g	0.000		0	Z	7			0.000	

NDB No. 43325

Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7			0.000	
8:0....g	0.000		0		4			0.000	
10:0....g	0.030		0		4			0.009	
12:0....g	0.020		0		4			0.006	
13:0....g									
14:0....g	0.131		0		4			0.037	
15:0....g									
16:0....g	1.578		0		4			0.447	
17:0....g									
18:0....g	0.865		0		4			0.245	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.760		0		4			1.066	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.372		0		4			0.105	
17:1....g									
18:1 undifferentiated....g	3.388		0		4			0.960	
20:1....g	0.000		0		4			0.000	
22:1 undifferentiated....g	0.000		0		4			0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.076		0		4			0.305	
18:2 undifferentiated....g	0.905		0		4			0.257	
18:3 undifferentiated....g	0.171		0		4			0.048	
18:4....g	0.000		0		4			0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4			0.000	
20:5 n-3 (EPA)....g	0.000		0		4			0.000	
22:5 n-3 (DPA)....g	0.000		0		4			0.000	
22:6 n-3 (DHA)....g	0.000		0		4			0.000	
Fatty acids, total trans....g									
Cholesterol....mg	57		0		1			16	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7			0.0	
Caffeine....mg	0		0	Z	7			0	
Theobromine....mg	0		0	Z	7			0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 2 = 28.35g: 1 oz, boneless

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10136

Pork, cured, ham, boneless, regular (approximately 11% fat), roasted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.54	0.586	5		1		90.36	54.86	
Energy	kcal	178		0	NC	4		249	151	
Energy	kJ	745		0		4		1043	633	
Protein (N x 6.25)	g	22.62	0.669	5		1		31.67	19.23	
Total lipid (fat)	g	9.02	0.619	5		1		12.63	7.67	
Ash	g	3.96	0.234	5		1		5.54	3.37	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	8	0.333	3		1		11	7	
Iron, Fe	mg	1.34	0.093	5		1		1.88	1.14	
Magnesium, Mg	mg	22	0.335	3		1		31	19	
Phosphorus, P	mg	281	5.034	3		1		393	239	
Potassium, K	mg	409	15.300	3		1		573	348	
Sodium, Na	mg	1500	86.297	3		1		2100	1275	
Zinc, Zn	mg	2.47	0.197	5		1		3.46	2.10	
Copper, Cu	mg	0.145	0.016	5		1		0.203	0.123	
Manganese, Mn	mg	0.041	0.007	4		1		0.057	0.035	
Selenium, Se	mcg	19.8		0	BFYN	4		27.7	16.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.730	0.046	3		1		1.022	0.621	
Riboflavin	mg	0.330	0.035	3		1		0.462	0.281	
Niacin	mg	6.150	1.126	3		1		8.610	5.228	
Pantothenic acid	mg	0.720		2		1		1.008	0.612	
Vitamin B-6	mg	0.310	0.052	3		1		0.434	0.264	
Folate, total	mcg	3		0		4		4	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		0		4		4	3	
Folate, DFE	mcg_DFE	3		0	NC	4		4	3	
Choline, total	mg	88.4		0	BFPN	4		123.8	75.1	
Betaine	mg	5.9		0	BFPN	4		8.3	5.0	
Vitamin B-12	mcg	0.70	0.113	9		1		0.98	0.60	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.31		0	BFSN	4		0.43	0.26	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.8		0	AS	1		1.1	0.7	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.8		0	BFNN	4		1.1	0.7	
Vitamin D	IU	32		0	BFNN	4		44	27	
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	3.120		0		1		4.368	2.652	
4:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 10136

Pork, cured, ham, boneless, regular (approximately 11% fat), roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.030	0.013	3		1		0.042	0.026	
12:0....g	0.020	0.006	3		1		0.028	0.017	
13:0....g									
14:0....g	0.150	0.018	3		1		0.210	0.128	
15:0....g									
16:0....g	1.860	0.114	3		1		2.604	1.581	
17:0....g									
18:0....g	1.050	0.076	3		1		1.470	0.893	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.440		0		1		6.216	3.774	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.450	0.057	3		1		0.630	0.383	
17:1....g									
18:1 undifferentiated....g	4.000	0.234	3		1		5.600	3.400	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.410		0		1		1.974	1.199	
18:2 undifferentiated....g	1.170	0.076	3		1		1.638	0.995	
18:3 undifferentiated....g	0.240	0.082	3		1		0.336	0.204	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	59	3.383	3		1		83	50	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.238		2		1		0.333	0.202	
Threonine....g	0.882		10		1		1.235	0.750	
Isoleucine....g	0.870		10		1		1.218	0.740	
Leucine....g	1.574		10		1		2.204	1.338	
Lysine....g	1.682		10		1		2.355	1.430	
Methionine....g	0.524		10		1		0.734	0.445	
Cystine....g	0.298		2		1		0.417	0.253	
Phenylalanine....g	0.857		10		1		1.200	0.728	
Tyrosine....g	0.651		10		1		0.911	0.553	
Valine....g	0.860		10		1		1.204	0.731	
Arginine....g	1.289		10		1		1.805	1.096	
Histidine....g	0.711		10		1		0.995	0.604	
Alanine....g	1.171		10		1		1.639	0.995	
Aspartic acid....g	1.879		10		1		2.631	1.597	
Glutamic acid....g	3.234		10		1		4.528	2.749	
Glycine....g	1.032		10		1		1.445	0.877	
Proline....g	0.847		10		1		1.186	0.720	
Serine....g	0.813		10		1		1.138	0.691	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10136

Pork, cured, ham, boneless, regular (approximately 11% fat), roasted

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10141

Pork, cured, ham, center slice, country-style, separable lean only, raw

Refuse: 15% Bone and skin 3%, separable fat 12%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.93	0.365	10		1		15.86	63.20	
Energy....kcal	195		0	NC	4		55	220	
Energy....kJ	816		0		4		231	922	
Protein (N x 6.25)....g	27.80	1.028	6		1		7.88	31.41	
Total lipid (fat)....g	8.32	0.697	6		1		2.36	9.40	
Ash....g	7.65		0		1		2.17	8.64	
Carbohydrate, by difference....g	0.30		0	NC	4		0.09	0.34	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0		4		3	11	
Iron, Fe....mg	1.11		0		4		0.31	1.25	
Magnesium, Mg....mg	25		0		4		7	28	
Phosphorus, P....mg	318		0		4		90	359	
Potassium, K....mg	510		0		4		145	576	
Sodium, Na....mg	2695		0		4		764	3045	
Zinc, Zn....mg	2.81		0		4		0.80	3.18	
Copper, Cu....mg	0.108		0		4		0.031	0.122	
Manganese, Mn....mg	0.048		0		4		0.014	0.054	
Selenium, Se....mcg	25.8		0	BFNN	4		7.3	29.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.567		0		1		0.161	0.641	
Riboflavin....mg	0.242		0		1		0.069	0.273	
Niacin....mg	3.881		0		1		1.100	4.386	
Pantothenic acid....mg	0.402		0		4		0.114	0.454	
Vitamin B-6....mg	0.420		0		4		0.119	0.475	
Folate, total....mcg	5		0		4		1	6	
Folic acid....mcg	0		1	Z	7		0	0	
Folate, food....mcg	5		0	NR	4		1	6	
Folate, DFE....mcg_DFE	5		0	NC	4		1	6	
Choline, total....mg	105.5		0	BFPN	4		29.9	119.2	
Betaine....mg	7.0		0	BFPN	4		2.0	7.9	
Vitamin B-12....mcg	0.88		0		4		0.25	0.99	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.28		0	BFSN	4		0.08	0.32	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.9		0	AS	1		0.3	1.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.9		0	BFNN	4		0.3	1.1	
Vitamin D....IU	37		0	BFNN	4		11	42	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.780		0		1		0.788	3.141	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 10141

Pork, cured, ham, center slice, country-style, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		1		0.000	0.000	
8:0 ... g	0.000		0		1		0.000	0.000	
10:0 ... g	0.030		0		1		0.009	0.034	
12:0 ... g	0.020		0		1		0.006	0.023	
13:0 ... g									
14:0 ... g	0.110		0		1		0.031	0.124	
15:0 ... g									
16:0 ... g	1.760		0		1		0.499	1.989	
17:0 ... g									
18:0 ... g	0.860		0		1		0.244	0.972	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.821		0		1		1.083	4.318	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.320		0		1		0.091	0.362	
17:1 ... g									
18:1 undifferentiated ... g	3.501		0		1		0.993	3.956	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.970		0		1		0.275	1.096	
18:2 undifferentiated ... g	0.770		0		1		0.218	0.870	
18:3 undifferentiated ... g	0.090		0		1		0.026	0.102	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.110		0		1		0.031	0.124	
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	70		0		4		20	79	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.334		0		1		0.095	0.377	
Threonine ... g	1.237		0		1		0.351	1.398	
Isoleucine ... g	1.219		0		1		0.346	1.377	
Leucine ... g	2.206		0		1		0.625	2.493	
Lysine ... g	2.357		0		1		0.668	2.663	
Methionine ... g	0.734		0		1		0.208	0.829	
Cystine ... g	0.418		0		1		0.119	0.472	
Phenylalanine ... g	1.201		0		1		0.340	1.357	
Tyrosine ... g	0.912		0		1		0.259	1.031	
Valine ... g	1.205		0		1		0.342	1.362	
Arginine ... g	1.806		0		1		0.512	2.041	
Histidine ... g	0.996		0		1		0.282	1.125	
Alanine ... g	1.641		0		1		0.465	1.854	
Aspartic acid ... g	2.633		0		1		0.746	2.975	
Glutamic acid ... g	4.532		0		1		1.285	5.121	
Glycine ... g	1.446		0		1		0.410	1.634	
Proline ... g	1.188		0		1		0.337	1.342	
Serine ... g	1.139		0		1		0.323	1.287	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10141

Pork, cured, ham, center slice, country-style, separable lean only, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10142

Pork, cured, ham, center slice, separable lean and fat, unheated

Refuse: 3% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.46		0		1		17.99	71.71	
Energy....kcal	203		0	NC	4		58	229	
Energy....kJ	849				4		241	960	
Protein (N x 6.25)....g	20.17		0		1		5.72	22.79	
Total lipid (fat)....g	12.90		0		1		3.66	14.58	
Ash....g	3.42		0		1		0.97	3.86	
Carbohydrate, by difference....g	0.05		0	NC	4		0.01	0.06	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0		1		2	8	
Iron, Fe....mg	0.75		0		1		0.21	0.85	
Magnesium, Mg....mg	16		0		1		5	18	
Phosphorus, P....mg	215		0		1		61	243	
Potassium, K....mg	337		0		1		96	381	
Sodium, Na....mg	1386		0		1		393	1566	
Zinc, Zn....mg	1.88		0		1		0.53	2.12	
Copper, Cu....mg	0.074		0		1		0.021	0.084	
Manganese, Mn....mg	0.031		0		1		0.009	0.035	
Selenium, Se....mcg	22.6		0	PIE	4		6.4	25.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.845		0		1		0.240	0.955	
Riboflavin....mg	0.205		0		1		0.058	0.232	
Niacin....mg	4.809		0		1		1.363	5.434	
Pantothenic acid....mg	0.498		0		1		0.141	0.563	
Vitamin B-6....mg	0.470		0		1		0.133	0.531	
Folate, total....mcg	4		0		1		1	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		1		1	5	
Folate, DFE....mcg_DFE	4		0	NC	4		1	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.80		0		1		0.23	0.90	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.572		0		1		1.296	5.166	
4:0....g									
6:0....g									
8:0....g									

NDB No. 10142

Pork, cured, ham, center slice, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.020		0		1		0.006	0.023	
12:0 ... g	0.030		0		1		0.009	0.034	
13:0 ... g									
14:0 ... g	0.170		0		1		0.048	0.192	
15:0 ... g									
16:0 ... g	2.861		0		1		0.811	3.233	
17:0 ... g									
18:0 ... g	1.471		0		1		0.417	1.662	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	6.092		0		1		1.727	6.884	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.420		0		1		0.119	0.475	
17:1 ... g									
18:1 undifferentiated ... g	5.612		0		1		1.591	6.342	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.411		0		1		0.400	1.594	
18:2 undifferentiated ... g	0.780		0		1		0.221	0.881	
18:3 undifferentiated ... g	0.140		0		1		0.040	0.158	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.080		0		1		0.023	0.090	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	54		0		1		15	61	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.242		0		1		0.069	0.273	
Threonine ... g	0.897		0		1		0.254	1.014	
Isoleucine ... g	0.884		0		1		0.251	0.999	
Leucine ... g	1.601		0		1		0.454	1.809	
Lysine ... g	1.710		0		1		0.485	1.932	
Methionine ... g	0.532		0		1		0.151	0.601	
Cystine ... g	0.303		0		1		0.086	0.342	
Phenylalanine ... g	0.871		0		1		0.247	0.984	
Tyrosine ... g	0.662		0		1		0.188	0.748	
Valine ... g	0.875		0		1		0.248	0.989	
Arginine ... g	1.310		0		1		0.371	1.480	
Histidine ... g	0.723		0		1		0.205	0.817	
Alanine ... g	1.191		0		1		0.338	1.346	
Aspartic acid ... g	1.910		0		1		0.541	2.158	
Glutamic acid ... g	3.289		0		1		0.932	3.717	
Glycine ... g	1.049		0		1		0.297	1.185	
Proline ... g	0.862		0		1		0.244	0.974	
Serine ... g	0.826		0		1		0.234	0.933	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

NDB No. 10142

Pork, cured, ham, center slice, separable lean and fat, unheated

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10138

Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.45	0.463	4		1		97.23	59.03	
Energy....kcal	136		0	NC	4		190	116	
Energy....kJ	569				4		797	484	
Protein (N x 6.25)....g	21.16	0.192	4		1		29.62	17.99	
Total lipid (fat)....g	4.88	0.475	4		1		6.83	4.15	
Ash....g	4.00	0.122	4		1		5.60	3.40	
Carbohydrate, by difference....g	0.52		0	NC	4		0.73	0.44	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	6		1		1		8	5	
Iron, Fe....mg	0.92	0.131	4		1		1.29	0.78	
Magnesium, Mg....mg	21	1.291	4		1		29	18	
Phosphorus, P....mg	209	21.825	4		1		293	178	
Potassium, K....mg	348	25.905	4		1		487	296	
Sodium, Na....mg	1135	100.706	4		1		1589	965	
Zinc, Zn....mg	2.23	0.149	4		1		3.12	1.90	
Copper, Cu....mg	0.050	0.004	4		1		0.070	0.043	
Manganese, Mn....mg	0.024		1		1		0.034	0.020	
Selenium, Se....mcg	17.4		0	BFYN	4		24.4	14.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	1.035	0.023	4		1		1.449	0.880	
Riboflavin....mg	0.247	0.013	4		1		0.346	0.210	
Niacin....mg	4.892	0.084	4		1		6.849	4.158	
Pantothenic acid....mg	0.570		1		1		0.798	0.485	
Vitamin B-6....mg	0.450	0.048	4		1		0.630	0.383	
Folate, total....mcg	5		0		1		7	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		1		7	4	
Folate, DFE....mcg_DFE	5		0	NC	4		7	4	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.71	0.013	4		1		0.99	0.60	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.600		0		1		2.240	1.360	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	

NDB No. 10138

Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		1		0.000	0.000	
12:0 ... g	0.000		0		1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.050		2		1		0.070	0.043	
15:0 ... g									
16:0 ... g	1.070		2		1		1.498	0.910	
17:0 ... g									
18:0 ... g	0.480		2		1		0.672	0.408	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.490		0		1		3.486	2.117	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.190		2		1		0.266	0.162	
17:1 ... g									
18:1 undifferentiated ... g	2.300		2		1		3.220	1.955	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.440		0		1		0.616	0.374	
18:2 undifferentiated ... g	0.390		2		1		0.546	0.332	
18:3 undifferentiated ... g	0.050		2		1		0.070	0.043	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	30		2		1		42	26	
Phytosterols ... mg	0		0		4		0	0	
Amino Acids:									
Tryptophan ... g	0.240		0		1		0.336	0.204	
Threonine ... g	0.944		0		1		1.322	0.802	
Isoleucine ... g	0.911		0		1		1.275	0.774	
Leucine ... g	1.645		0		1		2.303	1.398	
Lysine ... g	1.818		0		1		2.545	1.545	
Methionine ... g	0.552		0		1		0.773	0.469	
Cystine ... g	0.250		0		1		0.350	0.213	
Phenylalanine ... g	0.816		0		1		1.142	0.694	
Tyrosine ... g	0.694		0		1		0.972	0.590	
Valine ... g	0.948		0		1		1.327	0.806	
Arginine ... g	1.310		0		1		1.834	1.114	
Histidine ... g	0.836		0		1		1.170	0.711	
Alanine ... g	1.208		0		1		1.691	1.027	
Aspartic acid ... g	1.953		0		1		2.734	1.660	
Glutamic acid ... g	3.124		0		1		4.374	2.655	
Glycine ... g	1.036		0		1		1.450	0.881	
Proline ... g	0.900		0		1		1.260	0.765	
Serine ... g	0.823		0		1		1.152	0.700	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10138

Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10137

Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.52	0.132	130		1		102.93	20.84	
Energy	kcal	120		0	NC	4		168	34	
Energy	kJ	502		0		4		703	142	
Protein (N x 6.25)	g	18.49	0.066	130		1		25.89	5.24	
Total lipid (fat)	g	4.56	0.195	22		1		6.38	1.29	
Ash	g	3.63	0.062	22		1		5.08	1.03	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	6		1		1		8	2	
Iron, Fe	mg	0.94	0.048	21		1		1.32	0.27	
Magnesium, Mg	mg	17	0.405	21		1		24	5	
Phosphorus, P	mg	224	9.122	21		1		314	64	
Potassium, K	mg	364	6.582	17		1		510	103	
Sodium, Na	mg	1255	39.413	21		1		1757	356	
Zinc, Zn	mg	1.93	0.052	21		1		2.70	0.55	
Copper, Cu	mg	0.084	0.007	20		1		0.118	0.024	
Manganese, Mn	mg	0.025		2		1		0.035	0.007	
Selenium, Se	mcg	14.5		0	BFNN	4		20.3	4.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.836	0.026	21		1		1.170	0.237	
Riboflavin	mg	0.230	0.004	21		1		0.322	0.065	
Niacin	mg	5.302	0.227	21		1		7.423	1.503	
Pantothenic acid	mg	0.492	0.092	6		1		0.689	0.139	
Vitamin B-6	mg	0.450	0.035	21		1		0.630	0.128	
Folate, total	mcg	6		0		1		8	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		8	2	
Folate, DFE	mcg_DFE	6		0	NC	4		8	2	
Choline, total	mg	70.2		0	BFPN	4		98.2	19.9	
Betaine	mg	4.7		0	BFPN	4		6.6	1.3	
Vitamin B-12	mcg	0.82	0.057	21		1		1.15	0.23	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.17		0	BFSN	4		0.24	0.05	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	2.3		0	AS	1		3.3	0.7	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	2.3		0	BFNN	4		3.3	0.7	
Vitamin D	IU	93		0	BFNN	4		130	26	
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	1.510		0		1		2.114	0.428	
4:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 10137

Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010	0.005	3		1		0.014	0.003	
12:0 g	0.010	0.003	3		1		0.014	0.003	
13:0 g									
14:0 g	0.060	0.009	4		1		0.084	0.017	
15:0 g									
16:0 g	0.960	0.050	4		1		1.344	0.272	
17:0 g									
18:0 g	0.470	0.041	4		1		0.658	0.133	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.210		0		1		3.094	0.627	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.170	0.019	4		1		0.238	0.048	
17:1 g									
18:1 undifferentiated g	2.040	0.120	4		1		2.856	0.578	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.390		0		1		0.546	0.111	
18:2 undifferentiated g	0.360	0.018	4		1		0.504	0.102	
18:3 undifferentiated g	0.030	0.007	4		1		0.042	0.009	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	38		2		1		53	11	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.210		2		1		0.294	0.060	
Threonine g	0.826		2		1		1.156	0.234	
Isoleucine g	0.796		2		1		1.114	0.226	
Leucine g	1.438		2		1		2.013	0.408	
Lysine g	1.589		2		1		2.225	0.450	
Methionine g	0.482		2		1		0.675	0.137	
Cystine g	0.219		2		1		0.307	0.062	
Phenylalanine g	0.713		2		1		0.998	0.202	
Tyrosine g	0.607		2		1		0.850	0.172	
Valine g	0.829		2		1		1.161	0.235	
Arginine g	1.145		2		1		1.603	0.325	
Histidine g	0.731		2		1		1.023	0.207	
Alanine g	1.056		2		1		1.478	0.299	
Aspartic acid g	1.707		2		1		2.390	0.484	
Glutamic acid g	2.731		2		1		3.823	0.774	
Glycine g	0.905		2		1		1.267	0.257	
Proline g	0.787		2		1		1.102	0.223	
Serine g	0.719		2		1		1.007	0.204	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10137

Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10185

Pork, cured, ham, extra lean and regular, canned, roasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.52	0.780	8		1		93.13	56.54	
Energy....kcal	167		0	NC	4		234	142	
Energy....kJ	699		0		4		978	594	
Protein (N x 6.25)....g	20.94	0.213	8		1		29.32	17.80	
Total lipid (fat)....g	8.43	0.946	8		1		11.80	7.17	
Ash....g	3.63	0.090	8		1		5.08	3.09	
Carbohydrate, by difference....g	0.49		0	NC	4		0.69	0.42	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		4		1		10	6	
Iron, Fe....mg	1.07	0.097	8		1		1.50	0.91	
Magnesium, Mg....mg	20	0.859	8		1		28	17	
Phosphorus, P....mg	221	14.358	8		1		309	188	
Potassium, K....mg	351	17.375	8		1		491	298	
Sodium, Na....mg	1068	71.956	8		1		1495	908	
Zinc, Zn....mg	2.32	0.103	8		1		3.25	1.97	
Copper, Cu....mg	0.078	0.007	8		1		0.109	0.066	
Manganese, Mn....mg	0.026		3		1		0.036	0.022	
Selenium, Se....mcg	26.6		0	BFZN	4		37.2	22.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	0.961	0.022	8		1		1.345	0.817	
Riboflavin....mg	0.251	0.010	8		1		0.351	0.213	
Niacin....mg	5.032	0.309	8		1		7.045	4.277	
Pantothenic acid....mg	0.625		2		1		0.875	0.531	
Vitamin B-6....mg	0.400	0.033	8		1		0.560	0.340	
Folate, total....mcg	5		2		1		7	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		2		1		7	4	
Folate, DFE....mcg_DFE	5		0	NC	4		7	4	
Choline, total....mg	81.8		0	BFPN	4		114.6	69.6	
Betaine....mg	5.5		0	BFPN	4		7.7	4.7	
Vitamin B-12....mcg	0.83	0.032	8		1		1.16	0.71	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.25		0	BFYN	4		0.34	0.21	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.7		0	AS	1		1.0	0.6	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.7		0	BFNN	4		1.0	0.6	
Vitamin D....IU	30		0	BFNN	4		42	25	
Vitamin K (phylloquinone)....mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.810		0		1		3.934	2.389	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 10185

Pork, cured, ham, extra lean and regular, canned, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.030	0.013	4		1		0.042	0.026	
12:0 g	0.020	0.013	4		1		0.028	0.017	
13:0 g									
14:0 g	0.090	0.010	6		1		0.126	0.077	
15:0 g									
16:0 g	1.800	0.203	6		1		2.520	1.530	
17:0 g									
18:0 g	0.880	0.109	6		1		1.232	0.748	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.060		0		1		5.684	3.451	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.280	0.027	6		1		0.392	0.238	
17:1 g									
18:1 undifferentiated g	3.780	0.384	6		1		5.292	3.213	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.900		0		1		1.260	0.765	
18:2 undifferentiated g	0.810	0.098	6		1		1.134	0.689	
18:3 undifferentiated g	0.090	0.024	6		1		0.126	0.077	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	41	4.680	6		1		57	35	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.237		0		1		0.332	0.201	
Threonine g	0.934		0		1		1.308	0.794	
Isoleucine g	0.901		0		1		1.261	0.766	
Leucine g	1.628		0		1		2.279	1.384	
Lysine g	1.799		0		1		2.519	1.529	
Methionine g	0.546		0		1		0.764	0.464	
Cystine g	0.247		0		1		0.346	0.210	
Phenylalanine g	0.807		0		1		1.130	0.686	
Tyrosine g	0.686		0		1		0.960	0.583	
Valine g	0.938		0		1		1.313	0.797	
Arginine g	1.296		0		1		1.814	1.102	
Histidine g	0.827		0		1		1.158	0.703	
Alanine g	1.195		0		1		1.673	1.016	
Aspartic acid g	1.933		0		1		2.706	1.643	
Glutamic acid g	3.092		0		1		4.329	2.628	
Glycine g	1.025		0		1		1.435	0.871	
Proline g	0.891		0		1		1.247	0.757	
Serine g	0.814		0		1		1.140	0.692	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10185

Pork, cured, ham, extra lean and regular, canned, roasted

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10184

Pork, cured, ham, extra lean and regular, canned, unheated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.12	0.208	153		1		99.57	20.16	
Energy....kcal	144		0	NC	4		202	41	
Energy....kJ	602		0		4		843	171	
Protein (N x 6.25)....g	17.97	0.086	156		1		25.16	5.09	
Total lipid (fat)....g	7.46	0.318	34		1		10.44	2.11	
Ash....g	3.57	0.079	30		1		5.00	1.01	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		3		1		8	2	
Iron, Fe....mg	0.90	0.044	32		1		1.26	0.26	
Magnesium, Mg....mg	16	0.331	32		1		22	5	
Phosphorus, P....mg	207	6.574	32		1		290	59	
Potassium, K....mg	334	4.817	28		1		468	95	
Sodium, Na....mg	1276	32.532	36		1		1786	362	
Zinc, Zn....mg	1.84	0.043	32		1		2.58	0.52	
Copper, Cu....mg	0.078	0.006	31		1		0.109	0.022	
Manganese, Mn....mg	0.024		0		1		0.034	0.007	
Selenium, Se....mcg	22.1		0	BFZN	4		30.9	6.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	0.879	0.046	32		1		1.231	0.249	
Riboflavin....mg	0.230	0.005	32		1		0.322	0.065	
Niacin....mg	4.585	0.152	32		1		6.419	1.300	
Pantothenic acid....mg	0.458	0.066	14		1		0.641	0.130	
Vitamin B-6....mg	0.460	0.038	32		1		0.644	0.130	
Folate, total....mcg	6		0		1		8	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0		1		8	2	
Folate, DFE....mcg_DFE	6		0	NC	4		8	2	
Choline, total....mg	68.7		0	BFPN	4		96.2	19.5	
Betaine....mg	4.5		0	BFPN	4		6.3	1.3	
Vitamin B-12....mcg	0.80	0.057	32		1		1.12	0.23	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.19		0	PIK	4		0.27	0.05	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.6		0	AS	1		0.8	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.6		0	BFNN	4		0.8	0.2	
Vitamin D....IU	22		0	BFNN	4		31	6	
Vitamin K (phylloquinone)....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.450		0		1		3.430	0.695	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 10184
Pork, cured, ham, extra lean and regular, canned, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.020		4		1		0.028	0.006	
12:0 g	0.010	0.005	7		1		0.014	0.003	
13:0 g									
14:0 g	0.050	0.012	8		1		0.070	0.014	
15:0 g									
16:0 g	1.600	0.102	8		1		2.240	0.454	
17:0 g									
18:0 g	0.760	0.045	8		1		1.064	0.215	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.570		0		1		4.998	1.012	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.290	0.039	8		1		0.406	0.082	
17:1 g									
18:1 undifferentiated g	3.280	0.179	8		1		4.592	0.930	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.760		0		1		1.064	0.215	
18:2 undifferentiated g	0.680	0.053	8		1		0.952	0.193	
18:3 undifferentiated g	0.080	0.012	8		1		0.112	0.023	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	38	3.689	5		1		53	11	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.204		2		1		0.286	0.058	
Threonine g	0.802		2		1		1.123	0.227	
Isoleucine g	0.773		2		1		1.082	0.219	
Leucine g	1.397		2		1		1.956	0.396	
Lysine g	1.543		2		1		2.160	0.437	
Methionine g	0.468		2		1		0.655	0.133	
Cystine g	0.212		2		1		0.297	0.060	
Phenylalanine g	0.693		2		1		0.970	0.196	
Tyrosine g	0.589		2		1		0.825	0.167	
Valine g	0.805		2		1		1.127	0.228	
Arginine g	1.112		2		1		1.557	0.315	
Histidine g	0.710		2		1		0.994	0.201	
Alanine g	1.026		2		1		1.436	0.291	
Aspartic acid g	1.658		2		1		2.321	0.470	
Glutamic acid g	2.653		2		1		3.714	0.752	
Glycine g	0.879		2		1		1.231	0.249	
Proline g	0.764		2		1		1.070	0.217	
Serine g	0.698		2		1		0.977	0.198	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10184

Pork, cured, ham, extra lean and regular, canned, unheated

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43326
Pork, cured, ham, low sodium, lean and fat, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.10		0		1			18.46	
Energy	kcal	172		0		1			49	
Energy	kJ	720		0		1			204	
Protein	g	22.30		0		1			6.32	
Total lipid (fat)	g	8.30		0		1			2.35	
Ash	g	4.00		0	NC	4			1.13	
Carbohydrate, by difference	g	0.30		0	NC	4			0.09	
Fiber, total dietary	g	0.0		0	Z	7			0.0	
Sugars, total	g	0.00		0	Z	7			0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0		1			2	
Iron, Fe	mg	1.37		0		1			0.39	
Magnesium, Mg	mg	21		0		1			6	
Phosphorus, P	mg	265		0		1			75	
Potassium, K	mg	386		0		1			109	
Sodium, Na	mg	969		0		1			275	
Zinc, Zn	mg	2.55		0		1			0.72	
Copper, Cu	mg	0.132		0		1			0.037	
Manganese, Mn	mg									
Selenium, Se	mcg	19.5		0	BFZN	4			5.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7			0.0	
Thiamin	mg	0.730		0		1			0.207	
Riboflavin	mg	0.310		0		1			0.088	
Niacin	mg	5.740		0		1			1.627	
Pantothenic acid	mg									
Vitamin B-6	mg	0.330		0		1			0.094	
Folate, total	mcg	3		0		1			1	
Folic acid	mcg	0		0	Z	7			0	
Folate, food	mcg	3		0		1			1	
Folate, DFE	mcg_DFE	3		0	NC	4			1	
Choline, total	mg	87.2		0	BFPN	4			24.7	
Betaine	mg	5.9		0	BFPN	4			1.7	
Vitamin B-12	mcg	0.69		0		1			0.20	
Vitamin B-12, added	mcg	0.00		0	Z	7			0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4			0	
Retinol	mcg	0		0	NR	4			0	
Carotene, beta	mcg	0		0	Z	7			0	
Carotene, alpha	mcg	0		0	Z	7			0	
Cryptoxanthin, beta	mcg	0		0	Z	7			0	
Vitamin A, IU	IU	0		0		1			0	
Lycopene	mcg	0		0	Z	7			0	
Lutein + zeaxanthin	mcg	0		0	Z	7			0	
Vitamin E (alpha-tocopherol)	mg	0.28		0	BFSN	4			0.08	
Vitamin E, added	mg	0.00		0	Z	7			0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.8		0	AS	1			0.2	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.8		0	BFNN	4			0.2	
Vitamin D	IU	33		0	BFNN	4			9	
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4			0.0	
Lipids:										
Fatty acids, total saturated	g	2.781		0		4			0.788	
4:0	g	0.000		0	Z	7			0.000	

NDB No. 43326

Pork, cured, ham, low sodium, lean and fat, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	Z	7			0.000	
8:0 ... g	0.000		0		4			0.000	
10:0 ... g	0.032		0		4			0.009	
12:0 ... g	0.025		0		4			0.007	
13:0 ... g									
14:0 ... g	0.138		0		4			0.039	
15:0 ... g									
16:0 ... g	1.693		0		4			0.480	
17:0 ... g									
18:0 ... g	0.900		0		4			0.255	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.002		0		4			1.135	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.384		0		4			0.109	
17:1 ... g									
18:1 undifferentiated ... g	3.618		0		4			1.026	
20:1 ... g	0.000		0		4			0.000	
22:1 undifferentiated ... g	0.000		0		4			0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.013		0		4			0.287	
18:2 undifferentiated ... g	0.868		0		4			0.246	
18:3 undifferentiated ... g	0.145		0		4			0.041	
18:4 ... g	0.000		0		4			0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4			0.000	
20:5 n-3 (EPA) ... g	0.000		0		4			0.000	
22:5 n-3 (DPA) ... g	0.000		0		4			0.000	
22:6 n-3 (DHA) ... g	0.000		0		4			0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	58		0		1			16	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7			0.0	
Caffeine ... mg	0		0	Z	7			0	
Theobromine ... mg	0		0	Z	7			0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 2 = 28.35g: 1 oz, boneless

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10147
Pork, cured, ham, patties, grilled

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.35		2		1		30.81	212.08	
Energy	kcal	342		0	NC	4		205	1412	
Energy	kJ	1431		0		4		859	5910	
Protein (N x 6.25)	g	13.30		2		1		7.98	54.93	
Total lipid (fat)	g	30.85		2		1		18.51	127.41	
Ash	g	2.80		2		1		1.68	11.56	
Carbohydrate, by difference	g	1.70		0	NC	4		1.02	7.02	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	9		2		1		5	37	
Iron, Fe	mg	1.61		2		1		0.97	6.65	
Magnesium, Mg	mg	10		1		1		6	41	
Phosphorus, P	mg	101		1		1		61	417	
Potassium, K	mg	244		2		1		146	1008	
Sodium, Na	mg	1063		1		1		638	4390	
Zinc, Zn	mg	1.90		1		1		1.14	7.85	
Copper, Cu	mg	0.100		1		1		0.060	0.413	
Manganese, Mn	mg	0.022		0		4		0.013	0.091	
Selenium, Se	mcg	21.1		0	BFYN	4		12.7	87.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.350		2		1		0.210	1.446	
Riboflavin	mg	0.185		2		1		0.111	0.764	
Niacin	mg	3.245		2		1		1.947	13.402	
Pantothenic acid	mg	0.262		0		1		0.157	1.082	
Vitamin B-6	mg	0.160		1		1		0.096	0.661	
Folate, total	mcg	3		0		4		2	12	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		0		4		2	12	
Folate, DFE	mcg_DFE	3		0	NC	4		2	12	
Choline, total	mg	52.0		0	BFPN	4		31.2	214.7	
Betaine	mg	3.5		0	BFPN	4		2.1	14.4	
Vitamin B-12	mcg	0.70		1		1		0.42	2.89	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		1		1		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.46		0	BFYN	4		0.28	1.90	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.6		0	AS	1		0.4	2.7	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.6		0	BFNN	4		0.4	2.7	
Vitamin D	IU	26		0	BFNN	4		15	106	
Vitamin K (phylloquinone)	mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	11.090		0		1		6.654	45.802	
4:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 10147
Pork, cured, ham, patties, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.030		0		1		0.018	0.124	
12:0 g	0.060		0		1		0.036	0.248	
13:0 g									
14:0 g	0.410		0		1		0.246	1.693	
15:0 g									
16:0 g	6.920		0		1		4.152	28.580	
17:0 g									
18:0 g	3.620		0		1		2.172	14.951	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	14.670		0		1		8.802	60.587	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.970		0		1		0.582	4.006	
17:1 g									
18:1 undifferentiated g	13.540		0		1		8.124	55.920	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	3.330		0		1		1.998	13.753	
18:2 undifferentiated g	2.860		0		1		1.716	11.812	
18:3 undifferentiated g	0.320		0		1		0.192	1.322	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.140		0		1		0.084	0.578	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	72		0		1		43	297	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.155		0		1		0.093	0.640	
Threonine g	0.592		0		1		0.355	2.445	
Isoleucine g	0.581		0		1		0.349	2.400	
Leucine g	1.051		0		1		0.631	4.341	
Lysine g	1.130		0		1		0.678	4.667	
Methionine g	0.351		0		1		0.211	1.450	
Cystine g	0.179		0		1		0.107	0.739	
Phenylalanine g	0.564		0		1		0.338	2.329	
Tyrosine g	0.436		0		1		0.262	1.801	
Valine g	0.579		0		1		0.347	2.391	
Arginine g	0.858		0		1		0.515	3.544	
Histidine g	0.485		0		1		0.291	2.003	
Alanine g	0.781		0		1		0.469	3.226	
Aspartic acid g	1.253		0		1		0.752	5.175	
Glutamic acid g	2.134		0		1		1.280	8.813	
Glycine g	0.685		0		1		0.411	2.829	
Proline g	0.568		0		1		0.341	2.346	
Serine g	0.541		0		1		0.325	2.234	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10147

Pork, cured, ham, patties, grilled

Common Measures:

Measure 1 = 60g: 1 patty, cooked

Measure 2 = 413g: 1 unit, cooked (yield from 1 lb raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10146
Pork, cured, ham, patties, unheated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.40	2.941	5		1		15.42	35.36	
Energy....kcal	315		0	NC	4		89	205	
Energy....kJ	1318				4		374	857	
Protein (N x 6.25)....g	12.78	0.542	5		1		3.62	8.31	
Total lipid (fat)....g	28.19	3.269	5		1		7.99	18.32	
Ash....g	2.93	0.141	5		1		0.83	1.90	
Carbohydrate, by difference....g	1.69		0	NC	4		0.48	1.10	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8	1.156	3		1		2	5	
Iron, Fe....mg	1.05	0.238	4		1		0.30	0.68	
Magnesium, Mg....mg	10	0.348	3		1		3	7	
Phosphorus, P....mg	149	26.131	4		1		42	97	
Potassium, K....mg	239	54.026	3		1		68	155	
Sodium, Na....mg	1088	60.742	4		1		308	707	
Zinc, Zn....mg	1.57	0.177	3		1		0.45	1.02	
Copper, Cu....mg	0.070		1		1		0.020	0.046	
Manganese, Mn....mg	0.023		0		4		0.007	0.015	
Selenium, Se....mcg	15.8		0	BFNN	4		4.5	10.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.460	0.052	5		1		0.130	0.299	
Riboflavin....mg	0.154	0.026	5		1		0.044	0.100	
Niacin....mg	3.014	0.258	5		1		0.854	1.959	
Pantothenic acid....mg	0.302		2		1		0.086	0.196	
Vitamin B-6....mg	0.160	0.006	3		1		0.045	0.104	
Folate, total....mcg	3		0		4		1	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		0		4		1	2	
Folate, DFE....mcg_DFE	3		0	NC	4		1	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.08	0.199	3		1		0.31	0.70	
Vitamin A, RAE....mcg_RAE	0		1		1		0	0	
Retinol....mcg	0		1		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		1		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	10.130		0		1		2.872	6.585	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 10146
Pork, cured, ham, patties, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.020		0		1		0.006	0.013	
12:0 g	0.060		0		1		0.017	0.039	
13:0 g									
14:0 g	0.370		0		1		0.105	0.241	
15:0 g									
16:0 g	6.320		0		1		1.792	4.108	
17:0 g									
18:0 g	3.310		0		1		0.938	2.152	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	13.260		0		1		3.759	8.619	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.890		0		1		0.252	0.579	
17:1 g									
18:1 undifferentiated g	12.370		0		1		3.507	8.041	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	3.040		0		1		0.862	1.976	
18:2 undifferentiated g	2.620		0		1		0.743	1.703	
18:3 undifferentiated g	0.290		0		1		0.082	0.189	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.130		0		1		0.037	0.085	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	70		1		1		20	46	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.149		4		1		0.042	0.097	
Threonine g	0.569		12		1		0.161	0.370	
Isoleucine g	0.558		12		1		0.158	0.363	
Leucine g	1.010		12		1		0.286	0.657	
Lysine g	1.086		12		1		0.308	0.706	
Methionine g	0.337		12		1		0.096	0.219	
Cystine g	0.172		4		1		0.049	0.112	
Phenylalanine g	0.542		12		1		0.154	0.352	
Tyrosine g	0.419		12		1		0.119	0.272	
Valine g	0.556		12		1		0.158	0.361	
Arginine g	0.824		12		1		0.234	0.536	
Histidine g	0.466		12		1		0.132	0.303	
Alanine g	0.751		12		1		0.213	0.488	
Aspartic acid g	1.205		12		1		0.342	0.783	
Glutamic acid g	2.051		12		1		0.581	1.333	
Glycine g	0.658		12		1		0.187	0.428	
Proline g	0.546		12		1		0.155	0.355	
Serine g	0.519		12		1		0.147	0.337	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 65g: 1 patty

NDB No. 10146
Pork, cured, ham, patties, unheated

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10140

Pork, cured, ham, regular (approximately 13% fat), canned, roasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.93	2.090	4		1		85.30	51.79	
Energy....kcal	226		0	NC	4		316	192	
Energy....kJ	946				4		1324	804	
Protein (N x 6.25)....g	20.53	0.500	4		1		28.74	17.45	
Total lipid (fat)....g	15.20	2.595	4		1		21.28	12.92	
Ash....g	2.93	0.120	4		1		4.10	2.49	
Carbohydrate, by difference....g	0.42		0	NC	4		0.59	0.36	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8	0.333	3		1		11	7	
Iron, Fe....mg	1.37	0.130	4		1		1.92	1.16	
Magnesium, Mg....mg	17	0.410	4		1		24	14	
Phosphorus, P....mg	243	3.160	4		1		340	207	
Potassium, K....mg	357	10.530	4		1		500	303	
Sodium, Na....mg	941	82.905	4		1		1317	800	
Zinc, Zn....mg	2.50	0.090	4		1		3.50	2.13	
Copper, Cu....mg	0.130	0.020	4		1		0.182	0.111	
Manganese, Mn....mg	0.029		2		1		0.041	0.025	
Selenium, Se....mcg	35.9		0	BFYN	4		50.3	30.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	14.0	2.345	4		1		19.6	11.9	
Thiamin....mg	0.820	0.045	4		1		1.148	0.697	
Riboflavin....mg	0.260	0.015	4		1		0.364	0.221	
Niacin....mg	5.300	0.885	4		1		7.420	4.505	
Pantothenic acid....mg	0.730		1		1		1.022	0.621	
Vitamin B-6....mg	0.300	0.025	4		1		0.420	0.255	
Folate, total....mcg	5		0		1		7	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		1		7	4	
Folate, DFE....mcg_DFE	5		0	NC	4		7	4	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.06	0.090	4		1		1.48	0.90	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.040		0		1		7.056	4.284	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 10140

Pork, cured, ham, regular (approximately 13% fat), canned, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.030	0.013	4		1		0.042	0.026	
12:0 g	0.020	0.013	4		1		0.028	0.017	
13:0 g									
14:0 g	0.160	0.027	4		1		0.224	0.136	
15:0 g									
16:0 g	3.190	0.590	4		1		4.466	2.712	
17:0 g									
18:0 g	1.650	0.315	4		1		2.310	1.403	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.070		0		1		9.898	6.010	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.470	0.073	4		1		0.658	0.400	
17:1 g									
18:1 undifferentiated g	6.610	1.116	4		1		9.254	5.619	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.780		0		1		2.492	1.513	
18:2 undifferentiated g	1.620	0.279	4		1		2.268	1.377	
18:3 undifferentiated g	0.160	0.068	4		1		0.224	0.136	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	62	13.570	4		1		87	53	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.233		0		1		0.326	0.198	
Threonine g	0.916		0		1		1.282	0.779	
Isoleucine g	0.883		0		1		1.236	0.751	
Leucine g	1.596		0		1		2.234	1.357	
Lysine g	1.764		0		1		2.470	1.499	
Methionine g	0.535		0		1		0.749	0.455	
Cystine g	0.243		0		1		0.340	0.207	
Phenylalanine g	0.791		0		1		1.107	0.672	
Tyrosine g	0.673		0		1		0.942	0.572	
Valine g	0.920		0		1		1.288	0.782	
Arginine g	1.271		0		1		1.779	1.080	
Histidine g	0.811		0		1		1.135	0.689	
Alanine g	1.172		0		1		1.641	0.996	
Aspartic acid g	1.895		0		1		2.653	1.611	
Glutamic acid g	3.031		0		1		4.243	2.576	
Glycine g	1.005		0		1		1.407	0.854	
Proline g	0.874		0		1		1.224	0.743	
Serine g	0.798		0		1		1.117	0.678	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 85g: 3 oz

NDB No. 10140
Pork, cured, ham, regular (approximately 13% fat), canned, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10139

Pork, cured, ham, regular (approximately 13% fat), canned, unheated

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.54	0.550	23		1		93.16	18.86	
Energy	kcal	190		0	NC	4		266	54	
Energy	kJ	795		0		4		1113	225	
Protein (N x 6.25)	g	16.97	0.217	26		1		23.76	4.81	
Total lipid (fat)	g	12.99	0.845	12		1		18.19	3.68	
Ash	g	3.48	0.195	8		1		4.87	0.99	
Carbohydrate, by difference	g	0.02		0	NC	4		0.03	0.01	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	6		2		1		8	2	
Iron, Fe	mg	0.83	0.091	11		1		1.16	0.24	
Magnesium, Mg	mg	14	0.573	11		1		20	4	
Phosphorus, P	mg	175	7.913	11		1		245	50	
Potassium, K	mg	316	12.002	4		1		442	90	
Sodium, Na	mg	1240	77.067	8		1		1736	352	
Zinc, Zn	mg	1.66	0.075	11		1		2.32	0.47	
Copper, Cu	mg	0.067	0.012	11		1		0.094	0.019	
Manganese, Mn	mg	0.023		0		1		0.032	0.007	
Selenium, Se	mcg	29.8		2	A	1		41.7	8.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.963	0.123	11		1		1.348	0.273	
Riboflavin	mg	0.231	0.011	11		1		0.323	0.065	
Niacin	mg	3.218	0.088	11		1		4.505	0.912	
Pantothenic acid	mg	0.394	0.074	8		1		0.552	0.112	
Vitamin B-6	mg	0.480	0.088	11		1		0.672	0.136	
Folate, total	mcg	5	2.333	3		1		7	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5	2.333	3		1		7	1	
Folate, DFE	mcg_DFE	5		0	NC	4		7	1	
Choline, total	mg	64.9		0	BFPN	4		90.9	18.4	
Betaine	mg	4.3		0	BFPN	4		6.0	1.2	
Vitamin B-12	mcg	0.78	0.124	11		1		1.09	0.22	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.21		0	BFSN	4		0.30	0.06	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.5		0	AS	1		0.7	0.2	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.5		0	BFNN	4		0.7	0.2	
Vitamin D	IU	21		0	BFNN	4		30	6	
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	4.250		0		1		5.950	1.205	
4:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 10139

Pork, cured, ham, regular (approximately 13% fat), canned, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.060		1		1		0.084	0.017	
12:0 g	0.030	0.012	4		1		0.042	0.009	
13:0 g									
14:0 g	0.050	0.032	4		1		0.070	0.014	
15:0 g									
16:0 g	2.810	0.282	4		1		3.934	0.797	
17:0 g									
18:0 g	1.320	0.105	4		1		1.848	0.374	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.180		0		1		8.652	1.752	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.540	0.107	4		1		0.756	0.153	
17:1 g									
18:1 undifferentiated g	5.640	0.466	4		1		7.896	1.599	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.470		0		1		2.058	0.417	
18:2 undifferentiated g	1.290	0.151	4		1		1.806	0.366	
18:3 undifferentiated g	0.170	0.032	4		1		0.238	0.048	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	39	4.910	3		1		55	11	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.193		2		1		0.270	0.055	
Threonine g	0.758		2		1		1.061	0.215	
Isoleucine g	0.731		2		1		1.023	0.207	
Leucine g	1.320		2		1		1.848	0.374	
Lysine g	1.458		2		1		2.041	0.413	
Methionine g	0.443		2		1		0.620	0.126	
Cystine g	0.201		2		1		0.281	0.057	
Phenylalanine g	0.655		2		1		0.917	0.186	
Tyrosine g	0.557		2		1		0.780	0.158	
Valine g	0.760		2		1		1.064	0.215	
Arginine g	1.051		2		1		1.471	0.298	
Histidine g	0.671		2		1		0.939	0.190	
Alanine g	0.970		2		1		1.358	0.275	
Aspartic acid g	1.567		2		1		2.194	0.444	
Glutamic acid g	2.507		2		1		3.510	0.711	
Glycine g	0.831		2		1		1.163	0.236	
Proline g	0.722		2		1		1.011	0.205	
Serine g	0.660		2		1		0.924	0.187	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10139

Pork, cured, ham, regular (approximately 13% fat), canned, unheated

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10929

Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted

Refuse: 23% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.82		0	PAK	1		1834.15	54.25	
Energy....kcal	177		0	PIK	4		5092	151	
Energy....kJ	741		0	PIK	4		21307	630	
Protein....g	23.95		0	PAK	1		688.30	20.36	
Total lipid (fat)....g	8.88		0	PAK	1		255.18	7.55	
Ash....g	2.98		0	PAK	1		85.72	2.54	
Carbohydrate, by difference....g	0.37		0	PIK	4		10.65	0.32	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.64		0	PAK	1		18.27	0.54	
Sucrose....g	0.54		0	PAK	1		15.53	0.46	
Glucose (dextrose)....g	0.10		0	PAK	1		2.74	0.08	
Fructose....g	0.00		0	PAK	1		0.00	0.00	
Lactose....g	0.00		0	PAK	1		0.00	0.00	
Maltose....g	0.00		0	PAK	1		0.00	0.00	
Galactose....g	0.00		0	PAK	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	PAK	1		212	6	
Iron, Fe....mg	1.46		0	PAK	1		41.96	1.24	
Magnesium, Mg....mg	23		0	PAK	1		651	19	
Phosphorus, P....mg	263		0	PAK	1		7547	223	
Potassium, K....mg	370		0	PAK	1		10630	314	
Sodium, Na....mg	826		0	PAK	1		23732	702	
Zinc, Zn....mg	2.91		0	PAK	1		83.78	2.48	
Copper, Cu....mg	1.093		0	PAK	1		31.414	0.929	
Manganese, Mn....mg	0.028		0	PAK	1		0.802	0.024	
Selenium, Se....mcg	23.5		0	PAK	1		674.0	19.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.531		0	PAK	1		15.272	0.452	
Riboflavin....mg	0.284		0	PAK	1		8.163	0.241	
Niacin....mg	6.871		0	PAK	1		197.458	5.840	
Pantothenic acid....mg	0.705		0	PAK	1		20.274	0.600	
Vitamin B-6....mg	0.446		0	PAK	1		12.817	0.379	
Folate, total....mcg	0		0	PAK	1		3	0	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	0		0	PIK	4		3	0	
Folate, DFE....mcg_DFE	0		0	NC	4		3	0	
Choline, total....mg	92.6		0	PAK	1		2660.3	78.7	
Betaine....mg	6.4		0	PAK	1		183.4	5.4	
Vitamin B-12....mcg	0.61		0	PAK	1		17.42	0.52	
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	PAK	1		43	1	
Retinol....mcg	1		0	PIK	4		43	1	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	5		0	PAK	1		143	4	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.33		0	PAK	1		9.55	0.28	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.05	0.00	
Tocopherol, gamma....mg	0.04		0	PAK	1		1.17	0.03	
Tocopherol, delta....mg	0.00		0	PAK	1		0.07	0.00	
Vitamin D (D2 + D3)....mcg	0.8		0	AS	1		23.4	0.7	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 10929

Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.8		0	BFNN	4		23.4	0.7	
Vitamin D....IU	33		0	BFNN	4		937	28	
Vitamin K (phylloquinone)....mcg	0.0		0	PAK	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.850		0	PIK	4		81.923	2.423	
4:0....g	0.000		0	PIK	4		0.000	0.000	
6:0....g	0.000		0	PIK	4		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.007		0	PAK	1		0.195	0.006	
12:0....g	0.006		0	PAK	1		0.175	0.005	
13:0....g									
14:0....g	0.102		0	PAK	1		2.932	0.087	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	1.802		0	PAK	1		51.784	1.532	
17:0....g	0.024		0	PAK	1		0.694	0.021	
18:0....g	0.890		0	PAK	1		25.587	0.757	
20:0....g	0.013		0	PAK	1		0.387	0.011	
22:0....g	0.006		0	PAK	1		0.168	0.005	
24:0....g									
Fatty acids, total monounsaturated....g	3.791		0	PIK	4		108.957	3.222	
14:1....g	0.000		0	PAK	1		0.000	0.000	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.211		0	PAK	1		6.063	0.179	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	3.519		0	PAK	1		101.150	2.992	
18:1 c....g	3.480		0	PAK	1		100.024	2.958	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.039		0	PAK	1		1.126	0.033	
18:1-11t (18:1t n-7)....g									
20:1....g	0.061		0	PAK	1		1.745	0.052	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.270		0	PIK	4		36.497	1.079	
18:2 undifferentiated....g	1.087		0	PAK	1		31.239	0.924	
18:2 n-6 c,c....g	1.045		0	PAK	1		30.046	0.889	
18:2 CLAs....g	0.018		0	PAK	1		0.520	0.015	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.023		0	PAK	1		0.673	0.020	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.055		0	PAK	1		1.575	0.047	
18:3 n-3 c,c,c (ALA)....g	0.055		0	PAK	1		1.575	0.047	
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.043		0	PAK	1		1.229	0.036	
20:3 undifferentiated....g	0.002		0	PAK	1		0.067	0.002	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.083		0	PAK	1		2.387	0.071	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans....g	0.063		0	PIK	4		1.799	0.053	
Fatty acids, total trans-monoenoic....g	0.039		0	PIK	4		1.126	0.033	
Fatty acids, total trans-polyenoic....g	0.023		0	PIK	4		0.673	0.020	
Cholesterol....mg	71		0	PAK	1		2042	60	
Phytosterols....mg									

NDB No. 10929

Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.222		0	PAK	1		6.393	0.189	
Threonine....g	1.065		0	PAK	1		30.617	0.906	
Isoleucine....g	1.076		0	PAK	1		30.928	0.915	
Leucine....g	1.910		0	PAK	1		54.897	1.624	
Lysine....g	2.009		0	PAK	1		57.751	1.708	
Methionine....g	0.569		0	PAK	1		16.350	0.484	
Cystine....g	0.269		0	PAK	1		7.736	0.229	
Phenylalanine....g	0.955		0	PAK	1		27.442	0.812	
Tyrosine....g	0.771		0	PAK	1		22.172	0.656	
Valine....g	1.209		0	PAK	1		34.734	1.027	
Arginine....g	1.529		0	PAK	1		43.942	1.300	
Histidine....g	1.043		0	PAK	1		29.984	0.887	
Alanine....g	1.414		0	PAK	1		40.627	1.202	
Aspartic acid....g	2.087		0	PAK	1		59.975	1.774	
Glutamic acid....g	3.417		0	PAK	1		98.198	2.904	
Glycine....g	1.276		0	PAK	1		36.685	1.085	
Proline....g	1.035		0	PAK	1		29.733	0.879	
Serine....g	0.936		0	PAK	1		26.888	0.795	
Hydroxyproline....g	0.155		0	PAK	1		4.458	0.132	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2874g: 1 roast rump

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10955

Pork, cured, ham, rump, bone-in, separable lean and fat, unheated

Refuse: 13% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.19		0	RA	4		295.69	18.48	
Energy....kcal	176		0	RA	4		796	50	
Energy....kJ	735		0	RA	4		3332	208	
Protein....g	22.27		0	RA	4		101.02	6.31	
Total lipid (fat)....g	9.38		0	RA	4		42.53	2.66	
Ash....g	2.65		0	RA	4		12.00	0.75	
Carbohydrate, by difference....g	0.52		0	RA	4		2.36	0.15	
Fiber, total dietary....g	0.0		0	RA	4		0.0	0.0	
Sugars, total....g	0.06		0	RA	4		0.25	0.02	
Sucrose....g	0.00		0	RA	4		0.00	0.00	
Glucose (dextrose)....g	0.06		0	RA	4		0.25	0.02	
Fructose....g	0.00		0	RA	4		0.00	0.00	
Lactose....g	0.00		0	RA	4		0.00	0.00	
Maltose....g	0.00		0	RA	4		0.00	0.00	
Galactose....g	0.00		0	RA	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	RA	4		31	2	
Iron, Fe....mg	1.01		0	RA	4		4.57	0.29	
Magnesium, Mg....mg	22		0	RA	4		101	6	
Phosphorus, P....mg	251		0	RA	4		1137	71	
Potassium, K....mg	358		0	RA	4		1622	101	
Sodium, Na....mg	722		0	RA	4		3274	205	
Zinc, Zn....mg	2.42		0	RA	4		10.99	0.69	
Copper, Cu....mg	0.769		0	RA	4		3.486	0.218	
Manganese, Mn....mg	0.022		0	RA	4		0.100	0.006	
Selenium, Se....mcg	20.6		0	RA	4		93.7	5.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RA	4		0.0	0.0	
Thiamin....mg	0.482		0	RA	4		2.187	0.137	
Riboflavin....mg	0.199		0	RA	4		0.901	0.056	
Niacin....mg	6.417		0	RA	4		29.109	1.819	
Pantothenic acid....mg	0.595		0	RA	4		2.700	0.169	
Vitamin B-6....mg	0.472		0	RA	4		2.139	0.134	
Folate, total....mcg	1		0	RA	4		4	0	
Folic acid....mcg	0		0	RA	4		0	0	
Folate, food....mcg	1		0	RA	4		4	0	
Folate, DFE....mcg_DFE	1		0	NC	4		4	0	
Choline, total....mg	84.0		0	RA	4		380.9	23.8	
Betaine....mg	5.7		0	RA	4		26.0	1.6	
Vitamin B-12....mcg	0.53		0	RA	4		2.41	0.15	
Vitamin B-12, added....mcg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	RA	4		8	0	
Retinol....mcg	2		0	RA	4		8	0	
Carotene, beta....mcg	0		0	RA	4		0	0	
Carotene, alpha....mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	RA	4		0	0	
Vitamin A, IU....IU	6		0	RA	4		26	2	
Lycopene....mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin....mcg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.32		0	RA	4		1.47	0.09	
Vitamin E, added....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	RA	4		0.01	0.00	
Tocopherol, gamma....mg	0.05		0	RA	4		0.22	0.01	
Tocopherol, delta....mg	0.00		0	RA	4		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 10955

Pork, cured, ham, rump, bone-in, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	RA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	3.008		0	RA	4		13.645	0.853	
4:0.....g	0.000		0	RA	4		0.000	0.000	
6:0.....g	0.000		0	RA	4		0.000	0.000	
8:0.....g	0.000		0	RA	4		0.000	0.000	
10:0.....g	0.001		0	RA	4		0.005	0.000	
12:0.....g	0.000		0	RA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.107		0	RA	4		0.486	0.030	
15:0.....g	0.000		0	RA	4		0.000	0.000	
16:0.....g	1.893		0	RA	4		8.589	0.537	
17:0.....g	0.027		0	RA	4		0.121	0.008	
18:0.....g	0.959		0	RA	4		4.351	0.272	
20:0.....g	0.014		0	RA	4		0.063	0.004	
22:0.....g	0.007		0	RA	4		0.030	0.002	
24:0.....g									
Fatty acids, total monounsaturated.....g	3.966		0	RA	4		17.990	1.124	
14:1.....g	0.000		0	RA	4		0.000	0.000	
15:1.....g	0.000		0	RA	4		0.000	0.000	
16:1 undifferentiated.....g	0.205		0	RA	4		0.928	0.058	
17:1.....g	0.000		0	RA	4		0.000	0.000	
18:1 undifferentiated.....g	3.701		0	RA	4		16.786	1.049	
20:1.....g	0.061		0	RA	4		0.276	0.017	
22:1 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.356		0	RA	4		6.150	0.384	
18:2 undifferentiated.....g	1.169		0	RA	4		5.302	0.331	
18:3 undifferentiated.....g	0.059		0	RA	4		0.266	0.017	
18:4.....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c.....g	0.046		0	RA	4		0.209	0.013	
20:3 undifferentiated.....g	0.002		0	RA	4		0.010	0.001	
20:4 undifferentiated.....g	0.080		0	RA	4		0.363	0.023	
20:5 n-3 (EPA).....g	0.000		0	RA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans.....g	0.070		0	RA	4		0.318	0.020	
Cholesterol.....mg	62		0	RA	4		283	18	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.207		0	RA	4		0.938	0.059	
Threonine.....g	0.991		0	RA	4		4.494	0.281	
Isoleucine.....g	1.001		0	RA	4		4.540	0.284	
Leucine.....g	1.776		0	RA	4		8.058	0.504	
Lysine.....g	1.869		0	RA	4		8.477	0.530	
Methionine.....g	0.529		0	RA	4		2.400	0.150	
Cystine.....g	0.250		0	RA	4		1.135	0.071	
Phenylalanine.....g	0.888		0	RA	4		4.028	0.252	
Tyrosine.....g	0.717		0	RA	4		3.254	0.203	
Valine.....g	1.124		0	RA	4		5.098	0.319	
Arginine.....g	1.422		0	RA	4		6.449	0.403	
Histidine.....g	0.970		0	RA	4		4.401	0.275	
Alanine.....g	1.315		0	RA	4		5.963	0.373	
Aspartic acid.....g	1.941		0	RA	4		8.803	0.550	
Glutamic acid.....g	3.177		0	RA	4		14.413	0.901	
Glycine.....g	1.187		0	RA	4		5.383	0.336	
Proline.....g	0.962		0	RA	4		4.364	0.273	
Serine.....g	0.870		0	RA	4		3.946	0.247	
Hydroxyproline.....g	0.158		0	RA	4		0.717	0.045	
Others:									

NDB No. 10955

Pork, cured, ham, rump, bone-in, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 453.6g: 1 lb rump

Measure 2 = 28.35g: 1 oz rump

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10931

Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted

Refuse: 23% Bone 13%, Separable fat 10%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.68	0.690	3	A	1		1945.09	57.53	
Energy....kcal	132		0	NC	4		3801	112	
Energy....kJ	553		0	NC	4		15904	470	
Protein....g	26.02	0.617	3	A	1		747.71	22.11	
Total lipid (fat)....g	3.07	0.471	3	A	1		88.12	2.61	
Ash....g	3.09	0.087	3	A	1		88.80	2.63	
Carbohydrate, by difference....g	0.15		0	NC	4		4.27	0.13	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.68	0.045	3	A	1		19.66	0.58	
Sucrose....g	0.61	0.075	3	A	1		17.64	0.52	
Glucose (dextrose)....g	0.07	0.035	3	A	1		2.02	0.06	
Fructose....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8	0.335	3	A	1		218	6	
Iron, Fe....mg	1.59	0.238	3	A	1		45.60	1.35	
Magnesium, Mg....mg	24	0.321	3	A	1		678	20	
Phosphorus, P....mg	275	9.528	3	A	1		7913	234	
Potassium, K....mg	394	5.608	3	A	1		11314	335	
Sodium, Na....mg	846	33.045	3	A	1		24314	719	
Zinc, Zn....mg	3.16	0.390	3	A	1		90.72	2.68	
Copper, Cu....mg	1.197	0.649	3	A	1		34.400	1.017	
Manganese, Mn....mg	0.029	0.007	3	A	1		0.825	0.024	
Selenium, Se....mcg	24.5	3.297	3	A	1		703.2	20.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.566	0.034	3	A	1		16.264	0.481	
Riboflavin....mg	0.310	0.052	3	A	1		8.900	0.263	
Niacin....mg	7.387	0.064	3	A	1		212.293	6.279	
Pantothenic acid....mg	0.745	0.001	3	A	1		21.419	0.633	
Vitamin B-6....mg	0.479	0.009	3	A	1		13.776	0.407	
Folate, total....mcg	0		1	A	1		0	0	
Folic acid....mcg	0		1	Z	7		0	0	
Folate, food....mcg	0		1	NR	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	105.2		0	AS	1		3022.5	89.4	
Betaine....mg	7.3	1.460	3	A	1		208.4	6.2	
Vitamin B-12....mcg	0.65	0.132	3	A	1		18.58	0.55	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.33		1	A	1		9.48	0.28	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.03		1	A	1		0.86	0.03	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 10931

Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.917		0	NC	4		26.359	0.780	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.001	0.001	3	A	1		0.038	0.001	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.030	0.007	3	A	1		0.870	0.026	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	0.558	0.094	3	A	1		16.025	0.474	
17:0.....g	0.009	0.002	3	A	1		0.249	0.007	
18:0.....g	0.316	0.066	3	A	1		9.081	0.269	
20:0.....g	0.003	0.002	3	A	1		0.096	0.003	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	1.067		0	NC	4		30.660	0.907	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.065	0.004	3	A	1		1.875	0.055	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.987		0	AS	1		28.376	0.839	
18:1 c.....g	0.975	0.127	3	A	1		28.012	0.828	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.013	0.003	3	A	1		0.364	0.011	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.014	0.002	3	A	1		0.409	0.012	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.562		0	NC	4		16.147	0.478	
18:2 undifferentiated.....g	0.443		0	AS	1		12.720	0.376	
18:2 n-6 c,c.....g	0.435	0.122	3	A	1		12.491	0.369	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.008	0.001	3	A	1		0.229	0.007	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.026		0	AS	1		0.737	0.022	
18:3 n-3 c,c,c (ALA).....g	0.026	0.018	3	A	1		0.737	0.022	
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.013	0.005	3	A	1		0.382	0.011	
20:3 undifferentiated.....g	0.003	0.003	3	A	1		0.077	0.002	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.078	0.007	3	A	1		2.231	0.066	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.021		0	NC	4		0.593	0.018	
Fatty acids, total trans-monoenoic.....g	0.013		0	NC	4		0.364	0.011	
Fatty acids, total trans-polyenoic.....g	0.008		0	NC	4		0.229	0.007	
Cholesterol.....mg	71	2.757	3	A	1		2039	60	
Phytosterols.....mg									

NDB No. 10931

Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.244		0	A	1		7.016	0.208	
Threonine....g	1.164		0	A	1		33.450	0.989	
Isoleucine....g	1.174		0	A	1		33.753	0.998	
Leucine....g	2.084		0	A	1		59.902	1.772	
Lysine....g	2.198		0	A	1		63.167	1.868	
Methionine....g	0.622		0	A	1		17.886	0.529	
Cystine....g	0.292		0	A	1		8.396	0.248	
Phenylalanine....g	1.041		0	A	1		29.911	0.885	
Tyrosine....g	0.844		0	A	1		24.262	0.718	
Valine....g	1.316		0	A	1		37.830	1.119	
Arginine....g	1.665		0	A	1		47.844	1.415	
Histidine....g	1.133		0	A	1		32.566	0.963	
Alanine....g	1.532		0	A	1		44.037	1.302	
Aspartic acid....g	2.269		0	A	1		65.223	1.929	
Glutamic acid....g	3.723		0	A	1		107.009	3.165	
Glycine....g	1.359		0	A	1		39.050	1.155	
Proline....g	1.117		0	A	1		32.093	0.949	
Serine....g	1.018		0	A	1		29.268	0.866	
Hydroxyproline....g	0.169		0	A	1		4.843	0.143	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2874g: 1 roast rump

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10932

Pork, cured, ham, rump, bone-in, separable lean only, unheated

Refuse: 26% Bone 13%, Separable fat 13%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.56	0.123	3	A	1		19.72	315.51	
Energy	kcal	125		0	NC	4		36	569	
Energy	kJ	525		0	NC	4		149	2380	
Protein	g	24.46	0.814	3	A	1		6.93	110.93	
Total lipid (fat)	g	2.92	0.297	3	A	1		0.83	13.25	
Ash	g	2.74	0.121	3	A	1		0.78	12.45	
Carbohydrate, by difference	g	0.32		0	NC	4		0.09	1.46	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Sucrose	g	0.00		0	Z	7		0.00	0.00	
Glucose (dextrose)	g	0.00		0	Z	7		0.00	0.00	
Fructose	g	0.00		0	BFSN	4		0.00	0.00	
Lactose	g	0.00		0	BFSN	4		0.00	0.00	
Maltose	g	0.00		0	BFSN	4		0.00	0.00	
Galactose	g	0.00		0	BFSN	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	7	0.611	3	A	1		2	33	
Iron, Fe	mg	1.08	0.052	3	A	1		0.31	4.91	
Magnesium, Mg	mg	24	0.296	3	A	1		7	109	
Phosphorus, P	mg	267	5.840	3	A	1		76	1210	
Potassium, K	mg	385	9.171	3	A	1		109	1745	
Sodium, Na	mg	737	26.891	3	A	1		209	3345	
Zinc, Zn	mg	2.61	0.284	3	A	1		0.74	11.85	
Copper, Cu	mg	0.868	0.477	3	A	1		0.246	3.937	
Manganese, Mn	mg	0.022	0.000	3	A	1		0.006	0.100	
Selenium, Se	mcg	21.4	3.187	3	A	1		6.1	96.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.519	0.025	3	A	1		0.147	2.354	
Riboflavin	mg	0.225	0.018	3	A	1		0.064	1.020	
Niacin	mg	6.987	0.518	3	A	1		1.981	31.691	
Pantothenic acid	mg	0.632	0.062	3	A	1		0.179	2.868	
Vitamin B-6	mg	0.514	0.028	3	A	1		0.146	2.330	
Folate, total	mcg	1		1	A	1		0	5	
Folic acid	mcg	0		1	Z	7		0	0	
Folate, food	mcg	1		1	NR	4		0	5	
Folate, DFE	mcg_DFE	1		0	NC	4		0	5	
Choline, total	mg	91.9		0	AS	1		26.0	416.7	
Betaine	mg	6.3	1.511	3	A	1		1.8	28.5	
Vitamin B-12	mcg	0.56	0.127	3	A	1		0.16	2.56	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	BFSN	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	AS	1		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.26		1	A	1		0.07	1.18	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma	mg	0.03		1	A	1		0.01	0.14	
Tocopherol, delta	mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 10932

Pork, cured, ham, rump, bone-in, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.874		0	BFFN	4		0.248	3.965	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.001		0	BFFN	4		0.000	0.006	
12:0.....g	0.000		0	BFFN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.029		0	BFFN	4		0.008	0.131	
15:0.....g	0.000		0	BFFN	4		0.000	0.000	
16:0.....g	0.531		0	BFFN	4		0.151	2.410	
17:0.....g	0.008		0	BFFN	4		0.002	0.037	
18:0.....g	0.301		0	BFFN	4		0.085	1.366	
20:0.....g	0.003		0	BFFN	4		0.001	0.014	
22:0.....g	0.000		0	BFFN	4		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	1.017		0	BFFN	4		0.288	4.611	
14:1.....g	0.000		0	BFFN	4		0.000	0.000	
15:1.....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated.....g	0.062		0	BFFN	4		0.018	0.282	
17:1.....g	0.000		0	BFFN	4		0.000	0.000	
18:1 undifferentiated.....g	0.941		0	BFFN	4		0.267	4.268	
18:1 c.....g	0.929		0	BFFN	4		0.263	4.213	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.012		0	BFFN	4		0.003	0.055	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.014		0	BFFN	4		0.004	0.062	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.535		0	BFFN	4		0.152	2.429	
18:2 undifferentiated.....g	0.422		0	BFFN	4		0.120	1.913	
18:2 n-6 c,c.....g	0.414		0	BFFN	4		0.117	1.879	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.008		0	BFFN	4		0.002	0.034	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.024		0	BFFN	4		0.007	0.111	
18:3 n-3 c,c,c (ALA).....g	0.024		0	BFFN	4		0.007	0.111	
18:3 n-6 c,c,c.....g	0.000		0	BFFN	4		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g	0.013		0	BFFN	4		0.004	0.057	
20:3 undifferentiated.....g	0.003		0	BFFN	4		0.001	0.012	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.074		0	BFFN	4		0.021	0.336	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g	0.020		0	BFFN	4		0.006	0.089	
Fatty acids, total trans-monoenoic.....g	0.012		0	BFFN	4		0.003	0.055	
Fatty acids, total trans-polyenoic.....g	0.008		0	BFFN	4		0.002	0.034	
Cholesterol.....mg	63	3.587	3	A	1		18	284	
Phytosterols.....mg									

NDB No. 10932

Pork, cured, ham, rump, bone-in, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.229		0	A	1		0.065	1.041	
Threonine....g	1.094		0	A	1		0.310	4.963	
Isoleucine....g	1.104		0	A	1		0.313	5.008	
Leucine....g	1.959		0	A	1		0.555	8.887	
Lysine....g	2.066		0	A	1		0.586	9.372	
Methionine....g	0.585		0	A	1		0.166	2.654	
Cystine....g	0.275		0	A	1		0.078	1.246	
Phenylalanine....g	0.978		0	A	1		0.277	4.438	
Tyrosine....g	0.794		0	A	1		0.225	3.600	
Valine....g	1.237		0	A	1		0.351	5.613	
Arginine....g	1.565		0	A	1		0.444	7.098	
Histidine....g	1.065		0	A	1		0.302	4.832	
Alanine....g	1.440		0	A	1		0.408	6.533	
Aspartic acid....g	2.133		0	A	1		0.605	9.677	
Glutamic acid....g	3.500		0	A	1		0.992	15.876	
Glycine....g	1.277		0	A	1		0.362	5.794	
Proline....g	1.050		0	A	1		0.298	4.762	
Serine....g	0.957		0	A	1		0.271	4.342	
Hydroxyproline....g	0.158		0	A	1		0.045	0.719	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10894
Pork, cured, ham, separable fat, boneless, heated

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	35.47		1	A	1				
Energy	kcal	507		0	NC	4				
Energy	kJ	2122		0	NC	4				
Protein (N x 6.25)	g	8.77		1	A	1				
Total lipid (fat)	g	51.57		1	A	1				
Ash	g	2.19		1	A	1				
Carbohydrate, by difference	g	2.00		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.28		1	A	1				
Sucrose	g	0.00		1	A	1				
Glucose (dextrose)	g	0.28		1	A	1				
Fructose	g	0.00		1	A	1				
Lactose	g	0.00		1	A	1				
Maltose	g	0.00		1	A	1				
Galactose	g	0.00		1	A	1				
Starch	g									
Minerals:										
Calcium, Ca	mg	6		1	A	1				
Iron, Fe	mg	0.53		1	A	1				
Magnesium, Mg	mg	16		1	A	1				
Phosphorus, P	mg	169		1	A	1				
Potassium, K	mg	195		1	A	1				
Sodium, Na	mg	677		1	A	1				
Zinc, Zn	mg	1.14		1	A	1				
Copper, Cu	mg	0.330		1	A	1				
Manganese, Mn	mg	0.022		1	A	1				
Selenium, Se	mcg	16.0		1	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.278		1	A	1				
Riboflavin	mg	0.096		1	A	1				
Niacin	mg	3.080		1	A	1				
Pantothenic acid	mg	0.413		1	A	1				
Vitamin B-6	mg	0.201		1	A	1				
Folate, total	mcg	1		1	A	1				
Folic acid	mcg	0		1	Z	7				
Folate, food	mcg	1		1	NR	4				
Folate, DFE	mcg_DFE	1		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.31		1	A	1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	12		0	AS	1				
Retinol	mcg	12		1	A	1				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	42		0	AS	1				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.35		1	A	1				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg	0.01		1	A	1				
Tocopherol, gamma	mg	0.12		1	A	1				
Tocopherol, delta	mg	0.02		1	A	1				
Vitamin D (D2 + D3)	mcg	1.9		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 10894
Pork, cured, ham, separable fat, boneless, heated

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg	1.9		0	BFNN	4				
Vitamin D.....IU	75		0	BFNN	4				
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	17.048		0	NC	4				
4:0.....g	0.000		0	Z	7				
6:0.....g	0.000		0	Z	7				
8:0.....g	0.000		1	A	1				
10:0.....g	0.047		1	A	1				
12:0.....g	0.051		1	A	1				
13:0.....g									
14:0.....g	0.629		1	A	1				
15:0.....g	0.000		1	A	1				
16:0.....g	10.939		1	A	1				
17:0.....g	0.138		1	A	1				
18:0.....g	5.108		1	A	1				
20:0.....g	0.088		1	A	1				
22:0.....g	0.049		1	A	1				
24:0.....g									
Fatty acids, total monounsaturated.....g	23.798		0	NC	4				
14:1.....g	0.000		1	A	1				
15:1.....g	0.000		1	A	1				
16:1 undifferentiated.....g	1.281		1	A	1				
17:1.....g	0.000		1	A	1				
18:1 undifferentiated.....g	22.115		0	AS	1				
18:1 c.....g	21.881		1	A	1				
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.234		1	A	1				
18:1-11t (18:1t n-7).....g									
20:1.....g	0.402		1	A	1				
22:1 undifferentiated.....g	0.000		0	Z	7				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.470		0	NC	4				
18:2 undifferentiated.....g	5.819		0	AS	1				
18:2 n-6 c,c.....g	5.531		1	A	1				
18:2 CLAs.....g	0.151		1	A	1				
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.137		1	A	1				
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.269		0	AS	1				
18:3 n-3 c,c,c (ALA).....g	0.269		1	A	1				
18:3 n-6 c,c,c.....g	0.000		1	A	1				
18:3i.....g									
18:4.....g	0.000		0	Z	7				
20:2 n-6 c,c.....g	0.259		1	A	1				
20:3 undifferentiated.....g	0.000		1	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.123		1	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	Z	7				
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7				
22:6 n-3 (DHA).....g	0.000		0	Z	7				
Fatty acids, total trans.....g	0.371		0	NC	4				
Fatty acids, total trans-monoenoic.....g	0.234		0	NC	4				
Fatty acids, total trans-polyenoic.....g	0.137		0	NC	4				
Cholesterol.....mg	72		1	A	1				
Phytosterols.....mg									

NDB No. 10894

Pork, cured, ham, separable fat, boneless, heated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.063		0	A	1				
Threonine....g	0.341		0	A	1				
Isoleucine....g	0.354		0	A	1				
Leucine....g	0.631		0	A	1				
Lysine....g	0.625		0	A	1				
Methionine....g	0.176		0	A	1				
Cystine....g	0.101		0	A	1				
Phenylalanine....g	0.324		0	A	1				
Tyrosine....g	0.237		0	A	1				
Valine....g	0.417		0	A	1				
Arginine....g	0.532		0	A	1				
Histidine....g	0.383		0	A	1				
Alanine....g	0.542		0	A	1				
Aspartic acid....g	0.746		0	A	1				
Glutamic acid....g	1.165		0	A	1				
Glycine....g	0.672		0	A	1				
Proline....g	0.431		0	A	1				
Serine....g	0.327		0	A	1				
Hydroxyproline....g	0.057		0	A	1				
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10895

Pork, cured, ham, separable fat, boneless, unheated

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	35.65		1	A	1				
Energy	kcal	515		0	NC	4				
Energy	kJ	2153		0	NC	4				
Protein (N x 6.25)	g	7.50		1	A	1				
Total lipid (fat)	g	53.00		1	A	1				
Ash	g	1.98		1	A	1				
Carbohydrate, by difference	g	1.87		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.44		1	A	1				
Sucrose	g	0.00		1	A	1				
Glucose (dextrose)	g	0.44		1	A	1				
Fructose	g	0.00		1	A	1				
Lactose	g	0.00		1	A	1				
Maltose	g	0.00		1	A	1				
Galactose	g	0.00		1	A	1				
Starch	g									
Minerals:										
Calcium, Ca	mg	4		1	A	1				
Iron, Fe	mg	0.50		1	A	1				
Magnesium, Mg	mg	11		1	A	1				
Phosphorus, P	mg	143		1	A	1				
Potassium, K	mg	174		1	A	1				
Sodium, Na	mg	616		1	A	1				
Zinc, Zn	mg	1.14		1	A	1				
Copper, Cu	mg	0.097		1	A	1				
Manganese, Mn	mg	0.022		1	A	1				
Selenium, Se	mcg	15.8		1	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.233		1	A	1				
Riboflavin	mg	0.021		1	A	1				
Niacin	mg	2.570		1	A	1				
Pantothenic acid	mg	0.345		1	A	1				
Vitamin B-6	mg	0.187		1	A	1				
Folate, total	mcg	0		1	A	1				
Folic acid	mcg	0		1	Z	7				
Folate, food	mcg	0		1	NR	4				
Folate, DFE	mcg_DFE	0		0	NC	4				
Choline, total	mg	30.7		0	AS	1				
Betaine	mg	1.9		1	A	1				
Vitamin B-12	mcg	0.31		1	A	1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	13		0	AS	1				
Retinol	mcg	13		1	A	1				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	44		0	AS	1				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.76		1	A	1				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg	0.01		1	A	1				
Tocopherol, gamma	mg	0.18		1	A	1				
Tocopherol, delta	mg	0.00		1	A	1				
Vitamin D (D2 + D3)	mcg	1.2		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 10895

Pork, cured, ham, separable fat, boneless, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg	1.2		0	BFNN	4				
Vitamin D.....IU	48		0	BFNN	4				
Vitamin K (phylloquinone).....mcg	0.0		1	A	1				
Lipids:									
Fatty acids, total saturated.....g	17.433		0	NC	4				
4:0.....g	0.000		0	Z	7				
6:0.....g	0.000		0	Z	7				
8:0.....g	0.000		1	A	1				
10:0.....g	0.000		1	A	1				
12:0.....g	0.000		1	A	1				
13:0.....g									
14:0.....g	0.637		1	A	1				
15:0.....g	0.000		1	A	1				
16:0.....g	11.100		1	A	1				
17:0.....g	0.151		1	A	1				
18:0.....g	5.408		1	A	1				
20:0.....g	0.086		1	A	1				
22:0.....g	0.051		1	A	1				
24:0.....g									
Fatty acids, total monounsaturated.....g	23.902		0	NC	4				
14:1.....g	0.000		1	A	1				
15:1.....g	0.000		1	A	1				
16:1 undifferentiated.....g	1.167		1	A	1				
17:1.....g	0.000		1	A	1				
18:1 undifferentiated.....g	22.354		0	AS	1				
18:1 c.....g	22.105		1	A	1				
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.249		1	A	1				
18:1-11t (18:1t n-7).....g									
20:1.....g	0.381		1	A	1				
22:1 undifferentiated.....g	0.000		0	Z	7				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.901		0	NC	4				
18:2 undifferentiated.....g	6.218		0	AS	1				
18:2 n-6 c,c.....g	6.055		1	A	1				
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.163		1	A	1				
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.290		0	AS	1				
18:3 n-3 c,c,c (ALA).....g	0.290		1	A	1				
18:3 n-6 c,c,c.....g	0.000		1	A	1				
18:3i.....g									
18:4.....g	0.000		0	Z	7				
20:2 n-6 c,c.....g	0.272		1	A	1				
20:3 undifferentiated.....g	0.000		1	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.121		1	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	Z	7				
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7				
22:6 n-3 (DHA).....g	0.000		0	Z	7				
Fatty acids, total trans.....g	0.412		0	NC	4				
Fatty acids, total trans-monoenoic.....g	0.249		0	NC	4				
Fatty acids, total trans-polyenoic.....g	0.163		0	NC	4				
Cholesterol.....mg	61		1	A	1				
Phytosterols.....mg									

NDB No. 10895

Pork, cured, ham, separable fat, boneless, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.054		0	A	1				
Threonine....g	0.292		0	A	1				
Isoleucine....g	0.303		0	A	1				
Leucine....g	0.540		0	A	1				
Lysine....g	0.535		0	A	1				
Methionine....g	0.151		0	A	1				
Cystine....g	0.086		0	A	1				
Phenylalanine....g	0.277		0	A	1				
Tyrosine....g	0.203		0	A	1				
Valine....g	0.357		0	A	1				
Arginine....g	0.455		0	A	1				
Histidine....g	0.328		0	A	1				
Alanine....g	0.464		0	A	1				
Aspartic acid....g	0.638		0	A	1				
Glutamic acid....g	0.997		0	A	1				
Glycine....g	0.575		0	A	1				
Proline....g	0.369		0	A	1				
Serine....g	0.280		0	A	1				
Hydroxyproline....g	0.156		1	A	1				
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10935

Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted

Refuse: 22% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.67		0	PAK	1		1782.69	54.12	
Energy....kcal	183		0	PIK	4		5115	155	
Energy....kJ	764		0	PIK	4		21402	650	
Protein....g	24.39		0	PAK	1		682.88	20.73	
Total lipid (fat)....g	9.35		0	PAK	1		261.91	7.95	
Ash....g	2.80		0	PAK	1		78.35	2.38	
Carbohydrate, by difference....g	0.24		0	PIK	4		6.64	0.20	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.64		0	PAK	1		17.81	0.54	
Sucrose....g	0.54		0	PAK	1		15.00	0.46	
Glucose (dextrose)....g	0.10		0	PAK	1		2.81	0.09	
Fructose....g	0.00		0	PAK	1		0.00	0.00	
Lactose....g	0.00		0	PAK	1		0.00	0.00	
Maltose....g	0.00		0	PAK	1		0.00	0.00	
Galactose....g	0.00		0	PAK	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	PAK	1		186	6	
Iron, Fe....mg	1.42		0	PAK	1		39.69	1.20	
Magnesium, Mg....mg	22		0	PAK	1		629	19	
Phosphorus, P....mg	257		0	PAK	1		7209	219	
Potassium, K....mg	356		0	PAK	1		9977	303	
Sodium, Na....mg	810		0	PAK	1		22691	689	
Zinc, Zn....mg	2.59		0	PAK	1		72.40	2.20	
Copper, Cu....mg	0.158		0	PAK	1		4.432	0.135	
Manganese, Mn....mg	0.026		0	PAK	1		0.741	0.023	
Selenium, Se....mcg	23.4		0	PAK	1		656.2	19.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.460		0	PAK	1		12.874	0.391	
Riboflavin....mg	0.298		0	PAK	1		8.356	0.254	
Niacin....mg	6.885		0	PAK	1		192.791	5.853	
Pantothenic acid....mg	0.648		0	PAK	1		18.145	0.551	
Vitamin B-6....mg	0.440		0	PAK	1		12.325	0.374	
Folate, total....mcg	1		0	PAK	1		28	1	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	1		0	PIK	4		28	1	
Folate, DFE....mcg_DFE	1		0	NC	4		28	1	
Choline, total....mg	93.5		0	PAK	1		2617.4	79.5	
Betaine....mg	6.3		0	PAK	1		177.6	5.4	
Vitamin B-12....mcg	0.58		0	PAK	1		16.16	0.49	
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	PAK	1		41	1	
Retinol....mcg	1		0	PIK	4		41	1	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	5		0	PAK	1		138	4	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.33		0	PAK	1		9.31	0.28	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.05	0.00	
Tocopherol, gamma....mg	0.04		0	PAK	1		1.14	0.03	
Tocopherol, delta....mg	0.00		0	PAK	1		0.07	0.00	
Vitamin D (D2 + D3)....mcg	0.8		0	PAK	1		21.3	0.6	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 10935

Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg	0.8		0	PIK	4		21.3	0.6	
Vitamin D.....IU	30		0	PIK	4		851	26	
Vitamin K (phylloquinone).....mcg	0.0		0	PAK	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	2.019		0	PIK	4		56.538	1.716	
4:0.....g	0.000		0	PIK	4		0.000	0.000	
6:0.....g	0.000		0	PIK	4		0.000	0.000	
8:0.....g	0.000		0	PAK	1		0.000	0.000	
10:0.....g	0.007		0	PAK	1		0.196	0.006	
12:0.....g	0.006		0	PAK	1		0.169	0.005	
13:0.....g									
14:0.....g	0.109		0	PAK	1		3.048	0.093	
15:0.....g	0.000		0	PAK	1		0.000	0.000	
16:0.....g	1.907		0	PAK	1		53.406	1.621	
17:0.....g	0.024		0	PAK	1		0.679	0.021	
18:0.....g	0.945		0	PAK	1		26.467	0.803	
20:0.....g	0.014		0	PAK	1		0.390	0.012	
22:0.....g	0.006		0	PAK	1		0.162	0.005	
24:0.....g									
Fatty acids, total monounsaturated.....g	2.819		0	PIK	4		78.921	2.396	
14:1.....g	0.000		0	PAK	1		0.000	0.000	
15:1.....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated.....g	0.227		0	PAK	1		6.353	0.193	
17:1.....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated.....g	2.619		0	PAK	1		73.340	2.226	
18:1 c.....g	3.750		0	PAK	1		105.014	3.188	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.040		0	PAK	1		1.120	0.034	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.065		0	PAK	1		1.809	0.055	
22:1 undifferentiated.....g	0.000		0	PIK	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.766		0	PIK	4		21.456	0.651	
18:2 undifferentiated.....g	0.689		0	PAK	1		19.297	0.586	
18:2 n-6 c,c.....g	1.058		0	PAK	1		29.621	0.899	
18:2 CLAs.....g	0.018		0	PAK	1		0.500	0.015	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.026		0	PAK	1		0.725	0.022	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.032		0	PAK	1		0.892	0.027	
18:3 n-3 c,c,c (ALA).....g	0.057		0	PAK	1		1.607	0.049	
18:3 n-6 c,c,c.....g	0.000		0	PAK	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.043		0	PAK	1		1.212	0.037	
20:3 undifferentiated.....g	0.003		0	PAK	1		0.073	0.002	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.083		0	PAK	1		2.333	0.071	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	PIK	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans.....g	0.044		0	PIK	4		1.230	0.037	
Fatty acids, total trans-monoenoic.....g	0.028		0	PIK	4		0.776	0.024	
Fatty acids, total trans-polyenoic.....g	0.016		0	PIK	4		0.454	0.014	
Cholesterol.....mg	70		0	PAK	1		1962	60	
Phytosterols.....mg									

NDB No. 10935

Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.227		0	PAK	1		6.344	0.193	
Threonine....g	1.085		0	PAK	1		30.381	0.922	
Isoleucine....g	1.096		0	PAK	1		30.689	0.932	
Leucine....g	1.945		0	PAK	1		54.472	1.654	
Lysine....g	2.047		0	PAK	1		57.308	1.740	
Methionine....g	0.579		0	PAK	1		16.225	0.493	
Cystine....g	0.274		0	PAK	1		7.675	0.233	
Phenylalanine....g	0.972		0	PAK	1		27.228	0.827	
Tyrosine....g	0.786		0	PAK	1		22.002	0.668	
Valine....g	1.231		0	PAK	1		34.463	1.046	
Arginine....g	1.557		0	PAK	1		43.599	1.324	
Histidine....g	1.062		0	PAK	1		29.748	0.903	
Alanine....g	1.439		0	PAK	1		40.305	1.224	
Aspartic acid....g	2.125		0	PAK	1		59.505	1.806	
Glutamic acid....g	3.480		0	PAK	1		97.434	2.958	
Glycine....g	1.299		0	PAK	1		36.375	1.104	
Proline....g	1.053		0	PAK	1		29.493	0.895	
Serine....g	0.953		0	PAK	1		26.678	0.810	
Hydroxyproline....g	0.158		0	PIK	4		4.423	0.134	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2800g: 1 roast shank

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10936

Pork, cured, ham, shank, bone-in, separable lean and fat, unheated

Refuse: 11% Bone

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.23		0	PAK	1		18.49	295.88	
Energy	kcal	177		0	NC	4		50	801	
Energy	kJ	739		0	NC	4		210	3353	
Protein	g	21.61		0	PAK	1		6.13	98.03	
Total lipid (fat)	g	9.85		0	PAK	1		2.79	44.66	
Ash	g	2.91		0	PAK	1		0.82	13.19	
Carbohydrate, by difference	g	0.41		0	PIK	4		0.12	1.85	
Fiber, total dietary	g	0.0		0	PIK	4		0.0	0.0	
Sugars, total	g	0.06		0	PIK	4		0.02	0.26	
Sucrose	g	0.00		0	PIK	4		0.00	0.00	
Glucose (dextrose)	g	0.06		0	PIK	4		0.02	0.26	
Fructose	g	0.00		0	PIK	4		0.00	0.00	
Lactose	g	0.00		0	PIK	4		0.00	0.00	
Maltose	g	0.00		0	PIK	4		0.00	0.00	
Galactose	g	0.00		0	PIK	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0	PAK	1		2	27	
Iron, Fe	mg	0.92		0	PAK	1		0.26	4.18	
Magnesium, Mg	mg	20		0	PAK	1		6	93	
Phosphorus, P	mg	243		0	PAK	1		69	1102	
Potassium, K	mg	339		0	PAK	1		96	1536	
Sodium, Na	mg	816		0	PAK	1		231	3699	
Zinc, Zn	mg	2.18		0	PAK	1		0.62	9.87	
Copper, Cu	mg	0.347		0	PAK	1		0.098	1.574	
Manganese, Mn	mg	0.022		0	PAK	1		0.006	0.100	
Selenium, Se	mcg	20.5		0	PAK	1		5.8	92.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0	0.0	
Thiamin	mg	0.444		0	PAK	1		0.126	2.013	
Riboflavin	mg	0.218		0	PAK	1		0.062	0.989	
Niacin	mg	6.382		0	PAK	1		1.809	28.948	
Pantothenic acid	mg	0.620		0	PAK	1		0.176	2.812	
Vitamin B-6	mg	0.429		0	PAK	1		0.122	1.947	
Folate, total	mcg	0		0	PAK	1		0	0	
Folic acid	mcg	0		0	PIK	4		0	0	
Folate, food	mcg	0		0	PIK	4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg	82.5		0	PAK	1		23.4	374.4	
Betaine	mg	5.5		0	PAK	1		1.6	24.8	
Vitamin B-12	mcg	0.54		0	PAK	1		0.15	2.45	
Vitamin B-12, added	mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	2		0	PAK	1		0	8	
Retinol	mcg	2		0	PIK	4		0	8	
Carotene, beta	mcg	0		0	PIK	4		0	0	
Carotene, alpha	mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta	mcg	0		0	PIK	4		0	0	
Vitamin A, IU	IU	6		0	PAK	1		2	27	
Lycopene	mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin	mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.31		0	PAK	1		0.09	1.40	
Vitamin E, added	mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta	mg	0.00		0	PAK	1		0.00	0.01	
Tocopherol, gamma	mg	0.05		0	PAK	1		0.01	0.23	
Tocopherol, delta	mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									

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Pork, cured, ham, shank, bone-in, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	PAK	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	3.180		0	PIK	4		0.902	14.424	
4:0.....g	0.000		0	PIK	4		0.000	0.000	
6:0.....g	0.000		0	PIK	4		0.000	0.000	
8:0.....g	0.000		0	PIK	4		0.000	0.000	
10:0.....g	0.001		0	PIK	4		0.000	0.006	
12:0.....g	0.000		0	PIK	4		0.000	0.000	
13:0.....g									
14:0.....g	0.114		0	PIK	4		0.032	0.519	
15:0.....g	0.000		0	PIK	4		0.000	0.000	
16:0.....g	2.004		0	PIK	4		0.568	9.090	
17:0.....g	0.027		0	PIK	4		0.008	0.122	
18:0.....g	1.012		0	PIK	4		0.287	4.591	
20:0.....g	0.014		0	PIK	4		0.004	0.066	
22:0.....g	0.007		0	PIK	4		0.002	0.031	
24:0.....g									
Fatty acids, total monounsaturated.....g	4.269		0	PIK	4		1.210	19.365	
14:1.....g	0.000		0	PIK	4		0.000	0.000	
15:1.....g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated.....g	0.220		0	PIK	4		0.062	0.998	
17:1.....g	0.000		0	PIK	4		0.000	0.000	
18:1 undifferentiated.....g	3.984		0	PIK	4		1.129	18.071	
20:1.....g	0.065		0	PIK	4		0.019	0.297	
22:1 undifferentiated.....g	0.000		0	PIK	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.366		0	PIK	4		0.387	6.197	
18:2 undifferentiated.....g	1.182		0	PIK	4		0.335	5.361	
18:3 undifferentiated.....g	0.060		0	PIK	4		0.017	0.274	
18:4.....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c.....g	0.047		0	PIK	4		0.013	0.214	
20:3 undifferentiated.....g	0.002		0	PIK	4		0.001	0.010	
20:4 undifferentiated.....g	0.075		0	PIK	4		0.021	0.338	
20:5 n-3 (EPA).....g	0.000		0	PIK	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans.....g	0.074		0	PIK	4		0.021	0.335	
Cholesterol.....mg	61		0	PAK	1		17	277	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.201		0	PAK	1		0.057	0.910	
Threonine.....g	0.961		0	PAK	1		0.272	4.359	
Isoleucine.....g	0.971		0	PAK	1		0.275	4.404	
Leucine.....g	1.723		0	PAK	1		0.489	7.817	
Lysine.....g	1.813		0	PAK	1		0.514	8.222	
Methionine.....g	0.513		0	PAK	1		0.145	2.328	
Cystine.....g	0.243		0	PAK	1		0.069	1.102	
Phenylalanine.....g	0.861		0	PAK	1		0.244	3.908	
Tyrosine.....g	0.696		0	PAK	1		0.197	3.156	
Valine.....g	1.090		0	PAK	1		0.309	4.946	
Arginine.....g	1.380		0	PAK	1		0.391	6.258	
Histidine.....g	0.941		0	PAK	1		0.267	4.271	
Alanine.....g	1.276		0	PAK	1		0.362	5.787	
Aspartic acid.....g	1.883		0	PAK	1		0.534	8.541	
Glutamic acid.....g	3.083		0	PAK	1		0.874	13.983	
Glycine.....g	1.153		0	PAK	1		0.327	5.231	
Proline.....g	0.934		0	PAK	1		0.265	4.236	
Serine.....g	0.844		0	PAK	1		0.239	3.829	
Hydroxyproline.....g	0.154		0	PAK	1		0.044	0.700	
Others:									

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Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10933

Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted

Refuse: 22% Bone 12%, Separable fat 10%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.46	0.401	3	A	1		1888.76	57.34	
Energy....kcal	139		0	NC	4		3895	118	
Energy....kJ	582		0	NC	4		16295	495	
Protein....g	26.49	0.189	3	A	1		741.64	22.51	
Total lipid (fat)....g	3.68	0.629	3	A	1		103.11	3.13	
Ash....g	2.88	0.083	3	A	1		80.63	2.45	
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.68	0.106	3	A	1		19.14	0.58	
Sucrose....g	0.61	0.080	3	A	1		17.01	0.52	
Glucose (dextrose)....g	0.08	0.038	3	A	1		2.13	0.06	
Fructose....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7	0.179	3	A	1		188	6	
Iron, Fe....mg	1.54	0.337	3	A	1		43.03	1.31	
Magnesium, Mg....mg	23	0.296	3	A	1		654	20	
Phosphorus, P....mg	269	6.960	3	A	1		7541	229	
Potassium, K....mg	378	3.000	3	A	1		10584	321	
Sodium, Na....mg	828	31.466	3	A	1		23193	704	
Zinc, Zn....mg	2.78	0.015	3	A	1		77.84	2.36	
Copper, Cu....mg	0.135	0.017	3	A	1		3.787	0.115	
Manganese, Mn....mg	0.027	0.005	3	A	1		0.758	0.023	
Selenium, Se....mcg	24.4	3.541	3	A	1		684.1	20.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.484	0.023	3	A	1		13.559	0.412	
Riboflavin....mg	0.326	0.084	3	A	1		9.118	0.277	
Niacin....mg	7.397	0.977	3	A	1		207.107	6.287	
Pantothenic acid....mg	0.680	0.085	3	A	1		19.030	0.578	
Vitamin B-6....mg	0.472	0.018	3	A	1		13.224	0.401	
Folate, total....mcg	1		1	A	1		28	1	
Folic acid....mcg	0		1	Z	7		0	0	
Folate, food....mcg	1		1	NR	4		28	1	
Folate, DFE....mcg_DFE	1		0	NC	4		28	1	
Choline, total....mg	106.0		0	AS	1		2969.0	90.1	
Betaine....mg	7.2	2.256	3	A	1		201.5	6.1	
Vitamin B-12....mcg	0.61	0.145	3	A	1		17.17	0.52	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.33		1	A	1		9.24	0.28	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.03		1	A	1		0.84	0.03	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.9		0	AS	1		24.1	0.7	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 10933

Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg	0.9		0	BFNN	4		24.1	0.7	
Vitamin D.....IU	34		0	BFNN	4		965	29	
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	1.134		0	NC	4		31.738	0.963	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.002	0.002	3	A	1		0.046	0.001	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.039	0.007	3	A	1		1.091	0.033	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	0.694	0.121	3	A	1		19.430	0.590	
17:0.....g	0.009	0.002	3	A	1		0.251	0.008	
18:0.....g	0.386	0.085	3	A	1		10.808	0.328	
20:0.....g	0.004	0.002	3	A	1		0.112	0.003	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	1.433		0	NC	4		40.127	1.218	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.085	0.012	3	A	1		2.387	0.072	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	1.329		0	AS	1		37.200	1.129	
18:1 c.....g	1.315	0.251	3	A	1		36.809	1.117	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.014	0.003	3	A	1		0.391	0.012	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.019	0.004	3	A	1		0.539	0.016	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.592		0	NC	4		16.579	0.503	
18:2 undifferentiated.....g	0.468		0	AS	1		13.100	0.398	
18:2 n-6 c,c.....g	0.457	0.145	3	A	1		12.793	0.388	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.011	0.002	3	A	1		0.307	0.009	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.029		0	AS	1		0.811	0.025	
18:3 n-3 c,c,c (ALA).....g	0.029	0.021	3	A	1		0.811	0.025	
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.014	0.006	3	A	1		0.400	0.012	
20:3 undifferentiated.....g	0.003	0.003	3	A	1		0.083	0.003	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.078	0.005	3	A	1		2.184	0.066	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.025		0	NC	4		0.698	0.021	
Fatty acids, total trans-monoenoic.....g	0.014		0	NC	4		0.391	0.012	
Fatty acids, total trans-polyenoic.....g	0.011		0	NC	4		0.307	0.009	
Cholesterol.....mg	70	2.887	3	A	1		1955	59	
Phytosterols.....mg									

NDB No. 10933

Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.249		0	A	1		6.959	0.211	
Threonine....g	1.185		0	A	1		33.179	1.007	
Isoleucine....g	1.196		0	A	1		33.479	1.016	
Leucine....g	2.122		0	A	1		59.416	1.804	
Lysine....g	2.238		0	A	1		62.655	1.902	
Methionine....g	0.634		0	A	1		17.741	0.539	
Cystine....g	0.297		0	A	1		8.328	0.253	
Phenylalanine....g	1.060		0	A	1		29.668	0.901	
Tyrosine....g	0.859		0	A	1		24.066	0.731	
Valine....g	1.340		0	A	1		37.523	1.139	
Arginine....g	1.695		0	A	1		47.455	1.441	
Histidine....g	1.154		0	A	1		32.302	0.981	
Alanine....g	1.560		0	A	1		43.679	1.326	
Aspartic acid....g	2.310		0	A	1		64.694	1.964	
Glutamic acid....g	3.791		0	A	1		106.141	3.222	
Glycine....g	1.383		0	A	1		38.733	1.176	
Proline....g	1.137		0	A	1		31.833	0.966	
Serine....g	1.037		0	A	1		29.031	0.881	
Hydroxyproline....g	0.172		0	BFPN	4		4.804	0.146	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2800g: 1 roast shank

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

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NDB No. 10934

Pork, cured, ham, shank, bone-in, separable lean only, unheated

Refuse: 23% Bone 11%, Separable fat 12%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.79	0.293	3	A	1		19.79	316.58	
Energy....kcal	125		0	NC	4		35	565	
Energy....kJ	521		0	NC	4		148	2364	
Protein....g	23.79	0.496	3	A	1		6.74	107.91	
Total lipid (fat)....g	3.19	0.702	3	A	1		0.90	14.45	
Ash....g	3.05	0.137	3	A	1		0.86	13.84	
Carbohydrate, by difference....g	0.18		0	NC	4		0.05	0.82	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Sucrose....g	0.00		0	NR	4		0.00	0.00	
Glucose (dextrose)....g	0.00		0	NR	4		0.00	0.00	
Fructose....g	0.00		0	BFSN	4		0.00	0.00	
Lactose....g	0.00		0	BFSN	4		0.00	0.00	
Maltose....g	0.00		0	BFSN	4		0.00	0.00	
Galactose....g	0.00		0	BFSN	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.275	3	A	1		2	28	
Iron, Fe....mg	0.99	0.033	3	A	1		0.28	4.48	
Magnesium, Mg....mg	22	0.233	3	A	1		6	99	
Phosphorus, P....mg	258	8.090	3	A	1		73	1172	
Potassium, K....mg	364	2.309	3	A	1		103	1651	
Sodium, Na....mg	846	15.878	3	A	1		240	3839	
Zinc, Zn....mg	2.34	0.093	3	A	1		0.66	10.60	
Copper, Cu....mg	0.386	0.171	3	A	1		0.109	1.749	
Manganese, Mn....mg	0.022	0.000	3	A	1		0.006	0.100	
Selenium, Se....mcg	21.2	2.871	3	A	1		6.0	96.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.476	0.016	3	A	1		0.135	2.160	
Riboflavin....mg	0.249	0.032	3	A	1		0.070	1.128	
Niacin....mg	6.970	0.661	3	A	1		1.976	31.616	
Pantothenic acid....mg	0.662	0.028	3	A	1		0.188	3.004	
Vitamin B-6....mg	0.467	0.040	3	A	1		0.132	2.117	
Folate, total....mcg	0		1	A	1		0	0	
Folic acid....mcg	0		1	Z	7		0	0	
Folate, food....mcg	0		1	NR	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	90.5		0	AS	1		25.7	410.7	
Betaine....mg	6.0	1.755	3	A	1		1.7	27.3	
Vitamin B-12....mcg	0.58	0.057	3	A	1		0.16	2.62	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.24		1	A	1		0.07	1.09	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.03		1	A	1		0.01	0.14	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									

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Pork, cured, ham, shank, bone-in, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.981		0	BFFN	4		0.278	4.448	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.001		0	BFFN	4		0.000	0.006	
12:0.....g	0.000		0	BFFN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.034		0	BFFN	4		0.010	0.153	
15:0.....g	0.000		0	BFFN	4		0.000	0.000	
16:0.....g	0.600		0	BFFN	4		0.170	2.723	
17:0.....g	0.008		0	BFFN	4		0.002	0.035	
18:0.....g	0.334		0	BFFN	4		0.095	1.515	
20:0.....g	0.003		0	BFFN	4		0.001	0.016	
22:0.....g	0.000		0	BFFN	4		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	1.240		0	BFFN	4		0.351	5.624	
14:1.....g	0.000		0	BFFN	4		0.000	0.000	
15:1.....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated.....g	0.074		0	BFFN	4		0.021	0.335	
17:1.....g	0.000		0	BFFN	4		0.000	0.000	
18:1 undifferentiated.....g	1.149		0	BFFN	4		0.326	5.214	
18:1 c.....g	1.137		0	BFFN	4		0.322	5.159	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.012		0	BFFN	4		0.003	0.055	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.017		0	BFFN	4		0.005	0.076	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.512		0	BFFN	4		0.145	2.324	
18:2 undifferentiated.....g	0.405		0	BFFN	4		0.115	1.836	
18:2 n-6 c,c.....g	0.395		0	BFFN	4		0.112	1.793	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.009		0	BFFN	4		0.003	0.043	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.025		0	BFFN	4		0.007	0.114	
18:3 n-3 c,c,c (ALA).....g	0.025		0	BFFN	4		0.007	0.114	
18:3 n-6 c,c,c.....g	0.000		0	BFFN	4		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g	0.012		0	BFFN	4		0.004	0.056	
20:3 undifferentiated.....g	0.003		0	BFFN	4		0.001	0.012	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.067		0	BFFN	4		0.019	0.306	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g	0.022		0	BFFN	4		0.006	0.098	
Fatty acids, total trans-monoenoic.....g	0.012		0	BFFN	4		0.003	0.055	
Fatty acids, total trans-polyenoic.....g	0.009		0	BFFN	4		0.003	0.043	
Cholesterol.....mg	61	2.292	3	A	1		17	277	
Phytosterols.....mg									

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Pork, cured, ham, shank, bone-in, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.223		0	A	1		0.063	1.013	
Threonine....g	1.064		0	A	1		0.302	4.827	
Isoleucine....g	1.074		0	A	1		0.304	4.871	
Leucine....g	1.906		0	A	1		0.540	8.645	
Lysine....g	2.010		0	A	1		0.570	9.116	
Methionine....g	0.569		0	A	1		0.161	2.581	
Cystine....g	0.267		0	A	1		0.076	1.212	
Phenylalanine....g	0.952		0	A	1		0.270	4.317	
Tyrosine....g	0.772		0	A	1		0.219	3.502	
Valine....g	1.204		0	A	1		0.341	5.460	
Arginine....g	1.522		0	A	1		0.432	6.905	
Histidine....g	1.036		0	A	1		0.294	4.700	
Alanine....g	1.401		0	A	1		0.397	6.355	
Aspartic acid....g	2.075		0	A	1		0.588	9.413	
Glutamic acid....g	3.405		0	A	1		0.965	15.443	
Glycine....g	1.242		0	A	1		0.352	5.636	
Proline....g	1.021		0	A	1		0.289	4.632	
Serine....g	0.931		0	A	1		0.264	4.224	
Hydroxyproline....g	0.154		0	A	1		0.044	0.699	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

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Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil

Refuse: 14% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.57		0	PAK	1		229.00	53.18	
Energy	kcal	180		0	PIK	4		658	153	
Energy	kJ	752		0	PIK	4		2753	639	
Protein	g	25.48		0	PAK	1		93.24	21.65	
Total lipid (fat)	g	8.48		0	PAK	1		31.03	7.21	
Ash	g	3.08		0	PAK	1		11.28	2.62	
Carbohydrate, by difference	g	0.39		0	PIK	4		1.44	0.34	
Fiber, total dietary	g	0.0		0	PIK	4		0.0	0.0	
Sugars, total	g	0.70		0	PAK	1		2.55	0.59	
Sucrose	g	0.57		0	PAK	1		2.08	0.48	
Glucose (dextrose)	g	0.13		0	PAK	1		0.47	0.11	
Fructose	g	0.00		0	PAK	1		0.00	0.00	
Lactose	g	0.00		0	PAK	1		0.00	0.00	
Maltose	g	0.00		0	PAK	1		0.00	0.00	
Galactose	g	0.00		0	PAK	1		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0	PAK	1		52	12	
Iron, Fe	mg	1.34		0	PAK	1		4.91	1.14	
Magnesium, Mg	mg	25		0	PAK	1		90	21	
Phosphorus, P	mg	285		0	PAK	1		1041	242	
Potassium, K	mg	405		0	PAK	1		1483	344	
Sodium, Na	mg	852		0	PAK	1		3119	724	
Zinc, Zn	mg	2.87		0	PAK	1		10.49	2.44	
Copper, Cu	mg	0.417		0	PAK	1		1.525	0.354	
Manganese, Mn	mg	0.022		0	PAK	1		0.081	0.019	
Selenium, Se	mcg	24.4		0	PAK	1		89.4	20.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0	0.0	
Thiamin	mg	0.547		0	PAK	1		2.004	0.465	
Riboflavin	mg	0.296		0	PAK	1		1.084	0.252	
Niacin	mg	7.333		0	PAK	1		26.839	6.233	
Pantothenic acid	mg	0.726		0	PAK	1		2.656	0.617	
Vitamin B-6	mg	0.509		0	PAK	1		1.863	0.433	
Folate, total	mcg	2		0	PAK	1		7	2	
Folic acid	mcg	0		0	PIK	4		0	0	
Folate, food	mcg	2		0	PIK	4		7	2	
Folate, DFE	mcg_DFE	2		0	NC	4		7	2	
Choline, total	mg	102.4		0	PAK	1		374.9	87.1	
Betaine	mg	6.7		0	PAK	1		24.4	5.7	
Vitamin B-12	mcg	0.63		0	PAK	1		2.31	0.54	
Vitamin B-12, added	mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	1		0	PAK	1		4	1	
Retinol	mcg	1		0	PIK	4		4	1	
Carotene, beta	mcg	0		0	PIK	4		0	0	
Carotene, alpha	mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta	mcg	0		0	PIK	4		0	0	
Vitamin A, IU	IU	4		0	PAK	1		14	3	
Lycopene	mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin	mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.30		0	PAK	1		1.11	0.26	
Vitamin E, added	mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta	mg	0.00		0	PAK	1		0.01	0.00	
Tocopherol, gamma	mg	0.04		0	PAK	1		0.14	0.03	
Tocopherol, delta	mg	0.00		0	PAK	1		0.01	0.00	
Vitamin D (D2 + D3)	mcg	1.0		0	PAK	1		3.7	0.9	
Vitamin D2 (ergocalciferol)	mcg									

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Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	1.0		0	PIK	4		3.7	0.9	
Vitamin D....IU	40		0	PIK	4		147	34	
Vitamin K (phylloquinone)....mcg	0.0		0	PAK	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.577		0	PIK	4		5.772	1.340	
4:0....g	0.000		0	PIK	4		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.004		0	PAK	1		0.016	0.004	
12:0....g	0.005		0	PAK	1		0.017	0.004	
13:0....g									
14:0....g	0.099		0	PAK	1		0.361	0.084	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	1.718		0	PAK	1		6.286	1.460	
17:0....g	0.023		0	PAK	1		0.083	0.019	
18:0....g	0.849		0	PAK	1		3.107	0.722	
20:0....g	0.013		0	PAK	1		0.047	0.011	
22:0....g	0.005		0	PAK	1		0.017	0.004	
24:0....g									
Fatty acids, total monounsaturated....g	2.201		0	PIK	4		8.057	1.871	
14:1....g	0.000		0	PAK	1		0.000	0.000	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.209		0	PAK	1		0.764	0.177	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	2.046		0	PAK	1		7.487	1.739	
18:1 c....g	3.363		0	PAK	1		12.308	2.858	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.037		0	PAK	1		0.136	0.031	
18:1-11t (18:1t n-7)....g									
20:1....g	0.056		0	PAK	1		0.207	0.048	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.598		0	PIK	4		2.190	0.509	
18:2 undifferentiated....g	0.538		0	PAK	1		1.970	0.458	
18:2 n-6 c,c....g	0.964		0	PAK	1		3.530	0.820	
18:2 CLAs....g	0.014		0	PAK	1		0.051	0.012	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.025		0	PAK	1		0.091	0.021	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.025		0	PAK	1		0.091	0.021	
18:3 n-3 c,c,c (ALA)....g	0.051		0	PAK	1		0.188	0.044	
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.038		0	PAK	1		0.141	0.033	
20:3 undifferentiated....g	0.003		0	PAK	1		0.010	0.002	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.088		0	PAK	1		0.320	0.074	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans....g	0.034		0	PIK	4		0.126	0.029	
Fatty acids, total trans-monoenoic....g	0.022		0	PIK	4		0.079	0.018	
Fatty acids, total trans-polyenoic....g	0.013		0	PIK	4		0.046	0.011	
Cholesterol....mg	73		0	PAK	1		268	62	
Phytosterols....mg									

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Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.237		0	PAK	1		0.868	0.202	
Threonine....g	1.135		0	PAK	1		4.154	0.965	
Isoleucine....g	1.146		0	PAK	1		4.195	0.974	
Leucine....g	2.034		0	PAK	1		7.446	1.729	
Lysine....g	2.142		0	PAK	1		7.838	1.820	
Methionine....g	0.606		0	PAK	1		2.219	0.515	
Cystine....g	0.286		0	PAK	1		1.048	0.243	
Phenylalanine....g	1.017		0	PAK	1		3.721	0.864	
Tyrosine....g	0.822		0	PAK	1		3.010	0.699	
Valine....g	1.287		0	PAK	1		4.709	1.094	
Arginine....g	1.627		0	PAK	1		5.956	1.383	
Histidine....g	1.110		0	PAK	1		4.062	0.943	
Alanine....g	1.503		0	PAK	1		5.500	1.277	
Aspartic acid....g	2.221		0	PAK	1		8.127	1.887	
Glutamic acid....g	3.638		0	PAK	1		13.314	3.092	
Glycine....g	1.350		0	PAK	1		4.942	1.148	
Proline....g	1.099		0	PAK	1		4.021	0.934	
Serine....g	0.996		0	PAK	1		3.645	0.846	
Hydroxyproline....g	0.165		0	PAK	1		0.604	0.140	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 366g: 1 slice

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10939

Pork, cured, ham, slice, bone-in, separable lean and fat, unheated

Refuse: 5% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.09		0	PAK	1		280.88	56.18	
Energy	kcal	173		0	NC	4		736	147	
Energy	kJ	725		0	NC	4		3079	616	
Protein	g	22.45		0	PAK	1		95.43	19.09	
Total lipid (fat)	g	9.17		0	PAK	1		38.97	7.79	
Ash	g	2.70		0	PAK	1		11.47	2.29	
Carbohydrate, by difference	g	0.21		0	PIK	4		0.90	0.18	
Fiber, total dietary	g	0.0		0	PIK	4		0.0	0.0	
Sugars, total	g	0.05		0	PIK	4		0.21	0.04	
Sucrose	g	0.00		0	PIK	4		0.00	0.00	
Glucose (dextrose)	g	0.05		0	PIK	4		0.21	0.04	
Fructose	g	0.00		0	PIK	4		0.00	0.00	
Lactose	g	0.00		0	PIK	4		0.00	0.00	
Maltose	g	0.00		0	PIK	4		0.00	0.00	
Galactose	g	0.00		0	PIK	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0	PAK	1		50	10	
Iron, Fe	mg	1.15		0	PAK	1		4.88	0.98	
Magnesium, Mg	mg	22		0	PAK	1		93	19	
Phosphorus, P	mg	250		0	PAK	1		1061	212	
Potassium, K	mg	348		0	PAK	1		1478	296	
Sodium, Na	mg	744		0	PAK	1		3162	632	
Zinc, Zn	mg	2.29		0	PAK	1		9.72	1.94	
Copper, Cu	mg	0.142		0	PAK	1		0.605	0.121	
Manganese, Mn	mg	0.022		0	PAK	1		0.094	0.019	
Selenium, Se	mcg	21.5		0	PAK	1		91.5	18.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0	0.0	
Thiamin	mg	0.462		0	PAK	1		1.965	0.393	
Riboflavin	mg	0.225		0	PAK	1		0.957	0.191	
Niacin	mg	6.050		0	PAK	1		25.712	5.142	
Pantothenic acid	mg	0.645		0	PAK	1		2.742	0.548	
Vitamin B-6	mg	0.448		0	PAK	1		1.905	0.381	
Folate, total	mcg	1		0	PAK	1		4	1	
Folic acid	mcg	0		0	PIK	4		0	0	
Folate, food	mcg	1		0	PIK	4		4	1	
Folate, DFE	mcg_DFE	1		0	NC	4		4	1	
Choline, total	mg	86.0		0	PAK	1		365.6	73.1	
Betaine	mg	5.6		0	PAK	1		23.8	4.8	
Vitamin B-12	mcg	0.57		0	PAK	1		2.42	0.48	
Vitamin B-12, added	mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	1		0	PAK	1		6	1	
Retinol	mcg	1		0	PIK	4		6	1	
Carotene, beta	mcg	0		0	PIK	4		0	0	
Carotene, alpha	mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta	mcg	0		0	PIK	4		0	0	
Vitamin A, IU	IU	5		0	PAK	1		21	4	
Lycopene	mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin	mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.34		0	PAK	1		1.46	0.29	
Vitamin E, added	mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta	mg	0.00		0	PAK	1		0.01	0.00	
Tocopherol, gamma	mg	0.05		0	PAK	1		0.20	0.04	
Tocopherol, delta	mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 10939

Pork, cured, ham, slice, bone-in, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	PAK	1		1.1	0.2	
Lipids:									
Fatty acids, total saturated.....g	2.945		0	PIK	4		12.516	2.503	
4:0.....g	0.000		0	PIK	4		0.000	0.000	
6:0.....g	0.000		0	PIK	4		0.000	0.000	
8:0.....g	0.000		0	PIK	4		0.000	0.000	
10:0.....g	0.000		0	PIK	4		0.000	0.000	
12:0.....g	0.000		0	PIK	4		0.000	0.000	
13:0.....g									
14:0.....g	0.107		0	PIK	4		0.453	0.091	
15:0.....g	0.000		0	PIK	4		0.000	0.000	
16:0.....g	1.859		0	PIK	4		7.901	1.580	
17:0.....g	0.026		0	PIK	4		0.109	0.022	
18:0.....g	0.934		0	PIK	4		3.969	0.794	
20:0.....g	0.014		0	PIK	4		0.059	0.012	
22:0.....g	0.006		0	PIK	4		0.024	0.005	
24:0.....g									
Fatty acids, total monounsaturated.....g	3.955		0	PIK	4		16.810	3.362	
14:1.....g	0.000		0	PIK	4		0.000	0.000	
15:1.....g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated.....g	0.209		0	PIK	4		0.889	0.178	
17:1.....g	0.000		0	PIK	4		0.000	0.000	
18:1 undifferentiated.....g	3.687		0	PIK	4		15.668	3.134	
20:1.....g	0.060		0	PIK	4		0.253	0.051	
22:1 undifferentiated.....g	0.000		0	PIK	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.281		0	PIK	4		5.444	1.089	
18:2 undifferentiated.....g	1.101		0	PIK	4		4.679	0.936	
18:3 undifferentiated.....g	0.056		0	PIK	4		0.236	0.047	
18:4.....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c.....g	0.043		0	PIK	4		0.183	0.037	
20:3 undifferentiated.....g	0.002		0	PIK	4		0.010	0.002	
20:4 undifferentiated.....g	0.079		0	PIK	4		0.336	0.067	
20:5 n-3 (EPA).....g	0.000		0	PIK	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans.....g	0.070		0	PIK	4		0.298	0.060	
Cholesterol.....mg	65		0	PAK	1		274	55	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.209		0	PAK	1		0.888	0.178	
Threonine.....g	1.000		0	PAK	1		4.248	0.850	
Isoleucine.....g	1.010		0	PAK	1		4.291	0.858	
Leucine.....g	1.792		0	PAK	1		7.616	1.523	
Lysine.....g	1.886		0	PAK	1		8.014	1.603	
Methionine.....g	0.534		0	PAK	1		2.269	0.454	
Cystine.....g	0.252		0	PAK	1		1.072	0.214	
Phenylalanine.....g	0.896		0	PAK	1		3.806	0.761	
Tyrosine.....g	0.724		0	PAK	1		3.077	0.615	
Valine.....g	1.133		0	PAK	1		4.817	0.963	
Arginine.....g	1.434		0	PAK	1		6.094	1.219	
Histidine.....g	0.978		0	PAK	1		4.157	0.831	
Alanine.....g	1.325		0	PAK	1		5.631	1.126	
Aspartic acid.....g	1.957		0	PAK	1		8.316	1.663	
Glutamic acid.....g	3.205		0	PAK	1		13.620	2.724	
Glycine.....g	1.193		0	PAK	1		5.072	1.014	
Proline.....g	0.969		0	PAK	1		4.118	0.824	
Serine.....g	0.877		0	PAK	1		3.729	0.746	
Hydroxyproline.....g	0.018		0	PAK	1		0.075	0.015	
Others:									

NDB No. 10939

Pork, cured, ham, slice, bone-in, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 425g: 1 slice

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10899

Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil

Refuse: 14% Bone 5%, Separable fat 9%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.33	0.396	3	A	1		239.11	55.53	
Energy....kcal	146		0	NC	4		536	124	
Energy....kJ	613		0	NC	4		2242	521	
Protein....g	27.18	0.494	3	A	1		99.48	23.10	
Total lipid (fat)....g	4.09	0.251	3	A	1		14.96	3.47	
Ash....g	3.17	0.079	3	A	1		11.61	2.70	
Carbohydrate, by difference....g	0.23		0	NC	4		0.85	0.20	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.74	0.042	3	A	1		2.70	0.63	
Sucrose....g	0.63	0.046	3	A	1		2.29	0.53	
Glucose (dextrose)....g	0.11	0.005	3	A	1		0.41	0.10	
Fructose....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	15	1.386	3	A	1		55	13	
Iron, Fe....mg	1.42	0.082	3	A	1		5.21	1.21	
Magnesium, Mg....mg	25	0.721	3	A	1		93	22	
Phosphorus, P....mg	296	3.480	3	A	1		1085	252	
Potassium, K....mg	427	1.856	3	A	1		1562	363	
Sodium, Na....mg	870	11.590	3	A	1		3184	740	
Zinc, Zn....mg	3.04	0.079	3	A	1		11.14	2.59	
Copper, Cu....mg	0.426	0.237	3	A	1		1.558	0.362	
Manganese, Mn....mg	0.022	0.000	3	A	1		0.081	0.019	
Selenium, Se....mcg	25.3	3.329	3	A	1		92.6	21.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.575	0.026	3	A	1		2.104	0.489	
Riboflavin....mg	0.317	0.039	3	A	1		1.159	0.269	
Niacin....mg	7.767	1.014	3	A	1		28.426	6.602	
Pantothenic acid....mg	0.758	0.060	3	A	1		2.773	0.644	
Vitamin B-6....mg	0.540	0.048	3	A	1		1.977	0.459	
Folate, total....mcg	2		1	A	1		7	2	
Folic acid....mcg	0		1	Z	7		0	0	
Folate, food....mcg	2		1	NR	4		7	2	
Folate, DFE....mcg_DFE	2		0	NC	4		7	2	
Choline, total....mg	112.9		0	AS	1		413.1	95.9	
Betaine....mg	7.3	2.341	3	A	1		26.8	6.2	
Vitamin B-12....mcg	0.66	0.081	3	A	1		2.43	0.56	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.30		1	A	1		1.10	0.26	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.03		1	A	1		0.11	0.03	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	1.1		0	AS	1		4.0	0.9	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 10899

Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	1.1		0	BFNN	4		4.0	0.9	
Vitamin D....IU	44		0	BFNN	4		162	38	
Vitamin K (phylloquinone)....mcg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.253		0	NC	4		4.588	1.065	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.000	0.000	3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.045	0.001	3	A	1		0.163	0.038	
15:0....g	0.000	0.000	3	A	1		0.000	0.000	
16:0....g	0.778	0.039	3	A	1		2.846	0.661	
17:0....g	0.011	0.001	3	A	1		0.040	0.009	
18:0....g	0.415	0.037	3	A	1		1.519	0.353	
20:0....g	0.005	0.001	3	A	1		0.020	0.005	
22:0....g	0.000	0.000	3	A	1		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	1.613		0	NC	4		5.903	1.371	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.099	0.012	3	A	1		0.363	0.084	
17:1....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated....g	1.492		0	AS	1		5.462	1.268	
18:1 c....g	1.475	0.159	3	A	1		5.399	1.254	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.017	0.005	3	A	1		0.062	0.014	
18:1-11t (18:1t n-7)....g									
20:1....g	0.021	0.003	3	A	1		0.078	0.018	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.644		0	NC	4		2.358	0.548	
18:2 undifferentiated....g	0.512		0	AS	1		1.875	0.435	
18:2 n-6 c,c....g	0.499	0.106	3	A	1		1.826	0.424	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.013	0.002	3	A	1		0.049	0.011	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.029		0	AS	1		0.107	0.025	
18:3 n-3 c,c,c (ALA)....g	0.029	0.018	3	A	1		0.107	0.025	
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.016	0.004	3	A	1		0.058	0.014	
20:3 undifferentiated....g	0.003	0.003	3	A	1		0.011	0.003	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.084	0.007	3	A	1		0.307	0.071	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.030		0	NC	4		0.111	0.026	
Fatty acids, total trans-monoenoic....g	0.017		0	NC	4		0.062	0.014	
Fatty acids, total trans-polyenoic....g	0.013		0	NC	4		0.049	0.011	
Cholesterol....mg	73	1.464	3	A	1		269	62	
Phytosterols....mg									

NDB No. 10899

Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.255		0	A	1		0.933	0.217	
Threonine....g	1.216		0	A	1		4.450	1.034	
Isoleucine....g	1.227		0	A	1		4.491	1.043	
Leucine....g	2.177		0	A	1		7.969	1.851	
Lysine....g	2.296		0	A	1		8.404	1.952	
Methionine....g	0.650		0	A	1		2.380	0.553	
Cystine....g	0.305		0	A	1		1.117	0.259	
Phenylalanine....g	1.087		0	A	1		3.979	0.924	
Tyrosine....g	0.882		0	A	1		3.228	0.750	
Valine....g	1.375		0	A	1		5.033	1.169	
Arginine....g	1.739		0	A	1		6.365	1.478	
Histidine....g	1.184		0	A	1		4.333	1.006	
Alanine....g	1.601		0	A	1		5.859	1.361	
Aspartic acid....g	2.371		0	A	1		8.677	2.015	
Glutamic acid....g	3.890		0	A	1		14.237	3.306	
Glycine....g	1.419		0	A	1		5.195	1.207	
Proline....g	1.167		0	A	1		4.270	0.992	
Serine....g	1.064		0	A	1		3.894	0.904	
Hydroxyproline....g	0.176		0	A	1		0.644	0.150	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 366g: 1 slice

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10938

Pork, cured, ham, slice, bone-in, separable lean only, unheated

Refuse: 16% Bone 5%, Separable fat 11%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.97	0.531	3	A	1		297.36	59.47	
Energy....kcal	130		0	NC	4		551	110	
Energy....kJ	543		0	NC	4		2306	461	
Protein....g	24.36	0.389	3	A	1		103.52	20.70	
Total lipid (fat)....g	3.59	0.473	3	A	1		15.24	3.05	
Ash....g	2.79	0.058	3	A	1		11.86	2.37	
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Sucrose....g	0.00		0	Z	7		0.00	0.00	
Glucose (dextrose)....g	0.00		0	Z	7		0.00	0.00	
Fructose....g	0.00		0	BFSN	4		0.00	0.00	
Lactose....g	0.00		0	BFSN	4		0.00	0.00	
Maltose....g	0.00		0	BFSN	4		0.00	0.00	
Galactose....g	0.00		0	BFSN	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	13	1.004	3	A	1		55	11	
Iron, Fe....mg	1.23	0.020	3	A	1		5.23	1.05	
Magnesium, Mg....mg	23	0.722	3	A	1		99	20	
Phosphorus, P....mg	263	1.667	3	A	1		1119	224	
Potassium, K....mg	370	4.933	3	A	1		1573	315	
Sodium, Na....mg	760	8.293	3	A	1		3231	646	
Zinc, Zn....mg	2.43	0.088	3	A	1		10.34	2.07	
Copper, Cu....mg	0.148	0.014	3	A	1		0.629	0.126	
Manganese, Mn....mg	0.022	0.000	3	A	1		0.094	0.019	
Selenium, Se....mcg	22.3	3.355	3	A	1		94.6	18.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.492	0.016	3	A	1		2.089	0.418	
Riboflavin....mg	0.251	0.026	3	A	1		1.068	0.214	
Niacin....mg	6.493	0.713	3	A	1		27.597	5.519	
Pantothenic acid....mg	0.683	0.041	3	A	1		2.904	0.581	
Vitamin B-6....mg	0.482	0.038	3	A	1		2.047	0.409	
Folate, total....mcg	1		1	A	1		4	1	
Folic acid....mcg	0		1	Z	7		0	0	
Folate, food....mcg	1		1	NR	4		4	1	
Folate, DFE....mcg_DFE	1		0	NC	4		4	1	
Choline, total....mg	93.1		0	AS	1		395.6	79.1	
Betaine....mg	6.1	1.497	3	A	1		25.8	5.2	
Vitamin B-12....mcg	0.60	0.128	3	A	1		2.56	0.51	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.29		1	A	1		1.23	0.25	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.03		1	A	1		0.13	0.03	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 10938

Pork, cured, ham, slice, bone-in, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		1	A	1		1.3	0.3	
Lipids:									
Fatty acids, total saturated.....g	1.099		0	BFFN	4		4.672	0.934	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	
12:0.....g	0.000		0	BFFN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.039		0	BFFN	4		0.166	0.033	
15:0.....g	0.000		0	BFFN	4		0.000	0.000	
16:0.....g	0.682		0	BFFN	4		2.899	0.580	
17:0.....g	0.010		0	BFFN	4		0.041	0.008	
18:0.....g	0.364		0	BFFN	4		1.547	0.309	
20:0.....g	0.005		0	BFFN	4		0.020	0.004	
22:0.....g	0.000		0	BFFN	4		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	1.414		0	BFFN	4		6.012	1.202	
14:1.....g	0.000		0	BFFN	4		0.000	0.000	
15:1.....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated.....g	0.087		0	BFFN	4		0.370	0.074	
17:1.....g	0.000		0	BFFN	4		0.000	0.000	
18:1 undifferentiated.....g	1.309		0	BFFN	4		5.562	1.112	
18:1 c.....g	1.294		0	BFFN	4		5.499	1.100	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.015		0	BFFN	4		0.063	0.013	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.019		0	BFFN	4		0.079	0.016	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.565		0	BFFN	4		2.402	0.480	
18:2 undifferentiated.....g	0.449		0	BFFN	4		1.909	0.382	
18:2 n-6 c,c.....g	0.438		0	BFFN	4		1.860	0.372	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.012		0	BFFN	4		0.050	0.010	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.026		0	BFFN	4		0.109	0.022	
18:3 n-3 c,c,c (ALA).....g	0.026		0	BFFN	4		0.109	0.022	
18:3 n-6 c,c,c.....g	0.000		0	BFFN	4		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g	0.014		0	BFFN	4		0.060	0.012	
20:3 undifferentiated.....g	0.003		0	BFFN	4		0.011	0.002	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.074		0	BFFN	4		0.313	0.063	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g	0.027		0	BFFN	4		0.113	0.023	
Fatty acids, total trans-monoenoic.....g	0.015		0	BFFN	4		0.063	0.013	
Fatty acids, total trans-polyenoic.....g	0.012		0	BFFN	4		0.050	0.010	
Cholesterol.....mg	65	2.652	3	A	1		276	55	
Phytosterols.....mg									

NDB No. 10938

Pork, cured, ham, slice, bone-in, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.229		0	A	1		0.971	0.194	
Threonine....g	1.090		0	A	1		4.631	0.926	
Isoleucine....g	1.100		0	A	1		4.673	0.935	
Leucine....g	1.951		0	A	1		8.294	1.659	
Lysine....g	2.058		0	A	1		8.746	1.749	
Methionine....g	0.583		0	A	1		2.476	0.495	
Cystine....g	0.274		0	A	1		1.162	0.232	
Phenylalanine....g	0.974		0	A	1		4.141	0.828	
Tyrosine....g	0.790		0	A	1		3.359	0.672	
Valine....g	1.232		0	A	1		5.238	1.048	
Arginine....g	1.559		0	A	1		6.624	1.325	
Histidine....g	1.061		0	A	1		4.509	0.902	
Alanine....g	1.435		0	A	1		6.097	1.219	
Aspartic acid....g	2.125		0	A	1		9.030	1.806	
Glutamic acid....g	3.486		0	A	1		14.816	2.963	
Glycine....g	1.272		0	A	1		5.407	1.081	
Proline....g	1.046		0	A	1		4.443	0.889	
Serine....g	0.953		0	A	1		4.052	0.810	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 425g: 1 slice

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10149

Pork, cured, ham, steak, boneless, extra lean, unheated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.24	0.093	53		1		20.48	41.18	
Energy....kcal	122		0		4		35	70	
Energy....kJ	510				4		145	291	
Protein (N x 6.25)....g	19.56	0.088	53		1		5.55	11.15	
Total lipid (fat)....g	4.25	0.095	53		1		1.20	2.42	
Ash....g	3.95	0.041	53		1		1.12	2.25	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	4	0.203	20		1		1	2	
Iron, Fe....mg	1.00	0.029	46		1		0.28	0.57	
Magnesium, Mg....mg	19	0.363	46		1		5	11	
Phosphorus, P....mg	260	4.127	46		1		74	148	
Potassium, K....mg	325	4.696	53		1		92	185	
Sodium, Na....mg	1269	18.483	52		1		360	723	
Zinc, Zn....mg	2.02	0.037	46		1		0.57	1.15	
Copper, Cu....mg	0.080	0.006	46		1		0.023	0.046	
Manganese, Mn....mg	0.037	0.005	11		1		0.010	0.021	
Selenium, Se....mcg	15.5		0	BFNN	4		4.4	8.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	32.3	0.815	47		1		9.2	18.4	
Thiamin....mg	0.800	0.015	46		1		0.227	0.456	
Riboflavin....mg	0.200	0.004	46		1		0.057	0.114	
Niacin....mg	5.080	0.093	46		1		1.440	2.896	
Pantothenic acid....mg	0.620		1		1		0.176	0.353	
Vitamin B-6....mg	0.370	0.010	46		1		0.105	0.211	
Folate, total....mcg	4		0		4		1	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		4		1	2	
Folate, DFE....mcg_DFE	4		0	NC	4		1	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.79	0.031	46		1		0.22	0.45	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.440		0		4		0.408	0.821	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 10149

Pork, cured, ham, steak, boneless, extra lean, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.020	0.006	11		1		0.006	0.011	
12:0 ... g	0.020	0.006	11		1		0.006	0.011	
13:0 ... g									
14:0 ... g	0.080	0.006	11		1		0.023	0.046	
15:0 ... g									
16:0 ... g	0.840	0.038	11		1		0.238	0.479	
17:0 ... g									
18:0 ... g	0.470	0.024	11		1		0.133	0.268	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.960		0		4		0.556	1.117	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.190	0.012	11		1		0.054	0.108	
17:1 ... g									
18:1 undifferentiated ... g	1.770	0.074	11		1		0.502	1.009	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.470		0		4		0.133	0.268	
18:2 undifferentiated ... g	0.430	0.030	11		1		0.122	0.245	
18:3 undifferentiated ... g	0.040	0.009	11		1		0.011	0.023	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	45	2.222	11		1		13	26	
Phytosterols ... mg	0		0		4		0	0	
Amino Acids:									
Tryptophan ... g	0.235		2		1		0.067	0.134	
Threonine ... g	0.870		10		1		0.247	0.496	
Isoleucine ... g	0.858		10		1		0.243	0.489	
Leucine ... g	1.552		10		1		0.440	0.885	
Lysine ... g	1.658		10		1		0.470	0.945	
Methionine ... g	0.516		10		1		0.146	0.294	
Cystine ... g	0.295		2		1		0.084	0.168	
Phenylalanine ... g	0.845		10		1		0.240	0.482	
Tyrosine ... g	0.641		10		1		0.182	0.365	
Valine ... g	0.848		10		1		0.240	0.483	
Arginine ... g	1.270		10		1		0.360	0.724	
Histidine ... g	0.701		10		1		0.199	0.400	
Alanine ... g	1.154		10		1		0.327	0.658	
Aspartic acid ... g	1.852		10		1		0.525	1.056	
Glutamic acid ... g	3.189		10		1		0.904	1.818	
Glycine ... g	1.017		10		1		0.288	0.580	
Proline ... g	0.836		10		1		0.237	0.477	
Serine ... g	0.801		10		1		0.227	0.457	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 slice

NDB No. 10149

Pork, cured, ham, steak, boneless, extra lean, unheated

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10151
Pork, cured, ham, whole, separable lean and fat, roasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	58.40		0		1		81.76	49.64	
Energy ... kcal	243		0	NC	4		340	207	
Energy ... kJ	1017		0		4		1423	864	
Protein (N x 6.25) ... g	21.57		0		1		30.20	18.33	
Total lipid (fat) ... g	16.77		0		1		23.48	14.25	
Ash ... g	3.33		0		1		4.66	2.83	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	7		0		1		10	6	
Iron, Fe ... mg	0.87		0		1		1.22	0.74	
Magnesium, Mg ... mg	19		0		1		27	16	
Phosphorus, P ... mg	214		0		1		300	182	
Potassium, K ... mg	286		0		1		400	243	
Sodium, Na ... mg	1187		0		1		1662	1009	
Zinc, Zn ... mg	2.32		0		1		3.25	1.97	
Copper, Cu ... mg	0.083		0		1		0.116	0.071	
Manganese, Mn ... mg	0.014		0		1		0.020	0.012	
Selenium, Se ... mcg	22.7		0	PIE	4		31.8	19.3	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.601		0		1		0.841	0.511	
Riboflavin ... mg	0.221		0		1		0.309	0.188	
Niacin ... mg	4.461		0		1		6.245	3.792	
Pantothenic acid ... mg	0.457		0		1		0.640	0.388	
Vitamin B-6 ... mg	0.380		0		1		0.532	0.323	
Folate, total ... mcg	3		0		1		4	3	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	3		0		1		4	3	
Folate, DFE ... mcg_DFE	3		0	NC	4		4	3	
Choline, total ... mg	84.3		0	BFPN	4		118.0	71.7	
Betaine ... mg	5.7		0	BFPN	4		7.9	4.8	
Vitamin B-12 ... mcg	0.64		0		1		0.90	0.54	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0	0	
Retinol ... mcg	0		0	NR	4		0	0	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0		1		0	0	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.36		0	BFYN	4		0.51	0.31	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.7		0	AS	1		1.0	0.6	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	0.7		0	BFNN	4		1.0	0.6	
Vitamin D ... IU	30		0	BFNN	4		42	25	
Vitamin K (phylloquinone) ... mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated ... g	5.980		0		1		8.372	5.083	
4:0 ... g	0.000		0	Z	7		0.000	0.000	

NDB No. 10151
Pork, cured, ham, whole, separable lean and fat, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.020		0		1		0.028	0.017	
12:0 g	0.030		0		1		0.042	0.026	
13:0 g									
14:0 g	0.220		0		1		0.308	0.187	
15:0 g									
16:0 g	3.750		0		1		5.250	3.188	
17:0 g									
18:0 g	1.960		0		1		2.744	1.666	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.880		0		1		11.032	6.698	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.530		0		1		0.742	0.451	
17:1 g									
18:1 undifferentiated g	7.350		0		1		10.290	6.248	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.810		0		1		2.534	1.539	
18:2 undifferentiated g	1.550		0		1		2.170	1.318	
18:3 undifferentiated g	0.170		0		1		0.238	0.145	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		0		1		0.112	0.068	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	62		0		1		87	53	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.245		0		1		0.343	0.208	
Threonine g	0.941		0		1		1.317	0.800	
Isoleucine g	0.918		0		1		1.285	0.780	
Leucine g	1.697		0		1		2.376	1.442	
Lysine g	1.825		0		1		2.555	1.551	
Methionine g	0.551		0		1		0.771	0.468	
Cystine g	0.315		0		1		0.441	0.268	
Phenylalanine g	0.922		0		1		1.291	0.784	
Tyrosine g	0.682		0		1		0.955	0.580	
Valine g	0.941		0		1		1.317	0.800	
Arginine g	1.459		0		1		2.043	1.240	
Histidine g	0.735		0		1		1.029	0.625	
Alanine g	1.183		0		1		1.656	1.006	
Aspartic acid g	1.897		0		1		2.656	1.612	
Glutamic acid g	3.267		0		1		4.574	2.777	
Glycine g	1.041		0		1		1.457	0.885	
Proline g	0.856		0		1		1.198	0.728	
Serine g	0.820		0		1		1.148	0.697	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10151

Pork, cured, ham, whole, separable lean and fat, roasted

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10150
Pork, cured, ham, whole, separable lean and fat, unheated

Refuse: 18% Bone and skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	59.71		0		1		83.59	16.93	
Energy ... kcal	246		0	NC	4		344	70	
Energy ... kJ	1029		0		4		1441	292	
Protein (N x 6.25) ... g	18.49		0		1		25.89	5.24	
Total lipid (fat) ... g	18.52		0		1		25.93	5.25	
Ash ... g	3.23		0		1		4.52	0.92	
Carbohydrate, by difference ... g	0.06		0	NC	4		0.08	0.02	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	7		0		1		10	2	
Iron, Fe ... mg	0.71		0		1		0.99	0.20	
Magnesium, Mg ... mg	15		0		1		21	4	
Phosphorus, P ... mg	201		0		1		281	57	
Potassium, K ... mg	310		0		1		434	88	
Sodium, Na ... mg	1284		0		1		1798	364	
Zinc, Zn ... mg	1.76		0		1		2.46	0.50	
Copper, Cu ... mg	0.071		0		1		0.099	0.020	
Manganese, Mn ... mg	0.028		0		1		0.039	0.008	
Selenium, Se ... mcg	15.3		0	PIE	4		21.4	4.3	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	34.9		0	BFNN	4		48.9	9.9	
Thiamin ... mg	0.777		0		1		1.088	0.220	
Riboflavin ... mg	0.189		0		1		0.265	0.054	
Niacin ... mg	4.463		0		1		6.248	1.265	
Pantothenic acid ... mg	0.467		0		1		0.654	0.132	
Vitamin B-6 ... mg	0.410		0		1		0.574	0.116	
Folate, total ... mcg	1		0	BFZN	4		1	0	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	1		0	BFZN	4		1	0	
Folate, DFE ... mcg_DFE	1		0	NC	4		1	0	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.74		0		1		1.04	0.21	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0	0	
Retinol ... mcg	0		0	NR	4		0	0	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0		1		0	0	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.27		0	BFSN	4		0.37	0.08	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma ... mg	0.05		0	BFSN	4		0.08	0.02	
Tocopherol, delta ... mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated ... g	6.620		0		1		9.268	1.877	
4:0 ... g	0.000		0	Z	7		0.000	0.000	

NDB No. 10150

Pork, cured, ham, whole, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.020		0		1		0.028	0.006	
12:0 g	0.040		0		1		0.056	0.011	
13:0 g									
14:0 g	0.240		0		1		0.336	0.068	
15:0 g									
16:0 g	4.150		0		1		5.810	1.177	
17:0 g									
18:0 g	2.170		0		1		3.038	0.615	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.700		0		1		12.180	2.466	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.580		0		1		0.812	0.164	
17:1 g									
18:1 undifferentiated g	8.120		0		1		11.368	2.302	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.640		0		1		2.296	0.465	
18:2 undifferentiated g	1.360		0		1		1.904	0.386	
18:3 undifferentiated g	0.190		0		1		0.266	0.054	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.090		0		1		0.126	0.026	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	56		0		1		78	16	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.210		0		1		0.294	0.060	
Threonine g	0.806		0		1		1.128	0.229	
Isoleucine g	0.787		0		1		1.102	0.223	
Leucine g	1.455		0		1		2.037	0.412	
Lysine g	1.565		0		1		2.191	0.444	
Methionine g	0.473		0		1		0.662	0.134	
Cystine g	0.270		0		1		0.378	0.077	
Phenylalanine g	0.791		0		1		1.107	0.224	
Tyrosine g	0.584		0		1		0.818	0.166	
Valine g	0.807		0		1		1.130	0.229	
Arginine g	1.250		0		1		1.750	0.354	
Histidine g	0.630		0		1		0.882	0.179	
Alanine g	1.014		0		1		1.420	0.287	
Aspartic acid g	1.627		0		1		2.278	0.461	
Glutamic acid g	2.801		0		1		3.921	0.794	
Glycine g	0.893		0		1		1.250	0.253	
Proline g	0.733		0		1		1.026	0.208	
Serine g	0.703		0		1		0.984	0.199	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10150

Pork, cured, ham, whole, separable lean and fat, unheated

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10153
Pork, cured, ham, whole, separable lean only, roasted

Refuse: 39% Bone and skin 24%, separable fat 15%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.78	0.293	45		1		92.09	55.91	
Energy....kcal	157		0	NC	4		220	133	
Energy....kJ	657		0		4		920	558	
Protein (N x 6.25)....g	25.05	0.254	29		1		35.07	21.29	
Total lipid (fat)....g	5.50	0.177	25		1		7.70	4.68	
Ash....g	3.74	0.152	12		1		5.24	3.18	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7	0.298	21		1		10	6	
Iron, Fe....mg	0.94	0.023	21		1		1.32	0.80	
Magnesium, Mg....mg	22	0.850	21		1		31	19	
Phosphorus, P....mg	227		0		1		318	193	
Potassium, K....mg	316	8.674	21		1		442	269	
Sodium, Na....mg	1327	80.771	21		1		1858	1128	
Zinc, Zn....mg	2.57	0.051	21		1		3.60	2.18	
Copper, Cu....mg	0.087	0.003	21		1		0.122	0.074	
Manganese, Mn....mg	0.016	0.001	21		1		0.022	0.014	
Selenium, Se....mcg	25.4	1.499	28	A	1		35.6	21.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.680	0.072	5		1		0.952	0.578	
Riboflavin....mg	0.254	0.020	5		1		0.356	0.216	
Niacin....mg	5.020	0.200	5		1		7.028	4.267	
Pantothenic acid....mg	0.498		0		1		0.697	0.423	
Vitamin B-6....mg	0.470		0		1		0.658	0.400	
Folate, total....mcg	4		0		1		6	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		1		6	3	
Folate, DFE....mcg_DFE	4		0	NC	4		6	3	
Choline, total....mg	101.9		0	BFPN	4		142.6	86.6	
Betaine....mg	6.8		0	BFPN	4		9.6	5.8	
Vitamin B-12....mcg	0.70	0.031	5		1		0.98	0.60	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.26		0	BFYN	4		0.36	0.22	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.9		0	AS	1		1.2	0.7	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.9		0	BFNN	4		1.2	0.7	
Vitamin D....IU	34		0	BFNN	4		48	29	
Vitamin K (phylloquinone)....mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.840		0		1		2.576	1.564	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10153
Pork, cured, ham, whole, separable lean only, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.020	0.004	30		1		0.028	0.017	
12:0 g	0.020	0.003	28		1		0.028	0.017	
13:0 g									
14:0 g	0.070	0.002	109		1		0.098	0.060	
15:0 g									
16:0 g	1.170	0.020	109		1		1.638	0.995	
17:0 g									
18:0 g	0.560	0.010	109		1		0.784	0.476	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.530		0		1		3.542	2.151	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.210	0.006	109		1		0.294	0.179	
17:1 g									
18:1 undifferentiated g	2.320	0.039	109		1		3.248	1.972	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.630		0		1		0.882	0.536	
18:2 undifferentiated g	0.500	0.014	109		1		0.700	0.425	
18:3 undifferentiated g	0.060	0.006	36		1		0.084	0.051	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070	0.004	25		1		0.098	0.060	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	55		0		1		77	47	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.300		2		1		0.420	0.255	
Threonine g	1.114		10		1		1.560	0.947	
Isoleucine g	1.098		10		1		1.537	0.933	
Leucine g	1.988		10		1		2.783	1.690	
Lysine g	2.124		10		1		2.974	1.805	
Methionine g	0.661		10		1		0.925	0.562	
Cystine g	0.377		2		1		0.528	0.320	
Phenylalanine g	1.082		10		1		1.515	0.920	
Tyrosine g	0.822		10		1		1.151	0.699	
Valine g	1.086		10		1		1.520	0.923	
Arginine g	1.627		10		1		2.278	1.383	
Histidine g	0.898		10		1		1.257	0.763	
Alanine g	1.479		10		1		2.071	1.257	
Aspartic acid g	2.372		10		1		3.321	2.016	
Glutamic acid g	4.084		10		1		5.718	3.471	
Glycine g	1.302		10		1		1.823	1.107	
Proline g	1.070		10		1		1.498	0.910	
Serine g	1.026		10		1		1.436	0.872	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10153

Pork, cured, ham, whole, separable lean only, roasted

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10152
Pork, cured, ham, whole, separable lean only, unheated

Refuse: 37% Bone and skin 18%, separable fat 19%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.26	0.277	24		1		95.56	19.35	
Energy....kcal	147		0	NC	4		206	42	
Energy....kJ	615		0		4		861	174	
Protein (N x 6.25)....g	22.32	0.305	24		1		31.25	6.33	
Total lipid (fat)....g	5.71	0.261	24		1		7.99	1.62	
Ash....g	3.66	0.141	24		1		5.12	1.04	
Carbohydrate, by difference....g	0.05		0	NC	4		0.07	0.01	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0		1		10	2	
Iron, Fe....mg	0.81		0		1		1.13	0.23	
Magnesium, Mg....mg	18		0		1		25	5	
Phosphorus, P....mg	232		0		1		325	66	
Potassium, K....mg	371		0		1		519	105	
Sodium, Na....mg	1516		0		1		2122	430	
Zinc, Zn....mg	2.04		0		1		2.86	0.58	
Copper, Cu....mg	0.079		0		1		0.111	0.022	
Manganese, Mn....mg	0.035		0		1		0.049	0.010	
Selenium, Se....mcg	18.8		0	BFYN	4		26.3	5.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.932		0		1		1.305	0.264	
Riboflavin....mg	0.226		0		1		0.316	0.064	
Niacin....mg	5.252		0		1		7.353	1.489	
Pantothenic acid....mg	0.538		0		1		0.753	0.153	
Vitamin B-6....mg	0.530		0		1		0.742	0.150	
Folate, total....mcg	4		0		1		6	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		1		6	1	
Folate, DFE....mcg_DFE	4		0	NC	4		6	1	
Choline, total....mg	84.7		0	BFPN	4		118.6	24.0	
Betaine....mg	5.6		0	BFPN	4		7.9	1.6	
Vitamin B-12....mcg	0.87		0		1		1.22	0.25	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.20		0	BFSN	4		0.28	0.06	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.7		0	AS	1		1.0	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.7		0	BFNN	4		1.0	0.2	
Vitamin D....IU	27		0	BFNN	4		38	8	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.920		0		1		2.688	0.544	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10152

Pork, cured, ham, whole, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.020	0.004	30		1		0.028	0.006	
12:0 g	0.020	0.003	28		1		0.028	0.006	
13:0 g									
14:0 g	0.070	0.002	109		1		0.098	0.020	
15:0 g									
16:0 g	1.210	0.027	109		1		1.694	0.343	
17:0 g									
18:0 g	0.590	0.014	109		1		0.826	0.167	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.620		0		1		3.668	0.743	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.220	0.007	109		1		0.308	0.062	
17:1 g									
18:1 undifferentiated g	2.400	0.054	109		1		3.360	0.680	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.660		0		1		0.924	0.187	
18:2 undifferentiated g	0.520	0.001	109		1		0.728	0.147	
18:3 undifferentiated g	0.060	0.006	36		1		0.084	0.017	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070	0.004	25		1		0.098	0.020	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	52		0		1		73	15	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.268		2		1		0.375	0.076	
Threonine g	0.992		10		1		1.389	0.281	
Isoleucine g	0.978		10		1		1.369	0.277	
Leucine g	1.771		10		1		2.479	0.502	
Lysine g	1.892		10		1		2.649	0.536	
Methionine g	0.589		10		1		0.825	0.167	
Cystine g	0.336		2		1		0.470	0.095	
Phenylalanine g	0.964		10		1		1.350	0.273	
Tyrosine g	0.732		10		1		1.025	0.208	
Valine g	0.967		10		1		1.354	0.274	
Arginine g	1.449		10		1		2.029	0.411	
Histidine g	0.800		10		1		1.120	0.227	
Alanine g	1.317		10		1		1.844	0.373	
Aspartic acid g	2.113		10		1		2.958	0.599	
Glutamic acid g	3.638		10		1		5.093	1.031	
Glycine g	1.160		10		1		1.624	0.329	
Proline g	0.953		10		1		1.334	0.270	
Serine g	0.914		10		1		1.280	0.259	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10152

Pork, cured, ham, whole, separable lean only, unheated

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10165
Pork, cured, salt pork, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	11.00		2		1		3.12	24.97	
Energy....kcal	748		0	NC	4		212	1698	
Energy....kJ	3130		0		4		887	7104	
Protein (N x 6.25)....g	5.05		2		1		1.43	11.46	
Total lipid (fat)....g	80.50		2		1		22.82	182.74	
Ash....g	3.65		2		1		1.03	8.29	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0		1		2	14	
Iron, Fe....mg	0.44		0		1		0.12	1.00	
Magnesium, Mg....mg	7		0		1		2	16	
Phosphorus, P....mg	52		0		1		15	118	
Potassium, K....mg	66		2		1		19	150	
Sodium, Na....mg	1424	400.681	3		1		404	3232	
Zinc, Zn....mg	0.90		0		1		0.26	2.04	
Copper, Cu....mg	0.050		0		1		0.014	0.114	
Manganese, Mn....mg	0.005		0		1		0.001	0.011	
Selenium, Se....mcg	5.8		0	BFNN	4		1.6	13.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.215		0		1		0.061	0.488	
Riboflavin....mg	0.061		0		1		0.017	0.138	
Niacin....mg	1.620		0		1		0.459	3.677	
Pantothenic acid....mg	0.205		0		1		0.058	0.465	
Vitamin B-6....mg	0.080		0		1		0.023	0.182	
Folate, total....mcg	1		0		1		0	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0		1		0	2	
Folate, DFE....mcg_DFE	1		0	NC	4		0	2	
Choline, total....mg	19.3		0	BFPN	4		5.5	43.9	
Betaine....mg	1.3		0	BFPN	4		0.4	2.9	
Vitamin B-12....mcg	0.29		0		1		0.08	0.66	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.1	0.5	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	BFNN	4		0.1	0.5	
Vitamin D....IU	9		0	BFNN	4		3	20	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	29.380		0		1		8.329	66.693	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10165
Pork, cured, salt pork, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.160		0		1		0.045	0.363	
13:0 g									
14:0 g	1.050		0		1		0.298	2.384	
15:0 g									
16:0 g	17.670		0		1		5.009	40.111	
17:0 g									
18:0 g	10.330		0		1		2.929	23.449	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	37.940		0		1		10.756	86.124	
14:1 g									
15:1 g									
16:1 undifferentiated g	2.500		0		1		0.709	5.675	
17:1 g									
18:1 undifferentiated g	34.930		0		1		9.903	79.291	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	9.400		0		1		2.665	21.338	
18:2 undifferentiated g	8.630		0		1		2.447	19.590	
18:3 undifferentiated g	0.650		0		1		0.184	1.476	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		0		1		0.023	0.182	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	86		0		1		24	195	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.017		0		1		0.005	0.039	
Threonine g	0.166		0		1		0.047	0.377	
Isoleucine g	0.133		0		1		0.038	0.302	
Leucine g	0.353		0		1		0.100	0.801	
Lysine g	0.419		0		1		0.119	0.951	
Methionine g	0.075		0		1		0.021	0.170	
Cystine g	0.044		0		1		0.012	0.100	
Phenylalanine g	0.189		0		1		0.054	0.429	
Tyrosine g	0.082		0		1		0.023	0.186	
Valine g	0.242		0		1		0.069	0.549	
Arginine g	0.522		0		1		0.148	1.185	
Histidine g	0.057		0		1		0.016	0.129	
Alanine g	0.283		0		4		0.080	0.642	
Aspartic acid g	0.417		0		4		0.118	0.947	
Glutamic acid g	0.693		0		4		0.196	1.573	
Glycine g	0.361		0		4		0.102	0.819	
Proline g	0.268		0		4		0.076	0.608	
Serine g	0.190		0		4		0.054	0.431	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10165
Pork, cured, salt pork, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 8 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10167

Pork, cured, separable fat (from ham and arm picnic), roasted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	28.89	0.793	63		1		8.19	24.56	
Energy	kcal	591		0	NC	4		168	502	
Energy	kJ	2473				4		701	2102	
Protein (N x 6.25)	g	7.64	0.167	63		1		2.17	6.49	
Total lipid (fat)	g	61.86	0.902	63		1		17.54	52.58	
Ash	g	1.68	0.054	48		1		0.48	1.43	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0		1		2	7	
Iron, Fe	mg	0.61		0		1		0.17	0.52	
Magnesium, Mg	mg	9		0		1		3	8	
Phosphorus, P	mg	160		0		1		45	136	
Potassium, K	mg	164		0		1		46	139	
Sodium, Na	mg	624		0		1		177	530	
Zinc, Zn	mg	1.31		0		1		0.37	1.11	
Copper, Cu	mg	0.069		0		1		0.020	0.059	
Manganese, Mn	mg	0.007		0		1		0.002	0.006	
Selenium, Se	mcg	11.7		0	BFNN	4		3.3	9.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.287		0		1		0.081	0.244	
Riboflavin	mg	0.091		0		1		0.026	0.077	
Niacin	mg	2.228		0		1		0.632	1.894	
Pantothenic acid	mg	0.293		0		1		0.083	0.249	
Vitamin B-6	mg	0.030		0		1		0.009	0.026	
Folate, total	mcg	2		0		1		1	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		1		1	2	
Folate, DFE	mcg_DFE	2		0	NC	4		1	2	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.42		0		1		0.12	0.36	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	22.690		0		1		6.433	19.287	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	

NDB No. 10167

Pork, cured, separable fat (from ham and arm picnic), roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		4		0.000	0.000	
12:0 ... g	0.110		0		1		0.031	0.094	
13:0 ... g									
14:0 ... g	0.820		0		1		0.232	0.697	
15:0 ... g									
16:0 ... g	14.090		0		1		3.995	11.977	
17:0 ... g									
18:0 ... g	7.520		0		1		2.132	6.392	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	29.690		0		1		8.417	25.237	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.830		0		1		0.519	1.556	
17:1 ... g									
18:1 undifferentiated ... g	27.460		0		1		7.785	23.341	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	6.580		0		1		1.865	5.593	
18:2 undifferentiated ... g	5.770		0		1		1.636	4.905	
18:3 undifferentiated ... g	0.640		0		1		0.181	0.544	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.140		0		1		0.040	0.119	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	86		0		1		24	73	
Phytosterols ... mg	0		0		4		0	0	
Amino Acids:									
Tryptophan ... g	0.025		0		1		0.007	0.021	
Threonine ... g	0.251		0		1		0.071	0.213	
Isoleucine ... g	0.201		0		1		0.057	0.171	
Leucine ... g	0.534		0		1		0.151	0.454	
Lysine ... g	0.633		0		1		0.179	0.538	
Methionine ... g	0.113		0		1		0.032	0.096	
Cystine ... g	0.067		0		1		0.019	0.057	
Phenylalanine ... g	0.286		0		1		0.081	0.243	
Tyrosine ... g	0.124		0		1		0.035	0.105	
Valine ... g	0.365		0		1		0.103	0.310	
Arginine ... g	0.789		0		1		0.224	0.671	
Histidine ... g	0.086		0		1		0.024	0.073	
Alanine ... g	0.428		0		4		0.121	0.364	
Aspartic acid ... g	0.631		0		4		0.179	0.536	
Glutamic acid ... g	1.049		0		4		0.297	0.892	
Glycine ... g	0.546		0		4		0.155	0.464	
Proline ... g	0.406		0		4		0.115	0.345	
Serine ... g	0.287		0		4		0.081	0.244	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 3 oz

NDB No. 10167

Pork, cured, separable fat (from ham and arm picnic), roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10166

Pork, cured, separable fat (from ham and arm picnic), unheated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	31.06	0.594	96		1		8.81	26.40	
Energy....kcal	579		0	NC	4		164	492	
Energy....kJ	2423		0		4		687	2059	
Protein (N x 6.25)....g	5.68	0.099	106		1		1.61	4.83	
Total lipid (fat)....g	61.41	0.674	97		1		17.41	52.20	
Ash....g	1.77	0.055	96		1		0.50	1.50	
Carbohydrate, by difference....g	0.09		0	NC	4		0.03	0.08	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0		1		1	4	
Iron, Fe....mg	0.39		0		1		0.11	0.33	
Magnesium, Mg....mg	6		0		1		2	5	
Phosphorus, P....mg	98		0		1		28	83	
Potassium, K....mg	105		0		1		30	89	
Sodium, Na....mg	505		0		1		143	429	
Zinc, Zn....mg	0.80		0		1		0.23	0.68	
Copper, Cu....mg	0.044		0		1		0.012	0.037	
Manganese, Mn....mg	0.005		0		1		0.001	0.004	
Selenium, Se....mcg	4.7		0	BFNN	4		1.3	4.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.241		0		1		0.068	0.205	
Riboflavin....mg	0.068		0		1		0.019	0.058	
Niacin....mg	1.820		0		1		0.516	1.547	
Pantothenic acid....mg	0.230		0		1		0.065	0.196	
Vitamin B-6....mg	0.030		0		1		0.009	0.026	
Folate, total....mcg	1		0		1		0	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0		1		0	1	
Folate, DFE....mcg_DFE	1		0	NC	4		0	1	
Choline, total....mg	23.2		0	BFPN	4		6.6	19.7	
Betaine....mg	1.5		0	BFPN	4		0.4	1.2	
Vitamin B-12....mcg	0.33		0		1		0.09	0.28	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.1	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	BFNN	4		0.1	0.2	
Vitamin D....IU	8		0	BFNN	4		2	7	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	22.520		0		1		6.384	19.142	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10166

Pork, cured, separable fat (from ham and arm picnic), unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.110		0		1		0.031	0.094	
13:0 g									
14:0 g	0.820		0		1		0.232	0.697	
15:0 g									
16:0 g	13.990		0		1		3.966	11.892	
17:0 g									
18:0 g	7.470		0		1		2.118	6.350	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	29.470		0		1		8.355	25.050	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.810		0		1		0.513	1.539	
17:1 g									
18:1 undifferentiated g	27.260		0		1		7.728	23.171	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	6.530		0		1		1.851	5.551	
18:2 undifferentiated g	5.730		0		1		1.624	4.871	
18:3 undifferentiated g	0.630		0		1		0.179	0.536	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.130		0		1		0.037	0.111	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	68		0		1		19	58	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.018		0		1		0.005	0.015	
Threonine g	0.187		0		1		0.053	0.159	
Isoleucine g	0.150		0		1		0.043	0.128	
Leucine g	0.396		0		1		0.112	0.337	
Lysine g	0.470		0		1		0.133	0.400	
Methionine g	0.084		0		1		0.024	0.071	
Cystine g	0.050		0		1		0.014	0.043	
Phenylalanine g	0.212		0		1		0.060	0.180	
Tyrosine g	0.092		0		1		0.026	0.078	
Valine g	0.271		0		1		0.077	0.230	
Arginine g	0.586		0		1		0.166	0.498	
Histidine g	0.064		0		1		0.018	0.054	
Alanine g	0.318		0		4		0.090	0.270	
Aspartic acid g	0.469		0		4		0.133	0.399	
Glutamic acid g	0.780		0		4		0.221	0.663	
Glycine g	0.406		0		4		0.115	0.345	
Proline g	0.302		0		4		0.086	0.257	
Serine g	0.214		0		4		0.061	0.182	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10166

Pork, cured, separable fat (from ham and arm picnic), unheated

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10168

Pork, cured, shoulder, arm picnic, separable lean and fat, roasted

Refuse: 27% Bone and skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	54.73		0		1		76.62	46.52	
Energy ... kcal	280		0	NC	4		392	238	
Energy ... kJ	1172		0		4		1640	996	
Protein (N x 6.25) ... g	20.43		0		1		28.60	17.37	
Total lipid (fat) ... g	21.35		0		1		29.89	18.15	
Ash ... g	3.51		0		1		4.91	2.98	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	10		0		1		14	9	
Iron, Fe ... mg	0.95		0		1		1.33	0.81	
Magnesium, Mg ... mg	14		0		1		20	12	
Phosphorus, P ... mg	221		0		1		309	188	
Potassium, K ... mg	258		0		1		361	219	
Sodium, Na ... mg	1072		0		1		1501	911	
Zinc, Zn ... mg	2.51		0		1		3.51	2.13	
Copper, Cu ... mg	0.113		0		1		0.158	0.096	
Manganese, Mn ... mg	0.024		0		1		0.034	0.020	
Selenium, Se ... mcg	33.6		0	PIE	4		47.0	28.6	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.612		0		1		0.857	0.520	
Riboflavin ... mg	0.190		0		1		0.266	0.162	
Niacin ... mg	4.127		0		1		5.778	3.508	
Pantothenic acid ... mg	0.559		0		1		0.783	0.475	
Vitamin B-6 ... mg	0.280		0		1		0.392	0.238	
Folate, total ... mcg	3		0		1		4	3	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	3		0		1		4	3	
Folate, DFE ... mcg_DFE	3		0	NC	4		4	3	
Choline, total ... mg	79.8		0	BFPN	4		111.8	67.9	
Betaine ... mg	5.4		0	BFPN	4		7.5	4.6	
Vitamin B-12 ... mcg	0.93		0		1		1.30	0.79	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0	0	
Retinol ... mcg	0		0	NR	4		0	0	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0		4		0	0	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.24		0	BFSN	4		0.34	0.21	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.7		0	AS	1		1.0	0.6	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	0.7		0	BFNN	4		1.0	0.6	
Vitamin D ... IU	29		0	BFNN	4		40	24	
Vitamin K (phylloquinone) ... mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated ... g	7.670		0		1		10.738	6.520	
4:0 ... g	0.000		0	Z	7		0.000	0.000	

NDB No. 10168

Pork, cured, shoulder, arm picnic, separable lean and fat, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.030		0		1		0.042	0.026	
12:0 g	0.050		0		1		0.070	0.043	
13:0 g									
14:0 g	0.280		0		1		0.392	0.238	
15:0 g									
16:0 g	4.780		0		1		6.692	4.063	
17:0 g									
18:0 g	2.500		0		1		3.500	2.125	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.140		0		1		14.196	8.619	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.670		0		1		0.938	0.570	
17:1 g									
18:1 undifferentiated g	9.350		0		1		13.090	7.948	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.320		0		1		3.248	1.972	
18:2 undifferentiated g	1.980		0		1		2.772	1.683	
18:3 undifferentiated g	0.220		0		1		0.308	0.187	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.100		0		1		0.140	0.085	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	58		0		1		81	49	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.227		0		1		0.318	0.193	
Threonine g	0.885		0		1		1.239	0.752	
Isoleucine g	0.861		0		1		1.205	0.732	
Leucine g	1.602		0		1		2.243	1.362	
Lysine g	1.728		0		1		2.419	1.469	
Methionine g	0.516		0		1		0.722	0.439	
Cystine g	0.294		0		1		0.412	0.250	
Phenylalanine g	0.871		0		1		1.219	0.740	
Tyrosine g	0.637		0		1		0.892	0.541	
Valine g	0.894		0		1		1.252	0.760	
Arginine g	1.403		0		1		1.964	1.193	
Histidine g	0.683		0		1		0.956	0.581	
Alanine g	1.088		0		1		1.523	0.925	
Aspartic acid g	1.746		0		1		2.444	1.484	
Glutamic acid g	3.005		0		1		4.207	2.554	
Glycine g	0.958		0		1		1.341	0.814	
Proline g	0.787		0		1		1.102	0.669	
Serine g	0.755		0		1		1.057	0.642	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10168

Pork, cured, shoulder, arm picnic, separable lean and fat, roasted

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10169

Pork, cured, shoulder, arm picnic, separable lean only, roasted

Refuse: 46% Bone and skin 27%, separable fat 19%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.86	0.647	9		1		89.40	54.28	
Energy....kcal	170		0	NC	4		238	145	
Energy....kJ	711		0		4		996	605	
Protein (N x 6.25)....g	24.94	0.356	9		1		34.92	21.20	
Total lipid (fat)....g	7.04	0.297	9		1		9.86	5.98	
Ash....g	4.16		0		1		5.82	3.54	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0		1		15	9	
Iron, Fe....mg	1.08		0		1		1.51	0.92	
Magnesium, Mg....mg	16		0		1		22	14	
Phosphorus, P....mg	243		0		1		340	207	
Potassium, K....mg	292		0		1		409	248	
Sodium, Na....mg	1231		0		1		1723	1046	
Zinc, Zn....mg	2.94		0		1		4.12	2.50	
Copper, Cu....mg	0.128		0		1		0.179	0.109	
Manganese, Mn....mg	0.030		0		1		0.042	0.026	
Selenium, Se....mcg	41.3		0	BFNN	4		57.8	35.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.727		0		1		1.018	0.618	
Riboflavin....mg	0.226		0		1		0.316	0.192	
Niacin....mg	4.798		0		1		6.717	4.078	
Pantothenic acid....mg	0.654		0		1		0.916	0.556	
Vitamin B-6....mg	0.370		0		1		0.518	0.315	
Folate, total....mcg	4		0		1		6	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		1		6	3	
Folate, DFE....mcg_DFE	4		0	NC	4		6	3	
Choline, total....mg	101.4		0	BFPN	4		142.0	86.2	
Betaine....mg	6.8		0	BFPN	4		9.5	5.8	
Vitamin B-12....mcg	1.11		0		1		1.55	0.94	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.26		0	BFYN	4		0.36	0.22	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.9		0	AS	1		1.2	0.7	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.9		0	BFNN	4		1.2	0.7	
Vitamin D....IU	35		0	BFNN	4		49	30	
Vitamin K (phylloquinone)....mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.360		0		1		3.304	2.006	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10169

Pork, cured, shoulder, arm picnic, separable lean only, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.030	0.005	30		1		0.042	0.026	
12:0 g	0.020	0.003	28		1		0.028	0.017	
13:0 g									
14:0 g	0.090	0.002	109		1		0.126	0.077	
15:0 g									
16:0 g	1.490	0.021	109		1		2.086	1.267	
17:0 g									
18:0 g	0.720	0.011	109		1		1.008	0.612	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.230		0		1		4.522	2.746	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.270	0.007	109		1		0.378	0.230	
17:1 g									
18:1 undifferentiated g	2.960	0.042	109		1		4.144	2.516	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.810		0		1		1.134	0.689	
18:2 undifferentiated g	0.640	0.016	109		1		0.896	0.544	
18:3 undifferentiated g	0.080	0.007	36		1		0.112	0.068	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.090	0.004	25		1		0.126	0.077	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	48		0		1		67	41	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.299		2		1		0.419	0.254	
Threonine g	1.109		10		1		1.553	0.943	
Isoleucine g	1.094		10		1		1.532	0.930	
Leucine g	1.980		10		1		2.772	1.683	
Lysine g	2.115		10		1		2.961	1.798	
Methionine g	0.659		10		1		0.923	0.560	
Cystine g	0.375		2		1		0.525	0.319	
Phenylalanine g	1.078		10		1		1.509	0.916	
Tyrosine g	0.818		10		1		1.145	0.695	
Valine g	1.082		10		1		1.515	0.920	
Arginine g	1.620		10		1		2.268	1.377	
Histidine g	0.894		10		1		1.252	0.760	
Alanine g	1.473		10		1		2.062	1.252	
Aspartic acid g	2.363		10		1		3.308	2.009	
Glutamic acid g	4.067		10		1		5.694	3.457	
Glycine g	1.297		10		1		1.816	1.102	
Proline g	1.066		10		1		1.492	0.906	
Serine g	1.022		10		1		1.431	0.869	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10169

Pork, cured, shoulder, arm picnic, separable lean only, roasted

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10171

Pork, cured, shoulder, blade roll, separable lean and fat, roasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.18	1.026	4		1		211.24	47.75	
Energy....kcal	287		0	NC	4		1079	244	
Energy....kJ	1201				4		4515	1021	
Protein (N x 6.25)....g	17.28	0.435	4		1		64.97	14.69	
Total lipid (fat)....g	23.48	1.223	4		1		88.28	19.96	
Ash....g	2.70	0.147	4		1		10.15	2.30	
Carbohydrate, by difference....g	0.37		0	NC	4		1.39	0.31	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	7		1		1		26	6	
Iron, Fe....mg	0.89	0.075	4		1		3.35	0.76	
Magnesium, Mg....mg	13	0.854	4		1		49	11	
Phosphorus, P....mg	156	22.754	4		1		587	133	
Potassium, K....mg	194	9.077	4		1		729	165	
Sodium, Na....mg	973	30.346	4		1		3658	827	
Zinc, Zn....mg	2.45	0.119	4		1		9.21	2.08	
Copper, Cu....mg	0.076	0.012	4		1		0.286	0.065	
Manganese, Mn....mg	0.023		2		1		0.086	0.020	
Selenium, Se....mcg	28.6		0	BFNN	4		107.5	24.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.2	0.872	6		1		12.0	2.7	
Thiamin....mg	0.460	0.016	4		1		1.730	0.391	
Riboflavin....mg	0.285	0.027	4		1		1.072	0.242	
Niacin....mg	2.377	0.143	4		1		8.938	2.020	
Pantothenic acid....mg	0.770		1		1		2.895	0.655	
Vitamin B-6....mg	0.210	0.006	4		1		0.790	0.179	
Folate, total....mcg	3		0		1		11	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		0		1		11	3	
Folate, DFE....mcg_DFE	3		0	NC	4		11	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.05	0.182	4		1		3.95	0.89	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.380		0		1		31.509	7.123	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	

NDB No. 10171

Pork, cured, shoulder, blade roll, separable lean and fat, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.050	0.009	4		1		0.188	0.043	
12:0 ... g	0.040	0.004	4		1		0.150	0.034	
13:0 ... g									
14:0 ... g	0.250	0.034	4		1		0.940	0.213	
15:0 ... g									
16:0 ... g	5.120	0.348	4		1		19.251	4.352	
17:0 ... g									
18:0 ... g	2.930	0.180	4		1		11.017	2.491	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	11.030		0		1		41.473	9.376	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.880	0.065	4		1		3.309	0.748	
17:1 ... g									
18:1 undifferentiated ... g	10.150	0.748	4		1		38.164	8.628	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.510		0		1		9.438	2.134	
18:2 undifferentiated ... g	2.150	0.217	4		1		8.084	1.828	
18:3 undifferentiated ... g	0.360	0.069	4		1		1.354	0.306	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	67	2.561	4		1		252	57	
Phytosterols ... mg	0		0		4		0	0	
Amino Acids:									
Tryptophan ... g	0.207		0		1		0.778	0.176	
Threonine ... g	0.768		0		1		2.888	0.653	
Isoleucine ... g	0.757		0		1		2.846	0.643	
Leucine ... g	1.371		0		1		5.155	1.165	
Lysine ... g	1.465		0		1		5.508	1.245	
Methionine ... g	0.456		0		1		1.715	0.388	
Cystine ... g	0.260		0		1		0.978	0.221	
Phenylalanine ... g	0.746		0		1		2.805	0.634	
Tyrosine ... g	0.567		0		1		2.132	0.482	
Valine ... g	0.749		0		1		2.816	0.637	
Arginine ... g	1.122		0		1		4.219	0.954	
Histidine ... g	0.619		0		1		2.327	0.526	
Alanine ... g	1.020		0		1		3.835	0.867	
Aspartic acid ... g	1.636		0		1		6.151	1.391	
Glutamic acid ... g	2.817		0		1		10.592	2.394	
Glycine ... g	0.898		0		1		3.376	0.763	
Proline ... g	0.738		0		1		2.775	0.627	
Serine ... g	0.708		0		1		2.662	0.602	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10171

Pork, cured, shoulder, blade roll, separable lean and fat, roasted

Common Measures:

Measure 1 = 376g: 1 piece, cooked (yield from 1 lb unheated product)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10170

Pork, cured, shoulder, blade roll, separable lean and fat, unheated

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.13	0.837	26		1		16.76	66.82	
Energy	kcal	269		0	NC	4		76	304	
Energy	kJ	1125				4		319	1272	
Protein (N x 6.25)	g	16.47	0.484	26		1		4.67	18.61	
Total lipid (fat)	g	21.98	1.610	6		1		6.23	24.84	
Ash	g	3.85	0.410	6		1		1.09	4.35	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0		1		2	8	
Iron, Fe	mg	0.82	0.105	4		1		0.23	0.93	
Magnesium, Mg	mg	13	0.410	4		1		4	15	
Phosphorus, P	mg	199	6.056	8		1		56	225	
Potassium, K	mg	295	31.145	6		1		84	333	
Sodium, Na	mg	1250	190.854	6		1		354	1413	
Zinc, Zn	mg	2.35	0.095	4		1		0.67	2.66	
Copper, Cu	mg	0.090	0.005	4		1		0.026	0.102	
Manganese, Mn	mg	0.033		1		1		0.009	0.037	
Selenium, Se	mcg	22.0		0	BFNN	4		6.2	24.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3	0.250	4		1		0.1	0.3	
Thiamin	mg	0.540	0.050	4		1		0.153	0.610	
Riboflavin	mg	0.220	0.010	4		1		0.062	0.249	
Niacin	mg	2.720	0.150	4		1		0.771	3.074	
Pantothenic acid	mg	0.710		2		1		0.201	0.802	
Vitamin B-6	mg	0.260	0.020	4		1		0.074	0.294	
Folate, total	mcg	3		1		1		1	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		1		1		1	3	
Folate, DFE	mcg_DFE	3		0	NC	4		1	3	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.30	0.185	4		1		0.37	1.47	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	7.939		0		1		2.251	8.971	
4:0	g									
6:0	g									
8:0	g									

NDB No. 10170

Pork, cured, shoulder, blade roll, separable lean and fat, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.040		4		1		0.011	0.045	
12:0 g	0.030		4		1		0.009	0.034	
13:0 g									
14:0 g	0.269		4		1		0.076	0.304	
15:0 g									
16:0 g	4.748		4		1		1.346	5.365	
17:0 g									
18:0 g	2.853		4		1		0.809	3.224	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.755		0		1		2.766	11.023	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.728		4		1		0.206	0.823	
17:1 g									
18:1 undifferentiated g	9.026		4		1		2.559	10.199	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	2.334		0		1		0.662	2.637	
18:2 undifferentiated g	2.015		4		1		0.571	2.277	
18:3 undifferentiated g	0.319		4		1		0.090	0.360	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	53	4.205	4		1		15	60	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.198		0		1		0.056	0.224	
Threonine g	0.733		0		1		0.208	0.828	
Isoleucine g	0.722		0		1		0.205	0.816	
Leucine g	1.307		0		1		0.371	1.477	
Lysine g	1.397		0		1		0.396	1.579	
Methionine g	0.435		0		1		0.123	0.492	
Cystine g	0.248		0		1		0.070	0.280	
Phenylalanine g	0.712		0		1		0.202	0.805	
Tyrosine g	0.540		0		1		0.153	0.610	
Valine g	0.714		0		1		0.202	0.807	
Arginine g	1.070		0		1		0.303	1.209	
Histidine g	0.590		0		1		0.167	0.667	
Alanine g	0.972		0		1		0.276	1.098	
Aspartic acid g	1.560		0		1		0.442	1.763	
Glutamic acid g	2.685		0		1		0.761	3.034	
Glycine g	0.856		0		1		0.243	0.967	
Proline g	0.704		0		1		0.200	0.796	
Serine g	0.675		0		1		0.191	0.763	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

NDB No. 10170

Pork, cured, shoulder, blade roll, separable lean and fat, unheated

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10004
Pork, fresh, backfat, raw

Refuse: 11% Skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	7.69	0.131	210		1		2.18	34.88	
Energy....kcal	812		0	NC	4		230	3683	
Energy....kJ	3397		0		4		963	15411	
Protein (N x 6.25)....g	2.92	0.083	98		1		0.83	13.25	
Total lipid (fat)....g	88.69	0.262	96		1		25.14	402.30	
Ash....g	0.70		0		1		0.20	3.18	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	2		0		1		1	9	
Iron, Fe....mg	0.18		0		1		0.05	0.82	
Magnesium, Mg....mg	2		0		1		1	9	
Phosphorus, P....mg	38		0		1		11	172	
Potassium, K....mg	65		0		1		18	295	
Sodium, Na....mg	11		0		1		3	50	
Zinc, Zn....mg	0.37		0		1		0.10	1.68	
Copper, Cu....mg	0.018		0		1		0.005	0.082	
Manganese, Mn....mg	0.002		0		1		0.001	0.009	
Selenium, Se....mcg	8.0		0	BFZN	4		2.3	36.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0		1		0.0	0.5	
Thiamin....mg	0.084		0		1		0.024	0.381	
Riboflavin....mg	0.051		0		1		0.014	0.231	
Niacin....mg	0.985		0		1		0.279	4.468	
Pantothenic acid....mg	0.115		0		1		0.033	0.522	
Vitamin B-6....mg	0.040		0		1		0.011	0.181	
Folate, total....mcg	1		0		1		0	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0		1		0	5	
Folate, DFE....mcg_DFE	1		0	NC	4		0	5	
Choline, total....mg	15.4		0	BFPN	4		4.4	69.8	
Betaine....mg	0.6		0	BFPN	4		0.2	2.8	
Vitamin B-12....mcg	0.18		0		1		0.05	0.82	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	5		0	NC	4		1	20	
Retinol....mcg	5		0	NR	4		1	20	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	15		0		1		4	68	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.1		0	AS	1		0.9	13.8	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	3.1		0	BFFN	4		0.9	13.8	
Vitamin D....IU	122		0	BFFN	4		35	554	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	32.210		0		1		9.132	146.105	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10004
Pork, fresh, backfat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.060		1		1		0.017	0.272	
12:0 g	0.190		12		1		0.054	0.862	
13:0 g									
14:0 g	1.120		242		1		0.318	5.080	
15:0 g									
16:0 g	19.450		245		1		5.514	88.225	
17:0 g									
18:0 g	11.390		245		1		3.229	51.665	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	41.950		0		1		11.893	190.285	
14:1 g									
15:1 g									
16:1 undifferentiated g	2.750		241		1		0.780	12.474	
17:1 g									
18:1 undifferentiated g	38.480		245		1		10.909	174.545	
20:1 g	0.720		1		1		0.204	3.266	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	10.350		0		1		2.934	46.948	
18:2 undifferentiated g	9.500		245		1		2.693	43.092	
18:3 undifferentiated g	0.740		27		1		0.210	3.357	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.110		12		1		0.031	0.499	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	57	2.104	8		1		16	259	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.037		0		1		0.010	0.168	
Threonine g	0.133		0		1		0.038	0.603	
Isoleucine g	0.137		0		1		0.039	0.621	
Leucine g	0.234		0		1		0.066	1.061	
Lysine g	0.263		0		1		0.075	1.193	
Methionine g	0.077		0		1		0.022	0.349	
Cystine g	0.037		0		1		0.010	0.168	
Phenylalanine g	0.117		0		1		0.033	0.531	
Tyrosine g	0.102		0		1		0.029	0.463	
Valine g	0.158		0		1		0.045	0.717	
Arginine g	0.182		0		1		0.052	0.826	
Histidine g	0.117		0		1		0.033	0.531	
Alanine g	0.170		0		1		0.048	0.771	
Aspartic acid g	0.271		0		1		0.077	1.229	
Glutamic acid g	0.457		0		1		0.130	2.073	
Glycine g	0.139		0		1		0.039	0.631	
Proline g	0.117		0		1		0.033	0.531	
Serine g	0.121		0		1		0.034	0.549	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10004
Pork, fresh, backfat, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10193

Pork, fresh, backribs, separable lean and fat, cooked, roasted

Refuse: 39% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.44	0.742	12		1		99.51	38.62	
Energy....kcal	370		0	NC	4		810	315	
Energy....kJ	1548		0		4		3390	1316	
Protein (N x 6.25)....g	24.26	0.691	12		1		53.13	20.62	
Total lipid (fat)....g	29.58	0.726	12		1		64.78	25.14	
Ash....g	1.09	0.025	12		1		2.39	0.93	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	45	2.798	5		1		99	38	
Iron, Fe....mg	1.38	0.070	5		1		3.02	1.17	
Magnesium, Mg....mg	21	0.527	5		1		46	18	
Phosphorus, P....mg	195	3.235	5		1		427	166	
Potassium, K....mg	315	9.429	5		1		690	268	
Sodium, Na....mg	101	1.631	5		1		221	86	
Zinc, Zn....mg	3.37	0.167	5		1		7.38	2.86	
Copper, Cu....mg	0.081	0.007	5		1		0.177	0.069	
Manganese, Mn....mg	0.009		0		1		0.020	0.008	
Selenium, Se....mcg	39.3	5.881	5	A	1		86.1	33.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0		1		0.7	0.3	
Thiamin....mg	0.427		0		1		0.935	0.363	
Riboflavin....mg	0.200		0		1		0.438	0.170	
Niacin....mg	3.550		0		1		7.775	3.018	
Pantothenic acid....mg	0.580		0		1		1.270	0.493	
Vitamin B-6....mg	0.307		0		1		0.672	0.261	
Folate, total....mcg	3		0		1		7	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		0		1		7	3	
Folate, DFE....mcg_DFE	3		0	NC	4		7	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.64		0		1		1.40	0.54	
Vitamin A, RAE....mcg_RAE	0		0	NR	4		0	0	
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	9		0		1		20	8	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	2.1		0	AS	1		4.6	1.8	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	2.1		0	BFFN	4		4.6	1.8	
Vitamin D....IU	84		0	BFFN	4		184	72	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	10.990		0		1		24.068	9.342	
4:0....g									
6:0....g									
8:0....g									

NDB No. 10193

Pork, fresh, backribs, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.010		12		1		0.022	0.009	
12:0 ... g	0.010		12		1		0.022	0.009	
13:0 ... g									
14:0 ... g	0.390		12		1		0.854	0.332	
15:0 ... g									
16:0 ... g	6.750		12		1		14.783	5.738	
17:0 ... g									
18:0 ... g	3.650		12		1		7.994	3.103	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	13.460		0		1		29.477	11.441	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.000		12		1		2.190	0.850	
17:1 ... g									
18:1 undifferentiated ... g	12.120		12		1		26.543	10.302	
20:1 ... g	0.230		12		1		0.504	0.196	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.320		0		1		5.081	1.972	
18:2 undifferentiated ... g	2.050		12		1		4.490	1.743	
18:3 undifferentiated ... g	0.090		12		1		0.197	0.077	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.080		12		1		0.175	0.068	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	118	4.937	12		1		258	100	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.308		0		1		0.675	0.262	
Threonine ... g	1.108		0		1		2.427	0.942	
Isoleucine ... g	1.136		0		1		2.488	0.966	
Leucine ... g	1.947		0		1		4.264	1.655	
Lysine ... g	2.182		0		1		4.779	1.855	
Methionine ... g	0.642		0		1		1.406	0.546	
Cystine ... g	0.309		0		1		0.677	0.263	
Phenylalanine ... g	0.968		0		1		2.120	0.823	
Tyrosine ... g	0.845		0		1		1.851	0.718	
Valine ... g	1.316		0		1		2.882	1.119	
Arginine ... g	1.508		0		1		3.303	1.282	
Histidine ... g	0.969		0		1		2.122	0.824	
Alanine ... g	1.413		0		1		3.094	1.201	
Aspartic acid ... g	2.250		0		1		4.928	1.913	
Glutamic acid ... g	3.798		0		1		8.318	3.228	
Glycine ... g	1.152		0		1		2.523	0.979	
Proline ... g	0.975		0		1		2.135	0.829	
Serine ... g	1.002		0		1		2.194	0.852	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 219g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 10193

Pork, fresh, backribs, separable lean and fat, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10192
Pork, fresh, backribs, separable lean and fat, raw

Refuse: 38% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.39	0.886	12		1		16.84	269.39	
Energy....kcal	282		0	NC	4		80	1279	
Energy....kJ	1180		0		4		334	5352	
Protein (N x 6.25)....g	16.12		0		1		4.57	73.12	
Total lipid (fat)....g	23.58	0.950	12		1		6.68	106.96	
Ash....g	0.91		0		1		0.26	4.13	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	32	3.696	5		1		9	145	
Iron, Fe....mg	0.91	0.050	5		1		0.26	4.13	
Magnesium, Mg....mg	16	0.421	5		1		5	73	
Phosphorus, P....mg	143	2.294	5		1		41	649	
Potassium, K....mg	233	8.513	5		1		66	1057	
Sodium, Na....mg	75	2.024	5		1		21	340	
Zinc, Zn....mg	2.31	0.095	5		1		0.65	10.48	
Copper, Cu....mg	0.062	0.004	5		1		0.018	0.281	
Manganese, Mn....mg	0.007		0		1		0.002	0.032	
Selenium, Se....mcg	24.0	3.591	5	A	1		6.8	108.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0		1		0.1	0.9	
Thiamin....mg	0.584		0		1		0.166	2.649	
Riboflavin....mg	0.258		0		1		0.073	1.170	
Niacin....mg	4.570		0		1		1.296	20.730	
Pantothenic acid....mg	0.745		0		1		0.211	3.379	
Vitamin B-6....mg	0.395		0		1		0.112	1.792	
Folate, total....mcg	4		0		1		1	18	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		1		1	18	
Folate, DFE....mcg_DFE	4		0	NC	4		1	18	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.82		0		1		0.23	3.72	
Vitamin A, RAE....mcg_RAE	0		0	NR	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	10		0		1		3	45	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	2.3		0	AS	1		0.6	10.4	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	2.3		0	BFFN	4		0.6	10.4	
Vitamin D....IU	92		0	BFFN	4		26	415	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.730		0		1		2.475	39.599	
4:0....g									
6:0....g									
8:0....g									

NDB No. 10192
Pork, fresh, backribs, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		0		1		0.003	0.045	
12:0 g	0.010		0		1		0.003	0.045	
13:0 g									
14:0 g	0.300		0		1		0.085	1.361	
15:0 g									
16:0 g	5.340		0		1		1.514	24.222	
17:0 g									
18:0 g	2.920		0		1		0.828	13.245	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.650		0		1		3.019	48.308	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.720		0		1		0.204	3.266	
17:1 g									
18:1 undifferentiated g	9.660		0		1		2.739	43.818	
20:1 g	0.180		0		1		0.051	0.816	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.960		0		1		0.556	8.891	
18:2 undifferentiated g	1.730		0		1		0.490	7.847	
18:3 undifferentiated g	0.080		0		1		0.023	0.363	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070		0		1		0.020	0.318	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	81		0		1		23	367	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.205		0		1		0.058	0.930	
Threonine g	0.736		0		1		0.209	3.338	
Isoleucine g	0.755		0		1		0.214	3.425	
Leucine g	1.293		0		1		0.367	5.865	
Lysine g	1.450		0		1		0.411	6.577	
Methionine g	0.427		0		1		0.121	1.937	
Cystine g	0.206		0		1		0.058	0.934	
Phenylalanine g	0.643		0		1		0.182	2.917	
Tyrosine g	0.562		0		1		0.159	2.549	
Valine g	0.875		0		1		0.248	3.969	
Arginine g	1.002		0		1		0.284	4.545	
Histidine g	0.644		0		1		0.183	2.921	
Alanine g	0.939		0		1		0.266	4.259	
Aspartic acid g	1.495		0		1		0.424	6.781	
Glutamic acid g	2.523		0		1		0.715	11.444	
Glycine g	0.765		0		1		0.217	3.470	
Proline g	0.648		0		1		0.184	2.939	
Serine g	0.666		0		1		0.189	3.021	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 10192
Pork, fresh, backribs, separable lean and fat, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10005
Pork, fresh, belly, raw

Refuse: 7% Skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	36.74	0.546	33		1		10.42	166.65	
Energy....kcal	518		0	NC	4		147	2350	
Energy....kJ	2167		0		4		614	9831	
Protein (N x 6.25)....g	9.34	0.161	33		1		2.65	42.37	
Total lipid (fat)....g	53.01	0.684	33		1		15.03	240.45	
Ash....g	0.49		0		1		0.14	2.22	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0		1		1	23	
Iron, Fe....mg	0.52		0		1		0.15	2.36	
Magnesium, Mg....mg	4		0		1		1	18	
Phosphorus, P....mg	108		0		1		31	490	
Potassium, K....mg	185		0		1		52	839	
Sodium, Na....mg	32		0		1		9	145	
Zinc, Zn....mg	1.02		0		1		0.29	4.63	
Copper, Cu....mg	0.052		0		1		0.015	0.236	
Manganese, Mn....mg	0.006		0		1		0.002	0.027	
Selenium, Se....mcg	8.0		0	BFZN	4		2.3	36.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0		1		0.1	1.4	
Thiamin....mg	0.396		0		1		0.112	1.796	
Riboflavin....mg	0.242		0		1		0.069	1.098	
Niacin....mg	4.647		0		1		1.317	21.079	
Pantothenic acid....mg	0.256		0		1		0.073	1.161	
Vitamin B-6....mg	0.130		0		1		0.037	0.590	
Folate, total....mcg	1		0	BFZN	4		0	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0	BFZN	4		0	5	
Folate, DFE....mcg_DFE	1		0	NC	4		0	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.84		0		1		0.24	3.81	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	3		0		1		1	14	
Retinol....mcg	3		0	NR	4		1	14	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	10		0		1		3	45	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.39		0	BFSN	4		0.11	1.78	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma....mg	0.08		0	BFSN	4		0.02	0.38	
Tocopherol, delta....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	19.330		0		1		5.480	87.681	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 10005
Pork, fresh, belly, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.040		7		1		0.011	0.181	
12:0 g	0.060		13		1		0.017	0.272	
13:0 g									
14:0 g	0.700		315		1		0.198	3.175	
15:0 g									
16:0 g	11.920		316		1		3.379	54.069	
17:0 g									
18:0 g	6.490		318		1		1.840	29.439	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	24.700		0		1		7.002	112.039	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.500		314		1		0.425	6.804	
17:1 g									
18:1 undifferentiated g	22.770		316		1		6.455	103.285	
20:1 g	0.430		7		1		0.122	1.950	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	5.650		0		1		1.602	25.628	
18:2 undifferentiated g	5.030		316		1		1.426	22.816	
18:3 undifferentiated g	0.480		67		1		0.136	2.177	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.140		29		1		0.040	0.635	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	72		1		1		20	327	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10001

Pork, fresh, carcass, separable lean and fat, raw

Suidae domesticus

Refuse: 18% Bone and skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	49.83		0		1		14.13	226.03	
Energy....kcal	376		0	NC	4		107	1706	
Energy....kJ	1573		0		4		446	7136	
Protein (N x 6.25)....g	13.91		0		1		3.94	63.10	
Total lipid (fat)....g	35.07		0		1		9.94	159.08	
Ash....g	0.72		0		1		0.20	3.27	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0		1		5	86	
Iron, Fe....mg	0.69		0		1		0.20	3.13	
Magnesium, Mg....mg	13		0		1		4	59	
Phosphorus, P....mg	155		0		1		44	703	
Potassium, K....mg	253		0		1		72	1148	
Sodium, Na....mg	42		0		1		12	191	
Zinc, Zn....mg	1.59		0		1		0.45	7.21	
Copper, Cu....mg	0.055		0		1		0.016	0.249	
Manganese, Mn....mg	0.011		0		1		0.003	0.050	
Selenium, Se....mcg	28.4		0	BFZN	4		8.1	128.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0		1		0.1	1.8	
Thiamin....mg	0.595		0		1		0.169	2.699	
Riboflavin....mg	0.207		0		1		0.059	0.939	
Niacin....mg	3.846		0		1		1.090	17.445	
Pantothenic acid....mg	0.526		0		1		0.149	2.386	
Vitamin B-6....mg	0.284		0		1		0.081	1.288	
Folate, total....mcg	4		0		1		1	18	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		1		1	18	
Folate, DFE....mcg_DFE	4		0	NC	4		1	18	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.61		0		1		0.17	2.77	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0		1		1	11	
Retinol....mcg	2		0	NR	4		1	11	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	8		0		1		2	36	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.29		0	NR	4		0.08	1.32	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	12.440		0		1		3.527	56.428	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10001
Pork, fresh, carcass, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g									
10:0....g	0.030		0		1		0.009	0.136	
12:0....g	0.050		0		1		0.014	0.227	
13:0....g									
14:0....g	0.440		0		1		0.125	1.996	
15:0....g									
16:0....g	7.650		0		1		2.169	34.700	
17:0....g									
18:0....g	4.200		0		1		1.191	19.051	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	15.930		0		1		4.516	72.258	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.990		0		1		0.281	4.491	
17:1....g									
18:1 undifferentiated....g	14.660		0		1		4.156	66.498	
20:1....g	0.270		0		1		0.077	1.225	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.800		0		1		1.077	17.237	
18:2 undifferentiated....g	3.300		0		1		0.936	14.969	
18:3 undifferentiated....g	0.290		0		1		0.082	1.315	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.110		0		1		0.031	0.499	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	74		0		1		21	336	
Phytosterols....mg	0		0		1		0	0	
Amino Acids:									
Tryptophan....g	0.160		0		1		0.045	0.726	
Threonine....g	0.610		0		1		0.173	2.767	
Isoleucine....g	0.616		0		1		0.175	2.794	
Leucine....g	1.088		0		1		0.308	4.935	
Lysine....g	1.230		0		1		0.349	5.579	
Methionine....g	0.347		0		1		0.098	1.574	
Cystine....g	0.169		0		1		0.048	0.767	
Phenylalanine....g	0.547		0		1		0.155	2.481	
Tyrosine....g	0.454		0		1		0.129	2.059	
Valine....g	0.737		0		1		0.209	3.343	
Arginine....g	0.911		0		1		0.258	4.132	
Histidine....g	0.509		0		1		0.144	2.309	
Alanine....g	0.832		0		1		0.236	3.774	
Aspartic acid....g	1.249		0		1		0.354	5.665	
Glutamic acid....g	2.062		0		1		0.585	9.353	
Glycine....g	0.868		0		1		0.246	3.937	
Proline....g	0.672		0		1		0.191	3.048	
Serine....g	0.574		0		1		0.163	2.604	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10001

Pork, fresh, carcass, separable lean and fat, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10003

Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw

Refuse: 24% Bone and skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.99		0	PAK	1		18.71	299.35	
Energy....kcal	211		0	PIK	4		60	958	
Energy....kJ	884		0	PIK	4		251	4009	
Protein (N x 6.25)....g	18.22		0	PAK	1		5.17	82.65	
Total lipid (fat)....g	14.79		0	PAK	1		4.19	67.10	
Ash....g	0.88		0	PAK	1		0.25	3.98	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0	PAK	1		3	49	
Iron, Fe....mg	0.89		0	PAK	1		0.25	4.04	
Magnesium, Mg....mg	21		0	PAK	1		6	93	
Phosphorus, P....mg	195		0	PAK	1		55	883	
Potassium, K....mg	319		0	PAK	1		91	1448	
Sodium, Na....mg	57		0	PAK	1		16	258	
Zinc, Zn....mg	2.27		0	PAK	1		0.64	10.30	
Copper, Cu....mg	0.075		0	PAK	1		0.021	0.342	
Manganese, Mn....mg	0.014		0	PAK	1		0.004	0.065	
Selenium, Se....mcg	28.5		0	PIK	4		8.1	129.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	PIK	4		0.1	1.5	
Thiamin....mg	0.622		0	PIK	4		0.176	2.819	
Riboflavin....mg	0.255		0	PIK	4		0.072	1.155	
Niacin....mg	4.730		0	PIK	4		1.341	21.455	
Pantothenic acid....mg	0.899		0	PIK	4		0.255	4.080	
Vitamin B-6....mg	0.504		0	PIK	4		0.143	2.286	
Folate, total....mcg	3		0	PIK	4		1	14	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	3		0	PIK	4		1	14	
Folate, DFE....mcg_DFE	3		0	NC	4		1	14	
Choline, total....mg	34.7		0	PIK	4		9.8	157.4	
Betaine....mg	1.7		0	PIK	4		0.5	7.7	
Vitamin B-12....mcg	0.67		0	PIK	4		0.19	3.02	
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	PIK	4		0	3	
Retinol....mcg	1		0	PIK	4		0	4	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	6		0	PAK	1		2	26	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.12		0	PIK	4		0.04	0.56	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	PAK	1		0.00	0.01	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.7		0	PAK	1		0.2	3.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.7		0	PIK	4		0.2	3.2	
Vitamin D....IU	29		0	PIK	4		8	130	
Vitamin K (phylloquinone)....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	4.918		0	PIK	4		1.394	22.306	
4:0....g	0.000		0	PIK	4		0.000	0.000	

NDB No. 10003

Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	PIK	4		0.000	0.000	
8:0....g	0.000		0	PIK	4		0.000	0.000	
10:0....g	0.007		0	PIK	4		0.002	0.034	
12:0....g	0.011		0	PIK	4		0.003	0.051	
13:0....g									
14:0....g	0.179		0	PIK	4		0.051	0.812	
15:0....g	0.001		0	PIK	4		0.000	0.006	
16:0....g	3.141		0	PIK	4		0.890	14.246	
17:0....g	0.015		0	PIK	4		0.004	0.069	
18:0....g	1.693		0	PIK	4		0.480	7.679	
20:0....g	0.006		0	PAK	1		0.002	0.026	
22:0....g	0.000		0	PIK	4		0.000	0.001	
24:0....g									
Fatty acids, total monounsaturated....g	6.102		0	PIK	4		1.730	27.678	
14:1....g	0.000		0	PIK	4		0.000	0.002	
15:1....g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated....g	0.377		0	PIK	4		0.107	1.710	
17:1....g	0.000		0	PIK	4		0.000	0.002	
18:1 undifferentiated....g	5.820		0	PIK	4		1.650	26.400	
18:1 c....g	2.188		0	PIK	4		0.620	9.927	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.036		0	PIK	4		0.010	0.163	
18:1-11t (18:1t n-7)....g									
20:1....g	0.102		0	PIK	4		0.029	0.461	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.726		0	PIK	4		0.489	7.831	
18:2 undifferentiated....g	1.506		0	PIK	4		0.427	6.833	
18:2 n-6 c,c....g	0.701		0	PIK	4		0.199	3.178	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.020		0	PIK	4		0.006	0.090	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.091		0	PIK	4		0.026	0.414	
18:3 n-3 c,c,c (ALA)....g	0.026		0	PIK	4		0.007	0.120	
18:3 n-6 c,c,c....g	0.001		0	PIK	4		0.000	0.003	
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.023		0	PIK	4		0.007	0.106	
20:3 undifferentiated....g	0.002		0	PIK	4		0.001	0.009	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.116		0	PIK	4		0.033	0.525	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans....g	0.034		0	PIK	4		0.010	0.153	
Fatty acids, total trans-monoenoic....g	0.022		0	PIK	4		0.006	0.101	
Fatty acids, total trans-polyenoic....g	0.011		0	PIK	4		0.003	0.050	
Cholesterol....mg	69		0	PIK	4		20	314	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.205		0	PAK	1		0.058	0.930	
Threonine....g	0.816		0	PAK	1		0.231	3.701	
Isoleucine....g	0.863		0	PAK	1		0.245	3.914	
Leucine....g	1.498		0	PAK	1		0.425	6.797	
Lysine....g	1.657		0	PAK	1		0.470	7.518	

NDB No. 10003

Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.485		0	PAK	1		0.137	2.199	
Cystine....g	0.218		0	PAK	1		0.062	0.990	
Phenylalanine....g	0.744		0	PAK	1		0.211	3.376	
Tyrosine....g	0.654		0	PAK	1		0.185	2.968	
Valine....g	0.963		0	PAK	1		0.273	4.370	
Arginine....g	1.190		0	PAK	1		0.337	5.397	
Histidine....g	0.742		0	PAK	1		0.210	3.365	
Alanine....g	1.073		0	PAK	1		0.304	4.867	
Aspartic acid....g	1.723		0	PAK	1		0.489	7.816	
Glutamic acid....g	2.841		0	PAK	1		0.805	12.885	
Glycine....g	0.915		0	PAK	1		0.259	4.151	
Proline....g	0.774		0	PAK	1		0.219	3.511	
Serine....g	0.771		0	PAK	1		0.218	3.496	
Hydroxyproline....g	0.024		0	PIK	4		0.007	0.109	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10093

Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked

Refuse: 31% Bone and skin 22%, separable fat 9%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.53		0	PAK	1		144.44	53.15	
Energy....kcal	201		0	PIK	4		463	171	
Energy....kJ	839		0	PIK	4		1939	713	
Protein (N x 6.25)....g	27.51		0	PAK	1		63.55	23.39	
Total lipid (fat)....g	9.21		0	PAK	1		21.29	7.83	
Ash....g	1.11		0	PAK	1		2.57	0.94	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0	PAK	1		42	15	
Iron, Fe....mg	1.00		0	PAK	1		2.32	0.85	
Magnesium, Mg....mg	25		0	PAK	1		58	21	
Phosphorus, P....mg	231		0	PAK	1		534	196	
Potassium, K....mg	357		0	PAK	1		824	303	
Sodium, Na....mg	55		0	PAK	1		127	47	
Zinc, Zn....mg	2.90		0	PAK	1		6.71	2.47	
Copper, Cu....mg	0.078		0	PAK	1		0.181	0.067	
Manganese, Mn....mg	0.012		0	PAK	1		0.027	0.010	
Selenium, Se....mcg	44.2		0	PIK	4		102.1	37.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	PIK	4		0.4	0.1	
Thiamin....mg	0.672		0	PAK	1		1.552	0.571	
Riboflavin....mg	0.311		0	PAK	1		0.718	0.264	
Niacin....mg	6.503		0	PAK	1		15.022	5.527	
Pantothenic acid....mg	0.725		0	PIK	4		1.674	0.616	
Vitamin B-6....mg	0.577		0	PIK	4		1.334	0.491	
Folate, total....mcg	3		0	PIK	4		7	3	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	3		0	PIK	4		7	3	
Folate, DFE....mcg_DFE	3		0	NC	4		7	3	
Choline, total....mg	65.2		0	PIK	4		150.7	55.4	
Betaine....mg	2.5		0	PIK	4		5.9	2.2	
Vitamin B-12....mcg	0.68		0	PIK	4		1.56	0.57	
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	PIK	4		1	0	
Retinol....mcg	1		0	PIK	4		1	0	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	4		0	PAK	1		9	3	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.11		0	PIK	4		0.26	0.10	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.8		0	PAK	1		1.8	0.7	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.8		0	PIK	4		1.8	0.7	
Vitamin D....IU	31		0	PIK	4		71	26	
Vitamin K (phylloquinone)....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	3.092		0	PIK	4		7.142	2.628	
4:0....g	0.000		0	PIK	4		0.000	0.000	

NDB No. 10093

Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PIK	4		0.000	0.000	
8:0 g	0.000		0	PAK	1		0.000	0.000	
10:0 g	0.006		0	PAK	1		0.014	0.005	
12:0 g	0.004		0	PAK	1		0.009	0.003	
13:0 g									
14:0 g	0.107		0	PAK	1		0.247	0.091	
15:0 g	0.000		0	PAK	1		0.000	0.000	
16:0 g	1.919		0	PAK	1		4.434	1.631	
17:0 g	0.010		0	PAK	1		0.023	0.008	
18:0 g	1.000		0	PAK	1		2.309	0.850	
20:0 g	0.005		0	PAK	1		0.012	0.004	
22:0 g	0.000		0	PAK	1		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	3.908		0	PIK	4		9.026	3.321	
14:1 g	0.000		0	PAK	1		0.000	0.000	
15:1 g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated g	0.249		0	PAK	1		0.576	0.212	
17:1 g	0.001		0	PAK	1		0.003	0.001	
18:1 undifferentiated g	3.561		0	PAK	1		8.227	3.027	
18:1 c g	1.439		0	PAK	1		3.323	1.223	
18:1-11c (18:1c n-7) g									
18:1 t g	0.021		0	PAK	1		0.049	0.018	
18:1-11t (18:1t n-7) g									
20:1 g	0.072		0	PAK	1		0.167	0.061	
22:1 undifferentiated g	0.000		0	PIK	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.863		0	PIK	4		1.992	0.733	
18:2 undifferentiated g	0.738		0	PAK	1		1.705	0.628	
18:2 n-6 c,c g	0.356		0	PAK	1		0.822	0.302	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.011		0	PAK	1		0.025	0.009	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.026		0	PAK	1		0.061	0.022	
18:3 n-3 c,c,c (ALA) g	0.015		0	PAK	1		0.034	0.012	
18:3 n-6 c,c,c g	0.000		0	PAK	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c g	0.013		0	PAK	1		0.030	0.011	
20:3 undifferentiated g	0.000		0	PAK	1		0.001	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.064		0	PAK	1		0.148	0.054	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	PIK	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans g	0.032		0	PIK	4		0.074	0.027	
Fatty acids, total trans-monoenoic g	0.021		0	PIK	4		0.049	0.018	
Fatty acids, total trans-polyenoic g	0.011		0	PIK	4		0.025	0.009	
Cholesterol mg	84		0	PAK	1		194	71	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.319		0	PAK	1		0.736	0.271	
Threonine g	1.246		0	PAK	1		2.877	1.059	
Isoleucine g	1.322		0	PAK	1		3.054	1.124	
Leucine g	2.278		0	PAK	1		5.261	1.936	
Lysine g	2.514		0	PAK	1		5.807	2.137	

NDB No. 10093

Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.743		0	PAK	1		1.717	0.632	
Cystine....g	0.334		0	PAK	1		0.771	0.284	
Phenylalanine....g	1.128		0	PAK	1		2.606	0.959	
Tyrosine....g	1.004		0	PAK	1		2.320	0.854	
Valine....g	1.464		0	PAK	1		3.383	1.245	
Arginine....g	1.772		0	PAK	1		4.094	1.506	
Histidine....g	1.145		0	PAK	1		2.645	0.973	
Alanine....g	1.609		0	PAK	1		3.717	1.368	
Aspartic acid....g	2.624		0	PAK	1		6.060	2.230	
Glutamic acid....g	4.351		0	PAK	1		10.050	3.698	
Glycine....g	1.272		0	PAK	1		2.938	1.081	
Proline....g	1.109		0	PAK	1		2.562	0.943	
Serine....g	1.164		0	PAK	1		2.688	0.989	
Hydroxyproline....g	0.036		0	PAK	1		0.084	0.031	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 231g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10002

Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw

Refuse: 30% Bone and skin 22%, separable fat 8%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.21		0	PAK	1		20.76	332.09	
Energy....kcal	134		0	PIK	4		38	608	
Energy....kJ	561		0	PIK	4		159	2543	
Protein (N x 6.25)....g	21.20		0	PAK	1		6.01	96.15	
Total lipid (fat)....g	4.82		0	PAK	1		1.37	21.86	
Ash....g	1.01		0	PAK	1		0.28	4.56	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0	PAK	1		4	60	
Iron, Fe....mg	0.82		0	PAK	1		0.23	3.71	
Magnesium, Mg....mg	24		0	PAK	1		7	110	
Phosphorus, P....mg	217		0	PAK	1		61	982	
Potassium, K....mg	364		0	PAK	1		103	1651	
Sodium, Na....mg	59		0	PAK	1		17	266	
Zinc, Zn....mg	2.20		0	PAK	1		0.62	9.99	
Copper, Cu....mg	0.075		0	PAK	1		0.021	0.342	
Manganese, Mn....mg	0.011		0	PAK	1		0.003	0.052	
Selenium, Se....mcg	33.5		0	PIK	4		9.5	152.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	PIK	4		0.1	1.0	
Thiamin....mg	0.647		0	PIK	4		0.184	2.936	
Riboflavin....mg	0.255		0	PIK	4		0.072	1.158	
Niacin....mg	5.589		0	PIK	4		1.584	25.351	
Pantothenic acid....mg	0.934		0	PIK	4		0.265	4.238	
Vitamin B-6....mg	0.646		0	PIK	4		0.183	2.929	
Folate, total....mcg	2		0	PIK	4		1	8	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	2		0	PIK	4		1	8	
Folate, DFE....mcg_DFE	2		0	NC	4		1	8	
Choline, total....mg	50.4		0	PIK	4		14.3	228.4	
Betaine....mg	2.5		0	PIK	4		0.7	11.2	
Vitamin B-12....mcg	0.64		0	PIK	4		0.18	2.89	
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	PIK	4		0	3	
Retinol....mcg	1		0	PIK	4		0	3	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	2		0	PAK	1		1	9	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.18		0	PIK	4		0.05	0.79	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	PAK	1		0.00	0.01	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.5		0	PAK	1		0.1	2.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	PIK	4		0.1	2.1	
Vitamin D....IU	19		0	PIK	4		5	85	
Vitamin K (phylloquinone)....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.022		0	PIK	4		0.290	4.636	
4:0....g	0.000		0	PIK	4		0.000	0.000	

NDB No. 10002

Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PIK	4		0.000	0.000	
8:0 g	0.000		0	PIK	4		0.000	0.000	
10:0 g	0.004		0	PIK	4		0.001	0.018	
12:0 g	0.003		0	PIK	4		0.001	0.013	
13:0 g									
14:0 g	0.058		0	PIK	4		0.016	0.263	
15:0 g	0.000		0	PIK	4		0.000	0.001	
16:0 g	1.018		0	PIK	4		0.289	4.618	
17:0 g	0.007		0	PIK	4		0.002	0.034	
18:0 g	0.520		0	PIK	4		0.148	2.361	
20:0 g	0.001		0	PAK	1		0.000	0.005	
22:0 g	0.000		0	PIK	4		0.000	0.001	
24:0 g									
Fatty acids, total monounsaturated g	1.308		0	PIK	4		0.371	5.935	
14:1 g	0.000		0	PIK	4		0.000	0.000	
15:1 g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated g	0.126		0	PIK	4		0.036	0.573	
17:1 g	0.001		0	PIK	4		0.000	0.004	
18:1 undifferentiated g	1.887		0	PIK	4		0.535	8.560	
18:1 c g	1.148		0	PIK	4		0.326	5.208	
18:1-11c (18:1c n-7) g									
18:1 t g	0.015		0	PIK	4		0.004	0.070	
18:1-11t (18:1t n-7) g									
20:1 g	0.030		0	PIK	4		0.009	0.138	
22:1 undifferentiated g	0.000		0	PIK	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.329		0	PIK	4		0.093	1.492	
18:2 undifferentiated g	0.438		0	PIK	4		0.124	1.986	
18:2 n-6 c,c g	0.277		0	PIK	4		0.079	1.256	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.008		0	PIK	4		0.002	0.037	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.020		0	PIK	4		0.006	0.089	
18:3 n-3 c,c,c (ALA) g	0.011		0	PIK	4		0.003	0.051	
18:3 n-6 c,c,c g	0.000		0	PIK	4		0.000	0.000	
18:3i g									
18:4 g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c g	0.010		0	PIK	4		0.003	0.046	
20:3 undifferentiated g	0.001		0	PIK	4		0.000	0.002	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.049		0	PIK	4		0.014	0.224	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	PIK	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans g	0.010		0	PIK	4		0.003	0.044	
Fatty acids, total trans-monoenoic g	0.007		0	PIK	4		0.002	0.030	
Fatty acids, total trans-polyenoic g	0.002		0	PIK	4		0.001	0.009	
Cholesterol mg	64		0	PIK	4		18	290	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.238		0	PAK	1		0.067	1.077	
Threonine g	0.957		0	PAK	1		0.271	4.340	
Isoleucine g	1.027		0	PAK	1		0.291	4.660	
Leucine g	1.773		0	PAK	1		0.503	8.044	
Lysine g	1.947		0	PAK	1		0.552	8.834	

NDB No. 10002

Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.577		0	PAK	1		0.164	2.617	
Cystine....g	0.253		0	PAK	1		0.072	1.146	
Phenylalanine....g	0.877		0	PAK	1		0.249	3.979	
Tyrosine....g	0.786		0	PAK	1		0.223	3.564	
Valine....g	1.121		0	PAK	1		0.318	5.084	
Arginine....g	1.382		0	PAK	1		0.392	6.267	
Histidine....g	0.894		0	PAK	1		0.254	4.056	
Alanine....g	1.241		0	PAK	1		0.352	5.631	
Aspartic acid....g	2.040		0	PAK	1		0.578	9.255	
Glutamic acid....g	3.364		0	PAK	1		0.954	15.258	
Glycine....g	0.971		0	PAK	1		0.275	4.405	
Proline....g	0.855		0	PAK	1		0.242	3.880	
Serine....g	0.904		0	PAK	1		0.256	4.100	
Hydroxyproline....g	0.038		0	PAK	1		0.011	0.170	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10188

Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.53		0	PAK	1		144.58	49.75	
Energy....kcal	238		0	PIK	4		587	202	
Energy....kJ	995		0	PIK	4		2458	846	
Protein (N x 6.25)....g	26.36		0	PAK	1		65.11	22.41	
Total lipid (fat)....g	13.89		0	PAK	1		34.30	11.80	
Ash....g	1.02		0	PAK	1		2.53	0.87	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	20		0	PAK	1		48	17	
Iron, Fe....mg	1.11		0	PAK	1		2.73	0.94	
Magnesium, Mg....mg	24		0	PAK	1		59	20	
Phosphorus, P....mg	221		0	PAK	1		546	188	
Potassium, K....mg	341		0	PAK	1		842	290	
Sodium, Na....mg	57		0	PAK	1		142	49	
Zinc, Zn....mg	3.06		0	PAK	1		7.56	2.60	
Copper, Cu....mg	0.090		0	PAK	1		0.222	0.076	
Manganese, Mn....mg	0.010		0	PAK	1		0.025	0.009	
Selenium, Se....mcg	42.0		0	PIK	4		103.6	35.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	PIK	4		0.3	0.1	
Thiamin....mg	0.611		0	PAK	1		1.510	0.520	
Riboflavin....mg	0.290		0	PAK	1		0.718	0.247	
Niacin....mg	6.047		0	PAK	1		14.936	5.140	
Pantothenic acid....mg	0.844		0	PIK	4		2.084	0.717	
Vitamin B-6....mg	0.542		0	PIK	4		1.339	0.461	
Folate, total....mcg	2		0	PIK	4		5	2	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	2		0	PIK	4		5	2	
Folate, DFE....mcg_DFE	2		0	NC	4		5	2	
Choline, total....mg	80.1		0	PIK	4		197.8	68.1	
Betaine....mg	3.0		0	PIK	4		7.3	2.5	
Vitamin B-12....mcg	0.70		0	PIK	4		1.73	0.60	
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	PIK	4		4	2	
Retinol....mcg	2		0	PIK	4		4	2	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	7		0	PAK	1		17	6	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.13		0	PIK	4		0.33	0.11	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma....mg	0.01		0	PAK	1		0.02	0.01	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.9		0	PAK	1		2.3	0.8	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.9		0	PIK	4		2.3	0.8	
Vitamin D....IU	38		0	PIK	4		93	32	
Vitamin K (phylloquinone)....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	4.893		0	PIK	4		12.085	4.159	
4:0....g	0.000		0	PIK	4		0.000	0.000	

NDB No. 10188

Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PIK	4		0.000	0.000	
8:0 g	0.000		0	PAK	1		0.000	0.000	
10:0 g	0.010		0	PAK	1		0.025	0.009	
12:0 g	0.008		0	PAK	1		0.020	0.007	
13:0 g									
14:0 g	0.170		0	PAK	1		0.419	0.144	
15:0 g	0.002		0	PAK	1		0.005	0.002	
16:0 g	3.009		0	PAK	1		7.433	2.558	
17:0 g	0.027		0	PAK	1		0.066	0.023	
18:0 g	1.615		0	PAK	1		3.989	1.373	
20:0 g	0.014		0	PAK	1		0.035	0.012	
22:0 g	0.000		0	PAK	1		0.001	0.000	
24:0 g									
Fatty acids, total monounsaturated g	5.976		0	PIK	4		14.761	5.080	
14:1 g	0.001		0	PAK	1		0.002	0.001	
15:1 g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated g	0.343		0	PAK	1		0.848	0.292	
17:1 g	0.006		0	PAK	1		0.015	0.005	
18:1 undifferentiated g	5.507		0	PAK	1		13.602	4.681	
18:1 c g	3.466		0	PAK	1		8.561	2.946	
18:1-11c (18:1c n-7) g									
18:1 t g	0.053		0	PAK	1		0.130	0.045	
18:1-11t (18:1t n-7) g									
20:1 g	0.100		0	PAK	1		0.247	0.085	
22:1 undifferentiated g	0.000		0	PIK	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.519		0	PIK	4		3.751	1.291	
18:2 undifferentiated g	1.325		0	PAK	1		3.274	1.127	
18:2 n-6 c,c g	0.907		0	PAK	1		2.241	0.771	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.028		0	PAK	1		0.069	0.024	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.054		0	PAK	1		0.134	0.046	
18:3 n-3 c,c,c (ALA) g	0.040		0	PAK	1		0.099	0.034	
18:3 n-6 c,c,c g	0.001		0	PAK	1		0.002	0.001	
18:3i g									
18:4 g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c g	0.035		0	PAK	1		0.088	0.030	
20:3 undifferentiated g	0.004		0	PAK	1		0.011	0.004	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.079		0	PAK	1		0.195	0.067	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	PIK	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans g	0.081		0	PIK	4		0.199	0.068	
Fatty acids, total trans-monoenoic g	0.053		0	PIK	4		0.130	0.045	
Fatty acids, total trans-polyenoic g	0.028		0	PIK	4		0.069	0.024	
Cholesterol mg	88		0	PAK	1		216	74	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.293		0	PAK	1		0.724	0.249	
Threonine g	1.186		0	PAK	1		2.929	1.008	
Isoleucine g	1.271		0	PAK	1		3.140	1.080	
Leucine g	2.199		0	PAK	1		5.432	1.869	
Lysine g	2.418		0	PAK	1		5.972	2.055	

NDB No. 10188

Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.713		0	PAK	1		1.762	0.606	
Cystine....g	0.313		0	PAK	1		0.773	0.266	
Phenylalanine....g	1.089		0	PAK	1		2.689	0.926	
Tyrosine....g	0.971		0	PAK	1		2.398	0.825	
Valine....g	1.392		0	PAK	1		3.437	1.183	
Arginine....g	1.725		0	PAK	1		4.260	1.466	
Histidine....g	1.103		0	PAK	1		2.726	0.938	
Alanine....g	1.547		0	PAK	1		3.821	1.315	
Aspartic acid....g	2.529		0	PAK	1		6.247	2.150	
Glutamic acid....g	4.163		0	PAK	1		10.283	3.539	
Glycine....g	1.242		0	PAK	1		3.069	1.056	
Proline....g	1.082		0	PAK	1		2.673	0.920	
Serine....g	1.123		0	PAK	1		2.775	0.955	
Hydroxyproline....g	0.046		0	PAK	1		0.114	0.039	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10187

Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw

Refuse: 25% Bone and skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.11		0		1		18.46	295.34	
Energy....kcal	216		0	NC	4		61	980	
Energy....kJ	904				4		256	4099	
Protein (N x 6.25)....g	18.95		0		1		5.37	85.96	
Total lipid (fat)....g	14.95		0		1		4.24	67.81	
Ash....g	0.94		0		1		0.27	4.26	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0		1		5	86	
Iron, Fe....mg	0.86		0		1		0.24	3.90	
Magnesium, Mg....mg	21		0		1		6	95	
Phosphorus, P....mg	200		0		1		57	907	
Potassium, K....mg	335		0		1		95	1520	
Sodium, Na....mg	55		0		1		16	249	
Zinc, Zn....mg	2.01		0		1		0.57	9.12	
Copper, Cu....mg	0.064		0		1		0.018	0.290	
Manganese, Mn....mg	0.011		0		1		0.003	0.050	
Selenium, Se....mcg	28.4		0	PAE	4		8.1	128.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		0		1		0.1	2.3	
Thiamin....mg	0.841		0		1		0.238	3.815	
Riboflavin....mg	0.254		0		1		0.072	1.152	
Niacin....mg	4.504		0		1		1.277	20.430	
Pantothenic acid....mg	0.730		0		1		0.207	3.311	
Vitamin B-6....mg	0.445		0		1		0.126	2.019	
Folate, total....mcg	5		0		1		1	23	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		1		1	23	
Folate, DFE....mcg_DFE	5		0	NC	4		1	23	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.66		0		1		0.19	2.99	
Vitamin A, RAE....mcg_RAE	2		0		1		1	10	
Retinol....mcg	2		0		1		1	10	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	7		0		1		2	32	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.280		0		1		1.497	23.950	
4:0....g									
6:0....g									
8:0....g									

NDB No. 10187

Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g	0.010		0		1		0.003	0.045	
12:0....g	0.010		0		1		0.003	0.045	
13:0....g									
14:0....g	0.180		0		1		0.051	0.816	
15:0....g									
16:0....g	3.280		0		1		0.930	14.878	
17:0....g									
18:0....g	1.740		0		1		0.493	7.893	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.630		0		1		1.880	30.074	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.410		0		1		0.116	1.860	
17:1....g									
18:1 undifferentiated....g	6.090		0		1		1.727	27.624	
20:1....g	0.110		0		1		0.031	0.499	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.550		0		1		0.439	7.031	
18:2 undifferentiated....g	1.310		0		1		0.371	5.942	
18:3 undifferentiated....g	0.090		0		1		0.026	0.408	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.080		0		1		0.023	0.363	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	67		0		1		19	304	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.234		0		1		0.066	1.061	
Threonine....g	0.855		0		1		0.242	3.878	
Isoleucine....g	0.873		0		1		0.247	3.960	
Leucine....g	1.509		0		1		0.428	6.845	
Lysine....g	1.696		0		1		0.481	7.693	
Methionine....g	0.493		0		1		0.140	2.236	
Cystine....g	0.238		0		1		0.067	1.080	
Phenylalanine....g	0.753		0		1		0.213	3.416	
Tyrosine....g	0.648		0		1		0.184	2.939	
Valine....g	1.021		0		1		0.289	4.631	
Arginine....g	1.197		0		1		0.339	5.430	
Histidine....g	0.738		0		1		0.209	3.348	
Alanine....g	1.112		0		1		0.315	5.044	
Aspartic acid....g	1.741		0		1		0.494	7.897	
Glutamic acid....g	2.921		0		1		0.828	13.250	
Glycine....g	0.983		0		1		0.279	4.459	
Proline....g	0.807		0		1		0.229	3.661	
Serine....g	0.783		0		1		0.222	3.552	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 10187

Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10227

Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked

Refuse: 22% Bone

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.43		0	PAK	1		155.12	50.52	
Energy	kcal	235		0	PIK	4		612	199	
Energy	kJ	981		0	PIK	4		2561	834	
Protein (N x 6.25)	g	26.07		0	PAK	1		68.04	22.16	
Total lipid (fat)	g	13.66		0	PAK	1		35.65	11.61	
Ash	g	1.07		0	PAK	1		2.78	0.91	
Carbohydrate, by difference	g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary	g	0.0		0	PIK	4		0.0	0.0	
Sugars, total	g	0.00		0	PIK	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	20		0	PAK	1		52	17	
Iron, Fe	mg	0.93		0	PAK	1		2.43	0.79	
Magnesium, Mg	mg	24		0	PAK	1		63	21	
Phosphorus, P	mg	222		0	PAK	1		579	189	
Potassium, K	mg	345		0	PAK	1		899	293	
Sodium, Na	mg	55		0	PAK	1		143	47	
Zinc, Zn	mg	2.56		0	PAK	1		6.69	2.18	
Copper, Cu	mg	0.070		0	PAK	1		0.182	0.059	
Manganese, Mn	mg	0.006		0	PAK	1		0.017	0.006	
Selenium, Se	mcg	41.8		0	PAK	1		109.0	35.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	PIK	4		0.4	0.1	
Thiamin	mg	0.679		0	PAK	1		1.773	0.577	
Riboflavin	mg	0.293		0	PAK	1		0.764	0.249	
Niacin	mg	6.368		0	PAK	1		16.621	5.413	
Pantothenic acid	mg	0.727		0	PIK	4		1.898	0.618	
Vitamin B-6	mg	0.561		0	PIK	4		1.465	0.477	
Folate, total	mcg	2		0	PIK	4		6	2	
Folic acid	mcg	0		0	PIK	4		0	0	
Folate, food	mcg	2		0	PIK	4		6	2	
Folate, DFE	mcg_DFE	2		0	NC	4		6	2	
Choline, total	mg	63.4		0	PIK	4		165.6	53.9	
Betaine	mg	2.5		0	PIK	4		6.5	2.1	
Vitamin B-12	mcg	0.68		0	PIK	4		1.78	0.58	
Vitamin B-12, added	mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	2		0	PIK	4		4	1	
Retinol	mcg	2		0	PIK	4		4	1	
Carotene, beta	mcg	0		0	PIK	4		0	0	
Carotene, alpha	mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta	mcg	0		0	PIK	4		0	0	
Vitamin A, IU	IU	7		0	PAK	1		19	6	
Lycopene	mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin	mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.12		0	PIK	4		0.31	0.10	
Vitamin E, added	mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta	mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma	mg	0.01		0	PAK	1		0.01	0.00	
Tocopherol, delta	mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)	mcg	0.9		0	PAK	1		2.5	0.8	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.9		0	PIK	4		2.5	0.8	
Vitamin D	IU	38		0	PIK	4		98	32	
Vitamin K (phylloquinone)	mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	4.703		0	PIK	4		12.276	3.998	
4:0	g	0.000		0	PIK	4		0.000	0.000	

NDB No. 10227

Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PIK	4		0.000	0.000	
8:0 g	0.000		0	PAK	1		0.000	0.000	
10:0 g	0.009		0	PAK	1		0.025	0.008	
12:0 g	0.008		0	PAK	1		0.020	0.007	
13:0 g									
14:0 g	0.165		0	PAK	1		0.431	0.140	
15:0 g	0.001		0	PAK	1		0.004	0.001	
16:0 g	2.893		0	PAK	1		7.550	2.459	
17:0 g	0.019		0	PAK	1		0.049	0.016	
18:0 g	1.543		0	PAK	1		4.027	1.312	
20:0 g	0.009		0	PAK	1		0.025	0.008	
22:0 g	0.000		0	PAK	1		0.001	0.000	
24:0 g									
Fatty acids, total monounsaturated g	5.758		0	PIK	4		15.029	4.895	
14:1 g	0.001		0	PAK	1		0.001	0.000	
15:1 g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated g	0.354		0	PAK	1		0.924	0.301	
17:1 g	0.005		0	PAK	1		0.013	0.004	
18:1 undifferentiated g	5.259		0	PAK	1		13.727	4.471	
18:1 c g	2.344		0	PAK	1		6.117	1.992	
18:1-11c (18:1c n-7) g									
18:1 t g	0.039		0	PAK	1		0.101	0.033	
18:1-11t (18:1t n-7) g									
20:1 g	0.105		0	PAK	1		0.273	0.089	
22:1 undifferentiated g	0.000		0	PIK	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.367		0	PIK	4		3.568	1.162	
18:2 undifferentiated g	1.188		0	PAK	1		3.101	1.010	
18:2 n-6 c,c g	0.648		0	PAK	1		1.692	0.551	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.019		0	PAK	1		0.050	0.016	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.048		0	PAK	1		0.124	0.040	
18:3 n-3 c,c,c (ALA) g	0.029		0	PAK	1		0.075	0.025	
18:3 n-6 c,c,c g	0.001		0	PAK	1		0.002	0.001	
18:3i g									
18:4 g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c g	0.025		0	PAK	1		0.064	0.021	
20:3 undifferentiated g	0.002		0	PAK	1		0.006	0.002	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.074		0	PAK	1		0.193	0.063	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	PIK	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans g	0.058		0	PIK	4		0.151	0.049	
Fatty acids, total trans-monoenoic g	0.039		0	PIK	4		0.101	0.033	
Fatty acids, total trans-polyenoic g	0.019		0	PIK	4		0.050	0.016	
Cholesterol mg	83		0	PAK	1		218	71	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.299		0	PAK	1		0.781	0.254	
Threonine g	1.179		0	PAK	1		3.078	1.002	
Isoleucine g	1.256		0	PAK	1		3.277	1.067	
Leucine g	2.164		0	PAK	1		5.649	1.840	
Lysine g	2.386		0	PAK	1		6.226	2.028	

NDB No. 10227

Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.706		0	PAK	1		1.842	0.600	
Cystine....g	0.315		0	PAK	1		0.821	0.267	
Phenylalanine....g	1.072		0	PAK	1		2.797	0.911	
Tyrosine....g	0.955		0	PAK	1		2.493	0.812	
Valine....g	1.385		0	PAK	1		3.615	1.177	
Arginine....g	1.685		0	PAK	1		4.397	1.432	
Histidine....g	1.089		0	PAK	1		2.842	0.926	
Alanine....g	1.525		0	PAK	1		3.980	1.296	
Aspartic acid....g	2.492		0	PAK	1		6.505	2.118	
Glutamic acid....g	4.126		0	PAK	1		10.770	3.507	
Glycine....g	1.202		0	PAK	1		3.138	1.022	
Proline....g	1.051		0	PAK	1		2.743	0.893	
Serine....g	1.105		0	PAK	1		2.885	0.939	
Hydroxyproline....g	0.038		0	PAK	1		0.098	0.032	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 261g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10226

Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw

Refuse: 22% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.13		0	PAK	1		19.60	313.59	
Energy....kcal	177		0	PIK	4		50	804	
Energy....kJ	741		0	PIK	4		210	3362	
Protein (N x 6.25)....g	20.08		0	PAK	1		5.69	91.07	
Total lipid (fat)....g	10.14		0	PAK	1		2.87	45.97	
Ash....g	0.95		0	PAK	1		0.27	4.30	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0	PAK	1		4	71	
Iron, Fe....mg	0.74		0	PAK	1		0.21	3.36	
Magnesium, Mg....mg	23		0	PAK	1		7	104	
Phosphorus, P....mg	205		0	PAK	1		58	928	
Potassium, K....mg	345		0	PAK	1		98	1563	
Sodium, Na....mg	54		0	PAK	1		15	245	
Zinc, Zn....mg	2.01		0	PAK	1		0.57	9.14	
Copper, Cu....mg	0.070		0	PAK	1		0.020	0.317	
Manganese, Mn....mg	0.010		0	PAK	1		0.003	0.043	
Selenium, Se....mcg	31.6		0	PAK	1		9.0	143.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	PIK	4		0.0	0.6	
Thiamin....mg	0.582		0	PIK	4		0.165	2.639	
Riboflavin....mg	0.238		0	PIK	4		0.068	1.081	
Niacin....mg	5.452		0	PIK	4		1.546	24.731	
Pantothenic acid....mg	0.903		0	PIK	4		0.256	4.096	
Vitamin B-6....mg	0.625		0	PIK	4		0.177	2.833	
Folate, total....mcg	1		0	PIK	4		0	5	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	1		0	PIK	4		0	5	
Folate, DFE....mcg_DFE	1		0	NC	4		0	5	
Choline, total....mg	50.7		0	PIK	4		14.4	230.0	
Betaine....mg	2.6		0	PIK	4		0.7	11.6	
Vitamin B-12....mcg	0.64		0	PIK	4		0.18	2.90	
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	PIK	4		0	7	
Retinol....mcg	2		0	PIK	4		1	9	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	7		0	PAK	1		2	30	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.16		0	PIK	4		0.05	0.72	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma....mg	0.01		0	PAK	1		0.00	0.03	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.01	
Vitamin D (D2 + D3)....mcg	0.5		0	PAK	1		0.2	2.4	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	PIK	4		0.2	2.4	
Vitamin D....IU	22		0	PIK	4		6	98	
Vitamin K (phylloquinone)....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	3.106		0	PIK	4		0.881	14.091	
4:0....g	0.000		0	PIK	4		0.000	0.000	

NDB No. 10226

Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PIK	4		0.000	0.000	
8:0 g	0.000		0	PIK	4		0.000	0.001	
10:0 g	0.007		0	PIK	4		0.002	0.033	
12:0 g	0.007		0	PIK	4		0.002	0.033	
13:0 g									
14:0 g	0.123		0	PIK	4		0.035	0.559	
15:0 g	0.003		0	PIK	4		0.001	0.012	
16:0 g	2.154		0	PIK	4		0.611	9.772	
17:0 g	0.023		0	PIK	4		0.007	0.106	
18:0 g	1.160		0	PIK	4		0.329	5.260	
20:0 g	0.009		0	PAK	1		0.003	0.041	
22:0 g	0.000		0	PIK	4		0.000	0.001	
24:0 g									
Fatty acids, total monounsaturated g	3.768		0	PIK	4		1.068	17.090	
14:1 g	0.001		0	PIK	4		0.000	0.004	
15:1 g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated g	0.231		0	PIK	4		0.066	1.050	
17:1 g	0.001		0	PIK	4		0.000	0.004	
18:1 undifferentiated g	3.952		0	PIK	4		1.120	17.925	
18:1 c g	2.889		0	PIK	4		0.819	13.103	
18:1-11c (18:1c n-7) g									
18:1 t g	0.049		0	PIK	4		0.014	0.223	
18:1-11t (18:1t n-7) g									
20:1 g	0.068		0	PIK	4		0.019	0.306	
22:1 undifferentiated g	0.000		0	PIK	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.122		0	PIK	4		0.318	5.090	
18:2 undifferentiated g	1.093		0	PIK	4		0.310	4.956	
18:2 n-6 c,c g	0.853		0	PIK	4		0.242	3.867	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.025		0	PIK	4		0.007	0.113	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.056		0	PIK	4		0.016	0.253	
18:3 n-3 c,c,c (ALA) g	0.039		0	PIK	4		0.011	0.176	
18:3 n-6 c,c,c g	0.001		0	PIK	4		0.000	0.006	
18:3i g									
18:4 g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c g	0.033		0	PIK	4		0.009	0.148	
20:3 undifferentiated g	0.004		0	PIK	4		0.001	0.019	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.056		0	PIK	4		0.016	0.255	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	PIK	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans g	0.065		0	PIK	4		0.018	0.296	
Fatty acids, total trans-monoenoic g	0.043		0	PIK	4		0.012	0.197	
Fatty acids, total trans-polyenoic g	0.020		0	PIK	4		0.006	0.092	
Cholesterol mg	65		0	PIK	4		19	296	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.220		0	PAK	1		0.062	0.998	
Threonine g	0.903		0	PAK	1		0.256	4.097	
Isoleucine g	0.975		0	PAK	1		0.276	4.424	
Leucine g	1.687		0	PAK	1		0.478	7.650	
Lysine g	1.848		0	PAK	1		0.524	8.384	

NDB No. 10226

Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.547		0	PAK	1		0.155	2.481	
Cystine....g	0.237		0	PAK	1		0.067	1.073	
Phenylalanine....g	0.834		0	PAK	1		0.236	3.783	
Tyrosine....g	0.748		0	PAK	1		0.212	3.393	
Valine....g	1.057		0	PAK	1		0.300	4.795	
Arginine....g	1.319		0	PAK	1		0.374	5.984	
Histidine....g	0.850		0	PAK	1		0.241	3.855	
Alanine....g	1.178		0	PAK	1		0.334	5.343	
Aspartic acid....g	1.939		0	PAK	1		0.550	8.795	
Glutamic acid....g	3.185		0	PAK	1		0.903	14.445	
Glycine....g	0.928		0	PAK	1		0.263	4.209	
Proline....g	0.817		0	PAK	1		0.232	3.707	
Serine....g	0.860		0	PAK	1		0.244	3.899	
Hydroxyproline....g	0.040		0	PIK	4		0.011	0.182	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10229

Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked

Refuse: 30% Bone 22%, separable fat 8%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.30		0		1		142.31	51.26	
Energy....kcal	211		0	NC	4		498	179	
Energy....kJ	883				4		2083	750	
Protein (N x 6.25)....g	29.47		0		1		69.55	25.05	
Total lipid (fat)....g	9.44		0		1		22.28	8.02	
Ash....g	1.19		0		1		2.81	1.01	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0		1		52	19	
Iron, Fe....mg	1.07		0		1		2.53	0.91	
Magnesium, Mg....mg	26		0		1		61	22	
Phosphorus, P....mg	234		0		1		552	199	
Potassium, K....mg	377		0		1		890	320	
Sodium, Na....mg	57		0		1		135	48	
Zinc, Zn....mg	2.87		0		1		6.77	2.44	
Copper, Cu....mg	0.053		0		1		0.125	0.045	
Manganese, Mn....mg	0.015		0		1		0.035	0.013	
Selenium, Se....mcg	45.4		0	PAE	4		107.1	38.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0		1		0.9	0.3	
Thiamin....mg	0.873		0		1		2.060	0.742	
Riboflavin....mg	0.344		0		1		0.812	0.292	
Niacin....mg	5.251		0		1		12.392	4.463	
Pantothenic acid....mg	0.692		0		1		1.633	0.588	
Vitamin B-6....mg	0.435		0		1		1.027	0.370	
Folate, total....mcg	6		0		1		14	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0		1		14	5	
Folate, DFE....mcg_DFE	6		0	NC	4		14	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.75		0		1		1.77	0.64	
Vitamin A, RAE....mcg_RAE	2		0		1		5	2	
Retinol....mcg	2		0		1		5	2	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	7		0		1		17	6	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.340		0		1		7.882	2.839	
4:0....g									
6:0....g									
8:0....g									

NDB No. 10229

Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.010		0		1		0.024	0.009	
12:0 ... g	0.010		0		1		0.024	0.009	
13:0 ... g									
14:0 ... g	0.120		0		1		0.283	0.102	
15:0 ... g									
16:0 ... g	2.070		0		1		4.885	1.760	
17:0 ... g									
18:0 ... g	1.070		0		1		2.525	0.910	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.220		0		1		9.959	3.587	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.310		0		1		0.732	0.264	
17:1 ... g									
18:1 undifferentiated ... g	3.780		0		1		8.921	3.213	
20:1 ... g	0.090		0		1		0.212	0.077	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.710		0		1		1.676	0.604	
18:2 undifferentiated ... g	0.610		0		1		1.440	0.519	
18:3 undifferentiated ... g	0.020		0		1		0.047	0.017	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.050		0		1		0.118	0.043	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	85		0		1		201	72	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.374		0		1		0.883	0.318	
Threonine ... g	1.346		0		1		3.177	1.144	
Isoleucine ... g	1.380		0		1		3.257	1.173	
Leucine ... g	2.364		0		1		5.579	2.009	
Lysine ... g	2.650		0		1		6.254	2.253	
Methionine ... g	0.780		0		1		1.841	0.663	
Cystine ... g	0.376		0		1		0.887	0.320	
Phenylalanine ... g	1.176		0		1		2.775	1.000	
Tyrosine ... g	1.027		0		1		2.424	0.873	
Valine ... g	1.599		0		1		3.774	1.359	
Arginine ... g	1.832		0		1		4.324	1.557	
Histidine ... g	1.177		0		1		2.778	1.000	
Alanine ... g	1.717		0		1		4.052	1.459	
Aspartic acid ... g	2.733		0		1		6.450	2.323	
Glutamic acid ... g	4.613		0		1		10.887	3.921	
Glycine ... g	1.399		0		1		3.302	1.189	
Proline ... g	1.184		0		1		2.794	1.006	
Serine ... g	1.217		0		1		2.872	1.034	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 236g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 10229

Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10228

Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw

Refuse: 30% Bone 22%, separable fat 8%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.23		0		1		20.48	327.64	
Energy....kcal	144		0	NC	4		41	653	
Energy....kJ	602				4		171	2733	
Protein (N x 6.25)....g	21.23		0		1		6.02	96.30	
Total lipid (fat)....g	5.88		0		1		1.67	26.67	
Ash....g	1.05		0		1		0.30	4.76	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0		1		5	77	
Iron, Fe....mg	0.88		0		1		0.25	3.99	
Magnesium, Mg....mg	23		0		1		7	104	
Phosphorus, P....mg	209		0		1		59	948	
Potassium, K....mg	384		0		1		109	1742	
Sodium, Na....mg	54		0		1		15	245	
Zinc, Zn....mg	1.99		0		1		0.56	9.03	
Copper, Cu....mg	0.065		0		1		0.018	0.295	
Manganese, Mn....mg	0.012		0		1		0.003	0.054	
Selenium, Se....mcg	32.4		0	PAE	4		9.2	147.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0		1		0.2	2.7	
Thiamin....mg	0.980		0		1		0.278	4.445	
Riboflavin....mg	0.272		0		1		0.077	1.234	
Niacin....mg	4.825		0		1		1.368	21.886	
Pantothenic acid....mg	0.789		0		1		0.224	3.579	
Vitamin B-6....mg	0.510		0		1		0.145	2.313	
Folate, total....mcg	5		0		1		1	23	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		1		1	23	
Folate, DFE....mcg_DFE	5		0	NC	4		1	23	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.66		0		1		0.19	2.99	
Vitamin A, RAE....mcg_RAE	2		0		1		1	10	
Retinol....mcg	2		0		1		1	10	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	7		0		1		2	32	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.030		0		1		0.576	9.208	
4:0....g									
6:0....g									
8:0....g									

NDB No. 10228

Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.010		0		1		0.003	0.045	
12:0 ... g	0.010		0		1		0.003	0.045	
13:0 ... g									
14:0 ... g	0.070		0		1		0.020	0.318	
15:0 ... g									
16:0 ... g	1.290		0		1		0.366	5.851	
17:0 ... g									
18:0 ... g	0.640		0		1		0.181	2.903	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.660		0		1		0.754	12.066	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.190		0		1		0.054	0.862	
17:1 ... g									
18:1 undifferentiated ... g	2.410		0		1		0.683	10.932	
20:1 ... g	0.040		0		1		0.011	0.181	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.630		0		1		0.179	2.858	
18:2 undifferentiated ... g	0.510		0		1		0.145	2.313	
18:3 undifferentiated ... g	0.020		0		1		0.006	0.091	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.070		0		1		0.020	0.318	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	60		0		1		17	272	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.270		0		1		0.077	1.225	
Threonine ... g	0.970		0		1		0.275	4.400	
Isoleucine ... g	0.994		0		1		0.282	4.509	
Leucine ... g	1.704		0		1		0.483	7.729	
Lysine ... g	1.909		0		1		0.541	8.659	
Methionine ... g	0.562		0		1		0.159	2.549	
Cystine ... g	0.271		0		1		0.077	1.229	
Phenylalanine ... g	0.848		0		1		0.240	3.847	
Tyrosine ... g	0.740		0		1		0.210	3.357	
Valine ... g	1.152		0		1		0.327	5.225	
Arginine ... g	1.320		0		1		0.374	5.988	
Histidine ... g	0.848		0		1		0.240	3.847	
Alanine ... g	1.237		0		1		0.351	5.611	
Aspartic acid ... g	1.969		0		1		0.558	8.931	
Glutamic acid ... g	3.324		0		1		0.942	15.078	
Glycine ... g	1.008		0		1		0.286	4.572	
Proline ... g	0.853		0		1		0.242	3.869	
Serine ... g	0.877		0		1		0.249	3.978	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 10228

Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10000
Pork, fresh, enhanced, composite of separable fat, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	28.28	1.220	4	A	1				
Energy	kcal	585		0	NC	4				
Energy	kJ	2449		0	NC	4				
Protein	g	10.06	0.372	4	A	1				
Total lipid (fat)	g	60.42	0.987	4	A	1				
Ash	g	0.93	0.092	4	A	1				
Carbohydrate, by difference	g	0.32		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	36	7.841	4	A	1				
Iron, Fe	mg	0.82	0.101	4	A	1				
Magnesium, Mg	mg	12	0.424	4	A	1				
Phosphorus, P	mg	160	7.728	4	A	1				
Potassium, K	mg	214	17.935	4	A	1				
Sodium, Na	mg	125	23.505	4	A	1				
Zinc, Zn	mg	1.13	0.035	4	A	1				
Copper, Cu	mg	0.045	0.001	4	A	1				
Manganese, Mn	mg	0.007	0.001	4	A	1				
Selenium, Se	mcg	15.1	0.826	4	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.246		1	A	1				
Riboflavin	mg	0.139		1	A	1				
Niacin	mg	3.930		1	A	1				
Pantothenic acid	mg	0.513		0	BFPN	4				
Vitamin B-6	mg	0.234		0	BFPN	4				
Folate, total	mcg	0		0	BFPN	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	0		0	BFPN	4				
Folate, DFE	mcg_DFE	0		0	NC	4				
Choline, total	mg	46.0	6.424	4	AS	1				
Betaine	mg	2.0	0.287	4	A	1				
Vitamin B-12	mcg	1.40		0	BFPN	4				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	AS	1				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	0		0	AS	1				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.24		0	BFSN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.5		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	1.5		0	BFFN	4				
Vitamin D	IU	61		0	BFFN	4				
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7				
Lipids:										
Fatty acids, total saturated	g	21.382		0	BFFN	4				
4:0	g	0.000		0	BFFN	4				

NDB No. 10000
Pork, fresh, enhanced, composite of separable fat, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4				
8:0 g	0.000		0	BFFN	4				
10:0 g	0.044		0	BFFN	4				
12:0 g	0.044		0	BFFN	4				
13:0 g									
14:0 g	0.745		0	BFFN	4				
15:0 g	0.036		0	BFFN	4				
16:0 g	12.889		0	BFFN	4				
17:0 g	0.224		0	BFFN	4				
18:0 g	7.289		0	BFFN	4				
20:0 g									
22:0 g	0.005		0	BFFN	4				
24:0 g									
Fatty acids, total monounsaturated g	24.900		0	BFFN	4				
14:1 g	0.013		0	BFFN	4				
15:1 g	0.000		0	BFFN	4				
16:1 undifferentiated g	1.115		0	BFFN	4				
17:1 g	0.088		0	BFFN	4				
18:1 undifferentiated g	23.268		0	BFFN	4				
18:1 c g	22.822		0	BFFN	4				
18:1-11c (18:1c n-7) g									
18:1 t g	0.445		0	BFFN	4				
18:1-11t (18:1t n-7) g									
20:1 g	0.416		0	BFFN	4				
22:1 undifferentiated g	0.000		0	BFFN	4				
24:1 c g									
Fatty acids, total polyunsaturated g	8.490		0	BFFN	4				
18:2 undifferentiated g	7.624		0	BFFN	4				
18:2 n-6 c,c g	7.413		0	BFFN	4				
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.211		0	BFFN	4				
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.380		0	BFFN	4				
18:3 n-3 c,c,c (ALA) g	0.362		0	BFFN	4				
18:3 n-6 c,c,c g	0.018		0	BFFN	4				
18:3i g									
18:4 g	0.000		0	BFFN	4				
20:2 n-6 c,c g	0.297		0	BFFN	4				
20:3 undifferentiated g	0.051		0	BFFN	4				
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.138		0	BFFN	4				
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	BFFN	4				
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	BFFN	4				
22:6 n-3 (DHA) g	0.000		0	BFFN	4				
Fatty acids, total trans g	0.656		0	BFFN	4				
Fatty acids, total trans-monoenoic g	0.445		0	BFFN	4				
Fatty acids, total trans-polyenoic g									
Cholesterol mg	81	8.998	4	A	1				
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.106		0	A	1				
Threonine g	0.451		0	A	1				
Isoleucine g	0.495		0	A	1				
Leucine g	0.857		0	A	1				
Lysine g	0.933		0	A	1				

NDB No. 10000
Pork, fresh, enhanced, composite of separable fat, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.277		0	A	1				
Cystine....g	0.116		0	A	1				
Phenylalanine....g	0.423		0	A	1				
Tyrosine....g	0.383		0	A	1				
Valine....g	0.525		0	A	1				
Arginine....g	0.669		0	A	1				
Histidine....g	0.434		0	A	1				
Alanine....g	0.590		0	A	1				
Aspartic acid....g	0.984		0	A	1				
Glutamic acid....g	1.605		0	A	1				
Glycine....g	0.453		0	A	1				
Proline....g	0.407		0	A	1				
Serine....g	0.435		0	A	1				
Hydroxyproline....g	0.026		0	BFPN	4				
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10942

Pork, fresh, enhanced, composite of separable fat, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	38.32	2.387	4	A	1				
Energy	kcal	508		0	NC	4				
Energy	kJ	2126		0	NC	4				
Protein	g	9.27	1.169	4	A	1				
Total lipid (fat)	g	52.33	3.230	4	A	1				
Ash	g	0.72	0.092	4	A	1				
Carbohydrate, by difference	g	0.00		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	22	3.941	4	A	1				
Iron, Fe	mg	0.47	0.023	4	A	1				
Magnesium, Mg	mg	9	0.363	4	A	1				
Phosphorus, P	mg	121	7.594	4	A	1				
Potassium, K	mg	191	33.328	4	A	1				
Sodium, Na	mg	81	11.522	4	A	1				
Zinc, Zn	mg	0.90	0.048	4	A	1				
Copper, Cu	mg	0.055	0.013	4	A	1				
Manganese, Mn	mg	0.006	0.000	4	A	1				
Selenium, Se	mcg	11.1	1.344	4	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.204		1	A	1				
Riboflavin	mg	0.103		1	A	1				
Niacin	mg	3.230		1	A	1				
Pantothenic acid	mg	0.611		0	BFPN	4				
Vitamin B-6	mg	0.275		0	BFPN	4				
Folate, total	mcg	0		0	BFPN	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	0		0	BFPN	4				
Folate, DFE	mcg_DFE	0		0	NC	4				
Choline, total	mg	34.3	1.881	4	AS	1				
Betaine	mg	1.7	0.250	4	A	1				
Vitamin B-12	mcg	1.47		0	BFPN	4				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	AS	1				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	0		0	AS	1				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.04		0	BFSN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7				
Lipids:										
Fatty acids, total saturated	g	18.488		0	BFFN	4				
4:0	g	0.000		0	BFFN	4				

NDB No. 10942
Pork, fresh, enhanced, composite of separable fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4				
8:0....g	0.001		0	BFFN	4				
10:0....g	0.039		0	BFFN	4				
12:0....g	0.038		0	BFFN	4				
13:0....g									
14:0....g	0.646		0	BFFN	4				
15:0....g	0.029		0	BFFN	4				
16:0....g	11.205		0	BFFN	4				
17:0....g	0.183		0	BFFN	4				
18:0....g	6.252		0	BFFN	4				
20:0....g									
22:0....g	0.001		0	BFFN	4				
24:0....g									
Fatty acids, total monounsaturated....g	21.538		0	BFFN	4				
14:1....g	0.011		0	BFFN	4				
15:1....g	0.000		0	BFFN	4				
16:1 undifferentiated....g	0.985		0	BFFN	4				
17:1....g	0.000		0	BFFN	4				
18:1 undifferentiated....g	20.184		0	BFFN	4				
18:1 c....g	19.797		0	BFFN	4				
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.387		0	BFFN	4				
18:1-11t (18:1t n-7)....g									
20:1....g	0.358		0	BFFN	4				
22:1 undifferentiated....g	0.000		0	BFFN	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	7.532		0	BFFN	4				
18:2 undifferentiated....g	6.785		0	BFFN	4				
18:2 n-6 c,c....g	6.592		0	BFFN	4				
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.193		0	BFFN	4				
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.328		0	BFFN	4				
18:3 n-3 c,c,c (ALA)....g	0.315		0	BFFN	4				
18:3 n-6 c,c,c....g	0.014		0	BFFN	4				
18:3i....g									
18:4....g	0.000		0	BFFN	4				
20:2 n-6 c,c....g	0.259		0	BFFN	4				
20:3 undifferentiated....g	0.043		0	BFFN	4				
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.118		0	BFFN	4				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFFN	4				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4				
22:6 n-3 (DHA)....g	0.000		0	BFFN	4				
Fatty acids, total trans....g	0.579		0	BFFN	4				
Fatty acids, total trans-monoenoic....g	0.387		0	BFFN	4				
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	83	5.973	4	A	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.098		0	A	1				
Threonine....g	0.416		0	A	1				
Isoleucine....g	0.456		0	A	1				
Leucine....g	0.789		0	A	1				
Lysine....g	0.859		0	A	1				

NDB No. 10942
Pork, fresh, enhanced, composite of separable fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.255		0	A	1				
Cystine....g	0.107		0	A	1				
Phenylalanine....g	0.389		0	A	1				
Tyrosine....g	0.353		0	A	1				
Valine....g	0.484		0	A	1				
Arginine....g	0.617		0	A	1				
Histidine....g	0.400		0	A	1				
Alanine....g	0.544		0	A	1				
Aspartic acid....g	0.906		0	A	1				
Glutamic acid....g	1.479		0	A	1				
Glycine....g	0.417		0	A	1				
Proline....g	0.375		0	A	1				
Serine....g	0.401		0	A	1				
Hydroxyproline....g	0.024		0	A	1				
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10952

Pork, fresh, enhanced, loin, tenderloin, separable lean and fat, cooked, roasted

Refuse: 4% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.64		0	PAK	1		369.03		
Energy....kcal	121		0	PIK	4		612		
Energy....kJ	504		0	PIK	4		2561		
Protein....g	21.50		0	PAK	1		109.21		
Total lipid (fat)....g	3.70		0	PAK	1		18.78		
Ash....g	1.85		0	PAK	1		9.41		
Carbohydrate, by difference....g	0.31		0	PIK	4		1.57		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0	PAK	1		27		
Iron, Fe....mg	0.97		0	PAK	1		4.95		
Magnesium, Mg....mg	25		0	PAK	1		127		
Phosphorus, P....mg	315		0	PAK	1		1598		
Potassium, K....mg	563		0	PAK	1		2862		
Sodium, Na....mg	230		0	PAK	1		1168		
Zinc, Zn....mg	1.99		0	PAK	1		10.11		
Copper, Cu....mg	0.105		0	PAK	1		0.536		
Manganese, Mn....mg	0.012		0	PAK	1		0.059		
Selenium, Se....mcg	45.4		0	PAK	1		230.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.784		0	PAK	1		3.984		
Riboflavin....mg	0.358		0	PAK	1		1.819		
Niacin....mg	7.360		0	PAK	1		37.386		
Pantothenic acid....mg	0.833		0	PIK	4		4.232		
Vitamin B-6....mg	0.607		0	PIK	4		3.083		
Folate, total....mcg	0		0	PIK	4		0		
Folic acid....mcg	0		0	PIK	4		0		
Folate, food....mcg	0		0	PIK	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	73.2		0	PIK	4		371.8		
Betaine....mg	3.6		0	PIK	4		18.0		
Vitamin B-12....mcg	0.48		0	PIK	4		2.44		
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	0		0	PAK	1		0		
Retinol....mcg	0		0	PIK	4		0		
Carotene, beta....mcg	0		0	PIK	4		0		
Carotene, alpha....mcg	0		0	PIK	4		0		
Cryptoxanthin, beta....mcg	0		0	PIK	4		0		
Vitamin A, IU....IU	0		0	PAK	1		0		
Lycopene....mcg	0		0	PIK	4		0		
Lutein + zeaxanthin....mcg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.07		0	PIK	4		0.37		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	PAK	1		1.2		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	PIK	4		1.2		
Vitamin D....IU	9		0	PIK	4		48		
Vitamin K (phylloquinone)....mcg	0.0		0	PIK	4		0.0		
Lipids:									
Fatty acids, total saturated....g	1.270		0	PIK	4		6.450		
4:0....g	0.000		0	PIK	4		0.000		

NDB No. 10952

Pork, fresh, enhanced, loin, tenderloin, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PIK	4		0.000		
10:0 g	0.000		0	PIK	4		0.002		
12:0 g	0.000		0	PIK	4		0.002		
13:0 g									
14:0 g	0.042		0	PIK	4		0.214		
15:0 g	0.000		0	PIK	4		0.002		
16:0 g	0.777		0	PIK	4		3.948		
17:0 g	0.012		0	PIK	4		0.062		
18:0 g	0.435		0	PIK	4		2.209		
20:0 g									
22:0 g	0.000		0	PIK	4		0.000		
24:0 g									
Fatty acids, total monounsaturated g	1.424		0	PIK	4		7.236		
14:1 g	0.000		0	PIK	4		0.001		
15:1 g	0.000		0	PIK	4		0.000		
16:1 undifferentiated g	0.082		0	PIK	4		0.418		
17:1 g	0.001		0	PIK	4		0.004		
18:1 undifferentiated g	1.320		0	PIK	4		6.705		
18:1 c g	1.297		0	PIK	4		6.588		
18:1-11c (18:1c n-7) g									
18:1 t g	0.023		0	PIK	4		0.117		
18:1-11t (18:1t n-7) g									
20:1 g	0.021		0	PIK	4		0.109		
22:1 undifferentiated g	0.000		0	PIK	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.531		0	PIK	4		2.698		
18:2 undifferentiated g	0.449		0	PIK	4		2.283		
18:2 n-6 c,c g	0.437		0	PIK	4		2.218		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.013		0	PIK	4		0.065		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.015		0	PIK	4		0.078		
18:3 n-3 c,c,c (ALA) g	0.015		0	PIK	4		0.077		
18:3 n-6 c,c,c g	0.000		0	PIK	4		0.001		
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.014		0	PIK	4		0.072		
20:3 undifferentiated g	0.000		0	PIK	4		0.002		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.052		0	PIK	4		0.263		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	PIK	4		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	PIK	4		0.000		
22:6 n-3 (DHA) g	0.000		0	PIK	4		0.000		
Fatty acids, total trans g	0.036		0	PIK	4		0.181		
Fatty acids, total trans-monoenoic g	0.023		0	PIK	4		0.117		
Fatty acids, total trans-polyenoic g	0.013		0	PIK	4		0.065		
Cholesterol mg	57		0	PAK	1		290		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.226		0	PAK	1		1.150		
Threonine g	0.965		0	PAK	1		4.903		
Isoleucine g	1.058		0	PAK	1		5.374		
Leucine g	1.831		0	PAK	1		9.304		
Lysine g	1.994		0	PAK	1		10.129		

NDB No. 10952

Pork, fresh, enhanced, loin, tenderloin, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.592		0	PAK	1		3.008		
Cystine....g	0.248		0	PAK	1		1.260		
Phenylalanine....g	0.904		0	PAK	1		4.591		
Tyrosine....g	0.818		0	PAK	1		4.156		
Valine....g	1.123		0	PAK	1		5.707		
Arginine....g	1.431		0	PAK	1		7.267		
Histidine....g	0.929		0	PAK	1		4.717		
Alanine....g	1.262		0	PAK	1		6.411		
Aspartic acid....g	2.103		0	PAK	1		10.684		
Glutamic acid....g	3.432		0	PAK	1		17.435		
Glycine....g	0.969		0	PAK	1		4.921		
Proline....g	0.869		0	PAK	1		4.416		
Serine....g	0.930		0	PAK	1		4.722		
Hydroxyproline....g	0.055		0	PIK	4		0.280		
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 508g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10951

Pork, fresh, enhanced, loin, tenderloin, separable lean and fat, raw

Refuse: 3% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	76.10		0	PAK	1		408.66		
Energy ... kcal	109		0	NC	4		585		
Energy ... kJ	456		0	NC	4		2447		
Protein ... g	20.16		0	PAK	1		108.24		
Total lipid (fat) ... g	3.14		0	PAK	1		16.87		
Ash ... g	1.54		0	PAK	1		8.29		
Carbohydrate, by difference ... g	0.00		0	PIK	4		0.00		
Fiber, total dietary ... g	0.0		0	PIK	4		0.0		
Sugars, total ... g	0.00		0	PIK	4		0.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	5		0	PAK	1		26		
Iron, Fe ... mg	0.91		0	PAK	1		4.90		
Magnesium, Mg ... mg	23		0	PAK	1		124		
Phosphorus, P ... mg	286		0	PAK	1		1538		
Potassium, K ... mg	519		0	PAK	1		2789		
Sodium, Na ... mg	239		0	PAK	1		1285		
Zinc, Zn ... mg	1.72		0	PAK	1		9.22		
Copper, Cu ... mg	0.102		0	PAK	1		0.546		
Manganese, Mn ... mg	0.010		0	PAK	1		0.056		
Selenium, Se ... mcg	34.7		0	PAK	1		186.5		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	PIK	4		0.0		
Thiamin ... mg	0.745		0	PAK	1		4.001		
Riboflavin ... mg	0.333		0	PAK	1		1.786		
Niacin ... mg	6.382		0	PAK	1		34.273		
Pantothenic acid ... mg	0.819		0	PIK	4		4.400		
Vitamin B-6 ... mg	0.746		0	PIK	4		4.006		
Folate, total ... mcg	0		0	PIK	4		0		
Folic acid ... mcg	0		0	PIK	4		0		
Folate, food ... mcg	0		0	PIK	4		0		
Folate, DFE ... mcg_DFE	0		0	NC	4		0		
Choline, total ... mg	77.7		0	PIK	4		417.5		
Betaine ... mg	2.9		0	PIK	4		15.6		
Vitamin B-12 ... mcg	0.52		0	PIK	4		2.78		
Vitamin B-12, added ... mcg	0.00		0	PIK	4		0.00		
Vitamin A, RAE ... mcg_RAE	0		0	PAK	1		0		
Retinol ... mcg	0		0	PIK	4		0		
Carotene, beta ... mcg	0		0	PIK	4		0		
Carotene, alpha ... mcg	0		0	PIK	4		0		
Cryptoxanthin, beta ... mcg	0		0	PIK	4		0		
Vitamin A, IU ... IU	0		0	PAK	1		0		
Lycopene ... mcg	0		0	PIK	4		0		
Lutein + zeaxanthin ... mcg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) ... mg	0.21		0	PIK	4		1.12		
Vitamin E, added ... mg	0.00		0	PIK	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	0.0		0	PIK	4		0.0		
Lipids:									
Fatty acids, total saturated ... g	1.045		0	PIK	4		5.614		
4:0 ... g	0.000		0	PIK	4		0.000		

NDB No. 10951

Pork, fresh, enhanced, loin, tenderloin, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PIK	4		0.000		
10:0 g	0.001		0	PIK	4		0.004		
12:0 g	0.001		0	PIK	4		0.004		
13:0 g									
14:0 g	0.034		0	PIK	4		0.183		
15:0 g	0.001		0	PIK	4		0.003		
16:0 g	0.642		0	PIK	4		3.448		
17:0 g	0.007		0	PIK	4		0.038		
18:0 g	0.358		0	PIK	4		1.922		
20:0 g									
22:0 g	0.000		0	PIK	4		0.000		
24:0 g									
Fatty acids, total monounsaturated g	1.198		0	PIK	4		6.433		
14:1 g	0.000		0	PIK	4		0.001		
15:1 g	0.000		0	PIK	4		0.000		
16:1 undifferentiated g	0.067		0	PIK	4		0.360		
17:1 g	0.000		0	PIK	4		0.000		
18:1 undifferentiated g	1.112		0	PIK	4		5.974		
18:1 c g	1.092		0	PIK	4		5.865		
18:1-11c (18:1c n-7) g									
18:1 t g	0.020		0	PIK	4		0.108		
18:1-11t (18:1t n-7) g									
20:1 g	0.018		0	PIK	4		0.098		
22:1 undifferentiated g	0.000		0	PIK	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.503		0	PIK	4		2.702		
18:2 undifferentiated g	0.424		0	PIK	4		2.279		
18:2 n-6 c,c g	0.413		0	PIK	4		2.218		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.011		0	PIK	4		0.061		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.014		0	PIK	4		0.075		
18:3 n-3 c,c,c (ALA) g	0.014		0	PIK	4		0.074		
18:3 n-6 c,c,c g	0.000		0	PIK	4		0.002		
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.012		0	PIK	4		0.066		
20:3 undifferentiated g	0.001		0	PIK	4		0.005		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.052		0	PIK	4		0.277		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	PIK	4		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	PIK	4		0.000		
22:6 n-3 (DHA) g	0.000		0	PIK	4		0.000		
Fatty acids, total trans g	0.032		0	PIK	4		0.169		
Fatty acids, total trans-monoenoic g	0.020		0	PIK	4		0.108		
Fatty acids, total trans-polyenoic g									
Cholesterol mg	49		0	PAK	1		263		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.212		0	PAK	1		1.139		
Threonine g	0.905		0	PAK	1		4.860		
Isoleucine g	0.992		0	PAK	1		5.326		
Leucine g	1.717		0	PAK	1		9.221		
Lysine g	1.869		0	PAK	1		10.038		

NDB No. 10951

Pork, fresh, enhanced, loin, tenderloin, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.555		0	PAK	1		2.981		
Cystine....g	0.233		0	PAK	1		1.249		
Phenylalanine....g	0.847		0	PAK	1		4.550		
Tyrosine....g	0.767		0	PAK	1		4.119		
Valine....g	1.053		0	PAK	1		5.656		
Arginine....g	1.341		0	PAK	1		7.202		
Histidine....g	0.871		0	PAK	1		4.675		
Alanine....g	1.183		0	PAK	1		6.353		
Aspartic acid....g	1.972		0	PAK	1		10.588		
Glutamic acid....g	3.218		0	PAK	1		17.279		
Glycine....g	0.908		0	PAK	1		4.877		
Proline....g	0.815		0	PAK	1		4.376		
Serine....g	0.871		0	PAK	1		4.680		
Hydroxyproline....g	0.052		0	PAK	1		0.278		
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 537g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10943

Pork, fresh, enhanced, loin, tenderloin, separable lean only, cooked, roasted

Refuse: 5% Connective tissue, 4%, Separable fat, 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.07	0.594	12	A	1		371.19		
Energy....kcal	116		0	NC	4		590		
Energy....kJ	486		0	NC	4		2467		
Protein....g	21.61	0.530	12	A	1		109.77		
Total lipid (fat)....g	3.15	0.260	12	A	1		16.02		
Ash....g	1.86	0.206	12	A	1		9.45		
Carbohydrate, by difference....g	0.31		0	NC	4		1.57		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.206	12	A	1		26		
Iron, Fe....mg	0.98	0.045	12	A	1		4.95		
Magnesium, Mg....mg	25	0.692	12	A	1		127		
Phosphorus, P....mg	316	12.789	12	A	1		1606		
Potassium, K....mg	567	66.676	12	A	1		2879		
Sodium, Na....mg	231	33.696	11	A	1		1173		
Zinc, Zn....mg	2.00	0.079	12	A	1		10.16		
Copper, Cu....mg	0.106	0.008	12	A	1		0.539		
Manganese, Mn....mg	0.012	0.001	12	A	1		0.059		
Selenium, Se....mcg	45.7	3.589	12	A	1		232.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.789	0.016	4	A	1		4.010		
Riboflavin....mg	0.360	0.012	4	A	1		1.830		
Niacin....mg	7.392	0.639	4	A	1		37.554		
Pantothenic acid....mg	0.836		0	BFPN	4		4.247		
Vitamin B-6....mg	0.610		0	BFPN	4		3.101		
Folate, total....mcg	0		0	BFPN	4		0		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	0		0	BFPN	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	73.5		0	BFPN	4		373.1		
Betaine....mg	3.6		0	BFPN	4		18.1		
Vitamin B-12....mcg	0.47		0	BFPN	4		2.39		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.07		0	BFSN	4		0.36		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		1.1		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	BFFN	4		1.1		
Vitamin D....IU	9		0	BFFN	4		46		
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0		
Lipids:									
Fatty acids, total saturated....g	1.077		0	BFFN	4		5.471		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 10943

Pork, fresh, enhanced, loin, tenderloin, separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.000		0	BFFN	4		0.000		
12:0 g	0.000		0	BFFN	4		0.000		
13:0 g									
14:0 g	0.035		0	BFFN	4		0.180		
15:0 g	0.000		0	BFFN	4		0.000		
16:0 g	0.661		0	BFFN	4		3.358		
17:0 g	0.010		0	BFFN	4		0.051		
18:0 g	0.369		0	BFFN	4		1.875		
20:0 g									
22:0 g	0.000		0	BFFN	4		0.000		
24:0 g									
Fatty acids, total monounsaturated g	1.199		0	BFFN	4		6.093		
14:1 g	0.000		0	BFFN	4		0.000		
15:1 g	0.000		0	BFFN	4		0.000		
16:1 undifferentiated g	0.072		0	BFFN	4		0.367		
17:1 g	0.000		0	BFFN	4		0.000		
18:1 undifferentiated g	1.109		0	BFFN	4		5.636		
18:1 c g	1.090		0	BFFN	4		5.540		
18:1-11c (18:1c n-7) g									
18:1 t g	0.019		0	BFFN	4		0.096		
18:1-11t (18:1t n-7) g									
20:1 g	0.018		0	BFFN	4		0.090		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.455		0	BFFN	4		2.310		
18:2 undifferentiated g	0.381		0	BFFN	4		1.934		
18:2 n-6 c,c g	0.370		0	BFFN	4		1.878		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.011		0	BFFN	4		0.055		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.012		0	BFFN	4		0.060		
18:3 n-3 c,c,c (ALA) g	0.012		0	BFFN	4		0.060		
18:3 n-6 c,c,c g	0.000		0	BFFN	4		0.000		
18:3i g									
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g	0.011		0	BFFN	4		0.058		
20:3 undifferentiated g	0.000		0	BFFN	4		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.051		0	BFFN	4		0.259		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g	0.030		0	BFFN	4		0.151		
Fatty acids, total trans-monoenoic g	0.019		0	BFFN	4		0.096		
Fatty acids, total trans-polyenoic g									
Cholesterol mg	57	1.752	12	A	1		288		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.227		0	A	1		1.155		
Threonine g	0.970		0	A	1		4.928		
Isoleucine g	1.063		0	A	1		5.401		
Leucine g	1.841		0	A	1		9.351		
Lysine g	2.004		0	A	1		10.181		

NDB No. 10943

Pork, fresh, enhanced, loin, tenderloin, separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.595		0	A	1		3.023		
Cystine....g	0.249		0	A	1		1.267		
Phenylalanine....g	0.908		0	A	1		4.614		
Tyrosine....g	0.822		0	A	1		4.177		
Valine....g	1.129		0	A	1		5.736		
Arginine....g	1.438		0	A	1		7.304		
Histidine....g	0.933		0	A	1		4.741		
Alanine....g	1.268		0	A	1		6.443		
Aspartic acid....g	2.114		0	A	1		10.738		
Glutamic acid....g	3.450		0	A	1		17.524		
Glycine....g	0.974		0	A	1		4.946		
Proline....g	0.874		0	A	1		4.438		
Serine....g	0.934		0	A	1		4.746		
Hydroxyproline....g	0.055		0	BFPN	4		0.282		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 508g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10944

Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw

Refuse: 5% Connective tissue, 3%, Separable fat, 2%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.91	0.491	12	A	1		413.01		
Energy....kcal	106		0	NC	4		569		
Energy....kJ	443		0	NC	4		2379		
Protein....g	20.39	0.642	12	A	1		109.49		
Total lipid (fat)....g	2.09	0.175	12	A	1		11.20		
Ash....g	1.56	0.134	12	A	1		8.39		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	4	0.153	12	A	1		24		
Iron, Fe....mg	0.92	0.041	12	A	1		4.95		
Magnesium, Mg....mg	23	0.589	12	A	1		125		
Phosphorus, P....mg	290	7.868	12	A	1		1557		
Potassium, K....mg	527	65.487	12	A	1		2827		
Sodium, Na....mg	243	32.252	12	A	1		1303		
Zinc, Zn....mg	1.73	0.075	12	A	1		9.32		
Copper, Cu....mg	0.103	0.007	12	A	1		0.551		
Manganese, Mn....mg	0.011	0.000	12	A	1		0.057		
Selenium, Se....mcg	35.2	3.398	12	A	1		189.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.757	0.033	4	A	1		4.063		
Riboflavin....mg	0.337	0.022	4	A	1		1.812		
Niacin....mg	6.450	0.420	4	A	1		34.636		
Pantothenic acid....mg	0.824		0	BFPN	4		4.424		
Vitamin B-6....mg	0.756		0	BFPN	4		4.060		
Folate, total....mcg	0		0	BFPN	4		0		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	0		0	BFPN	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	78.7		0	BFPN	4		422.5		
Betaine....mg	2.9		0	BFPN	4		15.7		
Vitamin B-12....mcg	0.50		0	BFPN	4		2.67		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.21		0	BFSN	4		1.14		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		1.1		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	BFFN	4		1.1		
Vitamin D....IU	8		0	BFFN	4		43		
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0		
Lipids:									
Fatty acids, total saturated....g	0.671		0	BFFN	4		3.604		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 10944

Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.000		0	BFFN	4		0.000		
12:0 g	0.000		0	BFFN	4		0.000		
13:0 g									
14:0 g	0.021		0	BFFN	4		0.113		
15:0 g	0.000		0	BFFN	4		0.000		
16:0 g	0.415		0	BFFN	4		2.231		
17:0 g	0.003		0	BFFN	4		0.018		
18:0 g	0.231		0	BFFN	4		1.243		
20:0 g									
22:0 g	0.000		0	BFFN	4		0.000		
24:0 g									
Fatty acids, total monounsaturated g	0.762		0	BFFN	4		4.089		
14:1 g	0.000		0	BFFN	4		0.000		
15:1 g	0.000		0	BFFN	4		0.000		
16:1 undifferentiated g	0.047		0	BFFN	4		0.254		
17:1 g	0.000		0	BFFN	4		0.000		
18:1 undifferentiated g	0.703		0	BFFN	4		3.777		
18:1 c g	0.691		0	BFFN	4		3.711		
18:1-11c (18:1c n-7) g									
18:1 t g	0.012		0	BFFN	4		0.066		
18:1-11t (18:1t n-7) g									
20:1 g	0.011		0	BFFN	4		0.059		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.352		0	BFFN	4		1.892		
18:2 undifferentiated g	0.288		0	BFFN	4		1.546		
18:2 n-6 c,c g	0.280		0	BFFN	4		1.506		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.007		0	BFFN	4		0.040		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.007		0	BFFN	4		0.039		
18:3 n-3 c,c,c (ALA) g	0.007		0	BFFN	4		0.039		
18:3 n-6 c,c,c g	0.000		0	BFFN	4		0.000		
18:3i g									
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g	0.007		0	BFFN	4		0.038		
20:3 undifferentiated g	0.000		0	BFFN	4		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.050		0	BFFN	4		0.269		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g	0.020		0	BFFN	4		0.106		
Fatty acids, total trans-monoenoic g	0.012		0	BFFN	4		0.066		
Fatty acids, total trans-polyenoic g									
Cholesterol mg	48	1.513	12	A	1		259		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.215		0	A	1		1.153		
Threonine g	0.915		0	A	1		4.916		
Isoleucine g	1.003		0	A	1		5.388		
Leucine g	1.737		0	A	1		9.328		
Lysine g	1.891		0	A	1		10.155		

NDB No. 10944

Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.562		0	A	1		3.016		
Cystine....g	0.235		0	A	1		1.263		
Phenylalanine....g	0.857		0	A	1		4.603		
Tyrosine....g	0.776		0	A	1		4.167		
Valine....g	1.065		0	A	1		5.721		
Arginine....g	1.357		0	A	1		7.285		
Histidine....g	0.881		0	A	1		4.729		
Alanine....g	1.197		0	A	1		6.427		
Aspartic acid....g	1.995		0	A	1		10.711		
Glutamic acid....g	3.255		0	A	1		17.480		
Glycine....g	0.919		0	A	1		4.933		
Proline....g	0.824		0	A	1		4.427		
Serine....g	0.882		0	A	1		4.734		
Hydroxyproline....g	0.052		0	BFPN	4		0.281		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 537g: 1 roast

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10950

Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled

Refuse: 10% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.40		0	PAK	1		93.00		
Energy....kcal	142		0	PIK	4		190		
Energy....kJ	593		0	PIK	4		794		
Protein....g	24.46		0	PAK	1		32.78		
Total lipid (fat)....g	4.86		0	PAK	1		6.51		
Ash....g	1.75		0	PAK	1		2.35		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	PAK	1		8		
Iron, Fe....mg	0.51		0	PAK	1		0.68		
Magnesium, Mg....mg	24		0	PAK	1		32		
Phosphorus, P....mg	304		0	PAK	1		408		
Potassium, K....mg	517		0	PAK	1		693		
Sodium, Na....mg	234		0	PAK	1		314		
Zinc, Zn....mg	1.67		0	PAK	1		2.24		
Copper, Cu....mg	0.053		0	PAK	1		0.071		
Manganese, Mn....mg	0.006		0	PAK	1		0.008		
Selenium, Se....mcg	45.3		0	PAK	1		60.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.516		0	PAK	1		0.691		
Riboflavin....mg	0.189		0	PAK	1		0.253		
Niacin....mg	8.916		0	PAK	1		11.947		
Pantothenic acid....mg	0.620		0	PIK	4		0.831		
Vitamin B-6....mg	0.640		0	PIK	4		0.858		
Folate, total....mcg	0		0	PIK	4		0		
Folic acid....mcg	0		0	PIK	4		0		
Folate, food....mcg	0		0	PIK	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	69.9		0	PIK	4		93.7		
Betaine....mg	2.5		0	PIK	4		3.4		
Vitamin B-12....mcg	0.52		0	PIK	4		0.70		
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	0		0	PAK	1		0		
Retinol....mcg	0		0	PIK	4		0		
Carotene, beta....mcg	0		0	PIK	4		0		
Carotene, alpha....mcg	0		0	PIK	4		0		
Cryptoxanthin, beta....mcg	0		0	PIK	4		0		
Vitamin A, IU....IU	0		0	PAK	1		0		
Lycopene....mcg	0		0	PIK	4		0		
Lutein + zeaxanthin....mcg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.09		0	PIK	4		0.12		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.4		0	PAK	1		0.5		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.4		0	PIK	4		0.5		
Vitamin D....IU	15		0	PIK	4		19		
Vitamin K (phylloquinone)....mcg	0.0		0	PIK	4		0.0		
Lipids:									
Fatty acids, total saturated....g	1.678		0	PIK	4		2.249		

NDB No. 10950

Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0 g	0.000		0	PIK	4		0.000		
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PIK	4		0.000		
10:0 g	0.003		0	PIK	4		0.004		
12:0 g	0.002		0	PIK	4		0.003		
13:0 g									
14:0 g	0.061		0	PIK	4		0.082		
15:0 g	0.001		0	PIK	4		0.001		
16:0 g	1.049		0	PIK	4		1.405		
17:0 g	0.011		0	PIK	4		0.015		
18:0 g	0.543		0	PIK	4		0.728		
20:0 g									
22:0 g	0.000		0	PIK	4		0.000		
24:0 g									
Fatty acids, total monounsaturated g	2.085		0	PIK	4		2.795		
14:1 g	0.000		0	PIK	4		0.000		
15:1 g	0.000		0	PIK	4		0.000		
16:1 undifferentiated g	0.123		0	PIK	4		0.165		
17:1 g	0.004		0	PIK	4		0.005		
18:1 undifferentiated g	1.926		0	PIK	4		2.581		
18:1 c g	1.897		0	PIK	4		2.543		
18:1-11c (18:1c n-7) g									
18:1 t g	0.029		0	PIK	4		0.039		
18:1-11t (18:1t n-7) g									
20:1 g	0.032		0	PIK	4		0.044		
22:1 undifferentiated g	0.000		0	PIK	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.542		0	PIK	4		0.726		
18:2 undifferentiated g	0.466		0	PIK	4		0.625		
18:2 n-6 c,c g	0.450		0	PIK	4		0.603		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.016		0	PIK	4		0.021		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.020		0	PIK	4		0.027		
18:3 n-3 c,c,c (ALA) g	0.020		0	PIK	4		0.027		
18:3 n-6 c,c,c g	0.000		0	PIK	4		0.001		
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.017		0	PIK	4		0.023		
20:3 undifferentiated g	0.001		0	PIK	4		0.002		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.037		0	PIK	4		0.049		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	PIK	4		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	PIK	4		0.000		
22:6 n-3 (DHA) g	0.000		0	PIK	4		0.000		
Fatty acids, total trans g	0.045		0	PIK	4		0.060		
Fatty acids, total trans-monoenoic g	0.029		0	PIK	4		0.039		
Fatty acids, total trans-polyenoic g	0.016		0	PIK	4		0.021		
Cholesterol mg	53		0	PAK	1		71		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.258		0	PAK	1		0.345		
Threonine g	1.098		0	PAK	1		1.472		
Isoleucine g	1.204		0	PAK	1		1.613		

NDB No. 10950

Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	2.084		0	PAK	1		2.793		
Lysine....g	2.269		0	PAK	1		3.040		
Methionine....g	0.674		0	PAK	1		0.903		
Cystine....g	0.282		0	PAK	1		0.378		
Phenylalanine....g	1.028		0	PAK	1		1.378		
Tyrosine....g	0.931		0	PAK	1		1.248		
Valine....g	1.278		0	PAK	1		1.713		
Arginine....g	1.628		0	PAK	1		2.181		
Histidine....g	1.057		0	PAK	1		1.416		
Alanine....g	1.436		0	PAK	1		1.924		
Aspartic acid....g	2.393		0	PAK	1		3.207		
Glutamic acid....g	3.906		0	PAK	1		5.234		
Glycine....g	1.102		0	PAK	1		1.477		
Proline....g	0.989		0	PAK	1		1.325		
Serine....g	1.058		0	PAK	1		1.417		
Hydroxyproline....g	0.063		0	PIK	4		0.084		
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 134g: 1 chop

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10949

Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean and fat, raw

Refuse: 10% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.63		0	PAK	1		116.34		
Energy....kcal	123		0	NC	4		195		
Energy....kJ	516		0	NC	4		815		
Protein (N x 6.25)....g	21.35		0	PAK	1		33.74		
Total lipid (fat)....g	4.21		0	PAK	1		6.65		
Ash....g	1.66		0	PAK	1		2.62		
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0	PAK	1		9		
Iron, Fe....mg	0.44		0	PAK	1		0.70		
Magnesium, Mg....mg	23		0	PAK	1		37		
Phosphorus, P....mg	290		0	PAK	1		459		
Potassium, K....mg	479		0	PAK	1		756		
Sodium, Na....mg	226		0	PAK	1		358		
Zinc, Zn....mg	1.41		0	PAK	1		2.23		
Copper, Cu....mg	0.068		0	PAK	1		0.107		
Manganese, Mn....mg	0.006		0	PAK	1		0.010		
Selenium, Se....mcg	39.6		0	PAK	1		62.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.529		0	PAK	1		0.835		
Riboflavin....mg	0.199		0	PAK	1		0.314		
Niacin....mg	8.605		0	PAK	1		13.596		
Pantothenic acid....mg	0.721		0	PIK	4		1.139		
Vitamin B-6....mg	0.719		0	PIK	4		1.136		
Folate, total....mcg	0		0	PIK	4		0		
Folic acid....mcg	0		0	PIK	4		0		
Folate, food....mcg	0		0	PIK	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	57.1		0	PIK	4		90.2		
Betaine....mg	3.0		0	PIK	4		4.7		
Vitamin B-12....mcg	0.53		0	PIK	4		0.84		
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	0		0	PAK	1		0		
Retinol....mcg	0		0	PIK	4		0		
Carotene, beta....mcg	0		0	PIK	4		0		
Carotene, alpha....mcg	0		0	PIK	4		0		
Cryptoxanthin, beta....mcg	0		0	PIK	4		0		
Vitamin A, IU....IU	0		0	PAK	1		0		
Lycopene....mcg	0		0	PIK	4		0		
Lutein + zeaxanthin....mcg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.12		0	PIK	4		0.19		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	PIK	4		0.0		
Lipids:									
Fatty acids, total saturated....g	1.486		0	PIK	4		2.349		
4:0....g	0.000		0	PIK	4		0.000		

NDB No. 10949

Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PIK	4		0.000		
10:0 g	0.002		0	PIK	4		0.003		
12:0 g	0.002		0	PIK	4		0.003		
13:0 g									
14:0 g	0.053		0	PIK	4		0.084		
15:0 g	0.001		0	PIK	4		0.002		
16:0 g	0.929		0	PIK	4		1.468		
17:0 g	0.009		0	PIK	4		0.014		
18:0 g	0.485		0	PIK	4		0.767		
20:0 g									
22:0 g	0.000		0	PIK	4		0.000		
24:0 g									
Fatty acids, total monounsaturated g	1.830		0	PIK	4		2.891		
14:1 g	0.000		0	PIK	4		0.001		
15:1 g	0.000		0	PIK	4		0.000		
16:1 undifferentiated g	0.106		0	PIK	4		0.167		
17:1 g	0.000		0	PIK	4		0.000		
18:1 undifferentiated g	1.695		0	PIK	4		2.678		
18:1 c g	1.669		0	PIK	4		2.638		
18:1-11c (18:1c n-7) g									
18:1 t g	0.026		0	PIK	4		0.040		
18:1-11t (18:1t n-7) g									
20:1 g	0.029		0	PIK	4		0.045		
22:1 undifferentiated g	0.000		0	PIK	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.516		0	PIK	4		0.816		
18:2 undifferentiated g	0.444		0	PIK	4		0.702		
18:2 n-6 c,c g	0.433		0	PIK	4		0.684		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.012		0	PIK	4		0.018		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.019		0	PIK	4		0.030		
18:3 n-3 c,c,c (ALA) g	0.018		0	PIK	4		0.029		
18:3 n-6 c,c,c g	0.000		0	PIK	4		0.001		
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.016		0	PIK	4		0.025		
20:3 undifferentiated g	0.001		0	PIK	4		0.002		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.036		0	PIK	4		0.057		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	PIK	4		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	PIK	4		0.000		
22:6 n-3 (DHA) g	0.000		0	PIK	4		0.000		
Fatty acids, total trans g	0.037		0	PIK	4		0.059		
Fatty acids, total trans-monoenoic g	0.026		0	PIK	4		0.040		
Fatty acids, total trans-polyenoic g									
Cholesterol mg	48		0	PAK	1		76		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.225		0	PAK	1		0.355		
Threonine g	0.959		0	PAK	1		1.515		
Isoleucine g	1.051		0	PAK	1		1.660		
Leucine g	1.819		0	PAK	1		2.874		
Lysine g	1.981		0	PAK	1		3.129		

NDB No. 10949

Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.588		0	PAK	1		0.929		
Cystine....g	0.246		0	PAK	1		0.389		
Phenylalanine....g	0.898		0	PAK	1		1.418		
Tyrosine....g	0.813		0	PAK	1		1.284		
Valine....g	1.116		0	PAK	1		1.763		
Arginine....g	1.421		0	PAK	1		2.245		
Histidine....g	0.922		0	PAK	1		1.457		
Alanine....g	1.253		0	PAK	1		1.980		
Aspartic acid....g	2.089		0	PAK	1		3.301		
Glutamic acid....g	3.409		0	PAK	1		5.386		
Glycine....g	0.962		0	PAK	1		1.520		
Proline....g	0.863		0	PAK	1		1.364		
Serine....g	0.923		0	PAK	1		1.459		
Hydroxyproline....g	0.055		0	PAK	1		0.087		
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 158g: 1 chop

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10947

Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean only, cooked, broiled

Refuse: 12% Connective tissue, 10%, Separable fat, 2%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.39	0.505	12	A	1		94.32		
Energy....kcal	131		0	NC	4		176		
Energy....kJ	548		0	NC	4		734		
Protein....g	24.81	0.544	12	A	1		33.25		
Total lipid (fat)....g	3.53	0.282	12	A	1		4.73		
Ash....g	1.77	0.142	12	A	1		2.38		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.195	12	A	1		7		
Iron, Fe....mg	0.50	0.016	12	A	1		0.67		
Magnesium, Mg....mg	25	0.413	12	A	1		33		
Phosphorus, P....mg	308	10.348	12	A	1		413		
Potassium, K....mg	524	65.187	12	A	1		703		
Sodium, Na....mg	237	24.249	12	A	1		318		
Zinc, Zn....mg	1.69	0.060	12	A	1		2.26		
Copper, Cu....mg	0.053	0.002	12	A	1		0.071		
Manganese, Mn....mg	0.006	0.000	12	A	1		0.008		
Selenium, Se....mcg	46.0	4.854	12	A	1		61.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.522	0.050	4	A	1		0.699		
Riboflavin....mg	0.190	0.003	4	A	1		0.255		
Niacin....mg	9.035	0.435	4	A	1		12.107		
Pantothenic acid....mg	0.623		0	BFPN	4		0.835		
Vitamin B-6....mg	0.650		0	BFPN	4		0.871		
Folate, total....mcg	0		0	BFPN	4		0		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	0		0	BFPN	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	70.5		0	BFPN	4		94.4		
Betaine....mg	2.6		0	BFPN	4		3.4		
Vitamin B-12....mcg	0.50		0	BFPN	4		0.67		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.08		0	BFSN	4		0.11		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.3		0	AS	1		0.4		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.3		0	BFFN	4		0.4		
Vitamin D....IU	13		0	BFFN	4		18		
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0		
Lipids:									
Fatty acids, total saturated....g	1.206		0	BFFN	4		1.616		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 10947

Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean only, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.002		0	BFFN	4		0.002		
12:0 g	0.001		0	BFFN	4		0.001		
13:0 g									
14:0 g	0.045		0	BFFN	4		0.060		
15:0 g	0.000		0	BFFN	4		0.000		
16:0 g	0.765		0	BFFN	4		1.025		
17:0 g	0.006		0	BFFN	4		0.009		
18:0 g	0.382		0	BFFN	4		0.512		
20:0 g									
22:0 g	0.000		0	BFFN	4		0.000		
24:0 g									
Fatty acids, total monounsaturated g	1.539		0	BFFN	4		2.062		
14:1 g	0.000		0	BFFN	4		0.000		
15:1 g	0.000		0	BFFN	4		0.000		
16:1 undifferentiated g	0.099		0	BFFN	4		0.133		
17:1 g	0.002		0	BFFN	4		0.002		
18:1 undifferentiated g	1.415		0	BFFN	4		1.896		
18:1 c g	1.396		0	BFFN	4		1.871		
18:1-11c (18:1c n-7) g									
18:1 t g	0.019		0	BFFN	4		0.025		
18:1-11t (18:1t n-7) g									
20:1 g	0.023		0	BFFN	4		0.031		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.351		0	BFFN	4		0.471		
18:2 undifferentiated g	0.295		0	BFFN	4		0.395		
18:2 n-6 c,c g	0.283		0	BFFN	4		0.380		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.011		0	BFFN	4		0.015		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.012		0	BFFN	4		0.016		
18:3 n-3 c,c,c (ALA) g	0.012		0	BFFN	4		0.016		
18:3 n-6 c,c,c g	0.000		0	BFFN	4		0.000		
18:3i g									
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g	0.011		0	BFFN	4		0.014		
20:3 undifferentiated g	0.000		0	BFFN	4		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.034		0	BFFN	4		0.046		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g	0.030		0	BFFN	4		0.040		
Fatty acids, total trans-monoenoic g	0.019		0	BFFN	4		0.025		
Fatty acids, total trans-polyenoic g									
Cholesterol mg	52	1.973	12	A	1		70		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.261		0	A	1		0.350		
Threonine g	1.114		0	A	1		1.493		
Isoleucine g	1.221		0	A	1		1.636		
Leucine g	2.114		0	A	1		2.832		
Lysine g	2.301		0	A	1		3.083		

NDB No. 10947

Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean only, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.683		0	A	1		0.916		
Cystine....g	0.286		0	A	1		0.384		
Phenylalanine....g	1.043		0	A	1		1.398		
Tyrosine....g	0.944		0	A	1		1.265		
Valine....g	1.296		0	A	1		1.737		
Arginine....g	1.651		0	A	1		2.212		
Histidine....g	1.072		0	A	1		1.436		
Alanine....g	1.456		0	A	1		1.951		
Aspartic acid....g	2.427		0	A	1		3.252		
Glutamic acid....g	3.961		0	A	1		5.308		
Glycine....g	1.118		0	A	1		1.498		
Proline....g	1.003		0	A	1		1.344		
Serine....g	1.073		0	A	1		1.437		
Hydroxyproline....g	0.064		0	BFPN	4		0.085		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 134g: 1 chop

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10948

Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean only, raw

Refuse: 13% connective tissue, 10%, Separable fat, 3%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.88	0.239	12	A	1		118.31		
Energy....kcal	110		0	NC	4		173		
Energy....kJ	459		0	NC	4		725		
Protein....g	21.78	0.399	12	A	1		34.41		
Total lipid (fat)....g	2.51	0.211	12	A	1		3.97		
Ash....g	1.69	0.108	12	A	1		2.67		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.230	12	A	1		8		
Iron, Fe....mg	0.44	0.011	12	A	1		0.70		
Magnesium, Mg....mg	24	0.424	12	A	1		38		
Phosphorus, P....mg	296	8.386	12	A	1		468		
Potassium, K....mg	489	62.102	12	A	1		772		
Sodium, Na....mg	232	22.450	12	A	1		366		
Zinc, Zn....mg	1.43	0.046	12	A	1		2.25		
Copper, Cu....mg	0.068	0.023	12	A	1		0.108		
Manganese, Mn....mg	0.006	0.000	12	A	1		0.010		
Selenium, Se....mcg	40.6	3.754	12	A	1		64.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.540	0.025	4	A	1		0.854		
Riboflavin....mg	0.202	0.005	4	A	1		0.319		
Niacin....mg	8.795	0.351	4	A	1		13.896		
Pantothenic acid....mg	0.725		0	BFPN	4		1.145		
Vitamin B-6....mg	0.735		0	BFPN	4		1.161		
Folate, total....mcg	0		0	BFPN	4		0		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	0		0	BFPN	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	57.9		0	BFPN	4		91.5		
Betaine....mg	3.0		0	BFPN	4		4.8		
Vitamin B-12....mcg	0.50		0	BFPN	4		0.78		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.12		0	BFSN	4		0.19		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0		
Lipids:									
Fatty acids, total saturated....g	0.886		0	BFFN	4		1.400		

NDB No. 10948

Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0 g	0.000		0	BFFN	4		0.000		
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.001		0	BFFN	4		0.001		
12:0 g	0.000		0	BFFN	4		0.001		
13:0 g									
14:0 g	0.033		0	BFFN	4		0.051		
15:0 g	0.000		0	BFFN	4		0.000		
16:0 g	0.566		0	BFFN	4		0.895		
17:0 g	0.003		0	BFFN	4		0.004		
18:0 g	0.282		0	BFFN	4		0.445		
20:0 g									
22:0 g	0.000		0	BFFN	4		0.000		
24:0 g									
Fatty acids, total monounsaturated g	1.134		0	BFFN	4		1.792		
14:1 g	0.000		0	BFFN	4		0.000		
15:1 g	0.000		0	BFFN	4		0.000		
16:1 undifferentiated g	0.075		0	BFFN	4		0.118		
17:1 g	0.000		0	BFFN	4		0.000		
18:1 undifferentiated g	1.042		0	BFFN	4		1.647		
18:1 c g	1.029		0	BFFN	4		1.626		
18:1-11c (18:1c n-7) g									
18:1 t g	0.013		0	BFFN	4		0.020		
18:1-11t (18:1t n-7) g									
20:1 g	0.017		0	BFFN	4		0.027		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.269		0	BFFN	4		0.424		
18:2 undifferentiated g	0.220		0	BFFN	4		0.348		
18:2 n-6 c,c g	0.215		0	BFFN	4		0.340		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.005		0	BFFN	4		0.008		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.008		0	BFFN	4		0.013		
18:3 n-3 c,c,c (ALA) g	0.008		0	BFFN	4		0.013		
18:3 n-6 c,c,c g	0.000		0	BFFN	4		0.000		
18:3i g									
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g	0.007		0	BFFN	4		0.011		
20:3 undifferentiated g	0.000		0	BFFN	4		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.033		0	BFFN	4		0.053		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g	0.018		0	BFFN	4		0.028		
Fatty acids, total trans-monoenoic g	0.013		0	BFFN	4		0.020		
Fatty acids, total trans-polyenoic g									
Cholesterol mg	47	1.056	12	A	1		74		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.229		0	A	1		0.362		
Threonine g	0.978		0	A	1		1.545		
Isoleucine g	1.072		0	A	1		1.693		

NDB No. 10948

Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	1.856		0	A	1		2.932		
Lysine....g	2.020		0	A	1		3.192		
Methionine....g	0.600		0	A	1		0.948		
Cystine....g	0.251		0	A	1		0.397		
Phenylalanine....g	0.916		0	A	1		1.447		
Tyrosine....g	0.829		0	A	1		1.310		
Valine....g	1.138		0	A	1		1.798		
Arginine....g	1.449		0	A	1		2.290		
Histidine....g	0.941		0	A	1		1.486		
Alanine....g	1.279		0	A	1		2.020		
Aspartic acid....g	2.131		0	A	1		3.367		
Glutamic acid....g	3.477		0	A	1		5.494		
Glycine....g	0.981		0	A	1		1.551		
Proline....g	0.881		0	A	1		1.391		
Serine....g	0.942		0	A	1		1.488		
Hydroxyproline....g	0.056		0	A	1		0.088		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 158g: 1 chop

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10954

Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised

Refuse: 28% Bone, 9%, Connective tissue, 19%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.13		0	PAK	1		148.17		
Energy....kcal	263		0	PIK	4		694		
Energy....kJ	1100		0	PIK	4		2904		
Protein....g	25.84		0	PAK	1		68.21		
Total lipid (fat)....g	16.94		0	PAK	1		44.73		
Ash....g	1.19		0	PAK	1		3.13		
Carbohydrate, by difference....g	0.03		0	PIK	4		0.08		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	27		0	PAK	1		71		
Iron, Fe....mg	1.72		0	PAK	1		4.53		
Magnesium, Mg....mg	20		0	PAK	1		53		
Phosphorus, P....mg	227		0	PAK	1		599		
Potassium, K....mg	370		0	PAK	1		978		
Sodium, Na....mg	151		0	PAK	1		399		
Zinc, Zn....mg	4.48		0	PAK	1		11.84		
Copper, Cu....mg	0.192		0	PAK	1		0.506		
Manganese, Mn....mg	0.012		0	PAK	1		0.031		
Selenium, Se....mcg	42.3		0	PAK	1		111.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.406		0	PAK	1		1.072		
Riboflavin....mg	0.357		0	PAK	1		0.942		
Niacin....mg	3.610		0	PAK	1		9.531		
Pantothenic acid....mg	1.329		0	PIK	4		3.509		
Vitamin B-6....mg	0.463		0	PIK	4		1.222		
Folate, total....mcg	0		0	PIK	4		0		
Folic acid....mcg	0		0	PIK	4		0		
Folate, food....mcg	0		0	PIK	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	106.2		0	PIK	4		280.3		
Betaine....mg	3.5		0	PIK	4		9.2		
Vitamin B-12....mcg	0.98		0	PIK	4		2.60		
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	0		0	PAK	1		0		
Retinol....mcg	0		0	PIK	4		0		
Carotene, beta....mcg	0		0	PIK	4		0		
Carotene, alpha....mcg	0		0	PIK	4		0		
Cryptoxanthin, beta....mcg	0		0	PIK	4		0		
Vitamin A, IU....IU	0		0	PAK	1		0		
Lycopene....mcg	0		0	PIK	4		0		
Lutein + zeaxanthin....mcg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.12		0	PIK	4		0.32		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.1		0	PAK	1		2.9		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.1		0	PIK	4		2.9		
Vitamin D....IU	44		0	PIK	4		115		
Vitamin K (phylloquinone)....mcg	0.0		0	PIK	4		0.0		
Lipids:									
Fatty acids, total saturated....g	6.288		0	PIK	4		16.601		
4:0....g	0.000		0	PIK	4		0.000		

NDB No. 10954

Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PIK	4		0.000		
10:0 g	0.016		0	PIK	4		0.043		
12:0 g	0.013		0	PIK	4		0.035		
13:0 g									
14:0 g	0.214		0	PIK	4		0.564		
15:0 g	0.005		0	PIK	4		0.014		
16:0 g	3.810		0	PIK	4		10.058		
17:0 g	0.053		0	PIK	4		0.141		
18:0 g	2.146		0	PIK	4		5.667		
20:0 g									
22:0 g	0.001		0	PIK	4		0.001		
24:0 g									
Fatty acids, total monounsaturated g	7.613		0	PIK	4		20.098		
14:1 g	0.001		0	PIK	4		0.003		
15:1 g	0.000		0	PIK	4		0.000		
16:1 undifferentiated g	0.387		0	PIK	4		1.021		
17:1 g	0.009		0	PIK	4		0.023		
18:1 undifferentiated g	7.095		0	PIK	4		18.730		
18:1 c g	6.999		0	PIK	4		18.477		
18:1-11c (18:1c n-7) g									
18:1 t g	0.096		0	PIK	4		0.252		
18:1-11t (18:1t n-7) g									
20:1 g	0.121		0	PIK	4		0.320		
22:1 undifferentiated g	0.000		0	PIK	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	2.006		0	PIK	4		5.296		
18:2 undifferentiated g	1.756		0	PIK	4		4.636		
18:2 n-6 c,c g	1.702		0	PIK	4		4.493		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.054		0	PIK	4		0.143		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.077		0	PIK	4		0.204		
18:3 n-3 c,c,c (ALA) g	0.076		0	PIK	4		0.200		
18:3 n-6 c,c,c g	0.002		0	PIK	4		0.005		
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.070		0	PIK	4		0.185		
20:3 undifferentiated g	0.011		0	PIK	4		0.029		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.092		0	PIK	4		0.242		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	PIK	4		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	PIK	4		0.000		
22:6 n-3 (DHA) g	0.000		0	PIK	4		0.000		
Fatty acids, total trans g	0.150		0	PIK	4		0.396		
Fatty acids, total trans-monoenoic g	0.096		0	PIK	4		0.252		
Fatty acids, total trans-polyenoic g	0.054		0	PIK	4		0.143		
Cholesterol mg	97		0	PAK	1		255		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.272		0	PAK	1		0.718		
Threonine g	1.160		0	PAK	1		3.062		
Isoleucine g	1.271		0	PAK	1		3.356		
Leucine g	2.201		0	PAK	1		5.811		
Lysine g	2.396		0	PAK	1		6.326		

NDB No. 10954

Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.712		0	PAK	1		1.879		
Cystine....g	0.298		0	PAK	1		0.787		
Phenylalanine....g	1.086		0	PAK	1		2.867		
Tyrosine....g	0.983		0	PAK	1		2.596		
Valine....g	1.350		0	PAK	1		3.564		
Arginine....g	1.719		0	PAK	1		4.539		
Histidine....g	1.116		0	PAK	1		2.946		
Alanine....g	1.517		0	PAK	1		4.004		
Aspartic acid....g	2.528		0	PAK	1		6.673		
Glutamic acid....g	4.125		0	PAK	1		10.889		
Glycine....g	1.164		0	PAK	1		3.073		
Proline....g	1.045		0	PAK	1		2.758		
Serine....g	1.117		0	PAK	1		2.949		
Hydroxyproline....g	0.066		0	PIK	4		0.175		
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 264g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10953

Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw

Refuse: 23% Bone, 7%, Connective tissue, 16%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.36		0	PAK	1		276.53		
Energy....kcal	169		0	NC	4		666		
Energy....kJ	709		0	NC	4		2787		
Protein....g	17.19		0	PAK	1		67.54		
Total lipid (fat)....g	11.12		0	PAK	1		43.71		
Ash....g	1.25		0	PAK	1		4.91		
Carbohydrate, by difference....g	0.16		0	PIK	4		0.62		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	15		0	PAK	1		58		
Iron, Fe....mg	0.97		0	PAK	1		3.82		
Magnesium, Mg....mg	18		0	PAK	1		70		
Phosphorus, P....mg	211		0	PAK	1		829		
Potassium, K....mg	391		0	PAK	1		1537		
Sodium, Na....mg	155		0	PAK	1		608		
Zinc, Zn....mg	2.83		0	PAK	1		11.14		
Copper, Cu....mg	0.116		0	PAK	1		0.456		
Manganese, Mn....mg	0.010		0	PAK	1		0.039		
Selenium, Se....mcg	26.6		0	PAK	1		104.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.474		0	PAK	1		1.863		
Riboflavin....mg	0.335		0	PAK	1		1.315		
Niacin....mg	3.763		0	PAK	1		14.788		
Pantothenic acid....mg	1.418		0	PIK	4		5.572		
Vitamin B-6....mg	0.480		0	PIK	4		1.888		
Folate, total....mcg	0		0	PIK	4		0		
Folic acid....mcg	0		0	PIK	4		0		
Folate, food....mcg	0		0	PIK	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	71.7		0	PIK	4		281.7		
Betaine....mg	3.7		0	PIK	4		14.5		
Vitamin B-12....mcg	0.96		0	PIK	4		3.78		
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	0		0	PAK	1		0		
Retinol....mcg	0		0	PIK	4		0		
Carotene, beta....mcg	0		0	PIK	4		0		
Carotene, alpha....mcg	0		0	PIK	4		0		
Cryptoxanthin, beta....mcg	0		0	PIK	4		0		
Vitamin A, IU....IU	0		0	PAK	1		0		
Lycopene....mcg	0		0	PIK	4		0		
Lutein + zeaxanthin....mcg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.21		0	PIK	4		0.81		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	PIK	4		0.0		
Lipids:									
Fatty acids, total saturated....g	3.912		0	PIK	4		15.374		
4:0....g	0.000		0	PIK	4		0.000		

NDB No. 10953

Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PIK	4		0.001		
10:0 g	0.006		0	PIK	4		0.025		
12:0 g	0.005		0	PIK	4		0.018		
13:0 g									
14:0 g	0.134		0	PIK	4		0.527		
15:0 g	0.004		0	PIK	4		0.018		
16:0 g	2.382		0	PIK	4		9.361		
17:0 g	0.034		0	PIK	4		0.134		
18:0 g	1.326		0	PIK	4		5.212		
20:0 g									
22:0 g	0.001		0	PIK	4		0.003		
24:0 g									
Fatty acids, total monounsaturated g	4.686		0	PIK	4		18.417		
14:1 g	0.001		0	PIK	4		0.005		
15:1 g	0.000		0	PIK	4		0.000		
16:1 undifferentiated g	0.235		0	PIK	4		0.924		
17:1 g	0.001		0	PIK	4		0.003		
18:1 undifferentiated g	4.375		0	PIK	4		17.194		
18:1 c g	4.308		0	PIK	4		16.931		
18:1-11c (18:1c n-7) g									
18:1 t g	0.067		0	PIK	4		0.262		
18:1-11t (18:1t n-7) g									
20:1 g	0.074		0	PIK	4		0.291		
22:1 undifferentiated g	0.000		0	PIK	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	1.434		0	PIK	4		5.635		
18:2 undifferentiated g	1.258		0	PIK	4		4.942		
18:2 n-6 c,c g	1.222		0	PIK	4		4.801		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.036		0	PIK	4		0.141		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.056		0	PIK	4		0.220		
18:3 n-3 c,c,c (ALA) g	0.054		0	PIK	4		0.214		
18:3 n-6 c,c,c g	0.002		0	PIK	4		0.007		
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.047		0	PIK	4		0.186		
20:3 undifferentiated g	0.005		0	PIK	4		0.021		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.068		0	PIK	4		0.266		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	PIK	4		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	PIK	4		0.000		
22:6 n-3 (DHA) g	0.000		0	PIK	4		0.000		
Fatty acids, total trans g	0.103		0	PIK	4		0.404		
Fatty acids, total trans-monoenoic g	0.067		0	PIK	4		0.262		
Fatty acids, total trans-polyenoic g									
Cholesterol mg	62		0	PAK	1		244		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.181		0	PAK	1		0.711		
Threonine g	0.772		0	PAK	1		3.032		
Isoleucine g	0.846		0	PAK	1		3.323		
Leucine g	1.464		0	PAK	1		5.754		
Lysine g	1.594		0	PAK	1		6.264		

NDB No. 10953

Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.473		0	PAK	1		1.860		
Cystine....g	0.198		0	PAK	1		0.779		
Phenylalanine....g	0.722		0	PAK	1		2.839		
Tyrosine....g	0.654		0	PAK	1		2.570		
Valine....g	0.898		0	PAK	1		3.529		
Arginine....g	1.144		0	PAK	1		4.494		
Histidine....g	0.742		0	PAK	1		2.917		
Alanine....g	1.009		0	PAK	1		3.965		
Aspartic acid....g	1.681		0	PAK	1		6.607		
Glutamic acid....g	2.744		0	PAK	1		10.783		
Glycine....g	0.774		0	PAK	1		3.043		
Proline....g	0.695		0	PAK	1		2.731		
Serine....g	0.743		0	PAK	1		2.920		
Hydroxyproline....g	0.044		0	PAK	1		0.173		
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 393g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10945

Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised

Refuse: 35% Bone, 9%, Connective tissue, 19%, Separable fat, 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.20	0.607	12	A	1		156.30		
Energy....kcal	227		0	NC	4		600		
Energy....kJ	951		0	NC	4		2510		
Protein....g	27.58	0.991	12	A	1		72.81		
Total lipid (fat)....g	12.14	0.874	12	A	1		32.05		
Ash....g	1.21	0.108	12	A	1		3.21		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	26	4.212	12	A	1		68		
Iron, Fe....mg	1.82	0.073	12	A	1		4.79		
Magnesium, Mg....mg	21	0.768	12	A	1		56		
Phosphorus, P....mg	234	5.657	12	A	1		619		
Potassium, K....mg	388	46.513	12	A	1		1024		
Sodium, Na....mg	154	14.040	12	A	1		406		
Zinc, Zn....mg	4.85	0.198	12	A	1		12.81		
Copper, Cu....mg	0.208	0.058	12	A	1		0.549		
Manganese, Mn....mg	0.012	0.001	12	A	1		0.033		
Selenium, Se....mcg	45.3	4.788	12	A	1		119.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.424	0.012	4	A	1		1.119		
Riboflavin....mg	0.381	0.018	4	A	1		1.005		
Niacin....mg	3.575	0.127	4	A	1		9.438		
Pantothenic acid....mg	1.419		0	BFPN	4		3.747		
Vitamin B-6....mg	0.488		0	BFPN	4		1.288		
Folate, total....mcg	0		0	BFPN	4		0		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	0		0	BFPN	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	112.8		0	BFPN	4		297.9		
Betaine....mg	3.7		0	BFPN	4		9.6		
Vitamin B-12....mcg	0.94		0	BFPN	4		2.47		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.11		0	BFSN	4		0.28		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.0		0	AS	1		2.7		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.0		0	BFFN	4		2.7		
Vitamin D....IU	42		0	BFFN	4		110		
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0		
Lipids:									
Fatty acids, total saturated....g	4.620		0	BFFN	4		12.198		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 10945

Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.013		0	BFFN	4		0.035		
12:0 g	0.010		0	BFFN	4		0.026		
13:0 g									
14:0 g	0.155		0	BFFN	4		0.409		
15:0 g	0.002		0	BFFN	4		0.005		
16:0 g	2.807		0	BFFN	4		7.409		
17:0 g	0.034		0	BFFN	4		0.091		
18:0 g	1.578		0	BFFN	4		4.167		
20:0 g									
22:0 g	0.000		0	BFFN	4		0.000		
24:0 g									
Fatty acids, total monounsaturated g	5.702		0	BFFN	4		15.054		
14:1 g	0.000		0	BFFN	4		0.000		
15:1 g	0.000		0	BFFN	4		0.000		
16:1 undifferentiated g	0.306		0	BFFN	4		0.808		
17:1 g	0.000		0	BFFN	4		0.000		
18:1 undifferentiated g	5.307		0	BFFN	4		14.011		
18:1 c g	5.250		0	BFFN	4		13.861		
18:1-11c (18:1c n-7) g									
18:1 t g	0.057		0	BFFN	4		0.150		
18:1-11t (18:1t n-7) g									
20:1 g	0.089		0	BFFN	4		0.234		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	1.290		0	BFFN	4		3.405		
18:2 undifferentiated g	1.108		0	BFFN	4		2.925		
18:2 n-6 c,c g	1.071		0	BFFN	4		2.827		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.037		0	BFFN	4		0.097		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.044		0	BFFN	4		0.116		
18:3 n-3 c,c,c (ALA) g	0.044		0	BFFN	4		0.116		
18:3 n-6 c,c,c g	0.000		0	BFFN	4		0.000		
18:3i g									
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g	0.045		0	BFFN	4		0.118		
20:3 undifferentiated g	0.006		0	BFFN	4		0.017		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.087		0	BFFN	4		0.229		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g	0.094		0	BFFN	4		0.248		
Fatty acids, total trans-monoenoic g	0.057		0	BFFN	4		0.150		
Fatty acids, total trans-polyenoic g									
Cholesterol mg	98	2.642	12	A	1		260		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.290		0	A	1		0.766		
Threonine g	1.238		0	A	1		3.269		
Isoleucine g	1.357		0	A	1		3.583		
Leucine g	2.350		0	A	1		6.203		
Lysine g	2.558		0	A	1		6.753		

NDB No. 10945

Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.760		0	A	1		2.005		
Cystine....g	0.318		0	A	1		0.840		
Phenylalanine....g	1.159		0	A	1		3.061		
Tyrosine....g	1.050		0	A	1		2.771		
Valine....g	1.441		0	A	1		3.805		
Arginine....g	1.835		0	A	1		4.845		
Histidine....g	1.191		0	A	1		3.145		
Alanine....g	1.619		0	A	1		4.274		
Aspartic acid....g	2.698		0	A	1		7.123		
Glutamic acid....g	4.403		0	A	1		11.624		
Glycine....g	1.243		0	A	1		3.281		
Proline....g	1.115		0	A	1		2.944		
Serine....g	1.193		0	A	1		3.148		
Hydroxyproline....g	0.071		0	BFPN	4		0.187		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 264g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10946

Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean only, raw

Refuse: 32% Bone, 7%, Connective tissue, 16%, Separable fat, 9%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.85	0.528	12	A	1		294.14		
Energy....kcal	122		0	NC	4		480		
Energy....kJ	511		0	NC	4		2008		
Protein....g	18.29	0.342	12	A	1		71.89		
Total lipid (fat)....g	5.36	0.295	12	A	1		21.06		
Ash....g	1.32	0.122	12	A	1		5.20		
Carbohydrate, by difference....g	0.18		0	NC	4		0.71		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	14	1.887	12	A	1		54		
Iron, Fe....mg	1.04	0.025	12	A	1		4.10		
Magnesium, Mg....mg	19	0.394	12	A	1		75		
Phosphorus, P....mg	223	6.587	12	A	1		878		
Potassium, K....mg	419	50.736	12	A	1		1647		
Sodium, Na....mg	165	14.906	12	A	1		648		
Zinc, Zn....mg	3.10	0.082	12	A	1		12.20		
Copper, Cu....mg	0.125	0.021	12	A	1		0.490		
Manganese, Mn....mg	0.010	0.000	12	A	1		0.041		
Selenium, Se....mcg	28.8	3.142	12	A	1		113.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.512	0.006	4	A	1		2.012		
Riboflavin....mg	0.367	0.010	4	A	1		1.442		
Niacin....mg	3.837	0.170	4	A	1		15.081		
Pantothenic acid....mg	1.531		0	BFPN	4		6.016		
Vitamin B-6....mg	0.509		0	BFPN	4		2.000		
Folate, total....mcg	0		0	BFPN	4		0		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	0		0	BFPN	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	76.9		0	BFPN	4		302.3		
Betaine....mg	4.0		0	BFPN	4		15.6		
Vitamin B-12....mcg	0.89		0	BFPN	4		3.50		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.23		0	BFSN	4		0.91		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0		
Lipids:									
Fatty acids, total saturated....g	1.873		0	BFFN	4		7.361		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 10946

Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.002		0	BFFN	4		0.006		
12:0 g	0.000		0	BFFN	4		0.000		
13:0 g									
14:0 g	0.063		0	BFFN	4		0.246		
15:0 g	0.001		0	BFFN	4		0.004		
16:0 g	1.148		0	BFFN	4		4.510		
17:0 g	0.013		0	BFFN	4		0.051		
18:0 g	0.637		0	BFFN	4		2.505		
20:0 g									
22:0 g	0.001		0	BFFN	4		0.002		
24:0 g									
Fatty acids, total monounsaturated g	2.329		0	BFFN	4		9.153		
14:1 g	0.000		0	BFFN	4		0.000		
15:1 g	0.000		0	BFFN	4		0.000		
16:1 undifferentiated g	0.130		0	BFFN	4		0.512		
17:1 g	0.001		0	BFFN	4		0.003		
18:1 undifferentiated g	2.164		0	BFFN	4		8.503		
18:1 c g	2.142		0	BFFN	4		8.417		
18:1-11c (18:1c n-7) g									
18:1 t g	0.022		0	BFFN	4		0.086		
18:1-11t (18:1t n-7) g									
20:1 g	0.034		0	BFFN	4		0.135		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.581		0	BFFN	4		2.283		
18:2 undifferentiated g	0.485		0	BFFN	4		1.904		
18:2 n-6 c,c g	0.470		0	BFFN	4		1.849		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.014		0	BFFN	4		0.055		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.018		0	BFFN	4		0.070		
18:3 n-3 c,c,c (ALA) g	0.018		0	BFFN	4		0.070		
18:3 n-6 c,c,c g	0.000		0	BFFN	4		0.000		
18:3i g									
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g	0.018		0	BFFN	4		0.070		
20:3 undifferentiated g	0.000		0	BFFN	4		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.061		0	BFFN	4		0.238		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g	0.036		0	BFFN	4		0.142		
Fatty acids, total trans-monoenoic g	0.022		0	BFFN	4		0.086		
Fatty acids, total trans-polyenoic g									
Cholesterol mg	59	1.998	12	A	1		232		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.193		0	A	1		0.757		
Threonine g	0.821		0	A	1		3.228		
Isoleucine g	0.900		0	A	1		3.538		
Leucine g	1.558		0	A	1		6.125		
Lysine g	1.697		0	A	1		6.668		

NDB No. 10946

Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.504		0	A	1		1.980		
Cystine....g	0.211		0	A	1		0.830		
Phenylalanine....g	0.769		0	A	1		3.022		
Tyrosine....g	0.696		0	A	1		2.736		
Valine....g	0.956		0	A	1		3.757		
Arginine....g	1.217		0	A	1		4.784		
Histidine....g	0.790		0	A	1		3.105		
Alanine....g	1.074		0	A	1		4.220		
Aspartic acid....g	1.790		0	A	1		7.033		
Glutamic acid....g	2.921		0	A	1		11.478		
Glycine....g	0.824		0	A	1		3.239		
Proline....g	0.740		0	A	1		2.907		
Serine....g	0.791		0	A	1		3.108		
Hydroxyproline....g	0.047		0	A	1		0.185		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 393g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10220
Pork, fresh, ground, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.75	0.678	13		1		165.11	44.84	
Energy....kcal	297		0	NC	4		930	252	
Energy....kJ	1243		0		4		3889	1056	
Protein (N x 6.25)....g	25.69	0.484	13		1		80.41	21.84	
Total lipid (fat)....g	20.77	0.975	13		1		65.01	17.65	
Ash....g	1.29	0.153	13		1		4.04	1.10	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	22	4.083	5		1		69	19	
Iron, Fe....mg	1.29	0.034	5		1		4.04	1.10	
Magnesium, Mg....mg	24	0.542	5		1		75	20	
Phosphorus, P....mg	226	5.513	5		1		707	192	
Potassium, K....mg	362	8.274	5		1		1133	308	
Sodium, Na....mg	73	2.225	4		1		228	62	
Zinc, Zn....mg	3.21	0.209	5		1		10.05	2.73	
Copper, Cu....mg	0.044	0.017	5		1		0.138	0.037	
Manganese, Mn....mg	0.011		0		1		0.034	0.009	
Selenium, Se....mcg	35.4	5.085	5	A	1		110.8	30.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0		1		2.2	0.6	
Thiamin....mg	0.706		0		1		2.210	0.600	
Riboflavin....mg	0.220		0		1		0.689	0.187	
Niacin....mg	4.206		0		1		13.165	3.575	
Pantothenic acid....mg	0.520		0		1		1.628	0.442	
Vitamin B-6....mg	0.391		0		1		1.224	0.332	
Folate, total....mcg	6		0		1		19	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0		1		19	5	
Folate, DFE....mcg_DFE	6		0	NC	4		19	5	
Choline, total....mg	88.3		0	BFPN	4		276.3	75.0	
Betaine....mg	3.4		0	BFPN	4		10.7	2.9	
Vitamin B-12....mcg	0.54		0		1		1.69	0.46	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		6	2	
Retinol....mcg	2		0	NR	4		6	2	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	8		0		1		25	7	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.21		0	BFSN	4		0.66	0.18	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.5		0	AS	1		1.6	0.4	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	BFFN	4		1.6	0.4	
Vitamin D....IU	21		0	BFFN	4		65	18	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	7.720		0		1		24.164	6.562	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10220
Pork, fresh, ground, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		13		1		0.031	0.009	
12:0 g	0.010		13		1		0.031	0.009	
13:0 g									
14:0 g	0.330		13		1		1.033	0.281	
15:0 g									
16:0 g	4.670		13		1		14.617	3.970	
17:0 g									
18:0 g	2.500		13		1		7.825	2.125	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.250		0		1		28.953	7.863	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.630		13		1		1.972	0.536	
17:1 g									
18:1 undifferentiated g	8.330		13		1		26.073	7.081	
20:1 g	0.150		13		1		0.470	0.128	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.870		0		1		5.853	1.590	
18:2 undifferentiated g	1.640		13		1		5.133	1.394	
18:3 undifferentiated g	0.070		13		1		0.219	0.060	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		13		1		0.250	0.068	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	94	1.921	13		1		294	80	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.326		0		1		1.020	0.277	
Threonine g	1.173		0		1		3.671	0.997	
Isoleucine g	1.203		0		1		3.765	1.023	
Leucine g	2.061		0		1		6.451	1.752	
Lysine g	2.310		0		1		7.230	1.964	
Methionine g	0.680		0		1		2.128	0.578	
Cystine g	0.328		0		1		1.027	0.279	
Phenylalanine g	1.025		0		1		3.208	0.871	
Tyrosine g	0.895		0		1		2.801	0.761	
Valine g	1.394		0		1		4.363	1.185	
Arginine g	1.597		0		1		4.999	1.357	
Histidine g	1.026		0		1		3.211	0.872	
Alanine g	1.497		0		1		4.686	1.272	
Aspartic acid g	2.383		0		1		7.459	2.026	
Glutamic acid g	4.022		0		1		12.589	3.419	
Glycine g	1.220		0		1		3.819	1.037	
Proline g	1.032		0		1		3.230	0.877	
Serine g	1.061		0		1		3.321	0.902	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10220

Pork, fresh, ground, cooked

Common Measures:

Measure 1 = 313g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10219
Pork, fresh, ground, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.06	1.176	12		1		17.31	69.00	
Energy....kcal	263		0	NC	4		75	297	
Energy....kJ	1100				4		312	1243	
Protein (N x 6.25)....g	16.88		0		1		4.79	19.07	
Total lipid (fat)....g	21.19	1.549	12		1		6.01	23.94	
Ash....g	0.87		1		1		0.25	0.98	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	14	2.550	5		1		4	16	
Iron, Fe....mg	0.88	0.026	5		1		0.25	0.99	
Magnesium, Mg....mg	19	0.771	5		1		5	21	
Phosphorus, P....mg	175	6.266	5		1		50	198	
Potassium, K....mg	287	9.740	5		1		81	324	
Sodium, Na....mg	56	0.553	5		1		16	63	
Zinc, Zn....mg	2.20	0.067	5		1		0.62	2.49	
Copper, Cu....mg	0.045	0.004	5		1		0.013	0.051	
Manganese, Mn....mg	0.010		1		1		0.003	0.011	
Selenium, Se....mcg	24.6	4.548	5	A	1		7.0	27.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		1		1		0.2	0.8	
Thiamin....mg	0.732		1		1		0.208	0.827	
Riboflavin....mg	0.235		1		1		0.067	0.266	
Niacin....mg	4.338		1		1		1.230	4.902	
Pantothenic acid....mg	0.668		1		1		0.189	0.755	
Vitamin B-6....mg	0.383		1		1		0.109	0.433	
Folate, total....mcg	5		1		1		1	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		1		1		1	6	
Folate, DFE....mcg_DFE	5		0	NC	4		1	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.70		1		1		0.20	0.79	
Vitamin A, RAE....mcg_RAE	2		1		1		1	2	
Retinol....mcg	2		1		1		1	2	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	7		1		1		2	8	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	7.870		0		1		2.231	8.893	
4:0....g									
6:0....g									
8:0....g									

NDB No. 10219
Pork, fresh, ground, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		13		1		0.003	0.011	
12:0 g	0.020		13		1		0.006	0.023	
13:0 g									
14:0 g	0.330		13		1		0.094	0.373	
15:0 g									
16:0 g	4.770		13		1		1.352	5.390	
17:0 g									
18:0 g	2.550		13		1		0.723	2.882	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.440		0		1		2.676	10.667	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.650		13		1		0.184	0.735	
17:1 g									
18:1 undifferentiated g	8.500		13		1		2.410	9.605	
20:1 g	0.160		13		1		0.045	0.181	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.910		0		1		0.541	2.158	
18:2 undifferentiated g	1.670		13		1		0.473	1.887	
18:3 undifferentiated g	0.070		13		1		0.020	0.079	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		13		1		0.023	0.090	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	72		1		1		20	81	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.214		0		1		0.061	0.242	
Threonine g	0.771		0		1		0.219	0.871	
Isoleucine g	0.790		0		1		0.224	0.893	
Leucine g	1.354		0		1		0.384	1.530	
Lysine g	1.518		0		1		0.430	1.715	
Methionine g	0.447		0		1		0.127	0.505	
Cystine g	0.215		0		1		0.061	0.243	
Phenylalanine g	0.674		0		1		0.191	0.762	
Tyrosine g	0.588		0		1		0.167	0.664	
Valine g	0.916		0		1		0.260	1.035	
Arginine g	1.049		0		1		0.297	1.185	
Histidine g	0.674		0		1		0.191	0.762	
Alanine g	0.983		0		1		0.279	1.111	
Aspartic acid g	1.566		0		1		0.444	1.770	
Glutamic acid g	2.642		0		1		0.749	2.985	
Glycine g	0.802		0		1		0.227	0.906	
Proline g	0.678		0		1		0.192	0.766	
Serine g	0.697		0		1		0.198	0.788	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

NDB No. 10219
Pork, fresh, ground, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10013

Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted

Refuse: 18% Bone and skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	56.80		0		1		76.68	48.28	
Energy ... kcal	252		0	NC	4		340	214	
Energy ... kJ	1054		0		4		1423	896	
Protein (N x 6.25) ... g	28.88		0		1		38.99	24.55	
Total lipid (fat) ... g	14.28		0		1		19.28	12.14	
Ash ... g	1.10		0		1		1.49	0.94	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	12		0		1		16	10	
Iron, Fe ... mg	1.05		0		1		1.42	0.89	
Magnesium, Mg ... mg	27		0		1		36	23	
Phosphorus, P ... mg	272		0		1		367	231	
Potassium, K ... mg	374		0		1		505	318	
Sodium, Na ... mg	62		0		1		84	53	
Zinc, Zn ... mg	2.82		0		1		3.81	2.40	
Copper, Cu ... mg	0.103		0		1		0.139	0.088	
Manganese, Mn ... mg	0.023		0		1		0.031	0.020	
Selenium, Se ... mcg	46.8		0	PIE	4		63.2	39.8	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.2		0		1		0.3	0.2	
Thiamin ... mg	0.750		0		1		1.013	0.638	
Riboflavin ... mg	0.329		0		1		0.444	0.280	
Niacin ... mg	4.655		0		1		6.284	3.957	
Pantothenic acid ... mg	0.623		0		1		0.841	0.530	
Vitamin B-6 ... mg	0.316		0		1		0.427	0.269	
Folate, total ... mcg	3		0		1		4	3	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	3		0		1		4	3	
Folate, DFE ... mcg_DFE	3		0	NC	4		4	3	
Choline, total ... mg	99.2		0	BFPN	4		134.0	84.4	
Betaine ... mg	3.8		0	BFPN	4		5.2	3.3	
Vitamin B-12 ... mcg	0.72		0		1		0.97	0.61	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	3		0	NC	4		4	2	
Retinol ... mcg	3		0	NR	4		4	2	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	9		0		1		12	8	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.22		0	BFYN	4		0.30	0.19	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.9		0	AS	1		1.2	0.7	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	0.9		0	BFNN	4		1.2	0.7	
Vitamin D ... IU	35		0	BFNN	4		47	29	
Vitamin K (phylloquinone) ... mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated ... g	5.250		0		1		7.088	4.463	
4:0 ... g	0.000		0	Z	7		0.000	0.000	

NDB No. 10013

Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.020		0		1		0.027	0.017	
12:0....g	0.010		0		1		0.014	0.009	
13:0....g									
14:0....g	0.180		0		1		0.243	0.153	
15:0....g									
16:0....g	3.250		0		1		4.388	2.763	
17:0....g									
18:0....g	1.700		0		1		2.295	1.445	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.370		0		1		8.600	5.415	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.410		0		1		0.554	0.349	
17:1....g									
18:1 undifferentiated....g	5.840		0		1		7.884	4.964	
20:1....g	0.090		0		1		0.122	0.077	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.380		0		1		1.863	1.173	
18:2 undifferentiated....g	1.250		0		1		1.688	1.063	
18:3 undifferentiated....g	0.040		0		1		0.054	0.034	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.060		0		1		0.081	0.051	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	96		0		1		130	82	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.354		0		1		0.478	0.301	
Threonine....g	1.299		0		1		1.754	1.104	
Isoleucine....g	1.324		0		1		1.787	1.125	
Leucine....g	2.295		0		1		3.098	1.951	
Lysine....g	2.581		0		1		3.484	2.194	
Methionine....g	0.748		0		1		1.010	0.636	
Cystine....g	0.362		0		1		0.489	0.308	
Phenylalanine....g	1.147		0		1		1.548	0.975	
Tyrosine....g	0.983		0		1		1.327	0.836	
Valine....g	1.553		0		1		2.097	1.320	
Arginine....g	1.831		0		1		2.472	1.556	
Histidine....g	1.117		0		1		1.508	0.949	
Alanine....g	1.699		0		1		2.294	1.444	
Aspartic acid....g	2.647		0		1		3.573	2.250	
Glutamic acid....g	4.431		0		1		5.982	3.766	
Glycine....g	1.532		0		1		2.068	1.302	
Proline....g	1.248		0		1		1.685	1.061	
Serine....g	1.193		0		1		1.611	1.014	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10013

Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted

Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10012
Pork, fresh, leg (ham), rump half, separable lean and fat, raw

Refuse: 17% Bone and skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	64.73		0		1		18.35	293.62	
Energy ... kcal	222		0	NC	4		63	1007	
Energy ... kJ	929		0		4		263	4213	
Protein (N x 6.25) ... g	18.74		0		1		5.31	85.00	
Total lipid (fat) ... g	15.69		0		1		4.45	71.17	
Ash ... g	0.94		0		1		0.27	4.26	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	5		0		1		1	23	
Iron, Fe ... mg	0.77		0		1		0.22	3.49	
Magnesium, Mg ... mg	21		0		1		6	95	
Phosphorus, P ... mg	207		0		1		59	939	
Potassium, K ... mg	333		0		1		94	1510	
Sodium, Na ... mg	61		0		1		17	277	
Zinc, Zn ... mg	1.75		0		1		0.50	7.94	
Copper, Cu ... mg	0.069		0		1		0.020	0.313	
Manganese, Mn ... mg	0.009		0		1		0.003	0.041	
Selenium, Se ... mcg	30.8		0	PIE	4		8.7	139.7	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.1		0		1		0.3	5.0	
Thiamin ... mg	0.931		0		1		0.264	4.223	
Riboflavin ... mg	0.253		0		1		0.072	1.148	
Niacin ... mg	4.345		0		1		1.232	19.709	
Pantothenic acid ... mg	0.598		0		1		0.170	2.713	
Vitamin B-6 ... mg	0.392		0		1		0.111	1.778	
Folate, total ... mcg	3		0		1		1	14	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	3		0		1		1	14	
Folate, DFE ... mcg_DFE	3		0	NC	4		1	14	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.64		0		1		0.18	2.90	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	2		0		1		1	10	
Retinol ... mcg	2		0	NR	4		1	10	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	7		0		1		2	32	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.29		0	NR	4		0.08	1.32	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	5.440		0		1		1.542	24.676	
4:0 ... g	0.000		0	Z	7		0.000	0.000	

NDB No. 10012

Pork, fresh, leg (ham), rump half, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g									
10:0....g	0.010		0		1		0.003	0.045	
12:0....g	0.020		0		1		0.006	0.091	
13:0....g									
14:0....g	0.200		0		1		0.057	0.907	
15:0....g									
16:0....g	3.380		0		1		0.958	15.332	
17:0....g									
18:0....g	1.790		0		1		0.507	8.119	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.980		0		1		1.979	31.661	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.440		0		1		0.125	1.996	
17:1....g									
18:1 undifferentiated....g	6.410		0		1		1.817	29.076	
20:1....g	0.120		0		1		0.034	0.544	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.680		0		1		0.476	7.620	
18:2 undifferentiated....g	1.400		0		1		0.397	6.350	
18:3 undifferentiated....g	0.120		0		1		0.034	0.544	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.080		0		1		0.023	0.363	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	66		0		1		19	299	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.228		0		1		0.065	1.034	
Threonine....g	0.840		0		1		0.238	3.810	
Isoleucine....g	0.855		0		1		0.242	3.878	
Leucine....g	1.486		0		1		0.421	6.740	
Lysine....g	1.672		0		1		0.474	7.584	
Methionine....g	0.483		0		1		0.137	2.191	
Cystine....g	0.234		0		1		0.066	1.061	
Phenylalanine....g	0.743		0		1		0.211	3.370	
Tyrosine....g	0.634		0		1		0.180	2.876	
Valine....g	1.006		0		1		0.285	4.563	
Arginine....g	1.194		0		1		0.338	5.416	
Histidine....g	0.720		0		1		0.204	3.266	
Alanine....g	1.105		0		1		0.313	5.012	
Aspartic acid....g	1.713		0		1		0.486	7.770	
Glutamic acid....g	2.862		0		1		0.811	12.982	
Glycine....g	1.018		0		1		0.289	4.618	
Proline....g	0.823		0		1		0.233	3.733	
Serine....g	0.774		0		1		0.219	3.511	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10012

Pork, fresh, leg (ham), rump half, separable lean and fat, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10015

Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted

Refuse: 27% Bone and skin 18%, separable fat 9%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.95	0.643	10		1		82.28	51.81	
Energy....kcal	206		0	NC	4		278	175	
Energy....kJ	862		0		4		1164	733	
Protein (N x 6.25)....g	30.94	0.491	10		1		41.77	26.30	
Total lipid (fat)....g	8.14	0.745	10		1		10.99	6.92	
Ash....g	1.15	0.022	16		1		1.55	0.98	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	7		2		1		9	6	
Iron, Fe....mg	1.14	0.038	12		1		1.54	0.97	
Magnesium, Mg....mg	29		2		1		39	25	
Phosphorus, P....mg	285		1		1		385	242	
Potassium, K....mg	391	11.901	12		1		528	332	
Sodium, Na....mg	65	1.282	12		1		88	55	
Zinc, Zn....mg	3.01	0.135	12		1		4.06	2.56	
Copper, Cu....mg	0.109	0.004	12		1		0.147	0.093	
Manganese, Mn....mg	0.026		2		1		0.035	0.022	
Selenium, Se....mcg	49.2		0	BFYN	4		66.4	41.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2	0.112	3		1		0.3	0.2	
Thiamin....mg	0.803	0.048	16		1		1.084	0.683	
Riboflavin....mg	0.356	0.013	16		1		0.481	0.303	
Niacin....mg	4.917	0.194	16		1		6.638	4.179	
Pantothenic acid....mg	0.660	0.053	7		1		0.891	0.561	
Vitamin B-6....mg	0.339	0.025	6		1		0.458	0.288	
Folate, total....mcg	3	0.650	4		1		4	3	
Folic acid....mcg	0		1	Z	7		0	0	
Folate, food....mcg	3		0	NR	4		4	3	
Folate, DFE....mcg_DFE	3		0	NC	4		4	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.75	0.033	16		1		1.01	0.64	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	3		0	NR	4		4	3	
Retinol....mcg	3		0	NR	4		4	3	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	9		2		1		12	8	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.26		0	BFSN	4		0.35	0.22	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.870		0		1		3.875	2.440	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10015

Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g									
10:0....g	0.010		6		1		0.014	0.009	
12:0....g	0.010		6		1		0.014	0.009	
13:0....g									
14:0....g	0.100		17		1		0.135	0.085	
15:0....g									
16:0....g	1.810		17		1		2.444	1.539	
17:0....g									
18:0....g	0.900		17		1		1.215	0.765	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.770		0		1		5.090	3.205	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.250		17		1		0.338	0.213	
17:1....g									
18:1 undifferentiated....g	3.470		17		1		4.685	2.950	
20:1....g	0.050		17		1		0.068	0.043	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.760		0		1		1.026	0.646	
18:2 undifferentiated....g	0.690		17		1		0.932	0.587	
18:3 undifferentiated....g	0.020		17		1		0.027	0.017	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		17		1		0.068	0.043	
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	96	2.312	11		1		130	82	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.393		0		1		0.531	0.334	
Threonine....g	1.413		0		1		1.908	1.201	
Isoleucine....g	1.449		0		1		1.956	1.232	
Leucine....g	2.482		0		1		3.351	2.110	
Lysine....g	2.782		0		1		3.756	2.365	
Methionine....g	0.819		0		1		1.106	0.696	
Cystine....g	0.395		0		1		0.533	0.336	
Phenylalanine....g	1.235		0		1		1.667	1.050	
Tyrosine....g	1.078		0		1		1.455	0.916	
Valine....g	1.678		0		1		2.265	1.426	
Arginine....g	1.923		0		1		2.596	1.635	
Histidine....g	1.236		0		1		1.669	1.051	
Alanine....g	1.802		0		1		2.433	1.532	
Aspartic acid....g	2.870		0		1		3.875	2.440	
Glutamic acid....g	4.843		0		1		6.538	4.117	
Glycine....g	1.469		0		1		1.983	1.249	
Proline....g	1.243		0		1		1.678	1.057	
Serine....g	1.278		0		1		1.725	1.086	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10015

Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted

Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10014
Pork, fresh, leg (ham), rump half, separable lean only, raw

Refuse: 31% Bone and skin 17%, separable fat 14%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.83	0.189	27		1		20.65	330.36	
Energy....kcal	137		0	NC	4		39	621	
Energy....kJ	573		0		4		163	2600	
Protein (N x 6.25)....g	21.24	0.231	27		1		6.02	96.34	
Total lipid (fat)....g	5.19	0.279	27		1		1.47	23.54	
Ash....g	1.08	0.010	27		1		0.31	4.90	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.217	13		1		2	27	
Iron, Fe....mg	0.87	0.027	23		1		0.25	3.95	
Magnesium, Mg....mg	25	0.658	13		1		7	113	
Phosphorus, P....mg	230		0		1		65	1043	
Potassium, K....mg	376	10.015	11		1		107	1706	
Sodium, Na....mg	69	2.249	23		1		20	313	
Zinc, Zn....mg	1.96	0.064	11		1		0.56	8.89	
Copper, Cu....mg	0.077	0.003	23		1		0.022	0.349	
Manganese, Mn....mg	0.010		1		1		0.003	0.045	
Selenium, Se....mcg	35.9		0	BFNN	4		10.2	162.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.3	0.297	3		1		0.4	5.9	
Thiamin....mg	1.073	0.054	27		1		0.304	4.867	
Riboflavin....mg	0.284	0.009	27		1		0.081	1.288	
Niacin....mg	4.859	0.290	15		1		1.378	22.040	
Pantothenic acid....mg	0.668	0.057	7		1		0.189	3.030	
Vitamin B-6....mg	0.464	0.030	5		1		0.132	2.105	
Folate, total....mcg	3	0.155	4		1		1	14	
Folic acid....mcg	0		1	Z	7		0	0	
Folate, food....mcg	3		0	NR	4		1	14	
Folate, DFE....mcg_DFE	3		0	NC	4		1	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.71	0.051	15		1		0.20	3.22	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NR	4		1	9	
Retinol....mcg	2		0	NR	4		1	9	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	6		2		1		2	27	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.29		0	BFSN	4		0.08	1.32	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.790		0		1		0.507	8.119	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10014
Pork, fresh, leg (ham), rump half, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		73		1		0.000	0.000	
12:0 g	0.010		75		1		0.003	0.045	
13:0 g									
14:0 g	0.060		378		1		0.017	0.272	
15:0 g									
16:0 g	1.140		378		1		0.323	5.171	
17:0 g									
18:0 g	0.560		378		1		0.159	2.540	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.340		0		1		0.663	10.614	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.160		378		1		0.045	0.726	
17:1 g									
18:1 undifferentiated g	2.130		378		1		0.604	9.662	
20:1 g	0.040		71		1		0.011	0.181	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.560		0		1		0.159	2.540	
18:2 undifferentiated g	0.450		378		1		0.128	2.041	
18:3 undifferentiated g	0.020		190		1		0.006	0.091	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.060		315		1		0.017	0.272	
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	61	1.006	11		1		17	277	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.270		0		1		0.077	1.225	
Threonine g	0.970		0		1		0.275	4.400	
Isoleucine g	0.995		0		1		0.282	4.513	
Leucine g	1.705		0		1		0.483	7.734	
Lysine g	1.910		0		1		0.541	8.664	
Methionine g	0.562		0		1		0.159	2.549	
Cystine g	0.271		0		1		0.077	1.229	
Phenylalanine g	0.848		0		1		0.240	3.847	
Tyrosine g	0.740		0		1		0.210	3.357	
Valine g	1.153		0		1		0.327	5.230	
Arginine g	1.321		0		1		0.375	5.992	
Histidine g	0.849		0		1		0.241	3.851	
Alanine g	1.238		0		1		0.351	5.616	
Aspartic acid g	1.970		0		1		0.558	8.936	
Glutamic acid g	3.326		0		1		0.943	15.087	
Glycine g	1.009		0		1		0.286	4.577	
Proline g	0.853		0		1		0.242	3.869	
Serine g	0.878		0		1		0.249	3.983	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10014

Pork, fresh, leg (ham), rump half, separable lean only, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10017

Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted

Refuse: 22% Bone and skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.77		0		1		72.59	45.70	
Energy....kcal	289		0	NC	4		390	246	
Energy....kJ	1209				4		1632	1028	
Protein (N x 6.25)....g	25.34		0		1		34.21	21.54	
Total lipid (fat)....g	20.06		0		1		27.08	17.05	
Ash....g	1.00		0		1		1.35	0.85	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	15		0		1		20	13	
Iron, Fe....mg	0.98		0		1		1.32	0.83	
Magnesium, Mg....mg	22		0		1		30	19	
Phosphorus, P....mg	257		0		1		347	218	
Potassium, K....mg	338		0		1		456	287	
Sodium, Na....mg	59		0		1		80	50	
Zinc, Zn....mg	3.06		0		1		4.13	2.60	
Copper, Cu....mg	0.098		0		1		0.132	0.083	
Manganese, Mn....mg	0.028		0		1		0.038	0.024	
Selenium, Se....mcg	43.3		0	PIE	4		58.5	36.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0		1		0.4	0.3	
Thiamin....mg	0.578		0		1		0.780	0.491	
Riboflavin....mg	0.302		0		1		0.408	0.257	
Niacin....mg	4.460		0		1		6.021	3.791	
Pantothenic acid....mg	0.620		0		1		0.837	0.527	
Vitamin B-6....mg	0.401		0		1		0.541	0.341	
Folate, total....mcg	5		0		1		7	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		1		7	4	
Folate, DFE....mcg_DFE	5		0	NC	4		7	4	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.66		0		1		0.89	0.56	
Vitamin A, RAE....mcg_RAE	3		0		1		4	2	
Retinol....mcg	3		0		1		4	2	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	9		0		1		12	8	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	7.360		0		1		9.936	6.256	
4:0....g									
6:0....g									
8:0....g									

NDB No. 10017

Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.020		0		1		0.027	0.017	
12:0 g	0.020		0		1		0.027	0.017	
13:0 g									
14:0 g	0.250		0		1		0.338	0.213	
15:0 g									
16:0 g	4.560		0		1		6.156	3.876	
17:0 g									
18:0 g	2.400		0		1		3.240	2.040	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.020		0		1		12.177	7.667	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.570		0		1		0.770	0.485	
17:1 g									
18:1 undifferentiated g	8.270		0		1		11.165	7.030	
20:1 g	0.130		0		1		0.176	0.111	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.890		0		1		2.552	1.607	
18:2 undifferentiated g	1.710		0		1		2.309	1.454	
18:3 undifferentiated g	0.060		0		1		0.081	0.051	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		0		1		0.108	0.068	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	92		0		1		124	78	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.301		0		1		0.406	0.256	
Threonine g	1.125		0		1		1.519	0.956	
Isoleucine g	1.141		0		1		1.540	0.970	
Leucine g	1.997		0		1		2.696	1.697	
Lysine g	2.253		0		1		3.042	1.915	
Methionine g	0.644		0		1		0.869	0.547	
Cystine g	0.313		0		1		0.423	0.266	
Phenylalanine g	1.001		0		1		1.351	0.851	
Tyrosine g	0.845		0		1		1.141	0.718	
Valine g	1.353		0		1		1.827	1.150	
Arginine g	1.634		0		1		2.206	1.389	
Histidine g	0.954		0		1		1.288	0.811	
Alanine g	1.503		0		1		2.029	1.278	
Aspartic acid g	2.299		0		1		3.104	1.954	
Glutamic acid g	3.821		0		1		5.158	3.248	
Glycine g	1.465		0		1		1.978	1.245	
Proline g	1.161		0		1		1.567	0.987	
Serine g	1.046		0		1		1.412	0.889	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

NDB No. 10017

Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10016

Pork, fresh, leg (ham), shank half, separable lean and fat, raw

Refuse: 18% Bone and skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	60.87		0		1		17.26	276.11	
Energy ... kcal	263		0	NC	4		75	1193	
Energy ... kJ	1100				4		312	4991	
Protein (N x 6.25) ... g	17.08		0		1		4.84	77.47	
Total lipid (fat) ... g	21.02		0		1		5.96	95.35	
Ash ... g	0.84		0		1		0.24	3.81	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	6		0		1		2	27	
Iron, Fe ... mg	0.78		0		1		0.22	3.54	
Magnesium, Mg ... mg	19		0		1		5	86	
Phosphorus, P ... mg	192		0		1		54	871	
Potassium, K ... mg	285		0		1		81	1293	
Sodium, Na ... mg	55		0		1		16	249	
Zinc, Zn ... mg	1.91		0		1		0.54	8.66	
Copper, Cu ... mg	0.063		0		1		0.018	0.286	
Manganese, Mn ... mg	0.011		0		1		0.003	0.050	
Selenium, Se ... mcg	28.7		0	PIE	4		8.1	130.2	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.7		0		1		0.2	3.2	
Thiamin ... mg	0.726		0		1		0.206	3.293	
Riboflavin ... mg	0.233		0		1		0.066	1.057	
Niacin ... mg	3.909		0		1		1.108	17.731	
Pantothenic acid ... mg	0.672		0		1		0.191	3.048	
Vitamin B-6 ... mg	0.393		0		1		0.111	1.783	
Folate, total ... mcg	4		0		1		1	18	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	4		0		1		1	18	
Folate, DFE ... mcg_DFE	4		0	NC	4		1	18	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.60		0		1		0.17	2.72	
Vitamin A, RAE ... mcg_RAE	2		0		1		1	10	
Retinol ... mcg	2		0		1		1	10	
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	7		0		1		2	32	
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	7.290		0		1		2.067	33.067	
4:0 ... g									
6:0 ... g									
8:0 ... g									

NDB No. 10016

Pork, fresh, leg (ham), shank half, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.020		0		1		0.006	0.091	
12:0 ... g	0.020		0		1		0.006	0.091	
13:0 ... g									
14:0 ... g	0.260		0		1		0.074	1.179	
15:0 ... g									
16:0 ... g	4.520		0		1		1.281	20.503	
17:0 ... g									
18:0 ... g	2.410		0		1		0.683	10.932	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	9.340		0		1		2.648	42.366	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.580		0		1		0.164	2.631	
17:1 ... g									
18:1 undifferentiated ... g	8.580		0		1		2.432	38.919	
20:1 ... g	0.160		0		1		0.045	0.726	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.240		0		1		0.635	10.161	
18:2 undifferentiated ... g	1.880		0		1		0.533	8.528	
18:3 undifferentiated ... g	0.160		0		1		0.045	0.726	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.090		0		1		0.026	0.408	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	68		0		1		19	308	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.202		0		1		0.057	0.916	
Threonine ... g	0.757		0		1		0.215	3.434	
Isoleucine ... g	0.767		0		1		0.217	3.479	
Leucine ... g	1.344		0		1		0.381	6.096	
Lysine ... g	1.517		0		1		0.430	6.881	
Methionine ... g	0.432		0		1		0.122	1.960	
Cystine ... g	0.210		0		1		0.060	0.953	
Phenylalanine ... g	0.674		0		1		0.191	3.057	
Tyrosine ... g	0.567		0		1		0.161	2.572	
Valine ... g	0.911		0		1		0.258	4.132	
Arginine ... g	1.104		0		1		0.313	5.008	
Histidine ... g	0.640		0		1		0.181	2.903	
Alanine ... g	1.014		0		1		0.287	4.600	
Aspartic acid ... g	1.547		0		1		0.439	7.017	
Glutamic acid ... g	2.568		0		1		0.728	11.648	
Glycine ... g	0.999		0		1		0.283	4.531	
Proline ... g	0.789		0		1		0.224	3.579	
Serine ... g	0.705		0		1		0.200	3.198	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 10016

Pork, fresh, leg (ham), shank half, separable lean and fat, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10019

Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted

Refuse: 36% Bone and skin 22%, separable fat 14%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.43	0.578	11		1		81.58	51.37	
Energy....kcal	215		0	NC	4		290	183	
Energy....kJ	900		0	NC	4		1215	765	
Protein (N x 6.25)....g	28.21	0.607	12		1		38.08	23.98	
Total lipid (fat)....g	10.50	0.760	12		1		14.18	8.93	
Ash....g	1.05	0.032	11		1		1.42	0.89	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	7		1		1		9	6	
Iron, Fe....mg	1.11	0.043	12		1		1.50	0.94	
Magnesium, Mg....mg	25		1		1		34	21	
Phosphorus, P....mg	278		1		1		375	236	
Potassium, K....mg	360	14.091	12		1		486	306	
Sodium, Na....mg	64	1.576	12		1		86	54	
Zinc, Zn....mg	3.45	0.122	12		1		4.66	2.93	
Copper, Cu....mg	0.108	0.004	12		1		0.146	0.092	
Manganese, Mn....mg	0.034		1		1		0.046	0.029	
Selenium, Se....mcg	49.8		0	BFYN	4		67.2	42.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0		1		0.5	0.3	
Thiamin....mg	0.633	0.049	12		1		0.855	0.538	
Riboflavin....mg	0.344	0.022	12		1		0.464	0.292	
Niacin....mg	4.881	0.293	12		1		6.589	4.149	
Pantothenic acid....mg	0.685		0		1		0.925	0.582	
Vitamin B-6....mg	0.460		0		1		0.621	0.391	
Folate, total....mcg	6		0		1		8	5	
Folic acid....mcg	0		1	Z	7		0	0	
Folate, food....mcg	6		0	NR	4		8	5	
Folate, DFE....mcg_DFE	6		0	NC	4		8	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.71	0.048	12		1		0.96	0.60	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NR	4		3	2	
Retinol....mcg	2		0	NR	4		3	2	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	8		0		1		11	7	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.26		0	NR	4		0.35	0.22	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.630		0		1		4.901	3.086	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10019

Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g									
10:0....g	0.020		6		1		0.027	0.017	
12:0....g	0.010		6		1		0.014	0.009	
13:0....g									
14:0....g	0.120		17		1		0.162	0.102	
15:0....g									
16:0....g	2.300		17		1		3.105	1.955	
17:0....g									
18:0....g	1.140		17		1		1.539	0.969	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.020		0		1		6.777	4.267	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.330		17		1		0.446	0.281	
17:1....g									
18:1 undifferentiated....g	4.630		17		1		6.251	3.936	
20:1....g	0.060		17		1		0.081	0.051	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.910		0		1		1.229	0.774	
18:2 undifferentiated....g	0.820		17		1		1.107	0.697	
18:3 undifferentiated....g	0.020		17		1		0.027	0.017	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.070		17		1		0.095	0.060	
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	92	2.506	11		1		124	78	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.358		0		1		0.483	0.304	
Threonine....g	1.288		0		1		1.739	1.095	
Isoleucine....g	1.321		0		1		1.783	1.123	
Leucine....g	2.263		0		1		3.055	1.924	
Lysine....g	2.537		0		1		3.425	2.156	
Methionine....g	0.747		0		1		1.008	0.635	
Cystine....g	0.360		0		1		0.486	0.306	
Phenylalanine....g	1.126		0		1		1.520	0.957	
Tyrosine....g	0.983		0		1		1.327	0.836	
Valine....g	1.530		0		1		2.066	1.301	
Arginine....g	1.754		0		1		2.368	1.491	
Histidine....g	1.127		0		1		1.521	0.958	
Alanine....g	1.643		0		1		2.218	1.397	
Aspartic acid....g	2.617		0		1		3.533	2.224	
Glutamic acid....g	4.416		0		1		5.962	3.754	
Glycine....g	1.339		0		1		1.808	1.138	
Proline....g	1.133		0		1		1.530	0.963	
Serine....g	1.165		0		1		1.573	0.990	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10019

Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted

Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10018

Pork, fresh, leg (ham), shank half, separable lean only, raw

Refuse: 38% Bone and skin 18%, separable fat 20%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.83	0.241	23		1		20.65	330.36	
Energy....kcal	139		0	NC	4		39	630	
Energy....kJ	581		0	NC	4		165	2635	
Protein (N x 6.25)....g	20.62	0.206	23		1		5.85	93.53	
Total lipid (fat)....g	5.63	0.255	23		1		1.60	25.54	
Ash....g	1.03	0.014	23		1		0.29	4.67	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7	0.260	12		1		2	32	
Iron, Fe....mg	0.94	0.033	23		1		0.27	4.26	
Magnesium, Mg....mg	25	0.619	12		1		7	113	
Phosphorus, P....mg	226		0		1		64	1025	
Potassium, K....mg	340	18.277	10		1		96	1542	
Sodium, Na....mg	67	1.192	23		1		19	304	
Zinc, Zn....mg	2.31	0.072	11		1		0.65	10.48	
Copper, Cu....mg	0.075	0.002	23		1		0.021	0.340	
Manganese, Mn....mg	0.014		0		1		0.004	0.064	
Selenium, Se....mcg	35.2		0	BFNN	4		10.0	159.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0		1		0.3	4.1	
Thiamin....mg	0.890	0.046	20		1		0.252	4.037	
Riboflavin....mg	0.277	0.013	26		1		0.079	1.256	
Niacin....mg	4.605	0.204	11		1		1.306	20.888	
Pantothenic acid....mg	0.811		0		1		0.230	3.679	
Vitamin B-6....mg	0.510		0		1		0.145	2.313	
Folate, total....mcg	5		0		1		1	23	
Folic acid....mcg	0		1	Z	7		0	0	
Folate, food....mcg	5		0	NR	4		1	23	
Folate, DFE....mcg_DFE	5		0	NC	4		1	23	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.69	0.045	11		1		0.20	3.13	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NR	4		1	9	
Retinol....mcg	2		0	NR	4		1	9	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	6		0		1		2	27	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.29		0	NR	4		0.08	1.32	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.940		0		1		0.550	8.800	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10018

Pork, fresh, leg (ham), shank half, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.010		73		1		0.003	0.045	
12:0....g	0.010		75		1		0.003	0.045	
13:0....g									
14:0....g	0.070		378		1		0.020	0.318	
15:0....g									
16:0....g	1.240		378		1		0.352	5.625	
17:0....g									
18:0....g	0.610		378		1		0.173	2.767	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.540		0		1		0.720	11.521	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.180		378		1		0.051	0.816	
17:1....g									
18:1 undifferentiated....g	2.310		378		1		0.655	10.478	
20:1....g	0.040		71		1		0.011	0.181	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.610		0		1		0.173	2.767	
18:2 undifferentiated....g	0.490		378		1		0.139	2.223	
18:3 undifferentiated....g	0.020		190		1		0.006	0.091	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.070		315		1		0.020	0.318	
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	60	1.280	11		1		17	272	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.262		0		1		0.074	1.188	
Threonine....g	0.942		0		1		0.267	4.273	
Isoleucine....g	0.966		0		1		0.274	4.382	
Leucine....g	1.654		0		1		0.469	7.503	
Lysine....g	1.854		0		1		0.526	8.410	
Methionine....g	0.546		0		1		0.155	2.477	
Cystine....g	0.263		0		1		0.075	1.193	
Phenylalanine....g	0.823		0		1		0.233	3.733	
Tyrosine....g	0.718		0		1		0.204	3.257	
Valine....g	1.119		0		1		0.317	5.076	
Arginine....g	1.282		0		1		0.363	5.815	
Histidine....g	0.824		0		1		0.234	3.738	
Alanine....g	1.201		0		1		0.340	5.448	
Aspartic acid....g	1.913		0		1		0.542	8.677	
Glutamic acid....g	3.228		0		1		0.915	14.642	
Glycine....g	0.979		0		1		0.278	4.441	
Proline....g	0.828		0		1		0.235	3.756	
Serine....g	0.852		0		1		0.242	3.865	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10018

Pork, fresh, leg (ham), shank half, separable lean only, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10009

Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted

Refuse: 20% Bone and skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.04		0		1		74.30	46.78	
Energy....kcal	273		0	NC	4		369	232	
Energy....kJ	1142		0		4		1542	971	
Protein (N x 6.25)....g	26.83		0		1		36.22	22.81	
Total lipid (fat)....g	17.61		0		1		23.77	14.97	
Ash....g	1.06		0		1		1.43	0.90	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0		1		19	12	
Iron, Fe....mg	1.01		0		1		1.36	0.86	
Magnesium, Mg....mg	22		0		1		30	19	
Phosphorus, P....mg	263		0		1		355	224	
Potassium, K....mg	352		0		1		475	299	
Sodium, Na....mg	60		0		1		81	51	
Zinc, Zn....mg	2.96		0		1		4.00	2.52	
Copper, Cu....mg	0.100		0		1		0.135	0.085	
Manganese, Mn....mg	0.032		0		1		0.043	0.027	
Selenium, Se....mcg	45.3		0	PIE	4		61.2	38.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0		1		0.4	0.3	
Thiamin....mg	0.635		0		1		0.857	0.540	
Riboflavin....mg	0.313		0		1		0.423	0.266	
Niacin....mg	4.574		0		1		6.175	3.888	
Pantothenic acid....mg	0.617		0		1		0.833	0.524	
Vitamin B-6....mg	0.402		0		1		0.543	0.342	
Folate, total....mcg	10		0		1		14	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0		1		14	9	
Folate, DFE....mcg_DFE	10		0	NC	4		14	9	
Choline, total....mg	92.2		0	BFPN	4		124.5	78.4	
Betaine....mg	3.6		0	BFPN	4		4.8	3.0	
Vitamin B-12....mcg	0.68		0		1		0.92	0.58	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	3		0	NC	4		4	3	
Retinol....mcg	3		0	NR	4		4	3	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	10		0		1		14	9	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.22		0	BFYN	4		0.30	0.19	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.8		0	AS	1		1.1	0.7	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.8		0	BFNN	4		1.1	0.7	
Vitamin D....IU	33		0	BFNN	4		44	28	
Vitamin K (phylloquinone)....mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	6.470		0		1		8.735	5.500	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10009

Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.020		0		1		0.027	0.017	
12:0 g	0.010		0		1		0.014	0.009	
13:0 g									
14:0 g	0.220		0		1		0.297	0.187	
15:0 g									
16:0 g	4.010		0		1		5.414	3.409	
17:0 g									
18:0 g	2.110		0		1		2.849	1.794	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.880		0		1		10.638	6.698	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.500		0		1		0.675	0.425	
17:1 g									
18:1 undifferentiated g	7.230		0		1		9.761	6.146	
20:1 g	0.120		0		1		0.162	0.102	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.680		0		1		2.268	1.428	
18:2 undifferentiated g	1.520		0		1		2.052	1.292	
18:3 undifferentiated g	0.050		0		1		0.068	0.043	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070		0		1		0.095	0.060	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	94		0		1		127	80	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.324		0		1		0.437	0.275	
Threonine g	1.198		0		1		1.617	1.018	
Isoleucine g	1.218		0		1		1.644	1.035	
Leucine g	2.122		0		1		2.865	1.804	
Lysine g	2.390		0		1		3.227	2.032	
Methionine g	0.687		0		1		0.927	0.584	
Cystine g	0.333		0		1		0.450	0.283	
Phenylalanine g	1.062		0		1		1.434	0.903	
Tyrosine g	0.903		0		1		1.219	0.768	
Valine g	1.437		0		1		1.940	1.221	
Arginine g	1.717		0		1		2.318	1.459	
Histidine g	1.022		0		1		1.380	0.869	
Alanine g	1.585		0		1		2.140	1.347	
Aspartic acid g	2.445		0		1		3.301	2.078	
Glutamic acid g	4.077		0		1		5.504	3.465	
Glycine g	1.493		0		1		2.016	1.269	
Proline g	1.198		0		1		1.617	1.018	
Serine g	1.108		0		1		1.496	0.942	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10009

Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted

Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10008
Pork, fresh, leg (ham), whole, separable lean and fat, raw

Refuse: 17% Bone and skin

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.47		0		1		17.71	283.36	
Energy	kcal	245		0	NC	4		69	1111	
Energy	kJ	1025		0		4		291	4650	
Protein (N x 6.25)	g	17.43		0		1		4.94	79.06	
Total lipid (fat)	g	18.87		0		1		5.35	85.59	
Ash	g	0.88		0		1		0.25	3.99	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0		1		1	23	
Iron, Fe	mg	0.85		0		1		0.24	3.86	
Magnesium, Mg	mg	20		0		1		6	91	
Phosphorus, P	mg	199		0		1		56	903	
Potassium, K	mg	315		0		1		89	1429	
Sodium, Na	mg	47		0		1		13	213	
Zinc, Zn	mg	1.93		0		1		0.55	8.75	
Copper, Cu	mg	0.065		0		1		0.018	0.295	
Manganese, Mn	mg	0.023		0		1		0.007	0.104	
Selenium, Se	mcg	29.4		0	PIE	4		8.3	133.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		0.2	3.2	
Thiamin	mg	0.736		0		1		0.209	3.338	
Riboflavin	mg	0.200		0		1		0.057	0.907	
Niacin	mg	4.574		0		1		1.297	20.748	
Pantothenic acid	mg	0.685		0		1		0.194	3.107	
Vitamin B-6	mg	0.401		0		1		0.114	1.819	
Folate, total	mcg	7		0		1		2	32	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		2	32	
Folate, DFE	mcg_DFE	7		0	NC	4		2	32	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.63		0		1		0.18	2.86	
Vitamin A, RAE	mcg_RAE	0		0	NR	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	7		0		1		2	32	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.5		0	AS	1		0.1	2.2	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.5		0	BFNN	4		0.1	2.2	
Vitamin D	IU	20		0	BFNN	4		6	89	
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.540		0		1		1.854	29.665	
4:0	g									
6:0	g									
8:0	g									

NDB No. 10008
Pork, fresh, leg (ham), whole, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.010		0		1		0.003	0.045	
12:0 ... g	0.020		0		1		0.006	0.091	
13:0 ... g									
14:0 ... g	0.240		0		1		0.068	1.089	
15:0 ... g									
16:0 ... g	4.060		0		1		1.151	18.416	
17:0 ... g									
18:0 ... g	2.160		0		1		0.612	9.798	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	8.380		0		1		2.376	38.012	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.530		0		1		0.150	2.404	
17:1 ... g									
18:1 undifferentiated ... g	7.700		0		1		2.183	34.927	
20:1 ... g	0.140		0		1		0.040	0.635	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.010		0		1		0.570	9.117	
18:2 undifferentiated ... g	1.690		0		1		0.479	7.666	
18:3 undifferentiated ... g	0.140		0		1		0.040	0.635	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.090		0		1		0.026	0.408	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	73		0		1		21	331	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.208		0		1		0.059	0.943	
Threonine ... g	0.776		0		1		0.220	3.520	
Isoleucine ... g	0.787		0		1		0.223	3.570	
Leucine ... g	1.376		0		1		0.390	6.242	
Lysine ... g	1.550		0		1		0.439	7.031	
Methionine ... g	0.444		0		1		0.126	2.014	
Cystine ... g	0.216		0		1		0.061	0.980	
Phenylalanine ... g	0.689		0		1		0.195	3.125	
Tyrosine ... g	0.583		0		1		0.165	2.644	
Valine ... g	0.931		0		1		0.264	4.223	
Arginine ... g	1.120		0		1		0.318	5.080	
Histidine ... g	0.659		0		1		0.187	2.989	
Alanine ... g	1.032		0		1		0.293	4.681	
Aspartic acid ... g	1.584		0		1		0.449	7.185	
Glutamic acid ... g	2.636		0		1		0.747	11.957	
Glycine ... g	0.992		0		1		0.281	4.500	
Proline ... g	0.790		0		1		0.224	3.583	
Serine ... g	0.720		0		1		0.204	3.266	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10008

Pork, fresh, leg (ham), whole, separable lean and fat, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10011

Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted

Refuse: 32% Bone and skin 20%, separable fat 12%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.66		0		1		81.89	51.56	
Energy....kcal	211		0	NC	4		285	179	
Energy....kJ	883		0		4		1192	750	
Protein (N x 6.25)....g	29.41		0		1		39.70	25.00	
Total lipid (fat)....g	9.44		0		1		12.74	8.02	
Ash....g	1.11	0.036	11		1		1.50	0.94	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		1		1		9	6	
Iron, Fe....mg	1.12	0.040	12		1		1.51	0.95	
Magnesium, Mg....mg	25		1		1		34	21	
Phosphorus, P....mg	281		1		1		379	239	
Potassium, K....mg	373	13.935	12		1		504	317	
Sodium, Na....mg	64	1.441	12		1		86	54	
Zinc, Zn....mg	3.26	0.143	12		1		4.40	2.77	
Copper, Cu....mg	0.108	0.004	12		1		0.146	0.092	
Manganese, Mn....mg	0.037		1		1		0.050	0.031	
Selenium, Se....mcg	49.9		0	BFYN	4		67.4	42.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0		1		0.5	0.3	
Thiamin....mg	0.690	0.056	12		1		0.932	0.587	
Riboflavin....mg	0.349	0.019	12		1		0.471	0.297	
Niacin....mg	4.935	0.251	12		1		6.662	4.195	
Pantothenic acid....mg	0.670		0		1		0.905	0.570	
Vitamin B-6....mg	0.450		0		1		0.608	0.383	
Folate, total....mcg	12		0		1		16	10	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	12		0		1		16	10	
Folate, DFE....mcg_DFE	12		0	NC	4		16	10	
Choline, total....mg	101.1		0	BFPN	4		136.4	85.9	
Betaine....mg	3.9		0	BFPN	4		5.3	3.3	
Vitamin B-12....mcg	0.72	0.043	12		1		0.97	0.61	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	3		0	NC	4		4	2	
Retinol....mcg	3		0	NR	4		4	2	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	9		0		1		12	8	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.26		0	BFYN	4		0.34	0.22	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.9		0	AS	1		1.2	0.8	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.9		0	BFNN	4		1.2	0.8	
Vitamin D....IU	36		0	BFNN	4		48	30	
Vitamin K (phylloquinone)....mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	3.300		0		1		4.455	2.805	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10011

Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.020		28		1		0.027	0.017	
12:0....g	0.010		28		1		0.014	0.009	
13:0....g									
14:0....g	0.110		28		1		0.149	0.094	
15:0....g									
16:0....g	2.080		28		1		2.808	1.768	
17:0....g									
18:0....g	1.040		28		1		1.404	0.884	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.450		0		1		6.008	3.783	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.300		28		1		0.405	0.255	
17:1....g									
18:1 undifferentiated....g	4.090		28		1		5.522	3.477	
20:1....g	0.060		28		1		0.081	0.051	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.850		0		1		1.148	0.723	
18:2 undifferentiated....g	0.770		28		1		1.040	0.655	
18:3 undifferentiated....g	0.020		28		1		0.027	0.017	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.060		28		1		0.081	0.051	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	94	2.484	11		1		127	80	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.374		0		1		0.505	0.318	
Threonine....g	1.343		0		1		1.813	1.142	
Isoleucine....g	1.377		0		1		1.859	1.170	
Leucine....g	2.360		0		1		3.186	2.006	
Lysine....g	2.645		0		1		3.571	2.248	
Methionine....g	0.779		0		1		1.052	0.662	
Cystine....g	0.375		0		1		0.506	0.319	
Phenylalanine....g	1.174		0		1		1.585	0.998	
Tyrosine....g	1.025		0		1		1.384	0.871	
Valine....g	1.595		0		1		2.153	1.356	
Arginine....g	1.828		0		1		2.468	1.554	
Histidine....g	1.175		0		1		1.586	0.999	
Alanine....g	1.713		0		1		2.313	1.456	
Aspartic acid....g	2.728		0		1		3.683	2.319	
Glutamic acid....g	4.604		0		1		6.215	3.913	
Glycine....g	1.396		0		1		1.885	1.187	
Proline....g	1.181		0		1		1.594	1.004	
Serine....g	1.215		0		1		1.640	1.033	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10011

Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted

Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10010
Pork, fresh, leg (ham), whole, separable lean only, raw

Refuse: 35% Bone and skin 17%, separable fat 18%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.90	0.177	51		1		20.67	330.67	
Energy	kcal	136		0	NC	4		39	617	
Energy	kJ	569		0		4		161	2581	
Protein (N x 6.25)	g	20.48	0.139	53		1		5.81	92.90	
Total lipid (fat)	g	5.41	0.190	51		1		1.53	24.54	
Ash	g	1.05	0.009	37		1		0.30	4.76	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	6	0.339	38		1		2	27	
Iron, Fe	mg	1.01	0.024	167		1		0.29	4.58	
Magnesium, Mg	mg	25	0.431	25		1		7	113	
Phosphorus, P	mg	229	3.895	11		1		65	1039	
Potassium, K	mg	369	3.071	149		1		105	1674	
Sodium, Na	mg	55	1.099	123		1		16	249	
Zinc, Zn	mg	2.27	0.105	27		1		0.64	10.30	
Copper, Cu	mg	0.075	0.002	51		1		0.021	0.340	
Manganese, Mn	mg	0.029		0		1		0.008	0.132	
Selenium, Se	mcg	35.4		0	BFNN	4		10.0	160.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0		1		0.3	4.1	
Thiamin	mg	0.875	0.027	47		1		0.248	3.969	
Riboflavin	mg	0.228	0.010	46		1		0.065	1.034	
Niacin	mg	5.338	0.140	34		1		1.513	24.213	
Pantothenic acid	mg	0.805		0		1		0.228	3.651	
Vitamin B-6	mg	0.500		0		1		0.142	2.268	
Folate, total	mcg	9	3.150	4		1		3	41	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9	3.150	4		1		3	41	
Folate, DFE	mcg_DFE	9		0	NC	4		3	41	
Choline, total	mg	72.3		0	BFPN	4		20.5	327.9	
Betaine	mg	3.4		0	BFPN	4		1.0	15.2	
Vitamin B-12	mcg	0.71	0.056	11		1		0.20	3.22	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		1	8	
Retinol	mcg	2		0	NR	4		1	8	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	6		0		1		2	27	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.17		0	BFSN	4		0.05	0.79	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.6		0	AS	1		0.2	2.6	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.6		0	BFNN	4		0.2	2.6	
Vitamin D	IU	23		0	BFNN	4		6	103	
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	1.870		0		1		0.530	8.482	
4:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 10010
Pork, fresh, leg (ham), whole, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		73		1		0.003	0.045	
12:0 g	0.010		75		1		0.003	0.045	
13:0 g									
14:0 g	0.070		378		1		0.020	0.318	
15:0 g									
16:0 g	1.190		378		1		0.337	5.398	
17:0 g									
18:0 g	0.580		378		1		0.164	2.631	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.440		0		1		0.692	11.068	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.170		378		1		0.048	0.771	
17:1 g									
18:1 undifferentiated g	2.220		378		1		0.629	10.070	
20:1 g	0.040		71		1		0.011	0.181	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.580		0		1		0.164	2.631	
18:2 undifferentiated g	0.470		378		1		0.133	2.132	
18:3 undifferentiated g	0.020		190		1		0.006	0.091	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070		315		1		0.020	0.318	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	68	3.212	25		1		19	308	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.260		0		1		0.074	1.179	
Threonine g	0.935		0		1		0.265	4.241	
Isoleucine g	0.959		0		1		0.272	4.350	
Leucine g	1.643		0		1		0.466	7.453	
Lysine g	1.842		0		1		0.522	8.355	
Methionine g	0.542		0		1		0.154	2.459	
Cystine g	0.261		0		1		0.074	1.184	
Phenylalanine g	0.818		0		1		0.232	3.710	
Tyrosine g	0.714		0		1		0.202	3.239	
Valine g	1.111		0		1		0.315	5.039	
Arginine g	1.273		0		1		0.361	5.774	
Histidine g	0.818		0		1		0.232	3.710	
Alanine g	1.193		0		1		0.338	5.411	
Aspartic acid g	1.900		0		1		0.539	8.618	
Glutamic acid g	3.206		0		1		0.909	14.542	
Glycine g	0.972		0		1		0.276	4.409	
Proline g	0.823		0		1		0.233	3.733	
Serine g	0.846		0		1		0.240	3.837	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10010

Pork, fresh, leg (ham), whole, separable lean only, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10028

Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw

Refuse: 27% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.20		0		1		268.53	65.12	
Energy....kcal	285		0	NC	4		1293	314	
Energy....kJ	1192		0		4		5409	1312	
Protein (N x 6.25)....g	15.82		0		1		71.76	17.40	
Total lipid (fat)....g	24.12		0		1		109.41	26.53	
Ash....g	0.80		0		1		3.63	0.88	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	29		0		1		132	32	
Iron, Fe....mg	0.83		0		1		3.76	0.91	
Magnesium, Mg....mg	16		0		1		73	18	
Phosphorus, P....mg	164		0		1		744	180	
Potassium, K....mg	281		0		1		1275	309	
Sodium, Na....mg	54		0		1		245	59	
Zinc, Zn....mg	2.35		0		1		10.66	2.59	
Copper, Cu....mg	0.062		0		1		0.281	0.068	
Manganese, Mn....mg	0.010		0		1		0.045	0.011	
Selenium, Se....mcg	26.2		0	PAK	1		118.8	28.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0		1		2.7	0.7	
Thiamin....mg	0.654		0		1		2.967	0.719	
Riboflavin....mg	0.231		0		1		1.048	0.254	
Niacin....mg	3.650		0		1		16.556	4.015	
Pantothenic acid....mg	0.622		0		1		2.821	0.684	
Vitamin B-6....mg	0.370		0		1		1.678	0.407	
Folate, total....mcg	3		0		1		14	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		0		1		14	3	
Folate, DFE....mcg_DFE	3		0	NC	4		14	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.09		0		1		0.41	0.10	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0		1		11	3	
Retinol....mcg	2		0	NR	4		11	3	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	8		0		1		36	9	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.29		0	NR	4		1.32	0.32	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.370		0		1		37.966	9.207	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10028

Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g									
10:0....g	0.020		0		1		0.091	0.022	
12:0....g	0.030		0		1		0.136	0.033	
13:0....g									
14:0....g	0.300		0		1		1.361	0.330	
15:0....g									
16:0....g	5.190		0		1		23.542	5.709	
17:0....g									
18:0....g	2.750		0		1		12.474	3.025	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.730		0		1		48.671	11.803	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.680		0		1		3.084	0.748	
17:1....g									
18:1 undifferentiated....g	9.850		0		1		44.680	10.835	
20:1....g	0.180		0		1		0.816	0.198	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.580		0		1		11.703	2.838	
18:2 undifferentiated....g	2.160		0		1		9.798	2.376	
18:3 undifferentiated....g	0.180		0		1		0.816	0.198	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.120		0		1		0.544	0.132	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	72		0		1		327	79	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.185		0		1		0.839	0.204	
Threonine....g	0.698		0		1		3.166	0.768	
Isoleucine....g	0.705		0		1		3.198	0.776	
Leucine....g	1.241		0		1		5.629	1.365	
Lysine....g	1.402		0		1		6.359	1.542	
Methionine....g	0.398		0		1		1.805	0.438	
Cystine....g	0.194		0		1		0.880	0.213	
Phenylalanine....g	0.624		0		1		2.830	0.686	
Tyrosine....g	0.521		0		1		2.363	0.573	
Valine....g	0.841		0		1		3.815	0.925	
Arginine....g	1.029		0		1		4.668	1.132	
Histidine....g	0.586		0		1		2.658	0.645	
Alanine....g	0.942		0		1		4.273	1.036	
Aspartic acid....g	1.427		0		1		6.473	1.570	
Glutamic acid....g	2.363		0		1		10.719	2.599	
Glycine....g	0.954		0		1		4.327	1.049	
Proline....g	0.746		0		1		3.384	0.821	
Serine....g	0.653		0		1		2.962	0.718	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10028

Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 110g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10032

Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw

Refuse: 46% Bone 27%, separable fat 19%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.80	0.337	15		1		325.68	58.88	
Energy....kcal	157		0	NC	4		712	129	
Energy....kJ	657		0		4		2980	539	
Protein (N x 6.25)....g	19.27	0.344	17		1		87.41	15.80	
Total lipid (fat)....g	8.25	0.463	15		1		37.42	6.77	
Ash....g	1.00	0.028	13		1		4.54	0.82	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	23	0.925	5		1		104	19	
Iron, Fe....mg	1.02	0.049	17		1		4.63	0.84	
Magnesium, Mg....mg	21	0.263	5		1		95	17	
Phosphorus, P....mg	191	3.368	5		1		866	157	
Potassium, K....mg	340	6.602	16		1		1542	279	
Sodium, Na....mg	67	1.173	16		1		304	55	
Zinc, Zn....mg	2.95	0.078	16		1		13.38	2.42	
Copper, Cu....mg	0.075	0.003	16		1		0.340	0.062	
Manganese, Mn....mg	0.013		0		1		0.059	0.011	
Selenium, Se....mcg	32.6	3.054	5	A	1		147.9	26.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		0		1		3.6	0.7	
Thiamin....mg	0.808	0.046	12		1		3.665	0.663	
Riboflavin....mg	0.279	0.009	13		1		1.266	0.229	
Niacin....mg	4.324	0.259	13		1		19.614	3.546	
Pantothenic acid....mg	0.757		0		1		3.434	0.621	
Vitamin B-6....mg	0.490		1		1		2.223	0.402	
Folate, total....mcg	4		0		1		18	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		1		18	3	
Folate, DFE....mcg_DFE	4		0	NC	4		18	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.84	0.055	11		1		3.81	0.69	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	7		0		1		32	6	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.6		1	AS	1		2.5	0.5	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.6		1	A	1		2.5	0.5	
Vitamin D....IU	22		1	A	1		102	18	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.850		0		1		12.928	2.337	
4:0....g									
6:0....g									
8:0....g									

NDB No. 10032

Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		73		1		0.045	0.008	
12:0 g	0.010		75		1		0.045	0.008	
13:0 g									
14:0 g	0.100		378		1		0.454	0.082	
15:0 g									
16:0 g	1.820		378		1		8.256	1.492	
17:0 g									
18:0 g	0.890		378		1		4.037	0.730	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.730		0		1		16.919	3.059	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.260		378		1		1.179	0.213	
17:1 g									
18:1 undifferentiated g	3.390		378		1		15.377	2.780	
20:1 g	0.060		71		1		0.272	0.049	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.890		0		1		4.037	0.730	
18:2 undifferentiated g	0.720		378		1		3.266	0.590	
18:3 undifferentiated g	0.030		190		1		0.136	0.025	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.100		315		1		0.454	0.082	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	64	1.290	11		1		290	52	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.245		0		1		1.111	0.201	
Threonine g	0.880		0		1		3.992	0.722	
Isoleucine g	0.902		0		1		4.091	0.740	
Leucine g	1.546		0		1		7.013	1.268	
Lysine g	1.733		0		1		7.861	1.421	
Methionine g	0.510		0		1		2.313	0.418	
Cystine g	0.246		0		1		1.116	0.202	
Phenylalanine g	0.769		0		1		3.488	0.631	
Tyrosine g	0.671		0		1		3.044	0.550	
Valine g	1.045		0		1		4.740	0.857	
Arginine g	1.198		0		1		5.434	0.982	
Histidine g	0.770		0		1		3.493	0.631	
Alanine g	1.123		0		1		5.094	0.921	
Aspartic acid g	1.787		0		1		8.106	1.465	
Glutamic acid g	3.017		0		1		13.685	2.474	
Glycine g	0.915		0		1		4.150	0.750	
Proline g	0.774		0		1		3.511	0.635	
Serine g	0.796		0		1		3.611	0.653	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10032

Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 82g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10029

Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised

Refuse: 26% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.83		0		1		44.06	43.02	
Energy....kcal	323		0	NC	4		275	268	
Energy....kJ	1351		0		4		1149	1122	
Protein (N x 6.25)....g	21.91		0		1		18.62	18.19	
Total lipid (fat)....g	25.43		0		1		21.62	21.11	
Ash....g	1.16		0		1		0.99	0.96	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	31		0		1		26	26	
Iron, Fe....mg	1.11		0		1		0.94	0.92	
Magnesium, Mg....mg	15		0		1		13	12	
Phosphorus, P....mg	162		0		1		138	134	
Potassium, K....mg	304		0		1		258	252	
Sodium, Na....mg	55		0		1		47	46	
Zinc, Zn....mg	3.27		0		1		2.78	2.71	
Copper, Cu....mg	0.085		0		1		0.072	0.071	
Manganese, Mn....mg	0.011		0		1		0.009	0.009	
Selenium, Se....mcg	36.0		0	PIE	4		30.6	29.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0		1		0.5	0.5	
Thiamin....mg	0.476		0		1		0.405	0.395	
Riboflavin....mg	0.232		0		1		0.197	0.193	
Niacin....mg	3.590		0		1		3.052	2.980	
Pantothenic acid....mg	0.562		0		1		0.478	0.466	
Vitamin B-6....mg	0.297		0		1		0.252	0.247	
Folate, total....mcg	2		0		1		2	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	2		0		1		2	2	
Folate, DFE....mcg_DFE	2		0	NC	4		2	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.65		0		1		0.55	0.54	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		2	2	
Retinol....mcg	2		0	NR	4		2	2	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	8		0		1		7	7	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.27		0	BFSN	4		0.23	0.23	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	9.540		0		1		8.109	7.918	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10029

Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 ... g	0.000		0		1		0.000	0.000	
10:0 ... g	0.020		0		1		0.017	0.017	
12:0 ... g	0.020		0		1		0.017	0.017	
13:0 ... g									
14:0 ... g	0.330		0		1		0.281	0.274	
15:0 ... g									
16:0 ... g	5.800		0		1		4.930	4.814	
17:0 ... g									
18:0 ... g	3.190		0		1		2.712	2.648	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	10.950		0		1		9.308	9.089	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.690		0		1		0.587	0.573	
17:1 ... g									
18:1 undifferentiated ... g	9.960		0		1		8.466	8.267	
20:1 ... g	0.200		0		1		0.170	0.166	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.330		0		1		1.981	1.934	
18:2 undifferentiated ... g	2.090		0		1		1.777	1.735	
18:3 undifferentiated ... g	0.070		0		1		0.060	0.058	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.060		0		1		0.051	0.050	
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	85		0		1		72	71	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.250		0		1		0.213	0.208	
Threonine ... g	0.957		0		1		0.813	0.794	
Isoleucine ... g	0.964		0		1		0.819	0.800	
Leucine ... g	1.709		0		1		1.453	1.418	
Lysine ... g	1.934		0		1		1.644	1.605	
Methionine ... g	0.543		0		1		0.462	0.451	
Cystine ... g	0.265		0		1		0.225	0.220	
Phenylalanine ... g	0.861		0		1		0.732	0.715	
Tyrosine ... g	0.711		0		1		0.604	0.590	
Valine ... g	1.159		0		1		0.985	0.962	
Arginine ... g	1.441		0		1		1.225	1.196	
Histidine ... g	0.795		0		1		0.676	0.660	
Alanine ... g	1.312		0		1		1.115	1.089	
Aspartic acid ... g	1.962		0		1		1.668	1.628	
Glutamic acid ... g	3.231		0		1		2.746	2.682	
Glycine ... g	1.396		0		1		1.187	1.159	
Proline ... g	1.075		0		1		0.914	0.892	
Serine ... g	0.904		0		1		0.768	0.750	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10029

Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 83g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10030

Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled

Refuse: 27% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.83		0		1		44.06	41.46	
Energy....kcal	320		0	NC	4		272	256	
Energy....kJ	1339				4		1138	1071	
Protein (N x 6.25)....g	22.47		0		1		19.10	17.98	
Total lipid (fat)....g	24.85		0		1		21.12	19.88	
Ash....g	1.19		0		1		1.01	0.95	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	29		0		1		25	23	
Iron, Fe....mg	0.93		0		1		0.79	0.74	
Magnesium, Mg....mg	22		0		1		19	18	
Phosphorus, P....mg	212		0		1		180	170	
Potassium, K....mg	344		0		1		292	275	
Sodium, Na....mg	70		0		1		60	56	
Zinc, Zn....mg	3.37		0		1		2.86	2.70	
Copper, Cu....mg	0.083		0		1		0.071	0.066	
Manganese, Mn....mg	0.008		0		1		0.007	0.006	
Selenium, Se....mcg	37.1		0	PIE	4		31.5	29.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0		1		0.6	0.6	
Thiamin....mg	0.652		0		1		0.554	0.522	
Riboflavin....mg	0.296		0		1		0.252	0.237	
Niacin....mg	4.109		0		1		3.493	3.287	
Pantothenic acid....mg	0.615		0		1		0.523	0.492	
Vitamin B-6....mg	0.381		0		1		0.324	0.305	
Folate, total....mcg	4		0		1		3	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		1		3	3	
Folate, DFE....mcg_DFE	4		0	NC	4		3	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.83		0		1		0.71	0.66	
Vitamin A, RAE....mcg_RAE	2		0		1		2	2	
Retinol....mcg	2		0		1		2	2	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	8		0		1		7	6	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.310		0		1		7.914	7.448	
4:0....g									
6:0....g									
8:0....g									

NDB No. 10030

Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.020		0		1		0.017	0.016	
12:0 ... g	0.020		0		1		0.017	0.016	
13:0 ... g									
14:0 ... g	0.330		0		1		0.281	0.264	
15:0 ... g									
16:0 ... g	5.660		0		1		4.811	4.528	
17:0 ... g									
18:0 ... g	3.110		0		1		2.644	2.488	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	10.700		0		1		9.095	8.560	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.680		0		1		0.578	0.544	
17:1 ... g									
18:1 undifferentiated ... g	9.730		0		1		8.271	7.784	
20:1 ... g	0.190		0		1		0.162	0.152	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.260		0		1		1.921	1.808	
18:2 undifferentiated ... g	2.030		0		1		1.726	1.624	
18:3 undifferentiated ... g	0.070		0		1		0.060	0.056	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.060		0		1		0.051	0.048	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	86		0		1		73	69	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.260		0		1		0.221	0.208	
Threonine ... g	0.987		0		1		0.839	0.790	
Isoleucine ... g	0.997		0		1		0.847	0.798	
Leucine ... g	1.759		0		1		1.495	1.407	
Lysine ... g	1.989		0		1		1.691	1.591	
Methionine ... g	0.562		0		1		0.478	0.450	
Cystine ... g	0.274		0		1		0.233	0.219	
Phenylalanine ... g	0.885		0		1		0.752	0.708	
Tyrosine ... g	0.736		0		1		0.626	0.589	
Valine ... g	1.192		0		1		1.013	0.954	
Arginine ... g	1.469		0		1		1.249	1.175	
Histidine ... g	0.826		0		1		0.702	0.661	
Alanine ... g	1.342		0		1		1.141	1.074	
Aspartic acid ... g	2.021		0		1		1.718	1.617	
Glutamic acid ... g	3.339		0		1		2.838	2.671	
Glycine ... g	1.387		0		1		1.179	1.110	
Proline ... g	1.078		0		1		0.916	0.862	
Serine ... g	0.928		0		1		0.789	0.742	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 80g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10030

Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10178

Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried

Refuse: 31% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	49.95		0		1		42.46	41.46	
Energy....kcal	342		0	NC	4		291	284	
Energy....kJ	1431		0	NC	4		1216	1188	
Protein (N x 6.25)....g	21.49		0		1		18.27	17.84	
Total lipid (fat)....g	27.74		0		1		23.58	23.02	
Ash....g	1.14		0		1		0.97	0.95	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	30		0		1		26	25	
Iron, Fe....mg	0.88		0		1		0.75	0.73	
Magnesium, Mg....mg	21		0		1		18	17	
Phosphorus, P....mg	206		0		1		175	171	
Potassium, K....mg	332		0		1		282	276	
Sodium, Na....mg	67		0		1		57	56	
Zinc, Zn....mg	3.19		0		1		2.71	2.65	
Copper, Cu....mg	0.080		0		1		0.068	0.066	
Manganese, Mn....mg	0.008		0		1		0.007	0.007	
Selenium, Se....mcg	34.9		0	BFYN	4		29.7	29.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0		1		0.5	0.5	
Thiamin....mg	0.622		0		1		0.529	0.516	
Riboflavin....mg	0.294		0		1		0.250	0.244	
Niacin....mg	3.946		0		1		3.354	3.275	
Pantothenic acid....mg	0.659		0		1		0.560	0.547	
Vitamin B-6....mg	0.337		0		1		0.286	0.280	
Folate, total....mcg	4		0		1		3	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		1		3	3	
Folate, DFE....mcg_DFE	4		0	NC	4		3	3	
Choline, total....mg	73.8		0	BFPN	4		62.8	61.3	
Betaine....mg	2.9		0	BFPN	4		2.4	2.4	
Vitamin B-12....mcg	0.84		0		1		0.71	0.70	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		2	2	
Retinol....mcg	2		0	NR	4		2	2	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	8		0	NC	4		7	7	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.20		0	BFYN	4		0.17	0.17	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.3		0	AS	1		1.1	1.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.3		0	BFFN	4		1.1	1.1	
Vitamin D....IU	52		0	BFFN	4		45	44	
Vitamin K (phylloquinone)....mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	10.170		0		1		8.645	8.441	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10178

Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.020		0		1		0.017	0.017	
12:0 g	0.020		0		1		0.017	0.017	
13:0 g									
14:0 g	0.350		0		1		0.298	0.291	
15:0 g									
16:0 g	6.200		0		1		5.270	5.146	
17:0 g									
18:0 g	3.390		0		1		2.882	2.814	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	11.720		0		1		9.962	9.728	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.720		0		1		0.612	0.598	
17:1 g									
18:1 undifferentiated g	10.690		0		1		9.087	8.873	
20:1 g	0.210		0		1		0.179	0.174	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	3.100		0		1		2.635	2.573	
18:2 undifferentiated g	2.770		0		1		2.355	2.299	
18:3 undifferentiated g	0.150		0		1		0.128	0.125	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.060		0		1		0.051	0.050	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	85		0		1		72	71	
Phytosterols mg	3		0		1		3	2	
Amino Acids:									
Tryptophan g	0.243		0		1		0.207	0.202	
Threonine g	0.935		0		1		0.795	0.776	
Isoleucine g	0.940		0		1		0.799	0.780	
Leucine g	1.672		0		1		1.421	1.388	
Lysine g	1.894		0		1		1.610	1.572	
Methionine g	0.529		0		1		0.450	0.439	
Cystine g	0.259		0		1		0.220	0.215	
Phenylalanine g	0.843		0		1		0.717	0.700	
Tyrosine g	0.693		0		1		0.589	0.575	
Valine g	1.134		0		1		0.964	0.941	
Arginine g	1.421		0		1		1.208	1.179	
Histidine g	0.773		0		1		0.657	0.642	
Alanine g	1.290		0		1		1.097	1.071	
Aspartic acid g	1.918		0		1		1.630	1.592	
Glutamic acid g	3.152		0		1		2.679	2.616	
Glycine g	1.400		0		1		1.190	1.162	
Proline g	1.071		0		1		0.910	0.889	
Serine g	0.887		0		1		0.754	0.736	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10178

Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 83g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10033

Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised

Refuse: 44% Bone 26%, separable fat 18%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.02		0		1		51.87	38.44	
Energy....kcal	225		0	NC	4		191	142	
Energy....kJ	941		0		4		800	593	
Protein (N x 6.25)....g	25.03		0		1		21.28	15.77	
Total lipid (fat)....g	13.07		0		1		11.11	8.23	
Ash....g	1.30		0		1		1.11	0.82	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	24		0		1		20	15	
Iron, Fe....mg	1.35		0		1		1.15	0.85	
Magnesium, Mg....mg	18		0		1		15	11	
Phosphorus, P....mg	161		0		1		137	101	
Potassium, K....mg	326		0		1		277	205	
Sodium, Na....mg	62		0		1		53	39	
Zinc, Zn....mg	3.91		0		1		3.32	2.46	
Copper, Cu....mg	0.096		0		1		0.082	0.060	
Manganese, Mn....mg	0.014		0		1		0.012	0.009	
Selenium, Se....mcg	42.3		0	BFYN	4		36.0	26.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		0		1		0.7	0.5	
Thiamin....mg	0.525		0		1		0.446	0.331	
Riboflavin....mg	0.272		0		1		0.231	0.171	
Niacin....mg	3.931		0		1		3.341	2.477	
Pantothenic acid....mg	0.639		0		1		0.543	0.403	
Vitamin B-6....mg	0.350		0		1		0.298	0.221	
Folate, total....mcg	3		0		1		3	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		0		1		3	2	
Folate, DFE....mcg_DFE	3		0	NC	4		3	2	
Choline, total....mg	86.0		0	BFPN	4		73.1	54.2	
Betaine....mg	3.3		0	BFPN	4		2.8	2.1	
Vitamin B-12....mcg	0.71		0		1		0.60	0.45	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		2	1	
Retinol....mcg	2		0	NR	4		2	1	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	7		0		1		6	4	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.21		0	BFSN	4		0.18	0.14	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.9		1	AS	1		0.8	0.6	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.9		1	A	1		0.8	0.6	
Vitamin D....IU	36		1	A	1		31	23	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	4.740		0		1		4.029	2.986	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10033

Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.010		0		1		0.009	0.006	
12:0....g	0.010		0		1		0.009	0.006	
13:0....g									
14:0....g	0.170		0		1		0.145	0.107	
15:0....g									
16:0....g	2.870		0		1		2.440	1.808	
17:0....g									
18:0....g	1.590		0		1		1.352	1.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.680		0		1		4.828	3.578	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.380		0		1		0.323	0.239	
17:1....g									
18:1 undifferentiated....g	5.130		0		1		4.361	3.232	
20:1....g	0.120		0		1		0.102	0.076	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.030		0		1		0.876	0.649	
18:2 undifferentiated....g	0.910		0		1		0.774	0.573	
18:3 undifferentiated....g	0.030		0		1		0.026	0.019	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0		1		0.034	0.025	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	83		0		1		71	52	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.318		0		1		0.270	0.200	
Threonine....g	1.143		0		1		0.972	0.720	
Isoleucine....g	1.172		0		1		0.996	0.738	
Leucine....g	2.008		0		1		1.707	1.265	
Lysine....g	2.250		0		1		1.913	1.418	
Methionine....g	0.663		0		1		0.564	0.418	
Cystine....g	0.319		0		1		0.271	0.201	
Phenylalanine....g	0.999		0		1		0.849	0.629	
Tyrosine....g	0.872		0		1		0.741	0.549	
Valine....g	1.358		0		1		1.154	0.856	
Arginine....g	1.556		0		1		1.323	0.980	
Histidine....g	1.000		0		1		0.850	0.630	
Alanine....g	1.458		0		1		1.239	0.919	
Aspartic acid....g	2.321		0		1		1.973	1.462	
Glutamic acid....g	3.918		0		1		3.330	2.468	
Glycine....g	1.188		0		1		1.010	0.748	
Proline....g	1.005		0		1		0.854	0.633	
Serine....g	1.034		0		1		0.879	0.651	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10033

Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 63g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10034

Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled

Refuse: 43% Bone 27%, separable fat 16%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.86		0		1		50.88	37.71	
Energy	kcal	234		0	NC	4		199	147	
Energy	kJ	979		0		4		832	617	
Protein (N x 6.25)	g	25.36		0		1		21.56	15.98	
Total lipid (fat)	g	13.89		0		1		11.81	8.75	
Ash	g	1.32		0		1		1.12	0.83	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	23		0		1		20	14	
Iron, Fe	mg	1.09		0		1		0.93	0.69	
Magnesium, Mg	mg	26		0		1		22	16	
Phosphorus, P	mg	226		0		1		192	142	
Potassium, K	mg	374		0		1		318	236	
Sodium, Na	mg	80		0		1		68	50	
Zinc, Zn	mg	3.97		0		1		3.37	2.50	
Copper, Cu	mg	0.092		0		1		0.078	0.058	
Manganese, Mn	mg	0.009		0		1		0.008	0.006	
Selenium, Se	mcg	42.9		0	BFYN	4		36.5	27.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0		1		0.7	0.5	
Thiamin	mg	0.744		0		1		0.632	0.469	
Riboflavin	mg	0.349		0		1		0.297	0.220	
Niacin	mg	4.552		0		1		3.869	2.868	
Pantothenic acid	mg	0.697		0		1		0.592	0.439	
Vitamin B-6	mg	0.451		0		1		0.383	0.284	
Folate, total	mcg	4		0		1		3	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		3	3	
Folate, DFE	mcg_DFE	4		0	NC	4		3	3	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.94		0		1		0.80	0.59	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	7		0		1		6	4	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.9		1	AS	1		0.8	0.6	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.9		1	A	1		0.8	0.6	
Vitamin D	IU	36		1	A	1		31	23	
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.060		0		1		4.301	3.188	
4:0	g									
6:0	g									
8:0	g									

NDB No. 10034

Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g	0.010		0		1		0.009	0.006	
12:0....g	0.010		0		1		0.009	0.006	
13:0....g									
14:0....g	0.180		0		1		0.153	0.113	
15:0....g									
16:0....g	3.060		0		1		2.601	1.928	
17:0....g									
18:0....g	1.690		0		1		1.437	1.065	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.040		0		1		5.134	3.805	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.400		0		1		0.340	0.252	
17:1....g									
18:1 undifferentiated....g	5.450		0		1		4.633	3.434	
20:1....g	0.120		0		1		0.102	0.076	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.110		0		1		0.944	0.699	
18:2 undifferentiated....g	0.980		0		1		0.833	0.617	
18:3 undifferentiated....g	0.030		0		1		0.026	0.019	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0		1		0.034	0.025	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	84		0		1		71	53	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.322		0		1		0.274	0.203	
Threonine....g	1.158		0		1		0.984	0.730	
Isoleucine....g	1.187		0		1		1.009	0.748	
Leucine....g	2.034		0		1		1.729	1.281	
Lysine....g	2.280		0		1		1.938	1.436	
Methionine....g	0.671		0		1		0.570	0.423	
Cystine....g	0.323		0		1		0.275	0.203	
Phenylalanine....g	1.012		0		1		0.860	0.638	
Tyrosine....g	0.883		0		1		0.751	0.556	
Valine....g	1.376		0		1		1.170	0.867	
Arginine....g	1.576		0		1		1.340	0.993	
Histidine....g	1.013		0		1		0.861	0.638	
Alanine....g	1.477		0		1		1.255	0.931	
Aspartic acid....g	2.352		0		1		1.999	1.482	
Glutamic acid....g	3.969		0		1		3.374	2.500	
Glycine....g	1.204		0		1		1.023	0.759	
Proline....g	1.019		0		1		0.866	0.642	
Serine....g	1.047		0		1		0.890	0.660	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 63g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10034

Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10120

Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried

Refuse: 48% Bone 31%, separable fat 17%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.31		0		1		50.41	37.37	
Energy....kcal	241		0	NC	4		205	152	
Energy....kJ	1008		0		4		857	635	
Protein (N x 6.25)....g	24.74		0		1		21.03	15.59	
Total lipid (fat)....g	15.08		0		1		12.82	9.50	
Ash....g	1.28		0		1		1.09	0.81	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0		1		19	14	
Iron, Fe....mg	1.07		0		1		0.91	0.67	
Magnesium, Mg....mg	26		0		1		22	16	
Phosphorus, P....mg	221		0		1		188	139	
Potassium, K....mg	365		0		1		310	230	
Sodium, Na....mg	78		0		1		66	49	
Zinc, Zn....mg	3.87		0		1		3.29	2.44	
Copper, Cu....mg	0.090		0		1		0.077	0.057	
Manganese, Mn....mg	0.009		0		1		0.008	0.006	
Selenium, Se....mcg	42.3		0	BFYN	4		36.0	26.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		0		1		0.7	0.5	
Thiamin....mg	0.726		0		1		0.617	0.457	
Riboflavin....mg	0.358		0		1		0.304	0.226	
Niacin....mg	4.441		0		1		3.775	2.798	
Pantothenic acid....mg	0.778		0		1		0.661	0.490	
Vitamin B-6....mg	0.409		0		1		0.348	0.258	
Folate, total....mcg	4		0		1		3	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		1		3	3	
Folate, DFE....mcg_DFE	4		0	NC	4		3	3	
Choline, total....mg	85.0		0	BFPN	4		72.3	53.6	
Betaine....mg	3.3		0	BFPN	4		2.8	2.1	
Vitamin B-12....mcg	0.97		0		1		0.82	0.61	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		2	1	
Retinol....mcg	2		0	NR	4		2	1	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	7		0		1		6	4	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.22		0	BFYN	4		0.19	0.14	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.6		1	AS	1		0.5	0.4	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.6		1	A	1		0.5	0.4	
Vitamin D....IU	23		1	A	1		20	15	
Vitamin K (phylloquinone)....mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	5.160		0		1		4.386	3.251	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10120

Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.010		0		1		0.009	0.006	
12:0....g	0.010		0		1		0.009	0.006	
13:0....g									
14:0....g	0.180		0		1		0.153	0.113	
15:0....g									
16:0....g	3.150		0		1		2.678	1.985	
17:0....g									
18:0....g	1.710		0		1		1.454	1.077	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.250		0		1		5.313	3.938	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.390		0		1		0.332	0.246	
17:1....g									
18:1 undifferentiated....g	5.670		0		1		4.820	3.572	
20:1....g	0.120		0		1		0.102	0.076	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.950		0		1		1.658	1.229	
18:2 undifferentiated....g	1.720		0		1		1.462	1.084	
18:3 undifferentiated....g	0.130		0		1		0.111	0.082	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0		1		0.034	0.025	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	82		0		1		70	52	
Phytosterols....mg	4		0		1		3	3	
Amino Acids:									
Tryptophan....g	0.314		0		1		0.267	0.198	
Threonine....g	1.130		0		1		0.961	0.712	
Isoleucine....g	1.158		0		1		0.984	0.730	
Leucine....g	1.985		0		1		1.687	1.251	
Lysine....g	2.225		0		1		1.891	1.402	
Methionine....g	0.655		0		1		0.557	0.413	
Cystine....g	0.316		0		1		0.269	0.199	
Phenylalanine....g	0.988		0		1		0.840	0.622	
Tyrosine....g	0.862		0		1		0.733	0.543	
Valine....g	1.342		0		1		1.141	0.845	
Arginine....g	1.538		0		1		1.307	0.969	
Histidine....g	0.988		0		1		0.840	0.622	
Alanine....g	1.441		0		1		1.225	0.908	
Aspartic acid....g	2.295		0		1		1.951	1.446	
Glutamic acid....g	3.873		0		1		3.292	2.440	
Glycine....g	1.175		0		1		0.999	0.740	
Proline....g	0.994		0		1		0.845	0.626	
Serine....g	1.022		0		1		0.869	0.644	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10120

Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 63g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10031

Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted

Refuse: 25% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.21		0		1		135.71	43.53	
Energy....kcal	323		0	NC	4		856	275	
Energy....kJ	1351				4		3581	1149	
Protein (N x 6.25)....g	23.72		0		1		62.86	20.16	
Total lipid (fat)....g	24.63		0		1		65.27	20.94	
Ash....g	1.09		0		1		2.89	0.93	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	34		0		1		90	29	
Iron, Fe....mg	1.11		0		1		2.94	0.94	
Magnesium, Mg....mg	20		0		1		53	17	
Phosphorus, P....mg	210		0		1		557	179	
Potassium, K....mg	326		0		1		864	277	
Sodium, Na....mg	30		0		1		80	26	
Zinc, Zn....mg	3.30		0		1		8.75	2.81	
Copper, Cu....mg	0.079		0		1		0.209	0.067	
Manganese, Mn....mg	0.011		0		1		0.029	0.009	
Selenium, Se....mcg	37.1		0	PAK	1		98.3	31.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0		1		0.5	0.2	
Thiamin....mg	0.524		0		1		1.389	0.445	
Riboflavin....mg	0.296		0		1		0.784	0.252	
Niacin....mg	4.237		0		1		11.228	3.601	
Pantothenic acid....mg	0.486		0		1		1.288	0.413	
Vitamin B-6....mg	0.378		0		1		1.002	0.321	
Folate, total....mcg	4		0		1		11	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		1		11	3	
Folate, DFE....mcg_DFE	4		0	NC	4		11	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.73		0		1		1.93	0.62	
Vitamin A, RAE....mcg_RAE	3		0		1		7	2	
Retinol....mcg	3		0		1		7	2	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	9		0		1		24	8	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.150		0		1		24.248	7.778	
4:0....g									
6:0....g									
8:0....g									

NDB No. 10031

Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.020		0		1		0.053	0.017	
12:0 ... g	0.020		0		1		0.053	0.017	
13:0 ... g									
14:0 ... g	0.320		0		1		0.848	0.272	
15:0 ... g									
16:0 ... g	5.550		0		1		14.708	4.718	
17:0 ... g									
18:0 ... g	3.060		0		1		8.109	2.601	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	10.640		0		1		28.196	9.044	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.680		0		1		1.802	0.578	
17:1 ... g									
18:1 undifferentiated ... g	9.650		0		1		25.573	8.203	
20:1 ... g	0.200		0		1		0.530	0.170	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.160		0		1		5.724	1.836	
18:2 undifferentiated ... g	1.930		0		1		5.115	1.641	
18:3 undifferentiated ... g	0.070		0		1		0.186	0.060	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.060		0		1		0.159	0.051	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	93		0		1		246	79	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.278		0		1		0.737	0.236	
Threonine ... g	1.048		0		1		2.777	0.891	
Isoleucine ... g	1.060		0		1		2.809	0.901	
Leucine ... g	1.863		0		1		4.937	1.584	
Lysine ... g	2.104		0		1		5.576	1.788	
Methionine ... g	0.597		0		1		1.582	0.507	
Cystine ... g	0.291		0		1		0.771	0.247	
Phenylalanine ... g	0.936		0		1		2.480	0.796	
Tyrosine ... g	0.784		0		1		2.078	0.666	
Valine ... g	1.262		0		1		3.344	1.073	
Arginine ... g	1.540		0		1		4.081	1.309	
Histidine ... g	0.882		0		1		2.337	0.750	
Alanine ... g	1.412		0		1		3.742	1.200	
Aspartic acid ... g	2.142		0		1		5.676	1.821	
Glutamic acid ... g	3.550		0		1		9.408	3.018	
Glycine ... g	1.419		0		1		3.760	1.206	
Proline ... g	1.113		0		1		2.949	0.946	
Serine ... g	0.979		0		1		2.594	0.832	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 265g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 10031

Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10035

Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted

Refuse: 40% Bone 25%, separable fat 15%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.20	0.390	15		1		123.97	49.47	
Energy....kcal	247		0	NC	4		526	210	
Energy....kJ	1033		0		4		2201	878	
Protein (N x 6.25)....g	26.60	0.371	15		1		56.66	22.61	
Total lipid (fat)....g	14.81	0.558	15		1		31.55	12.59	
Ash....g	1.18	0.019	15		1		2.51	1.00	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	29	1.704	5		1		62	25	
Iron, Fe....mg	1.29	0.021	16		1		2.75	1.10	
Magnesium, Mg....mg	24	0.356	5		1		51	20	
Phosphorus, P....mg	221	3.587	5		1		471	188	
Potassium, K....mg	349	1.299	16		1		743	297	
Sodium, Na....mg	29	8.540	16		1		62	25	
Zinc, Zn....mg	3.81	0.101	16		1		8.12	3.24	
Copper, Cu....mg	0.086	0.006	16		1		0.183	0.073	
Manganese, Mn....mg	0.013		0		1		0.028	0.011	
Selenium, Se....mcg	42.3	4.472	5	A	1		90.1	36.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0		1		0.6	0.3	
Thiamin....mg	0.574	0.037	11		1		1.223	0.488	
Riboflavin....mg	0.342	0.020	11		1		0.728	0.291	
Niacin....mg	4.664	0.170	11		1		9.934	3.964	
Pantothenic acid....mg	0.528		0		1		1.125	0.449	
Vitamin B-6....mg	0.440		1		1		0.937	0.374	
Folate, total....mcg	5		0		1		11	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		1		11	4	
Folate, DFE....mcg_DFE	5		0	NC	4		11	4	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.80	0.059	11		1		1.70	0.68	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	8		0		1		17	7	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.8		1	AS	1		1.7	0.7	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.8		1	A	1		1.7	0.7	
Vitamin D....IU	31		1	A	1		66	27	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.310		0		1		11.310	4.514	
4:0....g									
6:0....g									
8:0....g									

NDB No. 10035

Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		21		1		0.021	0.009	
12:0 g	0.010		32		1		0.021	0.009	
13:0 g									
14:0 g	0.190		32		1		0.405	0.162	
15:0 g									
16:0 g	3.210		32		1		6.837	2.729	
17:0 g									
18:0 g	1.780		32		1		3.791	1.513	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.460		0		1		13.760	5.491	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.440		32		1		0.937	0.374	
17:1 g									
18:1 undifferentiated g	5.810		32		1		12.375	4.939	
20:1 g	0.140		15		1		0.298	0.119	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.100		0		1		2.343	0.935	
18:2 undifferentiated g	0.960		32		1		2.045	0.816	
18:3 undifferentiated g	0.030		32		1		0.064	0.026	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.050		32		1		0.107	0.043	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	93	0.862	15		1		198	79	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.338		0		1		0.720	0.287	
Threonine g	1.215		0		1		2.588	1.033	
Isoleucine g	1.246		0		1		2.654	1.059	
Leucine g	2.135		0		1		4.548	1.815	
Lysine g	2.392		0		1		5.095	2.033	
Methionine g	0.704		0		1		1.500	0.598	
Cystine g	0.339		0		1		0.722	0.288	
Phenylalanine g	1.062		0		1		2.262	0.903	
Tyrosine g	0.927		0		1		1.975	0.788	
Valine g	1.443		0		1		3.074	1.227	
Arginine g	1.654		0		1		3.523	1.406	
Histidine g	1.063		0		1		2.264	0.904	
Alanine g	1.550		0		1		3.302	1.318	
Aspartic acid g	2.468		0		1		5.257	2.098	
Glutamic acid g	4.165		0		1		8.871	3.540	
Glycine g	1.263		0		1		2.690	1.074	
Proline g	1.069		0		1		2.277	0.909	
Serine g	1.099		0		1		2.341	0.934	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 213g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 10035

Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10037

Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised

Refuse: 24% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.40		0		1		48.79	47.64	
Energy....kcal	247		0	NC	4		210	205	
Energy....kJ	1033				4		878	858	
Protein (N x 6.25)....g	27.94		0		1		23.75	23.19	
Total lipid (fat)....g	14.15		0		1		12.03	11.74	
Ash....g	1.41		0		1		1.20	1.17	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	26		0		1		22	22	
Iron, Fe....mg	1.05		0		1		0.89	0.87	
Magnesium, Mg....mg	19		0		1		16	16	
Phosphorus, P....mg	179		0		1		152	149	
Potassium, K....mg	353		0		1		300	293	
Sodium, Na....mg	59		0		1		50	49	
Zinc, Zn....mg	2.16		0		1		1.84	1.79	
Copper, Cu....mg	0.073		0		1		0.062	0.061	
Manganese, Mn....mg	0.015		0		1		0.013	0.012	
Selenium, Se....mcg	41.0		0	PIE	4		34.9	34.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0		1		0.8	0.7	
Thiamin....mg	0.769		0		1		0.654	0.638	
Riboflavin....mg	0.215		0		1		0.183	0.178	
Niacin....mg	4.611		0		1		3.919	3.827	
Pantothenic acid....mg	0.705		0		1		0.599	0.585	
Vitamin B-6....mg	0.373		0		1		0.317	0.310	
Folate, total....mcg	3		0		1		3	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		0		1		3	2	
Folate, DFE....mcg_DFE	3		0	NC	4		3	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.50		0		1		0.43	0.42	
Vitamin A, RAE....mcg_RAE	2		0		1		2	2	
Retinol....mcg	2		0		1		2	2	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	8		0		1		7	7	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.320		0		1		4.522	4.416	
4:0....g									
6:0....g									
8:0....g									

NDB No. 10037

Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g	0.010		0		1		0.009	0.008	
12:0....g	0.010		0		1		0.009	0.008	
13:0....g									
14:0....g	0.190		0		1		0.162	0.158	
15:0....g									
16:0....g	3.260		0		1		2.771	2.706	
17:0....g									
18:0....g	1.740		0		1		1.479	1.444	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.200		0		1		5.270	5.146	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.430		0		1		0.366	0.357	
17:1....g									
18:1 undifferentiated....g	5.580		0		1		4.743	4.631	
20:1....g	0.120		0		1		0.102	0.100	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.240		0		1		1.054	1.029	
18:2 undifferentiated....g	1.100		0		1		0.935	0.913	
18:3 undifferentiated....g	0.040		0		1		0.034	0.033	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0		1		0.034	0.033	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	86		0		1		73	71	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.343		0		1		0.292	0.285	
Threonine....g	1.257		0		1		1.068	1.043	
Isoleucine....g	1.282		0		1		1.090	1.064	
Leucine....g	2.220		0		1		1.887	1.843	
Lysine....g	2.497		0		1		2.122	2.073	
Methionine....g	0.724		0		1		0.615	0.601	
Cystine....g	0.350		0		1		0.298	0.291	
Phenylalanine....g	1.109		0		1		0.943	0.920	
Tyrosine....g	0.951		0		1		0.808	0.789	
Valine....g	1.503		0		1		1.278	1.247	
Arginine....g	1.771		0		1		1.505	1.470	
Histidine....g	1.081		0		1		0.919	0.897	
Alanine....g	1.643		0		1		1.397	1.364	
Aspartic acid....g	2.561		0		1		2.177	2.126	
Glutamic acid....g	4.288		0		1		3.645	3.559	
Glycine....g	1.480		0		1		1.258	1.228	
Proline....g	1.206		0		1		1.025	1.001	
Serine....g	1.154		0		1		0.981	0.958	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 83g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10037

Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10038

Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled

Center loin chops, Centercut pork loin chops, centercut pork chops, URMIS #3313

Refuse: 30% Bone, 16%, Connective tissue, 9%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.27		0	PAK	1		97.76	52.93	
Energy....kcal	209		0	PIK	4		328	178	
Energy....kJ	875		0	PIK	4		1374	744	
Protein (N x 6.25)....g	25.61		0	PAK	1		40.21	21.77	
Total lipid (fat)....g	11.06		0	PAK	1		17.37	9.40	
Ash....g	1.01		0	PAK	1		1.59	0.86	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	24		0	PAK	1		37	20	
Iron, Fe....mg	0.79		0	PAK	1		1.23	0.67	
Magnesium, Mg....mg	25		0	PAK	1		40	22	
Phosphorus, P....mg	220		0	PAK	1		346	187	
Potassium, K....mg	344		0	PAK	1		540	293	
Sodium, Na....mg	55		0	PAK	1		86	46	
Zinc, Zn....mg	2.14		0	PAK	1		3.36	1.82	
Copper, Cu....mg	0.078		0	PAK	1		0.123	0.067	
Manganese, Mn....mg	0.009		0	PAK	1		0.014	0.007	
Selenium, Se....mcg	43.6		0	PAK	1		68.5	37.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.599		0	PAK	1		0.940	0.509	
Riboflavin....mg	0.234		0	PAK	1		0.368	0.199	
Niacin....mg	8.147		0	PAK	1		12.790	6.925	
Pantothenic acid....mg	0.658		0	PIK	4		1.033	0.559	
Vitamin B-6....mg	0.669		0	PIK	4		1.050	0.569	
Folate, total....mcg	0		0	PIK	4		0	0	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	0		0	PIK	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	73.2		0	PIK	4		115.0	62.3	
Betaine....mg	2.7		0	PIK	4		4.2	2.3	
Vitamin B-12....mcg	0.59		0	PIK	4		0.92	0.50	
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	PAK	1		3	2	
Retinol....mcg	2		0	PIK	4		3	2	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	6		0	PAK	1		10	5	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.11		0	PIK	4		0.17	0.09	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma....mg	0.01		0	PAK	1		0.01	0.01	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.8		0	PAK	1		1.2	0.6	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.8		0	PIK	4		1.2	0.6	
Vitamin D....IU	30		0	PIK	4		47	26	
Vitamin K (phylloquinone)....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	3.518		0	PIK	4		5.523	2.990	
4:0....g	0.000		0	PIK	4		0.000	0.000	

NDB No. 10038

Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PIK	4		0.000	0.000	
8:0 g	0.000		0	PAK	1		0.000	0.000	
10:0 g	0.006		0	PAK	1		0.010	0.005	
12:0 g	0.003		0	PAK	1		0.005	0.003	
13:0 g									
14:0 g	0.125		0	PAK	1		0.197	0.107	
15:0 g	0.002		0	PAK	1		0.004	0.002	
16:0 g	2.168		0	PAK	1		3.404	1.843	
17:0 g	0.033		0	PAK	1		0.051	0.028	
18:0 g	1.164		0	PAK	1		1.827	0.989	
20:0 g	0.015		0	PAK	1		0.024	0.013	
22:0 g	0.000		0	PAK	1		0.001	0.000	
24:0 g									
Fatty acids, total monounsaturated g	4.220		0	PIK	4		6.626	3.587	
14:1 g	0.001		0	PAK	1		0.001	0.001	
15:1 g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated g	0.187		0	PAK	1		0.294	0.159	
17:1 g	0.010		0	PAK	1		0.016	0.008	
18:1 undifferentiated g	3.958		0	PAK	1		6.214	3.364	
18:1 c g	3.884		0	PAK	1		6.099	3.302	
18:1-11c (18:1c n-7) g									
18:1 t g	0.074		0	PAK	1		0.116	0.063	
18:1-11t (18:1t n-7) g									
20:1 g	0.064		0	PAK	1		0.100	0.054	
22:1 undifferentiated g	0.000		0	PIK	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.359		0	PIK	4		2.134	1.155	
18:2 undifferentiated g	1.184		0	PAK	1		1.858	1.006	
18:2 n-6 c,c g	1.151		0	PAK	1		1.807	0.978	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.033		0	PAK	1		0.051	0.028	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.052		0	PAK	1		0.082	0.044	
18:3 n-3 c,c,c (ALA) g	0.051		0	PAK	1		0.080	0.043	
18:3 n-6 c,c,c g	0.001		0	PAK	1		0.002	0.001	
18:3i g									
18:4 g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c g	0.043		0	PAK	1		0.067	0.036	
20:3 undifferentiated g	0.004		0	PAK	1		0.006	0.003	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.077		0	PAK	1		0.121	0.065	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	PIK	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans g	0.107		0	PIK	4		0.167	0.091	
Fatty acids, total trans-monoenoic g	0.074		0	PIK	4		0.116	0.063	
Fatty acids, total trans-polyenoic g	0.033		0	PIK	4		0.051	0.028	
Cholesterol mg	84		0	PAK	1		132	71	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.270		0	PAK	1		0.423	0.229	
Threonine g	1.150		0	PAK	1		1.805	0.977	
Isoleucine g	1.260		0	PAK	1		1.979	1.071	
Leucine g	2.182		0	PAK	1		3.426	1.855	
Lysine g	2.375		0	PAK	1		3.729	2.019	

NDB No. 10038

Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.705		0	PAK	1		1.107	0.600	
Cystine....g	0.296		0	PAK	1		0.464	0.251	
Phenylalanine....g	1.077		0	PAK	1		1.690	0.915	
Tyrosine....g	0.975		0	PAK	1		1.530	0.828	
Valine....g	1.338		0	PAK	1		2.101	1.138	
Arginine....g	1.704		0	PAK	1		2.676	1.449	
Histidine....g	1.106		0	PAK	1		1.737	0.940	
Alanine....g	1.503		0	PAK	1		2.360	1.278	
Aspartic acid....g	2.505		0	PAK	1		3.934	2.130	
Glutamic acid....g	4.089		0	PAK	1		6.419	3.475	
Glycine....g	1.154		0	PAK	1		1.812	0.981	
Proline....g	1.035		0	PAK	1		1.626	0.880	
Serine....g	1.107		0	PAK	1		1.739	0.941	
Hydroxyproline....g	0.066		0	PAK	1		0.103	0.056	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 157g: 1 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10179

Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried

Refuse: 30% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	52.98		0		1		45.03	41.32	
Energy ... kcal	277		0	NC	4		235	216	
Energy ... kJ	1159		0		4		985	904	
Protein (N x 6.25) ... g	29.91		0		1		25.42	23.33	
Total lipid (fat) ... g	16.56		0		1		14.08	12.92	
Ash ... g	1.51		0		1		1.28	1.18	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	27		0		1		23	21	
Iron, Fe ... mg	0.91		0		1		0.77	0.71	
Magnesium, Mg ... mg	29		0		1		25	23	
Phosphorus, P ... mg	259		0		1		220	202	
Potassium, K ... mg	425		0		1		361	332	
Sodium, Na ... mg	80		0		1		68	62	
Zinc, Zn ... mg	2.31		0		1		1.96	1.80	
Copper, Cu ... mg	0.075		0		1		0.064	0.059	
Manganese, Mn ... mg	0.011		0		1		0.009	0.009	
Selenium, Se ... mcg	39.0		0	BFYN	4		33.2	30.4	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.0		0		1		0.9	0.8	
Thiamin ... mg	1.138		0		1		0.967	0.888	
Riboflavin ... mg	0.302		0		1		0.257	0.236	
Niacin ... mg	5.601		0		1		4.761	4.369	
Pantothenic acid ... mg	0.920		0		1		0.782	0.718	
Vitamin B-6 ... mg	0.469		0		1		0.399	0.366	
Folate, total ... mcg	6		0		1		5	5	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	6		0		1		5	5	
Folate, DFE ... mcg_DFE	6		0	NC	4		5	5	
Choline, total ... mg	102.8		0	BFPN	4		87.4	80.2	
Betaine ... mg	4.0		0	BFPN	4		3.4	3.1	
Vitamin B-12 ... mcg	0.73		0		1		0.62	0.57	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	2		0	NC	4		2	2	
Retinol ... mcg	2		0	NR	4		2	2	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	8		0		1		7	6	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.25		0	BFSN	4		0.21	0.20	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.8		0	AS	1		0.7	0.6	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	0.8		0	BFFN	4		0.7	0.6	
Vitamin D ... IU	31		0	BFFN	4		27	24	
Vitamin K (phylloquinone) ... mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated ... g	6.010		0		1		5.109	4.688	
4:0 ... g	0.000		0	Z	7		0.000	0.000	

NDB No. 10179

Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		0		1		0.009	0.008	
12:0 g	0.010		0		1		0.009	0.008	
13:0 g									
14:0 g	0.210		0		1		0.179	0.164	
15:0 g									
16:0 g	3.700		0		1		3.145	2.886	
17:0 g									
18:0 g	1.960		0		1		1.666	1.529	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.060		0		1		6.001	5.507	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.480		0		1		0.408	0.374	
17:1 g									
18:1 undifferentiated g	6.380		0		1		5.423	4.976	
20:1 g	0.130		0		1		0.111	0.101	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.910		0		1		1.624	1.490	
18:2 undifferentiated g	1.690		0		1		1.437	1.318	
18:3 undifferentiated g	0.110		0		1		0.094	0.086	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.050		0		1		0.043	0.039	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	92		0		1		78	72	
Phytosterols mg	2		0		1		2	2	
Amino Acids:									
Tryptophan g	0.367		0		1		0.312	0.286	
Threonine g	1.345		0		1		1.143	1.049	
Isoleucine g	1.371		0		1		1.165	1.069	
Leucine g	2.377		0		1		2.020	1.854	
Lysine g	2.672		0		1		2.271	2.084	
Methionine g	0.774		0		1		0.658	0.604	
Cystine g	0.375		0		1		0.319	0.293	
Phenylalanine g	1.187		0		1		1.009	0.926	
Tyrosine g	1.018		0		1		0.865	0.794	
Valine g	1.608		0		1		1.367	1.254	
Arginine g	1.896		0		1		1.612	1.479	
Histidine g	1.157		0		1		0.983	0.902	
Alanine g	1.759		0		1		1.495	1.372	
Aspartic acid g	2.741		0		1		2.330	2.138	
Glutamic acid g	4.588		0		1		3.900	3.579	
Glycine g	1.587		0		1		1.349	1.238	
Proline g	1.293		0		1		1.099	1.009	
Serine g	1.235		0		1		1.050	0.963	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10179

Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 78g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10036

Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw

Center loin chops, Centercut pork loin chops, centercut pork chops, URMIS #3313

Refuse: 31% Bone, 14%, Connective tissue, 11%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.70		0	PAK	1		138.69	316.14	
Energy....kcal	170		0	PIK	4		338	771	
Energy....kJ	711		0	PIK	4		1414	3224	
Protein (N x 6.25)....g	20.71		0	PAK	1		41.21	93.94	
Total lipid (fat)....g	9.03		0	PAK	1		17.97	40.95	
Ash....g	0.96		0	PAK	1		1.91	4.36	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0	PAK	1		38	87	
Iron, Fe....mg	0.63		0	PAK	1		1.24	2.84	
Magnesium, Mg....mg	25		0	PAK	1		49	111	
Phosphorus, P....mg	209		0	PAK	1		416	949	
Potassium, K....mg	343		0	PAK	1		682	1556	
Sodium, Na....mg	55		0	PAK	1		110	250	
Zinc, Zn....mg	1.77		0	PAK	1		3.52	8.02	
Copper, Cu....mg	0.063		0	PAK	1		0.126	0.288	
Manganese, Mn....mg	0.007		0	PAK	1		0.015	0.033	
Selenium, Se....mcg	33.8		0	PAK	1		67.3	153.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.485		0	PIK	4		0.964	2.198	
Riboflavin....mg	0.189		0	PIK	4		0.376	0.858	
Niacin....mg	6.619		0	PIK	4		13.171	30.022	
Pantothenic acid....mg	0.704		0	PIK	4		1.401	3.195	
Vitamin B-6....mg	0.697		0	PIK	4		1.386	3.160	
Folate, total....mcg	0		0	PIK	4		0	0	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	0		0	PIK	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	55.8		0	PIK	4		111.1	253.2	
Betaine....mg	3.0		0	PIK	4		6.0	13.7	
Vitamin B-12....mcg	0.53		0	PIK	4		1.06	2.42	
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	PAK	1		4	9	
Retinol....mcg	2		0	PIK	4		4	9	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	6		0	PAK	1		13	29	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.12		0	PIK	4		0.24	0.55	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	PAK	1		0.01	0.02	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.01	
Vitamin D (D2 + D3)....mcg	0.5		0	PAK	1		1.0	2.4	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	PIK	4		1.0	2.4	
Vitamin D....IU	21		0	PIK	4		42	95	
Vitamin K (phylloquinone)....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.993		0	PIK	4		5.955	13.574	
4:0....g	0.000		0	PIK	4		0.000	0.000	

NDB No. 10036

Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PIK	4		0.000	0.000	
8:0 g	0.000		0	PIK	4		0.000	0.001	
10:0 g	0.006		0	PIK	4		0.012	0.027	
12:0 g	0.004		0	PIK	4		0.008	0.019	
13:0 g									
14:0 g	0.106		0	PIK	4		0.211	0.480	
15:0 g	0.003		0	PIK	4		0.006	0.014	
16:0 g	1.834		0	PIK	4		3.650	8.321	
17:0 g	0.028		0	PIK	4		0.056	0.128	
18:0 g	0.997		0	PIK	4		1.984	4.522	
20:0 g	0.010		0	PAK	1		0.020	0.046	
22:0 g	0.000		0	PIK	4		0.000	0.001	
24:0 g									
Fatty acids, total monounsaturated g	3.548		0	PIK	4		7.060	16.093	
14:1 g	0.001		0	PIK	4		0.002	0.005	
15:1 g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated g	0.160		0	PIK	4		0.319	0.727	
17:1 g	0.002		0	PIK	4		0.004	0.009	
18:1 undifferentiated g	3.329		0	PIK	4		6.624	15.099	
18:1 c g	3.266		0	PIK	4		6.499	14.815	
18:1-11c (18:1c n-7) g									
18:1 t g	0.063		0	PIK	4		0.125	0.285	
18:1-11t (18:1t n-7) g									
20:1 g	0.056		0	PIK	4		0.111	0.253	
22:1 undifferentiated g	0.000		0	PIK	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.190		0	PIK	4		2.368	5.397	
18:2 undifferentiated g	1.052		0	PIK	4		2.094	4.773	
18:2 n-6 c,c g	1.023		0	PIK	4		2.035	4.639	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.030		0	PIK	4		0.059	0.135	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.048		0	PIK	4		0.095	0.217	
18:3 n-3 c,c,c (ALA) g	0.046		0	PIK	4		0.092	0.211	
18:3 n-6 c,c,c g	0.001		0	PIK	4		0.003	0.007	
18:3i g									
18:4 g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c g	0.039		0	PIK	4		0.077	0.176	
20:3 undifferentiated g	0.005		0	PIK	4		0.009	0.021	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.046		0	PIK	4		0.092	0.210	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	PIK	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans g	0.092		0	PIK	4		0.184	0.419	
Fatty acids, total trans-monoenoic g	0.063		0	PIK	4		0.125	0.285	
Fatty acids, total trans-polyenoic g	0.021		0	PIK	4		0.041	0.094	
Cholesterol mg	69		0	PIK	4		138	315	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.218		0	PAK	1		0.434	0.989	
Threonine g	0.930		0	PAK	1		1.850	4.218	
Isoleucine g	1.019		0	PAK	1		2.028	4.622	
Leucine g	1.764		0	PAK	1		3.511	8.003	
Lysine g	1.921		0	PAK	1		3.822	8.712	

NDB No. 10036

Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.570		0	PAK	1		1.135	2.587	
Cystine....g	0.239		0	PAK	1		0.476	1.084	
Phenylalanine....g	0.871		0	PAK	1		1.732	3.949	
Tyrosine....g	0.788		0	PAK	1		1.568	3.575	
Valine....g	1.082		0	PAK	1		2.154	4.909	
Arginine....g	1.378		0	PAK	1		2.742	6.251	
Histidine....g	0.895		0	PAK	1		1.780	4.058	
Alanine....g	1.216		0	PAK	1		2.419	5.514	
Aspartic acid....g	2.026		0	PAK	1		4.032	9.190	
Glutamic acid....g	3.306		0	PAK	1		6.579	14.997	
Glycine....g	0.933		0	PAK	1		1.857	4.233	
Proline....g	0.837		0	PAK	1		1.666	3.798	
Serine....g	0.895		0	PAK	1		1.782	4.062	
Hydroxyproline....g	0.053		0	PAK	1		0.106	0.241	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 199g: 1 chop without refuse (Yield from 1 raw chop, with refuse, weighing 259g)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10041

Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised

Refuse: 32% Bone 24%, separable fat 8%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.41		0		1		52.20	45.44	
Energy....kcal	202		0	NC	4		172	149	
Energy....kJ	845		0		4		718	625	
Protein (N x 6.25)....g	29.78		0		1		25.31	22.04	
Total lipid (fat)....g	8.31		0		1		7.06	6.15	
Ash....g	1.49		0		1		1.27	1.10	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	23		0		1		20	17	
Iron, Fe....mg	1.13		0		1		0.96	0.84	
Magnesium, Mg....mg	20		0		1		17	15	
Phosphorus, P....mg	181		0		1		154	134	
Potassium, K....mg	367		0		1		312	272	
Sodium, Na....mg	62		0		1		53	46	
Zinc, Zn....mg	2.26		0		1		1.92	1.67	
Copper, Cu....mg	0.076		0		1		0.065	0.056	
Manganese, Mn....mg	0.016		0		1		0.014	0.012	
Selenium, Se....mcg	43.9		0	BFYN	4		37.3	32.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		1		0.9	0.7	
Thiamin....mg	0.822		0		1		0.699	0.608	
Riboflavin....mg	0.227		0		1		0.193	0.168	
Niacin....mg	4.856		0		1		4.128	3.593	
Pantothenic acid....mg	0.750		0		1		0.638	0.555	
Vitamin B-6....mg	0.401		0		1		0.341	0.297	
Folate, total....mcg	3		0		1		3	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		0		1		3	2	
Folate, DFE....mcg_DFE	3		0	NC	4		3	2	
Choline, total....mg	102.3		0	BFPN	4		87.0	75.7	
Betaine....mg	4.0		0	BFPN	4		3.4	2.9	
Vitamin B-12....mcg	0.51		0		1		0.43	0.38	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		2	1	
Retinol....mcg	2		0	NR	4		2	1	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	7		0		1		6	5	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.21		0	BFSN	4		0.18	0.16	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.7		0	AS	1		0.6	0.5	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.7		0	BFFN	4		0.6	0.5	
Vitamin D....IU	29		0	BFFN	4		24	21	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	3.070		0		1		2.610	2.272	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10041

Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		0		1		0.009	0.007	
12:0 g	0.010		0		1		0.009	0.007	
13:0 g									
14:0 g	0.110		0		1		0.094	0.081	
15:0 g									
16:0 g	1.890		0		1		1.607	1.399	
17:0 g									
18:0 g	0.990		0		1		0.842	0.733	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.710		0		1		3.154	2.745	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.290		0		1		0.247	0.215	
17:1 g									
18:1 undifferentiated g	3.300		0		1		2.805	2.442	
20:1 g	0.080		0		1		0.068	0.059	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.640		0		1		0.544	0.474	
18:2 undifferentiated g	0.550		0		1		0.468	0.407	
18:3 undifferentiated g	0.020		0		1		0.017	0.015	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0		1		0.026	0.022	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	85		0		1		72	63	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.378		0		1		0.321	0.280	
Threonine g	1.360		0		1		1.156	1.006	
Isoleucine g	1.395		0		1		1.186	1.032	
Leucine g	2.390		0		1		2.032	1.769	
Lysine g	2.678		0		1		2.276	1.982	
Methionine g	0.789		0		1		0.671	0.584	
Cystine g	0.380		0		1		0.323	0.281	
Phenylalanine g	1.189		0		1		1.011	0.880	
Tyrosine g	1.038		0		1		0.882	0.768	
Valine g	1.616		0		1		1.374	1.196	
Arginine g	1.851		0		1		1.573	1.370	
Histidine g	1.190		0		1		1.012	0.881	
Alanine g	1.735		0		1		1.475	1.284	
Aspartic acid g	2.762		0		1		2.348	2.044	
Glutamic acid g	4.662		0		1		3.963	3.450	
Glycine g	1.414		0		1		1.202	1.046	
Proline g	1.196		0		1		1.017	0.885	
Serine g	1.230		0		1		1.046	0.910	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10041

Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 74g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10042

Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled

Center loin chops, Centercut pork chops, Centercut pork loin chops, URMIS #3313

Refuse: 30% Bone, 16%, Connective tissue, 9%, Separable fat, 5%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.01	0.459	12	A	1		94.92	55.26	
Energy....kcal	180		0	NC	4		263	153	
Energy....kJ	753		0	NC	4		1100	640	
Protein (N x 6.25)....g	26.76	0.631	12	A	1		39.07	22.74	
Total lipid (fat)....g	7.29	0.652	12	A	1		10.65	6.20	
Ash....g	1.05	0.013	12	A	1		1.54	0.89	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	23	2.226	12	A	1		33	19	
Iron, Fe....mg	0.80	0.029	12	A	1		1.16	0.68	
Magnesium, Mg....mg	26	0.515	12	A	1		38	22	
Phosphorus, P....mg	228	2.970	12	A	1		332	193	
Potassium, K....mg	356	8.461	12	A	1		520	303	
Sodium, Na....mg	56	1.375	12	A	1		82	48	
Zinc, Zn....mg	2.22	0.038	12	A	1		3.24	1.89	
Copper, Cu....mg	0.081	0.005	12	A	1		0.118	0.069	
Manganese, Mn....mg	0.009	0.001	12	A	1		0.013	0.008	
Selenium, Se....mcg	45.7	5.737	12	A	1		66.7	38.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.624	0.053	4	A	1		0.911	0.530	
Riboflavin....mg	0.243	0.052	4	A	1		0.354	0.206	
Niacin....mg	8.485	0.290	4	A	1		12.388	7.212	
Pantothenic acid....mg	0.672		0	BFPN	4		0.981	0.571	
Vitamin B-6....mg	0.701		0	BFPN	4		1.023	0.596	
Folate, total....mcg	0		0	BFPN	4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0	BFPN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	76.0		0	BFPN	4		111.0	64.6	
Betaine....mg	2.8		0	BFPN	4		4.0	2.3	
Vitamin B-12....mcg	0.54		0	BFPN	4		0.79	0.46	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.10		0	BFSN	4		0.15	0.09	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.7		0	AS	1		1.0	0.6	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.7		0	BFFN	4		1.0	0.6	
Vitamin D....IU	28		0	BFFN	4		40	24	
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.156		0	NC	4		3.148	1.833	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10042

Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000	0.000	4	A	1		0.000	0.000	
10:0 g	0.004	0.002	4	A	1		0.005	0.003	
12:0 g	0.000	0.000	4	A	1		0.000	0.000	
13:0 g									
14:0 g	0.078	0.010	4	A	1		0.114	0.066	
15:0 g	0.000	0.000	4	A	1		0.000	0.000	
16:0 g	1.351	0.161	4	A	1		1.972	1.148	
17:0 g	0.018	0.001	4	A	1		0.026	0.015	
18:0 g	0.697	0.086	4	A	1		1.018	0.593	
20:0 g	0.008	0.003	4	A	1		0.012	0.007	
22:0 g	0.000	0.000	4	A	1		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	2.643		0	NC	4		3.859	2.246	
14:1 g	0.000	0.000	4	A	1		0.000	0.000	
15:1 g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated g	0.116	0.043	4	A	1		0.170	0.099	
17:1 g	0.004	0.004	4	A	1		0.006	0.003	
18:1 undifferentiated g	2.485	0.283	4	AS	1		3.629	2.113	
18:1 c g	2.440	0.279	4	A	1		3.562	2.074	
18:1-11c (18:1c n-7) g									
18:1 t g	0.045	0.007	4	A	1		0.066	0.039	
18:1-11t (18:1t n-7) g									
20:1 g	0.037	0.004	4	A	1		0.054	0.031	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.816		0	NC	4		1.191	0.693	
18:2 undifferentiated g	0.693	0.054	4	AS	1		1.012	0.589	
18:2 n-6 c,c g	0.674	0.053	4	A	1		0.984	0.573	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.019	0.002	4	A	1		0.028	0.016	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.027	0.003	4	AS	1		0.040	0.023	
18:3 n-3 c,c,c (ALA) g	0.027	0.003	4	A	1		0.040	0.023	
18:3 n-6 c,c,c g	0.000	0.000	4	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.023	0.002	4	A	1		0.034	0.020	
20:3 undifferentiated g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.072	0.003	4	A	1		0.105	0.061	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g	0.065		0	NC	4		0.094	0.055	
Fatty acids, total trans-monoenoic g	0.045		0	NC	4		0.066	0.039	
Fatty acids, total trans-polyenoic g	0.019		0	NC	4		0.028	0.016	
Cholesterol mg	84	7.084	4	A	1		123	72	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.282		0	A	1		0.411	0.239	
Threonine g	1.201		0	A	1		1.754	1.021	
Isoleucine g	1.317		0	A	1		1.922	1.119	
Leucine g	2.279		0	A	1		3.328	1.938	
Lysine g	2.482		0	A	1		3.623	2.109	

NDB No. 10042

Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.737		0	A	1		1.076	0.626	
Cystine....g	0.309		0	A	1		0.451	0.262	
Phenylalanine....g	1.125		0	A	1		1.642	0.956	
Tyrosine....g	1.018		0	A	1		1.487	0.866	
Valine....g	1.398		0	A	1		2.041	1.188	
Arginine....g	1.780		0	A	1		2.599	1.513	
Histidine....g	1.156		0	A	1		1.687	0.982	
Alanine....g	1.571		0	A	1		2.293	1.335	
Aspartic acid....g	2.618		0	A	1		3.822	2.225	
Glutamic acid....g	4.272		0	A	1		6.237	3.631	
Glycine....g	1.206		0	A	1		1.760	1.025	
Proline....g	1.082		0	A	1		1.579	0.920	
Serine....g	1.157		0	A	1		1.689	0.983	
Hydroxyproline....g	0.069		0	A	1		0.100	0.058	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 146g: 1 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10176

Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried

Refuse: 38% Bone 30%, separable fat 8%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.81		0		1		48.29	39.20	
Energy....kcal	232		0	NC	4		197	160	
Energy....kJ	971		0		4		825	670	
Protein (N x 6.25)....g	32.18		0		1		27.35	22.20	
Total lipid (fat)....g	10.47		0		1		8.90	7.22	
Ash....g	1.61		0		1		1.37	1.11	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	23		0		1		20	16	
Iron, Fe....mg	0.98		0		1		0.83	0.68	
Magnesium, Mg....mg	32		0		1		27	22	
Phosphorus, P....mg	271		0		1		230	187	
Potassium, K....mg	449		0		1		382	310	
Sodium, Na....mg	86		0		1		73	59	
Zinc, Zn....mg	2.44		0		1		2.07	1.68	
Copper, Cu....mg	0.078		0		1		0.066	0.054	
Manganese, Mn....mg	0.012		0		1		0.010	0.008	
Selenium, Se....mcg	47.8		0	BFYN	4		40.6	33.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2		0		1		1.0	0.8	
Thiamin....mg	1.243		0		1		1.057	0.858	
Riboflavin....mg	0.327		0		1		0.278	0.226	
Niacin....mg	5.997		0		1		5.097	4.138	
Pantothenic acid....mg	0.998		0		1		0.848	0.689	
Vitamin B-6....mg	0.513		0		1		0.436	0.354	
Folate, total....mcg	6		0		1		5	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0		1		5	4	
Folate, DFE....mcg_DFE	6		0	NC	4		5	4	
Choline, total....mg	110.6		0	BFPN	4		94.0	76.3	
Betaine....mg	4.3		0	BFPN	4		3.6	3.0	
Vitamin B-12....mcg	0.76		0		1		0.65	0.52	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		2	2	
Retinol....mcg	2		0	NR	4		2	2	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	8		0		1		7	6	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.22		0	BFYN	4		0.19	0.15	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.5		0	AS	1		0.4	0.3	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	BFFN	4		0.4	0.3	
Vitamin D....IU	20		0	BFFN	4		17	14	
Vitamin K (phylloquinone)....mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	3.640		0		1		3.094	2.512	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10176

Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		0		1		0.009	0.007	
12:0 g	0.010		0		1		0.009	0.007	
13:0 g									
14:0 g	0.130		0		1		0.111	0.090	
15:0 g									
16:0 g	2.260		0		1		1.921	1.559	
17:0 g									
18:0 g	1.160		0		1		0.986	0.800	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.450		0		1		3.783	3.071	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.320		0		1		0.272	0.221	
17:1 g									
18:1 undifferentiated g	3.990		0		1		3.392	2.753	
20:1 g	0.090		0		1		0.077	0.062	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.340		0		1		1.139	0.925	
18:2 undifferentiated g	1.170		0		1		0.995	0.807	
18:3 undifferentiated g	0.090		0		1		0.077	0.062	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0		1		0.034	0.028	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	92		0		1		78	63	
Phytosterols mg	3		0		1		3	2	
Amino Acids:									
Tryptophan g	0.409		0		1		0.348	0.282	
Threonine g	1.470		0		1		1.250	1.014	
Isoleucine g	1.507		0		1		1.281	1.040	
Leucine g	2.582		0		1		2.195	1.782	
Lysine g	2.894		0		1		2.460	1.997	
Methionine g	0.852		0		1		0.724	0.588	
Cystine g	0.411		0		1		0.349	0.284	
Phenylalanine g	1.285		0		1		1.092	0.887	
Tyrosine g	1.121		0		1		0.953	0.773	
Valine g	1.746		0		1		1.484	1.205	
Arginine g	2.001		0		1		1.701	1.381	
Histidine g	1.286		0		1		1.093	0.887	
Alanine g	1.875		0		1		1.594	1.294	
Aspartic acid g	2.985		0		1		2.537	2.060	
Glutamic acid g	5.038		0		1		4.282	3.476	
Glycine g	1.528		0		1		1.299	1.054	
Proline g	1.293		0		1		1.099	0.892	
Serine g	1.329		0		1		1.130	0.917	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10176

Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 69g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10040

Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw

Center cut pork loin chops, centercut pork chops, Center loin chops, URMIS #3313

Refuse: 31% Bone, 14%, Connective tissue, 11%, Separable fat, 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.62	0.448	12	A	1		131.04	333.93	
Energy....kcal	127		0	NC	4		227	578	
Energy....kJ	533		0	NC	4		949	2417	
Protein (N x 6.25)....g	21.99	0.592	12	A	1		39.14	99.73	
Total lipid (fat)....g	3.71	0.253	12	A	1		6.61	16.84	
Ash....g	1.01	0.043	12	A	1		1.80	4.60	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	18	1.928	12	A	1		32	80	
Iron, Fe....mg	0.65	0.016	12	A	1		1.15	2.93	
Magnesium, Mg....mg	26	0.421	12	A	1		46	118	
Phosphorus, P....mg	220	2.761	12	A	1		392	998	
Potassium, K....mg	362	7.389	12	A	1		644	1641	
Sodium, Na....mg	58	1.270	12	A	1		103	263	
Zinc, Zn....mg	1.86	0.042	12	A	1		3.31	8.44	
Copper, Cu....mg	0.066	0.003	12	A	1		0.117	0.298	
Manganese, Mn....mg	0.008	0.000	12	A	1		0.014	0.036	
Selenium, Se....mcg	36.0	4.564	12	A	1		64.1	163.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.510		0	BFYN	4		0.908	2.313	
Riboflavin....mg	0.198		0	BFYN	4		0.353	0.900	
Niacin....mg	6.934		0	BFYN	4		12.343	31.454	
Pantothenic acid....mg	0.732		0	BFPN	4		1.303	3.319	
Vitamin B-6....mg	0.742		0	BFPN	4		1.320	3.364	
Folate, total....mcg	0		0	BFPN	4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0	BFPN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	58.5		0	BFPN	4		104.0	265.1	
Betaine....mg	3.1		0	BFPN	4		5.5	13.9	
Vitamin B-12....mcg	0.50		0	BFPN	4		0.89	2.27	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.13		0	BFSN	4		0.23	0.57	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.4		0	AS	1		0.6	1.6	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.4		0	BFFN	4		0.6	1.6	
Vitamin D....IU	14		0	BFFN	4		26	65	
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.098		0	BFFN	4		1.954	4.979	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 10040

Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.002		0	BFFN	4		0.003	0.008	
12:0 g	0.000		0	BFFN	4		0.000	0.000	
13:0 g									
14:0 g	0.040		0	BFFN	4		0.071	0.181	
15:0 g	0.000		0	BFFN	4		0.000	0.000	
16:0 g	0.688		0	BFFN	4		1.224	3.119	
17:0 g	0.009		0	BFFN	4		0.016	0.042	
18:0 g	0.355		0	BFFN	4		0.632	1.610	
20:0 g									
22:0 g	0.000		0	BFFN	4		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	1.346		0	BFFN	4		2.395	6.103	
14:1 g	0.000		0	BFFN	4		0.000	0.000	
15:1 g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated g	0.059		0	BFFN	4		0.106	0.269	
17:1 g	0.002		0	BFFN	4		0.004	0.009	
18:1 undifferentiated g	1.265		0	BFFN	4		2.252	5.740	
18:1 c g	1.242		0	BFFN	4		2.211	5.635	
18:1-11c (18:1c n-7) g									
18:1 t g	0.023		0	BFFN	4		0.041	0.105	
18:1-11t (18:1t n-7) g									
20:1 g	0.019		0	BFFN	4		0.034	0.085	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.415		0	BFFN	4		0.739	1.884	
18:2 undifferentiated g	0.353		0	BFFN	4		0.628	1.601	
18:2 n-6 c,c g	0.343		0	BFFN	4		0.611	1.557	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.010		0	BFFN	4		0.017	0.044	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.014		0	BFFN	4		0.025	0.063	
18:3 n-3 c,c,c (ALA) g	0.014		0	BFFN	4		0.025	0.063	
18:3 n-6 c,c,c g	0.000		0	BFFN	4		0.000	0.000	
18:3i g									
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g	0.012		0	BFFN	4		0.021	0.054	
20:3 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.037		0	BFFN	4		0.065	0.166	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g	0.033		0	BFFN	4		0.059	0.149	
Fatty acids, total trans-monoenoic g	0.023		0	BFFN	4		0.041	0.105	
Fatty acids, total trans-polyenoic g									
Cholesterol mg	69		0	BFYN	4		122	312	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.231		0	A	1		0.412	1.050	
Threonine g	0.987		0	A	1		1.757	4.478	
Isoleucine g	1.082		0	A	1		1.926	4.908	
Leucine g	1.873		0	A	1		3.334	8.496	
Lysine g	2.039		0	A	1		3.630	9.250	

NDB No. 10040

Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.606		0	A	1		1.078	2.747	
Cystine....g	0.254		0	A	1		0.452	1.151	
Phenylalanine....g	0.924		0	A	1		1.645	4.192	
Tyrosine....g	0.837		0	A	1		1.489	3.796	
Valine....g	1.149		0	A	1		2.045	5.212	
Arginine....g	1.463		0	A	1		2.604	6.636	
Histidine....g	0.950		0	A	1		1.690	4.308	
Alanine....g	1.291		0	A	1		2.297	5.854	
Aspartic acid....g	2.151		0	A	1		3.829	9.757	
Glutamic acid....g	3.510		0	A	1		6.248	15.922	
Glycine....g	0.991		0	A	1		1.763	4.494	
Proline....g	0.889		0	A	1		1.582	4.032	
Serine....g	0.951		0	A	1		1.692	4.312	
Hydroxyproline....g	0.056		0	A	1		0.100	0.256	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 178g: 1 chop without refuse (Yield from 1 raw chop, with refuse, weighing 259g)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10039

Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted

Refuse: 26% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.76		0		1		150.60	50.80	
Energy....kcal	234		0	NC	4		590	199	
Energy....kJ	979				4		2467	832	
Protein (N x 6.25)....g	26.31		0		1		66.30	22.36	
Total lipid (fat)....g	13.46		0		1		33.92	11.44	
Ash....g	1.32		0		1		3.33	1.12	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	27		0		1		68	23	
Iron, Fe....mg	0.99		0		1		2.49	0.84	
Magnesium, Mg....mg	20		0		1		50	17	
Phosphorus, P....mg	215		0		1		542	183	
Potassium, K....mg	352		0		1		887	299	
Sodium, Na....mg	63		0		1		159	54	
Zinc, Zn....mg	2.02		0		1		5.09	1.72	
Copper, Cu....mg	0.068		0		1		0.171	0.058	
Manganese, Mn....mg	0.015		0		1		0.038	0.013	
Selenium, Se....mcg	41.0		0	PIE	4		103.3	34.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0		1		2.3	0.8	
Thiamin....mg	0.864		0		1		2.177	0.734	
Riboflavin....mg	0.253		0		1		0.638	0.215	
Niacin....mg	5.217		0		1		13.147	4.434	
Pantothenic acid....mg	0.664		0		1		1.673	0.564	
Vitamin B-6....mg	0.352		0		1		0.887	0.299	
Folate, total....mcg	4		0		1		10	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		1		10	3	
Folate, DFE....mcg_DFE	4		0	NC	4		10	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.57		0		1		1.44	0.48	
Vitamin A, RAE....mcg_RAE	2		0		1		5	2	
Retinol....mcg	2		0		1		5	2	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	7		0		1		18	6	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.060		0		1		12.751	4.301	
4:0....g									
6:0....g									
8:0....g									

NDB No. 10039

Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g	0.010		0		1		0.025	0.009	
12:0....g	0.010		0		1		0.025	0.009	
13:0....g									
14:0....g	0.180		0		1		0.454	0.153	
15:0....g									
16:0....g	3.100		0		1		7.812	2.635	
17:0....g									
18:0....g	1.660		0		1		4.183	1.411	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.890		0		1		14.843	5.007	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.410		0		1		1.033	0.349	
17:1....g									
18:1 undifferentiated....g	5.310		0		1		13.381	4.514	
20:1....g	0.110		0		1		0.277	0.094	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.180		0		1		2.974	1.003	
18:2 undifferentiated....g	1.050		0		1		2.646	0.893	
18:3 undifferentiated....g	0.040		0		1		0.101	0.034	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0		1		0.101	0.034	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	80		0		1		202	68	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.325		0		1		0.819	0.276	
Threonine....g	1.187		0		1		2.991	1.009	
Isoleucine....g	1.211		0		1		3.052	1.029	
Leucine....g	2.094		0		1		5.277	1.780	
Lysine....g	2.354		0		1		5.932	2.001	
Methionine....g	0.684		0		1		1.724	0.581	
Cystine....g	0.331		0		1		0.834	0.281	
Phenylalanine....g	1.045		0		1		2.633	0.888	
Tyrosine....g	0.899		0		1		2.265	0.764	
Valine....g	1.417		0		1		3.571	1.204	
Arginine....g	1.662		0		1		4.188	1.413	
Histidine....g	1.024		0		1		2.580	0.870	
Alanine....g	1.545		0		1		3.893	1.313	
Aspartic acid....g	2.416		0		1		6.088	2.054	
Glutamic acid....g	4.052		0		1		10.211	3.444	
Glycine....g	1.368		0		1		3.447	1.163	
Proline....g	1.122		0		1		2.827	0.954	
Serine....g	1.086		0		1		2.737	0.923	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 252g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 10039

Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10043

Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted

Refuse: 32% Bone 26%, separable fat 6%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.98		0		1		145.48	53.53	
Energy....kcal	199		0	NC	4		460	169	
Energy....kJ	833				4		1923	708	
Protein (N x 6.25)....g	27.55		0		1		63.64	23.42	
Total lipid (fat)....g	9.01		0		1		20.81	7.66	
Ash....g	1.37		0		1		3.16	1.16	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	25		0		1		58	21	
Iron, Fe....mg	1.04		0		1		2.40	0.88	
Magnesium, Mg....mg	22		0		1		51	19	
Phosphorus, P....mg	219		0		1		506	186	
Potassium, K....mg	362		0		1		836	308	
Sodium, Na....mg	66		0		1		152	56	
Zinc, Zn....mg	2.09		0		1		4.83	1.78	
Copper, Cu....mg	0.070		0		1		0.162	0.060	
Manganese, Mn....mg	0.016		0		1		0.037	0.014	
Selenium, Se....mcg	43.2		0	BFYN	4		99.8	36.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		1		2.3	0.9	
Thiamin....mg	0.912		0		1		2.107	0.775	
Riboflavin....mg	0.266		0		1		0.614	0.226	
Niacin....mg	5.454		0		1		12.599	4.636	
Pantothenic acid....mg	0.694		0		1		1.603	0.590	
Vitamin B-6....mg	0.371		0		1		0.857	0.315	
Folate, total....mcg	4		0		1		9	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		1		9	3	
Folate, DFE....mcg_DFE	4		0	NC	4		9	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.58		0		1		1.34	0.49	
Vitamin A, RAE....mcg_RAE	2		0		1		5	2	
Retinol....mcg	2		0		1		5	2	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	7		0		1		16	6	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.340		0		1		7.715	2.839	
4:0....g									
6:0....g									
8:0....g									

NDB No. 10043

Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.010		0		1		0.023	0.009	
12:0 ... g	0.010		0		1		0.023	0.009	
13:0 ... g									
14:0 ... g	0.120		0		1		0.277	0.102	
15:0 ... g									
16:0 ... g	2.060		0		1		4.759	1.751	
17:0 ... g									
18:0 ... g	1.080		0		1		2.495	0.918	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.000		0		1		9.240	3.400	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.300		0		1		0.693	0.255	
17:1 ... g									
18:1 undifferentiated ... g	3.570		0		1		8.247	3.035	
20:1 ... g	0.080		0		1		0.185	0.068	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.720		0		1		1.663	0.612	
18:2 undifferentiated ... g	0.630		0		1		1.455	0.536	
18:3 undifferentiated ... g	0.020		0		1		0.046	0.017	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.030		0		1		0.069	0.026	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	79		0		1		182	67	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.350		0		1		0.809	0.298	
Threonine ... g	1.258		0		1		2.906	1.069	
Isoleucine ... g	1.290		0		1		2.980	1.097	
Leucine ... g	2.210		0		1		5.105	1.879	
Lysine ... g	2.477		0		1		5.722	2.105	
Methionine ... g	0.729		0		1		1.684	0.620	
Cystine ... g	0.351		0		1		0.811	0.298	
Phenylalanine ... g	1.100		0		1		2.541	0.935	
Tyrosine ... g	0.960		0		1		2.218	0.816	
Valine ... g	1.495		0		1		3.453	1.271	
Arginine ... g	1.713		0		1		3.957	1.456	
Histidine ... g	1.101		0		1		2.543	0.936	
Alanine ... g	1.605		0		1		3.708	1.364	
Aspartic acid ... g	2.555		0		1		5.902	2.172	
Glutamic acid ... g	4.313		0		1		9.963	3.666	
Glycine ... g	1.308		0		1		3.021	1.112	
Proline ... g	1.107		0		1		2.557	0.941	
Serine ... g	1.138		0		1		2.629	0.967	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 231g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 10043

Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10044

Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw

Centercut pork loin, Rib chops, Rib cut chops

Refuse: 40% Bone, 22%, Connective tissue, 12%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.83		0	PAK	1		90.21	307.67	
Energy....kcal	186		0	PIK	4		248	845	
Energy....kJ	779		0	PIK	4		1036	3534	
Protein (N x 6.25)....g	20.28		0	PAK	1		26.98	92.00	
Total lipid (fat)....g	11.04		0	PAK	1		14.68	50.08	
Ash....g	0.95		0	PAK	1		1.26	4.30	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	25		0	PAK	1		34	115	
Iron, Fe....mg	0.59		0	PAK	1		0.79	2.69	
Magnesium, Mg....mg	23		0	PAK	1		31	105	
Phosphorus, P....mg	203		0	PAK	1		270	922	
Potassium, K....mg	337		0	PAK	1		448	1529	
Sodium, Na....mg	56		0	PAK	1		75	255	
Zinc, Zn....mg	1.85		0	PAK	1		2.46	8.39	
Copper, Cu....mg	0.065		0	PAK	1		0.087	0.295	
Manganese, Mn....mg	0.008		0	PAK	1		0.011	0.036	
Selenium, Se....mcg	35.5		0	PAK	1		47.2	160.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.456		0	PIK	4		0.607	2.069	
Riboflavin....mg	0.177		0	PIK	4		0.235	0.801	
Niacin....mg	6.331		0	PIK	4		8.420	28.718	
Pantothenic acid....mg	0.693		0	PIK	4		0.922	3.143	
Vitamin B-6....mg	0.682		0	PIK	4		0.907	3.093	
Folate, total....mcg	0		0	PIK	4		0	0	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	0		0	PIK	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	54.8		0	PIK	4		72.9	248.8	
Betaine....mg	3.0		0	PIK	4		4.0	13.5	
Vitamin B-12....mcg	0.54		0	PIK	4		0.71	2.43	
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	PAK	1		3	10	
Retinol....mcg	2		0	PIK	4		3	10	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	8		0	PAK	1		10	35	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.12		0	PIK	4		0.17	0.57	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	PAK	1		0.01	0.02	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.01	
Vitamin D (D2 + D3)....mcg	0.7		0	PAK	1		0.9	3.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.7		0	PIK	4		0.9	3.0	
Vitamin D....IU	26		0	PIK	4		35	118	
Vitamin K (phylloquinone)....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.365		0	PIK	4		3.146	10.730	
4:0....g	0.000		0	PIK	4		0.000	0.000	

NDB No. 10044

Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PIK	4		0.000	0.000	
8:0 g	0.000		0	PIK	4		0.000	0.001	
10:0 g	0.008		0	PIK	4		0.010	0.035	
12:0 g	0.006		0	PIK	4		0.008	0.029	
13:0 g									
14:0 g	0.135		0	PIK	4		0.180	0.614	
15:0 g	0.004		0	PIK	4		0.005	0.017	
16:0 g	2.348		0	PIK	4		3.123	10.653	
17:0 g	0.035		0	PIK	4		0.047	0.159	
18:0 g	1.275		0	PIK	4		1.696	5.783	
20:0 g	0.012		0	PAK	1		0.016	0.054	
22:0 g	0.000		0	PIK	4		0.000	0.001	
24:0 g									
Fatty acids, total monounsaturated g	2.756		0	PIK	4		3.665	12.500	
14:1 g	0.001		0	PIK	4		0.002	0.006	
15:1 g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated g	0.236		0	PIK	4		0.314	1.071	
17:1 g	0.002		0	PIK	4		0.003	0.010	
18:1 undifferentiated g	4.254		0	PIK	4		5.658	19.298	
18:1 c g	4.182		0	PIK	4		5.562	18.970	
18:1-11c (18:1c n-7) g									
18:1 t g	0.072		0	PIK	4		0.096	0.328	
18:1-11t (18:1t n-7) g									
20:1 g	0.072		0	PIK	4		0.095	0.325	
22:1 undifferentiated g	0.000		0	PIK	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.964		0	PIK	4		1.282	4.371	
18:2 undifferentiated g	1.275		0	PIK	4		1.696	5.783	
18:2 n-6 c,c g	1.238		0	PIK	4		1.647	5.617	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.037		0	PIK	4		0.049	0.166	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.058		0	PIK	4		0.078	0.265	
18:3 n-3 c,c,c (ALA) g	0.057		0	PIK	4		0.075	0.257	
18:3 n-6 c,c,c g	0.002		0	PIK	4		0.002	0.008	
18:3i g									
18:4 g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c g	0.048		0	PIK	4		0.064	0.218	
20:3 undifferentiated g	0.007		0	PIK	4		0.009	0.030	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.050		0	PIK	4		0.067	0.228	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	PIK	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans g	0.074		0	PIK	4		0.099	0.336	
Fatty acids, total trans-monoenoic g	0.049		0	PIK	4		0.066	0.224	
Fatty acids, total trans-polyenoic g	0.025		0	PIK	4		0.033	0.112	
Cholesterol mg	58		0	PIK	4		77	263	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.214		0	PAK	1		0.284	0.968	
Threonine g	0.911		0	PAK	1		1.211	4.131	
Isoleucine g	0.998		0	PAK	1		1.327	4.527	
Leucine g	1.728		0	PAK	1		2.298	7.838	
Lysine g	1.881		0	PAK	1		2.502	8.533	

NDB No. 10044

Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.559		0	PAK	1		0.743	2.534	
Cystine....g	0.234		0	PAK	1		0.311	1.062	
Phenylalanine....g	0.853		0	PAK	1		1.134	3.867	
Tyrosine....g	0.772		0	PAK	1		1.027	3.501	
Valine....g	1.060		0	PAK	1		1.410	4.808	
Arginine....g	1.350		0	PAK	1		1.795	6.122	
Histidine....g	0.876		0	PAK	1		1.165	3.974	
Alanine....g	1.191		0	PAK	1		1.583	5.400	
Aspartic acid....g	1.984		0	PAK	1		2.639	9.000	
Glutamic acid....g	3.238		0	PAK	1		4.307	14.688	
Glycine....g	0.914		0	PAK	1		1.215	4.145	
Proline....g	0.820		0	PAK	1		1.091	3.720	
Serine....g	0.877		0	PAK	1		1.166	3.978	
Hydroxyproline....g	0.052		0	PAK	1		0.069	0.236	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 133g: 1 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10048

Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw

Centercut pork loin, Rib chops, Rib cut chops

Refuse: 40% Bone 22%, Connective tissue, 12%, separable fat 6%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.40	0.301	12	A	1		87.60	328.39	
Energy....kcal	136		0	NC	4		165	618	
Energy....kJ	570		0	NC	4		690	2587	
Protein (N x 6.25)....g	21.79	0.479	12	A	1		26.36	98.84	
Total lipid (fat)....g	4.80	0.377	12	A	1		5.81	21.76	
Ash....g	1.01	0.042	12	A	1		1.22	4.59	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	24	3.236	12	A	1		29	110	
Iron, Fe....mg	0.61	0.021	12	A	1		0.74	2.78	
Magnesium, Mg....mg	25	0.417	12	A	1		30	113	
Phosphorus, P....mg	216	3.497	12	A	1		261	978	
Potassium, K....mg	359	5.751	12	A	1		435	1629	
Sodium, Na....mg	60	1.422	12	A	1		72	271	
Zinc, Zn....mg	1.97	0.061	12	A	1		2.39	8.95	
Copper, Cu....mg	0.068	0.005	12	A	1		0.082	0.309	
Manganese, Mn....mg	0.009	0.002	12	A	1		0.011	0.040	
Selenium, Se....mcg	38.3	5.446	12	A	1		46.3	173.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.484		0	BFYN	4		0.586	2.195	
Riboflavin....mg	0.186		0	BFYN	4		0.225	0.845	
Niacin....mg	6.685		0	BFYN	4		8.088	30.321	
Pantothenic acid....mg	0.725		0	BFPN	4		0.877	3.289	
Vitamin B-6....mg	0.735		0	BFPN	4		0.889	3.333	
Folate, total....mcg	0		0	BFPN	4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0	BFPN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	57.9		0	BFPN	4		70.1	262.8	
Betaine....mg	3.0		0	BFPN	4		3.7	13.8	
Vitamin B-12....mcg	0.50		0	BFPN	4		0.60	2.25	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.13		0	BFSN	4		0.16	0.60	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.5		0	AS	1		0.6	2.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	BFFN	4		0.6	2.1	
Vitamin D....IU	19		0	BFFN	4		23	84	
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.610		0	NC	4		1.948	7.304	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 10048

Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.003		0	BFFN	4		0.004	0.014	
12:0 g	0.002		0	BFFN	4		0.002	0.007	
13:0 g									
14:0 g	0.058		0	BFFN	4		0.070	0.264	
15:0 g	0.000		0	BFFN	4		0.000	0.000	
16:0 g	1.010		0	BFFN	4		1.222	4.582	
17:0 g	0.013		0	BFFN	4		0.015	0.058	
18:0 g	0.525		0	BFFN	4		0.635	2.380	
20:0 g									
22:0 g	0.000		0	BFFN	4		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	3.845		0	NC	4		4.652	17.439	
14:1 g	0.000		0	BFFN	4		0.000	0.000	
15:1 g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated g	0.122		0	BFFN	4		0.147	0.551	
17:1 g	0.002		0	BFFN	4		0.003	0.011	
18:1 undifferentiated g	1.846		0	BFFN	4		2.234	8.374	
18:1 c g	1.821		0	BFFN	4		2.203	8.260	
18:1-11c (18:1c n-7) g									
18:1 t g	0.025		0	BFFN	4		0.030	0.114	
18:1-11t (18:1t n-7) g									
20:1 g	0.029		0	BFFN	4		0.035	0.129	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.991		0	NC	4		1.200	4.497	
18:2 undifferentiated g	0.449		0	BFFN	4		0.544	2.038	
18:2 n-6 c,c g	0.436		0	BFFN	4		0.528	1.978	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.013		0	BFFN	4		0.016	0.060	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.018		0	BFFN	4		0.022	0.082	
18:3 n-3 c,c,c (ALA) g	0.018		0	BFFN	4		0.022	0.082	
18:3 n-6 c,c,c g	0.000		0	BFFN	4		0.000	0.000	
18:3i g									
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g	0.016		0	BFFN	4		0.020	0.075	
20:3 undifferentiated g	0.001		0	BFFN	4		0.002	0.006	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.039		0	BFFN	4		0.047	0.177	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	56		0	BFYN	4		68	254	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.229		0	A	1		0.278	1.040	
Threonine g	0.978		0	A	1		1.184	4.437	
Isoleucine g	1.072		0	A	1		1.297	4.863	
Leucine g	1.856		0	A	1		2.246	8.420	
Lysine g	2.021		0	A	1		2.445	9.167	
Methionine g	0.600		0	A	1		0.726	2.722	
Cystine g	0.251		0	A	1		0.304	1.140	

NDB No. 10048

Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine....g	0.916		0	A	1		1.108	4.155	
Tyrosine....g	0.829		0	A	1		1.003	3.761	
Valine....g	1.139		0	A	1		1.378	5.165	
Arginine....g	1.450		0	A	1		1.754	6.576	
Histidine....g	0.941		0	A	1		1.139	4.269	
Alanine....g	1.279		0	A	1		1.548	5.802	
Aspartic acid....g	2.132		0	A	1		2.579	9.669	
Glutamic acid....g	3.479		0	A	1		4.209	15.779	
Glycine....g	0.982		0	A	1		1.188	4.453	
Proline....g	0.881		0	A	1		1.066	3.996	
Serine....g	0.942		0	A	1		1.140	4.273	
Hydroxyproline....g	0.056		0	A	1		0.068	0.254	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 121g: 1 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10194

Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw

Refuse: 11% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.15		0		1		300.06	66.81	
Energy....kcal	211		0	NC	4		957	213	
Energy....kJ	883		0		4		4004	892	
Protein (N x 6.25)....g	19.90		0		1		90.27	20.10	
Total lipid (fat)....g	14.01		0		1		63.55	14.15	
Ash....g	0.89		0		1		4.04	0.90	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0		1		23	5	
Iron, Fe....mg	0.71		0		1		3.22	0.72	
Magnesium, Mg....mg	20		0		1		91	20	
Phosphorus, P....mg	193		0		1		875	195	
Potassium, K....mg	384		0		1		1742	388	
Sodium, Na....mg	42		0		1		191	42	
Zinc, Zn....mg	1.57		0		1		7.12	1.59	
Copper, Cu....mg	0.054		0		1		0.245	0.055	
Manganese, Mn....mg	0.009		0		1		0.041	0.009	
Selenium, Se....mcg	32.0		0	PAK	1		145.2	32.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0		1		1.4	0.3	
Thiamin....mg	0.779		0		1		3.534	0.787	
Riboflavin....mg	0.247		0		1		1.120	0.249	
Niacin....mg	4.638		0		1		21.038	4.684	
Pantothenic acid....mg	0.703		0		1		3.189	0.710	
Vitamin B-6....mg	0.417		0		1		1.892	0.421	
Folate, total....mcg	6		0		1		27	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0		1		27	6	
Folate, DFE....mcg_DFE	6		0	NC	4		27	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.50		0		1		2.27	0.51	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	2		0	NR	4		8	2	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	6		0		1		27	6	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.29		0	NR	4		1.32	0.29	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.4		0	AS	1		6.2	1.4	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.4		0	BFFN	4		6.2	1.4	
Vitamin D....IU	54		0	BFFN	4		247	55	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.860		0		1		22.045	4.909	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10194

Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g									
10:0....g	0.010		0		1		0.045	0.010	
12:0....g	0.020		0		1		0.091	0.020	
13:0....g									
14:0....g	0.170		0		1		0.771	0.172	
15:0....g									
16:0....g	3.030		0		1		13.744	3.060	
17:0....g									
18:0....g	1.580		0		1		7.167	1.596	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.250		0		1		28.350	6.313	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.400		0		1		1.814	0.404	
17:1....g									
18:1 undifferentiated....g	5.730		0		1		25.991	5.787	
20:1....g	0.100		0		1		0.454	0.101	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.500		0		1		6.804	1.515	
18:2 undifferentiated....g	1.250		0		1		5.670	1.263	
18:3 undifferentiated....g	0.100		0		1		0.454	0.101	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.090		0		1		0.408	0.091	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	60		0		1		272	61	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.245		0		1		1.111	0.247	
Threonine....g	0.897		0		1		4.069	0.906	
Isoleucine....g	0.916		0		1		4.155	0.925	
Leucine....g	1.584		0		1		7.185	1.600	
Lysine....g	1.780		0		1		8.074	1.798	
Methionine....g	0.517		0		1		2.345	0.522	
Cystine....g	0.250		0		1		1.134	0.253	
Phenylalanine....g	0.791		0		1		3.588	0.799	
Tyrosine....g	0.680		0		1		3.084	0.687	
Valine....g	1.072		0		1		4.863	1.083	
Arginine....g	1.258		0		1		5.706	1.271	
Histidine....g	0.774		0		1		3.511	0.782	
Alanine....g	1.169		0		1		5.303	1.181	
Aspartic acid....g	1.827		0		1		8.287	1.845	
Glutamic acid....g	3.063		0		1		13.894	3.094	
Glycine....g	1.038		0		1		4.708	1.048	
Proline....g	0.850		0		1		3.856	0.859	
Serine....g	0.822		0		1		3.729	0.830	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10194

Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 101g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10199

Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw

Refuse: 22% Connective tissue 11%, separable fat 11%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.98	0.198	15		1		326.50	63.34	
Energy....kcal	152		0	NC	4		689	134	
Energy....kJ	636		0		4		2885	560	
Protein (N x 6.25)....g	21.80	0.330	53		1		98.88	19.18	
Total lipid (fat)....g	6.48	0.335	15		1		29.39	5.70	
Ash....g	0.98	0.013	49		1		4.45	0.86	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.159	5		1		23	4	
Iron, Fe....mg	0.77	0.019	60		1		3.49	0.68	
Magnesium, Mg....mg	22	0.759	26		1		100	19	
Phosphorus, P....mg	207	1.243	5		1		939	182	
Potassium, K....mg	421	2.549	146		1		1910	370	
Sodium, Na....mg	45	1.072	164		1		204	40	
Zinc, Zn....mg	1.69	0.036	48		1		7.67	1.49	
Copper, Cu....mg	0.058	0.002	60		1		0.263	0.051	
Manganese, Mn....mg	0.010		2		1		0.045	0.009	
Selenium, Se....mcg	35.4	3.605	5	A	1		160.6	31.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3	0.211	3		1		1.4	0.3	
Thiamin....mg	0.856	0.032	49		1		3.883	0.753	
Riboflavin....mg	0.268	0.007	52		1		1.216	0.236	
Niacin....mg	5.036	0.299	11		1		22.843	4.432	
Pantothenic acid....mg	0.766	0.082	4		1		3.475	0.674	
Vitamin B-6....mg	0.470	0.033	4		1		2.132	0.414	
Folate, total....mcg	7	1.450	4		1		32	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7	1.450	4		1		32	6	
Folate, DFE....mcg_DFE	7		0	NC	4		32	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.53	0.044	11		1		2.40	0.47	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		9	2	
Retinol....mcg	2		0	NR	4		9	2	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	6		1		1		27	5	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.18		0	BFSN	4		0.81	0.16	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.6		0	AS	1		2.9	0.6	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.6		0	BFFN	4		2.9	0.6	
Vitamin D....IU	25		0	BFFN	4		114	22	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.240		0		1		10.161	1.971	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10199

Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g									
10:0....g	0.010		73		1		0.045	0.009	
12:0....g	0.010		75		1		0.045	0.009	
13:0....g									
14:0....g	0.080		378		1		0.363	0.070	
15:0....g									
16:0....g	1.430		378		1		6.486	1.258	
17:0....g									
18:0....g	0.700		378		1		3.175	0.616	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.930		0		1		13.290	2.578	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.200		378		1		0.907	0.176	
17:1....g									
18:1 undifferentiated....g	2.660		378		1		12.066	2.341	
20:1....g	0.050		71		1		0.227	0.044	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.700		0		1		3.175	0.616	
18:2 undifferentiated....g	0.560		378		1		2.540	0.493	
18:3 undifferentiated....g	0.030		190		1		0.136	0.026	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.080		315		1		0.363	0.070	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	55	1.054	58		1		249	48	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.277		0		1		1.256	0.244	
Threonine....g	0.995		0		1		4.513	0.876	
Isoleucine....g	1.021		0		1		4.631	0.898	
Leucine....g	1.749		0		1		7.933	1.539	
Lysine....g	1.960		0		1		8.891	1.725	
Methionine....g	0.577		0		1		2.617	0.508	
Cystine....g	0.278		0		1		1.261	0.245	
Phenylalanine....g	0.870		0		1		3.946	0.766	
Tyrosine....g	0.760		0		1		3.447	0.669	
Valine....g	1.183		0		1		5.366	1.041	
Arginine....g	1.355		0		1		6.146	1.192	
Histidine....g	0.871		0		1		3.951	0.766	
Alanine....g	1.270		0		1		5.761	1.118	
Aspartic acid....g	2.022		0		1		9.172	1.779	
Glutamic acid....g	3.413		0		1		15.481	3.003	
Glycine....g	1.035		0		1		4.695	0.911	
Proline....g	0.876		0		1		3.974	0.771	
Serine....g	0.900		0		1		4.082	0.792	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10199

Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 88g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10045

Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised

Refuse: 33% Bone

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.99		0		1		48.44	42.74	
Energy	kcal	250		0	NC	4		213	188	
Energy	kJ	1046				4		889	785	
Protein (N x 6.25)	g	26.67		0		1		22.67	20.00	
Total lipid (fat)	g	15.07		0		1		12.81	11.30	
Ash	g	1.23		0		1		1.05	0.92	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	25		0		1		21	19	
Iron, Fe	mg	0.91		0		1		0.77	0.68	
Magnesium, Mg	mg	18		0		1		15	14	
Phosphorus, P	mg	177		0		1		150	133	
Potassium, K	mg	387		0		1		329	290	
Sodium, Na	mg	40		0		1		34	30	
Zinc, Zn	mg	2.01		0		1		1.71	1.51	
Copper, Cu	mg	0.072		0		1		0.061	0.054	
Manganese, Mn	mg	0.010		0		1		0.009	0.008	
Selenium, Se	mcg	41.0		0	BFZN	4		34.9	30.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0		1		0.3	0.2	
Thiamin	mg	0.593		0		1		0.504	0.445	
Riboflavin	mg	0.232		0		1		0.197	0.174	
Niacin	mg	4.939		0		1		4.198	3.704	
Pantothenic acid	mg	0.514		0		1		0.437	0.386	
Vitamin B-6	mg	0.315		0		1		0.268	0.236	
Folate, total	mcg	2		0		1		2	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		1		2	2	
Folate, DFE	mcg_DFE	2		0	NC	4		2	2	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.53		0		1		0.45	0.40	
Vitamin A, RAE	mcg_RAE	2		0		1		2	2	
Retinol	mcg	2		0		1		2	2	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	7		0		1		6	5	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.840		0		1		4.964	4.380	
4:0	g									
6:0	g									
8:0	g									

NDB No. 10045

Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.010		0		1		0.009	0.008	
12:0 ... g	0.010		0		1		0.009	0.008	
13:0 ... g									
14:0 ... g	0.200		0		1		0.170	0.150	
15:0 ... g									
16:0 ... g	3.590		0		1		3.052	2.693	
17:0 ... g									
18:0 ... g	1.920		0		1		1.632	1.440	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	6.870		0		1		5.840	5.153	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.470		0		1		0.400	0.353	
17:1 ... g									
18:1 undifferentiated ... g	6.240		0		1		5.304	4.680	
20:1 ... g	0.120		0		1		0.102	0.090	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.270		0		1		1.080	0.953	
18:2 undifferentiated ... g	1.150		0		1		0.978	0.863	
18:3 undifferentiated ... g	0.040		0		1		0.034	0.030	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.050		0		1		0.043	0.038	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	73		0		1		62	55	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.327		0		1		0.278	0.245	
Threonine ... g	1.199		0		1		1.019	0.899	
Isoleucine ... g	1.222		0		1		1.039	0.917	
Leucine ... g	2.119		0		1		1.801	1.589	
Lysine ... g	2.383		0		1		2.026	1.787	
Methionine ... g	0.690		0		1		0.587	0.518	
Cystine ... g	0.334		0		1		0.284	0.251	
Phenylalanine ... g	1.059		0		1		0.900	0.794	
Tyrosine ... g	0.907		0		1		0.771	0.680	
Valine ... g	1.434		0		1		1.219	1.076	
Arginine ... g	1.692		0		1		1.438	1.269	
Histidine ... g	1.031		0		1		0.876	0.773	
Alanine ... g	1.569		0		1		1.334	1.177	
Aspartic acid ... g	2.443		0		1		2.077	1.832	
Glutamic acid ... g	4.090		0		1		3.477	3.068	
Glycine ... g	1.418		0		1		1.205	1.064	
Proline ... g	1.155		0		1		0.982	0.866	
Serine ... g	1.101		0		1		0.936	0.826	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 75g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10045

Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10046

Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled

Centercut pork loin, Rib chops, Rib cut chops

Refuse: 40% Bone, 24%, Connective tissue, 11%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.66		0	PAK	1		69.05	52.41	
Energy....kcal	222		0	PIK	4		249	189	
Energy....kJ	929		0	PIK	4		1040	789	
Protein (N x 6.25)....g	24.42		0	PAK	1		27.35	20.76	
Total lipid (fat)....g	13.04		0	PAK	1		14.61	11.09	
Ash....g	0.97		0	PAK	1		1.09	0.83	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	28		0	PAK	1		31	24	
Iron, Fe....mg	0.68		0	PAK	1		0.76	0.58	
Magnesium, Mg....mg	24		0	PAK	1		26	20	
Phosphorus, P....mg	209		0	PAK	1		234	178	
Potassium, K....mg	329		0	PAK	1		368	279	
Sodium, Na....mg	55		0	PAK	1		61	46	
Zinc, Zn....mg	2.15		0	PAK	1		2.40	1.82	
Copper, Cu....mg	0.084		0	PAK	1		0.094	0.072	
Manganese, Mn....mg	0.006		0	PAK	1		0.007	0.005	
Selenium, Se....mcg	42.8		0	PAK	1		48.0	36.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.541		0	PAK	1		0.606	0.460	
Riboflavin....mg	0.210		0	PAK	1		0.235	0.179	
Niacin....mg	7.478		0	PAK	1		8.375	6.356	
Pantothenic acid....mg	0.632		0	PIK	4		0.708	0.537	
Vitamin B-6....mg	0.637		0	PIK	4		0.714	0.542	
Folate, total....mcg	0		0	PIK	4		0	0	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	0		0	PIK	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	70.0		0	PIK	4		78.4	59.5	
Betaine....mg	2.6		0	PIK	4		2.9	2.2	
Vitamin B-12....mcg	0.58		0	PIK	4		0.65	0.49	
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	PAK	1		3	2	
Retinol....mcg	2		0	PIK	4		3	2	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	8		0	PAK	1		9	7	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.11		0	PIK	4		0.13	0.10	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma....mg	0.01		0	PAK	1		0.01	0.01	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.9		0	PAK	1		1.0	0.7	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.9		0	PIK	4		1.0	0.7	
Vitamin D....IU	35		0	PIK	4		39	29	
Vitamin K (phylloquinone)....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	4.486		0	PIK	4		5.024	3.813	
4:0....g	0.000		0	PIK	4		0.000	0.000	

NDB No. 10046

Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PIK	4		0.000	0.000	
8:0 g	0.000		0	PAK	1		0.000	0.000	
10:0 g	0.009		0	PAK	1		0.010	0.007	
12:0 g	0.006		0	PAK	1		0.007	0.005	
13:0 g									
14:0 g	0.159		0	PAK	1		0.178	0.135	
15:0 g	0.003		0	PAK	1		0.004	0.003	
16:0 g	2.761		0	PAK	1		3.093	2.347	
17:0 g	0.040		0	PAK	1		0.045	0.034	
18:0 g	1.487		0	PAK	1		1.665	1.264	
20:0 g	0.020		0	PAK	1		0.022	0.017	
22:0 g	0.000		0	PAK	1		0.001	0.000	
24:0 g									
Fatty acids, total monounsaturated g	5.410		0	PIK	4		6.059	4.598	
14:1 g	0.001		0	PAK	1		0.001	0.001	
15:1 g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated g	0.294		0	PAK	1		0.329	0.250	
17:1 g	0.012		0	PAK	1		0.013	0.010	
18:1 undifferentiated g	5.021		0	PAK	1		5.623	4.268	
18:1 c g	4.941		0	PAK	1		5.534	4.200	
18:1-11c (18:1c n-7) g									
18:1 t g	0.080		0	PAK	1		0.089	0.068	
18:1-11t (18:1t n-7) g									
20:1 g	0.083		0	PAK	1		0.093	0.070	
22:1 undifferentiated g	0.000		0	PIK	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.593		0	PIK	4		1.784	1.354	
18:2 undifferentiated g	1.396		0	PAK	1		1.564	1.187	
18:2 n-6 c,c g	1.356		0	PAK	1		1.519	1.153	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.040		0	PAK	1		0.045	0.034	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.063		0	PAK	1		0.070	0.053	
18:3 n-3 c,c,c (ALA) g	0.061		0	PAK	1		0.068	0.052	
18:3 n-6 c,c,c g	0.002		0	PAK	1		0.002	0.001	
18:3i g									
18:4 g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c g	0.053		0	PAK	1		0.059	0.045	
20:3 undifferentiated g	0.007		0	PAK	1		0.007	0.006	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.075		0	PAK	1		0.084	0.064	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	PIK	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans g	0.120		0	PIK	4		0.134	0.102	
Fatty acids, total trans-monoenoic g	0.080		0	PIK	4		0.089	0.068	
Fatty acids, total trans-polyenoic g	0.040		0	PIK	4		0.045	0.034	
Cholesterol mg	67		0	PAK	1		75	57	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.257		0	PAK	1		0.288	0.218	
Threonine g	1.096		0	PAK	1		1.228	0.932	
Isoleucine g	1.202		0	PAK	1		1.346	1.021	
Leucine g	2.080		0	PAK	1		2.330	1.768	
Lysine g	2.265		0	PAK	1		2.536	1.925	

NDB No. 10046

Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.673		0	PAK	1		0.753	0.572	
Cystine....g	0.282		0	PAK	1		0.316	0.239	
Phenylalanine....g	1.026		0	PAK	1		1.150	0.872	
Tyrosine....g	0.929		0	PAK	1		1.041	0.790	
Valine....g	1.276		0	PAK	1		1.429	1.085	
Arginine....g	1.625		0	PAK	1		1.820	1.381	
Histidine....g	1.055		0	PAK	1		1.181	0.896	
Alanine....g	1.433		0	PAK	1		1.605	1.218	
Aspartic acid....g	2.389		0	PAK	1		2.675	2.030	
Glutamic acid....g	3.898		0	PAK	1		4.366	3.314	
Glycine....g	1.100		0	PAK	1		1.232	0.935	
Proline....g	0.987		0	PAK	1		1.106	0.839	
Serine....g	1.056		0	PAK	1		1.182	0.897	
Hydroxyproline....g	0.063		0	PAK	1		0.070	0.053	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 112g: 1 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10180

Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried

Refuse: 39% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.50		0		1		47.18	40.52	
Energy....kcal	265		0	NC	4		225	193	
Energy....kJ	1109		0		4		942	809	
Protein (N x 6.25)....g	26.28		0		1		22.34	19.18	
Total lipid (fat)....g	16.97		0		1		14.42	12.39	
Ash....g	1.21		0		1		1.03	0.88	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	24		0		1		20	18	
Iron, Fe....mg	0.72		0		1		0.61	0.53	
Magnesium, Mg....mg	25		0		1		21	18	
Phosphorus, P....mg	236		0		1		201	172	
Potassium, K....mg	430		0		1		366	314	
Sodium, Na....mg	50		0		1		43	37	
Zinc, Zn....mg	1.99		0		1		1.69	1.45	
Copper, Cu....mg	0.068		0		1		0.058	0.050	
Manganese, Mn....mg	0.007		0		1		0.006	0.005	
Selenium, Se....mcg	41.0		0	BFYN	4		34.9	29.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0		1		0.3	0.2	
Thiamin....mg	0.804		0		1		0.683	0.587	
Riboflavin....mg	0.301		0		1		0.256	0.220	
Niacin....mg	5.525		0		1		4.696	4.033	
Pantothenic acid....mg	0.616		0		1		0.524	0.450	
Vitamin B-6....mg	0.364		0		1		0.309	0.266	
Folate, total....mcg	3		0		1		3	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		0		1		3	2	
Folate, DFE....mcg_DFE	3		0	NC	4		3	2	
Choline, total....mg	90.3		0	BFPN	4		76.8	65.9	
Betaine....mg	3.5		0	BFPN	4		3.0	2.5	
Vitamin B-12....mcg	0.71		0		1		0.60	0.52	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		2	1	
Retinol....mcg	2		0	NR	4		2	1	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	7		0		1		6	5	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.24		0	BFSN	4		0.20	0.17	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.8		0	AS	1		0.7	0.6	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.8		0	BFFN	4		0.7	0.6	
Vitamin D....IU	32		0	BFFN	4		27	23	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	6.340		0		1		5.389	4.628	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10180

Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		0		1		0.009	0.007	
12:0 g	0.010		0		1		0.009	0.007	
13:0 g									
14:0 g	0.220		0		1		0.187	0.161	
15:0 g									
16:0 g	3.910		0		1		3.324	2.854	
17:0 g									
18:0 g	2.080		0		1		1.768	1.518	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.490		0		1		6.367	5.468	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.500		0		1		0.425	0.365	
17:1 g									
18:1 undifferentiated g	6.830		0		1		5.806	4.986	
20:1 g	0.130		0		1		0.111	0.095	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.920		0		1		1.632	1.402	
18:2 undifferentiated g	1.730		0		1		1.471	1.263	
18:3 undifferentiated g	0.110		0		1		0.094	0.080	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.050		0		1		0.043	0.037	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	73		0		1		62	53	
Phytosterols mg	2		0		1		2	1	
Amino Acids:									
Tryptophan g	0.321		0		1		0.273	0.234	
Threonine g	1.180		0		1		1.003	0.861	
Isoleucine g	1.201		0		1		1.021	0.877	
Leucine g	2.086		0		1		1.773	1.523	
Lysine g	2.346		0		1		1.994	1.713	
Methionine g	0.678		0		1		0.576	0.495	
Cystine g	0.329		0		1		0.280	0.240	
Phenylalanine g	1.043		0		1		0.887	0.761	
Tyrosine g	0.891		0		1		0.757	0.650	
Valine g	1.412		0		1		1.200	1.031	
Arginine g	1.671		0		1		1.420	1.220	
Histidine g	1.012		0		1		0.860	0.739	
Alanine g	1.548		0		1		1.316	1.130	
Aspartic acid g	2.404		0		1		2.043	1.755	
Glutamic acid g	4.020		0		1		3.417	2.935	
Glycine g	1.416		0		1		1.204	1.034	
Proline g	1.148		0		1		0.976	0.838	
Serine g	1.085		0		1		0.922	0.792	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10180

Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 73g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10049

Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised

Refuse: 40% Bone 33%, separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.91		0		1		51.77	40.81	
Energy....kcal	206		0	NC	4		175	138	
Energy....kJ	862		0		4		733	577	
Protein (N x 6.25)....g	28.35		0		1		24.10	18.99	
Total lipid (fat)....g	9.40		0		1		7.99	6.30	
Ash....g	1.28		0		1		1.09	0.86	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0		1		19	15	
Iron, Fe....mg	0.97		0		1		0.82	0.65	
Magnesium, Mg....mg	19		0		1		16	13	
Phosphorus, P....mg	179		0		1		152	120	
Potassium, K....mg	405		0		1		344	271	
Sodium, Na....mg	41		0		1		35	27	
Zinc, Zn....mg	2.10		0		1		1.79	1.41	
Copper, Cu....mg	0.075		0		1		0.064	0.050	
Manganese, Mn....mg	0.010		0		1		0.009	0.007	
Selenium, Se....mcg	43.9		0	BFZN	4		37.3	29.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0		1		0.3	0.2	
Thiamin....mg	0.624		0		1		0.530	0.418	
Riboflavin....mg	0.247		0		1		0.210	0.165	
Niacin....mg	5.219		0		1		4.436	3.497	
Pantothenic acid....mg	0.536		0		1		0.456	0.359	
Vitamin B-6....mg	0.337		0		1		0.286	0.226	
Folate, total....mcg	2		0		1		2	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	2		0		1		2	1	
Folate, DFE....mcg_DFE	2		0	NC	4		2	1	
Choline, total....mg	97.4		0	BFPN	4		82.8	65.3	
Betaine....mg	3.8		0	BFPN	4		3.2	2.5	
Vitamin B-12....mcg	0.54		0		1		0.46	0.36	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		2	1	
Retinol....mcg	2		0	NR	4		2	1	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	6		0	NC	4		5	4	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.22		0	BFSN	4		0.18	0.14	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.8		0	AS	1		0.7	0.5	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.8		0	BFFN	4		0.7	0.5	
Vitamin D....IU	32		0	BFFN	4		27	22	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	3.670		0		1		3.120	2.459	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10049

Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.010		0		1		0.009	0.007	
12:0....g	0.010		0		1		0.009	0.007	
13:0....g									
14:0....g	0.130		0		1		0.111	0.087	
15:0....g									
16:0....g	2.270		0		1		1.930	1.521	
17:0....g									
18:0....g	1.200		0		1		1.020	0.804	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.490		0		1		3.817	3.008	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.330		0		1		0.281	0.221	
17:1....g									
18:1 undifferentiated....g	4.070		0		1		3.460	2.727	
20:1....g	0.080		0		1		0.068	0.054	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.680		0		1		0.578	0.456	
18:2 undifferentiated....g	0.610		0		1		0.519	0.409	
18:3 undifferentiated....g	0.020		0		1		0.017	0.013	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0		1		0.034	0.027	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	71		0		1		60	48	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.360		0		1		0.306	0.241	
Threonine....g	1.294		0		1		1.100	0.867	
Isoleucine....g	1.327		0		1		1.128	0.889	
Leucine....g	2.275		0		1		1.934	1.524	
Lysine....g	2.549		0		1		2.167	1.708	
Methionine....g	0.751		0		1		0.638	0.503	
Cystine....g	0.362		0		1		0.308	0.243	
Phenylalanine....g	1.132		0		1		0.962	0.758	
Tyrosine....g	0.988		0		1		0.840	0.662	
Valine....g	1.538		0		1		1.307	1.030	
Arginine....g	1.762		0		1		1.498	1.181	
Histidine....g	1.132		0		1		0.962	0.758	
Alanine....g	1.651		0		1		1.403	1.106	
Aspartic acid....g	2.629		0		1		2.235	1.761	
Glutamic acid....g	4.438		0		1		3.772	2.973	
Glycine....g	1.346		0		1		1.144	0.902	
Proline....g	1.139		0		1		0.968	0.763	
Serine....g	1.171		0		1		0.995	0.785	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10049

Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 67g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10050

Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled

Centercut pork loin chop, Rib chops, Rib cut chops

Refuse: 40% Bone 24%, Connective tissue, 11%, separable fat 5%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.14	0.443	12	A	1		112.05	43.65	
Energy....kcal	186		0	NC	4		319	124	
Energy....kJ	776		0	NC	4		1335	520	
Protein (N x 6.25)....g	25.79	0.832	12	A	1		44.36	17.28	
Total lipid (fat)....g	8.36	0.678	12	A	1		14.38	5.60	
Ash....g	1.02	0.012	12	A	1		1.76	0.68	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	26	2.974	12	A	1		46	18	
Iron, Fe....mg	0.68	0.019	12	A	1		1.17	0.46	
Magnesium, Mg....mg	25	0.488	12	A	1		42	17	
Phosphorus, P....mg	218	3.383	12	A	1		374	146	
Potassium, K....mg	343	7.646	12	A	1		590	230	
Sodium, Na....mg	57	1.133	12	A	1		98	38	
Zinc, Zn....mg	2.25	0.073	12	A	1		3.87	1.51	
Copper, Cu....mg	0.088	0.010	12	A	1		0.151	0.059	
Manganese, Mn....mg	0.007	0.000	12	A	1		0.011	0.004	
Selenium, Se....mcg	45.4	5.799	12	A	1		78.1	30.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.569	0.057	4	A	1		0.978	0.381	
Riboflavin....mg	0.219	0.039	4	A	1		0.377	0.147	
Niacin....mg	7.855	0.354	4	A	1		13.511	5.263	
Pantothenic acid....mg	0.648		0	BFPN	4		1.114	0.434	
Vitamin B-6....mg	0.675		0	BFPN	4		1.162	0.453	
Folate, total....mcg	0		0	BFPN	4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0	BFPN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	73.3		0	BFPN	4		126.0	49.1	
Betaine....mg	2.7		0	BFPN	4		4.6	1.8	
Vitamin B-12....mcg	0.52		0	BFPN	4		0.90	0.35	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.10		0	BFSN	4		0.17	0.07	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.8		0	AS	1		1.4	0.5	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.8		0	BFFN	4		1.4	0.5	
Vitamin D....IU	32		0	BFFN	4		55	21	
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.816		0	NC	4		4.844	1.887	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10050

Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000	0.000	4	A	1		0.000	0.000	
10:0 g	0.005	0.003	4	A	1		0.009	0.004	
12:0 g	0.003	0.003	4	A	1		0.005	0.002	
13:0 g									
14:0 g	0.101	0.026	4	A	1		0.174	0.068	
15:0 g	0.000	0.000	4	A	1		0.000	0.000	
16:0 g	1.760	0.427	4	A	1		3.027	1.179	
17:0 g	0.022	0.005	4	A	1		0.038	0.015	
18:0 g	0.914	0.231	4	A	1		1.572	0.612	
20:0 g	0.011	0.004	4	A	1		0.019	0.007	
22:0 g	0.000	0.000	4	A	1		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	3.482		0	NC	4		5.988	2.333	
14:1 g	0.000	0.000	4	A	1		0.000	0.000	
15:1 g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated g	0.212	0.045	4	A	1		0.364	0.142	
17:1 g	0.004	0.004	4	A	1		0.007	0.003	
18:1 undifferentiated g	3.216	0.755	4	AS	1		5.531	2.155	
18:1 c g	3.172	0.742	4	A	1		5.456	2.125	
18:1-11c (18:1c n-7) g									
18:1 t g	0.044	0.013	4	A	1		0.075	0.029	
18:1-11t (18:1t n-7) g									
20:1 g	0.050	0.013	4	A	1		0.086	0.033	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.913		0	NC	4		1.570	0.612	
18:2 undifferentiated g	0.783	0.178	4	AS	1		1.346	0.524	
18:2 n-6 c,c g	0.760	0.173	4	A	1		1.307	0.509	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.023	0.005	4	A	1		0.040	0.015	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.031	0.009	4	AS	1		0.054	0.021	
18:3 n-3 c,c,c (ALA) g	0.031	0.009	4	A	1		0.054	0.021	
18:3 n-6 c,c,c g	0.000	0.000	4	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.029	0.007	4	A	1		0.049	0.019	
20:3 undifferentiated g	0.002	0.002	4	A	1		0.004	0.001	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.068	0.002	4	A	1		0.117	0.046	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g	0.067		0	NC	4		0.115	0.045	
Fatty acids, total trans-monoenoic g	0.044		0	NC	4		0.075	0.029	
Fatty acids, total trans-polyenoic g	0.023		0	NC	4		0.040	0.015	
Cholesterol mg	66	6.272	4	A	1		113	44	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.271		0	A	1		0.467	0.182	
Threonine g	1.158		0	A	1		1.992	0.776	
Isoleucine g	1.269		0	A	1		2.183	0.850	
Leucine g	2.197		0	A	1		3.779	1.472	
Lysine g	2.392		0	A	1		4.114	1.603	

NDB No. 10050

Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.710		0	A	1		1.222	0.476	
Cystine....g	0.298		0	A	1		0.512	0.199	
Phenylalanine....g	1.084		0	A	1		1.865	0.726	
Tyrosine....g	0.981		0	A	1		1.688	0.658	
Valine....g	1.348		0	A	1		2.318	0.903	
Arginine....g	1.716		0	A	1		2.952	1.150	
Histidine....g	1.114		0	A	1		1.916	0.746	
Alanine....g	1.514		0	A	1		2.604	1.014	
Aspartic acid....g	2.523		0	A	1		4.339	1.690	
Glutamic acid....g	4.117		0	A	1		7.082	2.759	
Glycine....g	1.162		0	A	1		1.999	0.779	
Proline....g	1.043		0	A	1		1.793	0.699	
Serine....g	1.115		0	A	1		1.918	0.747	
Hydroxyproline....g	0.066		0	A	1		0.114	0.044	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 172g: 1 chop

Measure 2 = 67g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10177

Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried

Refuse: 46% Bone 39%, separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	59.69		0		1		50.74	38.20	
Energy ... kcal	218		0	NC	4		185	140	
Energy ... kJ	912		0		4		775	584	
Protein (N x 6.25) ... g	28.11		0		1		23.89	17.99	
Total lipid (fat) ... g	10.87		0		1		9.24	6.96	
Ash ... g	1.27		0		1		1.08	0.81	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	20		0		1		17	13	
Iron, Fe ... mg	0.77		0		1		0.65	0.49	
Magnesium, Mg ... mg	27		0		1		23	17	
Phosphorus, P ... mg	246		0		1		209	157	
Potassium, K ... mg	455		0		1		387	291	
Sodium, Na ... mg	52		0		1		44	33	
Zinc, Zn ... mg	2.08		0		1		1.77	1.33	
Copper, Cu ... mg	0.070		0		1		0.060	0.045	
Manganese, Mn ... mg	0.007		0		1		0.006	0.004	
Selenium, Se ... mcg	43.1		0	BFYN	4		36.6	27.6	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.3		0		1		0.3	0.2	
Thiamin ... mg	0.866		0		1		0.736	0.554	
Riboflavin ... mg	0.326		0		1		0.277	0.209	
Niacin ... mg	5.915		0		1		5.028	3.786	
Pantothenic acid ... mg	0.654		0		1		0.556	0.419	
Vitamin B-6 ... mg	0.394		0		1		0.335	0.252	
Folate, total ... mcg	3		0		1		3	2	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	3		0		1		3	2	
Folate, DFE ... mcg_DFE	3		0	NC	4		3	2	
Choline, total ... mg	96.6		0	BFPN	4		82.1	61.8	
Betaine ... mg	3.7		0	BFPN	4		3.2	2.4	
Vitamin B-12 ... mcg	0.75		0		1		0.64	0.48	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	2		0	NC	4		2	1	
Retinol ... mcg	2		0	NR	4		2	1	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	6		0		1		5	4	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.26		0	BFSN	4		0.22	0.17	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.5		0	AS	1		0.4	0.3	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	0.5		0	BFFN	4		0.4	0.3	
Vitamin D ... IU	21		0	BFFN	4		17	13	
Vitamin K (phylloquinone) ... mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated ... g	3.980		0		1		3.383	2.547	
4:0 ... g	0.000		0	Z	7		0.000	0.000	

NDB No. 10177

Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		0		1		0.009	0.006	
12:0 g	0.010		0		1		0.009	0.006	
13:0 g									
14:0 g	0.140		0		1		0.119	0.090	
15:0 g									
16:0 g	2.480		0		1		2.108	1.587	
17:0 g									
18:0 g	1.290		0		1		1.097	0.826	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.910		0		1		4.174	3.142	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.350		0		1		0.298	0.224	
17:1 g									
18:1 undifferentiated g	4.460		0		1		3.791	2.854	
20:1 g	0.090		0		1		0.077	0.058	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.340		0		1		1.139	0.858	
18:2 undifferentiated g	1.200		0		1		1.020	0.768	
18:3 undifferentiated g	0.090		0		1		0.077	0.058	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0		1		0.034	0.026	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	70		0		1		60	45	
Phytosterols mg	3		0		1		3	2	
Amino Acids:									
Tryptophan g	0.357		0		1		0.303	0.228	
Threonine g	1.284		0		1		1.091	0.822	
Isoleucine g	1.316		0		1		1.119	0.842	
Leucine g	2.256		0		1		1.918	1.444	
Lysine g	2.528		0		1		2.149	1.618	
Methionine g	0.744		0		1		0.632	0.476	
Cystine g	0.359		0		1		0.305	0.230	
Phenylalanine g	1.122		0		1		0.954	0.718	
Tyrosine g	0.979		0		1		0.832	0.627	
Valine g	1.525		0		1		1.296	0.976	
Arginine g	1.748		0		1		1.486	1.119	
Histidine g	1.123		0		1		0.955	0.719	
Alanine g	1.638		0		1		1.392	1.048	
Aspartic acid g	2.607		0		1		2.216	1.668	
Glutamic acid g	4.401		0		1		3.741	2.817	
Glycine g	1.335		0		1		1.135	0.854	
Proline g	1.129		0		1		0.960	0.723	
Serine g	1.161		0		1		0.987	0.743	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10177

Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 64g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10195

Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised

Refuse: 5% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.15		0		1		49.43	47.10	
Energy....kcal	255		0	NC	4		217	207	
Energy....kJ	1067				4		907	864	
Protein (N x 6.25)....g	26.29		0		1		22.35	21.29	
Total lipid (fat)....g	15.79		0		1		13.42	12.79	
Ash....g	1.20		0		1		1.02	0.97	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0		1		4	4	
Iron, Fe....mg	0.92		0		1		0.78	0.75	
Magnesium, Mg....mg	17		0		1		14	14	
Phosphorus, P....mg	172		0		1		146	139	
Potassium, K....mg	387		0		1		329	313	
Sodium, Na....mg	40		0		1		34	32	
Zinc, Zn....mg	2.07		0		1		1.76	1.68	
Copper, Cu....mg	0.071		0		1		0.060	0.058	
Manganese, Mn....mg	0.009		0		1		0.008	0.007	
Selenium, Se....mcg	33.4		0	PIE	4		28.4	27.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0		1		0.3	0.2	
Thiamin....mg	0.525		0		1		0.446	0.425	
Riboflavin....mg	0.242		0		1		0.206	0.196	
Niacin....mg	4.311		0		1		3.664	3.492	
Pantothenic acid....mg	0.605		0		1		0.514	0.490	
Vitamin B-6....mg	0.310		0		1		0.264	0.251	
Folate, total....mcg	4		0		1		3	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		1		3	3	
Folate, DFE....mcg_DFE	4		0	NC	4		3	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.44		0		1		0.37	0.36	
Vitamin A, RAE....mcg_RAE	2		0		1		2	2	
Retinol....mcg	2		0		1		2	2	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	7		0		1		6	6	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.120		0		1		5.202	4.957	
4:0....g									
6:0....g									
8:0....g									

NDB No. 10195

Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.010		0		1		0.009	0.008	
12:0 ... g	0.010		0		1		0.009	0.008	
13:0 ... g									
14:0 ... g	0.210		0		1		0.179	0.170	
15:0 ... g									
16:0 ... g	3.760		0		1		3.196	3.046	
17:0 ... g									
18:0 ... g	2.010		0		1		1.709	1.628	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.210		0		1		6.129	5.840	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.500		0		1		0.425	0.405	
17:1 ... g									
18:1 undifferentiated ... g	6.550		0		1		5.568	5.306	
20:1 ... g	0.130		0		1		0.111	0.105	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.320		0		1		1.122	1.069	
18:2 undifferentiated ... g	1.200		0		1		1.020	0.972	
18:3 undifferentiated ... g	0.040		0		1		0.034	0.032	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.050		0		1		0.043	0.041	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	73		0		1		62	59	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.322		0		1		0.274	0.261	
Threonine ... g	1.182		0		1		1.005	0.957	
Isoleucine ... g	1.205		0		1		1.024	0.976	
Leucine ... g	2.089		0		1		1.776	1.692	
Lysine ... g	2.349		0		1		1.997	1.903	
Methionine ... g	0.680		0		1		0.578	0.551	
Cystine ... g	0.329		0		1		0.280	0.266	
Phenylalanine ... g	1.044		0		1		0.887	0.846	
Tyrosine ... g	0.894		0		1		0.760	0.724	
Valine ... g	1.414		0		1		1.202	1.145	
Arginine ... g	1.669		0		1		1.419	1.352	
Histidine ... g	1.016		0		1		0.864	0.823	
Alanine ... g	1.547		0		1		1.315	1.253	
Aspartic acid ... g	2.408		0		1		2.047	1.950	
Glutamic acid ... g	4.030		0		1		3.426	3.264	
Glycine ... g	1.402		0		1		1.192	1.136	
Proline ... g	1.140		0		1		0.969	0.923	
Serine ... g	1.086		0		1		0.923	0.880	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 81g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

NDB No. 10195

Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10196

Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled

Refuse: 6% Connective tissue

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.37		0		1		45.36	42.70	
Energy	kcal	260		0	NC	4		221	208	
Energy	kJ	1088				4		925	870	
Protein (N x 6.25)	g	27.63		0		1		23.49	22.10	
Total lipid (fat)	g	15.76		0		1		13.40	12.61	
Ash	g	1.12		0		1		0.95	0.90	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	28		0		1		24	22	
Iron, Fe	mg	0.77		0		1		0.65	0.62	
Magnesium, Mg	mg	26		0		1		22	21	
Phosphorus, P	mg	237		0		1		201	190	
Potassium, K	mg	401		0		1		341	321	
Sodium, Na	mg	62		0		1		53	50	
Zinc, Zn	mg	2.26		0		1		1.92	1.81	
Copper, Cu	mg	0.068		0		1		0.058	0.054	
Manganese, Mn	mg	0.018		0		1		0.015	0.014	
Selenium, Se	mcg	44.0		0	PAK	1		37.4	35.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0		1		0.3	0.2	
Thiamin	mg	0.834		0		1		0.709	0.667	
Riboflavin	mg	0.300		0		1		0.255	0.240	
Niacin	mg	4.945		0		1		4.203	3.956	
Pantothenic acid	mg	0.701		0		1		0.596	0.561	
Vitamin B-6	mg	0.371		0		1		0.315	0.297	
Folate, total	mcg	8		0		1		7	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		1		7	6	
Folate, DFE	mcg_DFE	8		0	NC	4		7	6	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.67		0		1		0.57	0.54	
Vitamin A, RAE	mcg_RAE	2		0		1		2	2	
Retinol	mcg	2		0		1		2	2	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	7		0		1		6	6	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.790		0		1		4.922	4.632	
4:0	g									
6:0	g									
8:0	g									

NDB No. 10196

Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g	0.010		0		1		0.009	0.008	
12:0....g	0.010		0		1		0.009	0.008	
13:0....g									
14:0....g	0.200		0		1		0.170	0.160	
15:0....g									
16:0....g	3.580		0		1		3.043	2.864	
17:0....g									
18:0....g	1.880		0		1		1.598	1.504	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.010		0		1		5.959	5.608	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.490		0		1		0.417	0.392	
17:1....g									
18:1 undifferentiated....g	6.330		0		1		5.381	5.064	
20:1....g	0.120		0		1		0.102	0.096	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.240		0		1		1.054	0.992	
18:2 undifferentiated....g	1.100		0		1		0.935	0.880	
18:3 undifferentiated....g	0.040		0		1		0.034	0.032	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		0		1		0.043	0.040	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	82		0		1		70	66	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.339		0		1		0.288	0.271	
Threonine....g	1.243		0		1		1.057	0.994	
Isoleucine....g	1.267		0		1		1.077	1.014	
Leucine....g	2.196		0		1		1.867	1.757	
Lysine....g	2.469		0		1		2.099	1.975	
Methionine....g	0.715		0		1		0.608	0.572	
Cystine....g	0.346		0		1		0.294	0.277	
Phenylalanine....g	1.097		0		1		0.932	0.878	
Tyrosine....g	0.940		0		1		0.799	0.752	
Valine....g	1.486		0		1		1.263	1.189	
Arginine....g	1.752		0		1		1.489	1.402	
Histidine....g	1.069		0		1		0.909	0.855	
Alanine....g	1.625		0		1		1.381	1.300	
Aspartic acid....g	2.532		0		1		2.152	2.026	
Glutamic acid....g	4.239		0		1		3.603	3.391	
Glycine....g	1.467		0		1		1.247	1.174	
Proline....g	1.195		0		1		1.016	0.956	
Serine....g	1.141		0		1		0.970	0.913	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 80g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

NDB No. 10196

Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10197

Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried

Refuse: 8% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	56.34		0		1		47.89	42.26	
Energy ... kcal	273		0	NC	4		232	205	
Energy ... kJ	1142		0		4		971	857	
Protein (N x 6.25) ... g	25.82		0		1		21.95	19.37	
Total lipid (fat) ... g	18.05		0		1		15.34	13.54	
Ash ... g	1.18		0		1		1.00	0.89	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	11		0		1		9	8	
Iron, Fe ... mg	0.73		0		1		0.62	0.55	
Magnesium, Mg ... mg	24		0		1		20	18	
Phosphorus, P ... mg	228		0		1		194	171	
Potassium, K ... mg	428		0		1		364	321	
Sodium, Na ... mg	50		0		1		43	38	
Zinc, Zn ... mg	2.04		0		1		1.73	1.53	
Copper, Cu ... mg	0.067		0		1		0.057	0.050	
Manganese, Mn ... mg	0.007		0		1		0.006	0.005	
Selenium, Se ... mcg	41.9		0	PIE	4		35.6	31.4	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.708		0		1		0.602	0.531	
Riboflavin ... mg	0.313		0		1		0.266	0.235	
Niacin ... mg	4.805		0		1		4.084	3.604	
Pantothenic acid ... mg	0.723		0		1		0.615	0.542	
Vitamin B-6 ... mg	0.357		0		1		0.303	0.268	
Folate, total ... mcg	7		0		1		6	5	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	7		0		1		6	5	
Folate, DFE ... mcg_DFE	7		0	NC	4		6	5	
Choline, total ... mg	88.7		0	BFPN	4		75.4	66.5	
Betaine ... mg	3.4		0	BFPN	4		2.9	2.6	
Vitamin B-12 ... mcg	0.59		0		1		0.50	0.44	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	2		0	NC	4		2	2	
Retinol ... mcg	2		0	NR	4		2	2	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	7		0		1		6	5	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.20		0	BFYN	4		0.17	0.15	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.9		0	AS	1		0.7	0.6	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	0.9		0	BFFN	4		0.7	0.6	
Vitamin D ... IU	34		0	BFFN	4		29	26	
Vitamin K (phylloquinone) ... mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated ... g	6.720		0		1		5.712	5.040	
4:0 ... g	0.000		0	Z	7		0.000	0.000	

NDB No. 10197

Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		0		1		0.009	0.008	
12:0 g	0.010		0		1		0.009	0.008	
13:0 g									
14:0 g	0.230		0		1		0.196	0.173	
15:0 g									
16:0 g	4.150		0		1		3.528	3.113	
17:0 g									
18:0 g	2.200		0		1		1.870	1.650	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.960		0		1		6.766	5.970	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.530		0		1		0.451	0.398	
17:1 g									
18:1 undifferentiated g	7.250		0		1		6.163	5.438	
20:1 g	0.140		0		1		0.119	0.105	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.080		0		1		1.768	1.560	
18:2 undifferentiated g	1.870		0		1		1.590	1.403	
18:3 undifferentiated g	0.120		0		1		0.102	0.090	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.050		0		1		0.043	0.038	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	73		0		1		62	55	
Phytosterols mg	3		0		1		3	2	
Amino Acids:									
Tryptophan g	0.314		0		1		0.267	0.236	
Threonine g	1.158		0		1		0.984	0.869	
Isoleucine g	1.179		0		1		1.002	0.884	
Leucine g	2.048		0		1		1.741	1.536	
Lysine g	2.304		0		1		1.958	1.728	
Methionine g	0.665		0		1		0.565	0.499	
Cystine g	0.322		0		1		0.274	0.242	
Phenylalanine g	1.024		0		1		0.870	0.768	
Tyrosine g	0.874		0		1		0.743	0.656	
Valine g	1.386		0		1		1.178	1.040	
Arginine g	1.644		0		1		1.397	1.233	
Histidine g	0.992		0		1		0.843	0.744	
Alanine g	1.522		0		1		1.294	1.142	
Aspartic acid g	2.567		0		1		2.182	1.925	
Glutamic acid g	3.944		0		1		3.352	2.958	
Glycine g	1.402		0		1		1.192	1.052	
Proline g	1.133		0		1		0.963	0.850	
Serine g	1.066		0		1		0.906	0.800	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10197

Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 75g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10200

Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised

Refuse: 15% Connective tissue 5%, separable fat 10%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.25		0		1		52.91	44.82	
Energy....kcal	211		0	NC	4		179	152	
Energy....kJ	883		0		4		750	636	
Protein (N x 6.25)....g	27.95		0		1		23.76	20.12	
Total lipid (fat)....g	10.14		0		1		8.62	7.30	
Ash....g	1.26		0		1		1.07	0.91	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0		1		4	4	
Iron, Fe....mg	0.99		0		1		0.84	0.71	
Magnesium, Mg....mg	19		0		1		16	14	
Phosphorus, P....mg	173		0		1		147	125	
Potassium, K....mg	405		0		1		344	292	
Sodium, Na....mg	41		0		1		35	30	
Zinc, Zn....mg	2.16		0		1		1.84	1.56	
Copper, Cu....mg	0.074		0		1		0.063	0.053	
Manganese, Mn....mg	0.010		0		1		0.009	0.007	
Selenium, Se....mcg	45.4		0	BFYN	4		38.6	32.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0		1		0.3	0.2	
Thiamin....mg	0.549		0		1		0.467	0.395	
Riboflavin....mg	0.258		0		1		0.219	0.186	
Niacin....mg	4.519		0		1		3.841	3.254	
Pantothenic acid....mg	0.638		0		1		0.542	0.459	
Vitamin B-6....mg	0.331		0		1		0.281	0.238	
Folate, total....mcg	4		0		1		3	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		1		3	3	
Folate, DFE....mcg_DFE	4		0	NC	4		3	3	
Choline, total....mg	96.0		0	BFPN	4		81.6	69.2	
Betaine....mg	3.7		0	BFPN	4		3.2	2.7	
Vitamin B-12....mcg	0.44		0		1		0.37	0.32	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		2	1	
Retinol....mcg	2		0	NR	4		2	1	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	6		0		1		5	4	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.21		0	BFSN	4		0.18	0.15	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.9		0	AS	1		0.7	0.6	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.9		0	BFFN	4		0.7	0.6	
Vitamin D....IU	35		0	BFFN	4		30	25	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	3.960		0		1		3.366	2.851	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10200

Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		0		1		0.009	0.007	
12:0 g	0.010		0		1		0.009	0.007	
13:0 g									
14:0 g	0.140		0		1		0.119	0.101	
15:0 g									
16:0 g	2.450		0		1		2.083	1.764	
17:0 g									
18:0 g	1.290		0		1		1.097	0.929	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.850		0		1		4.123	3.492	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.360		0		1		0.306	0.259	
17:1 g									
18:1 undifferentiated g	4.390		0		1		3.732	3.161	
20:1 g	0.090		0		1		0.077	0.065	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.730		0		1		0.621	0.526	
18:2 undifferentiated g	0.660		0		1		0.561	0.475	
18:3 undifferentiated g	0.020		0		1		0.017	0.014	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0		1		0.034	0.029	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	71		0		1		60	51	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.355		0		1		0.302	0.256	
Threonine g	1.276		0		1		1.085	0.919	
Isoleucine g	1.309		0		1		1.113	0.942	
Leucine g	2.242		0		1		1.906	1.614	
Lysine g	2.513		0		1		2.136	1.809	
Methionine g	0.740		0		1		0.629	0.533	
Cystine g	0.356		0		1		0.303	0.256	
Phenylalanine g	1.116		0		1		0.949	0.804	
Tyrosine g	0.974		0		1		0.828	0.701	
Valine g	1.516		0		1		1.289	1.092	
Arginine g	1.737		0		1		1.476	1.251	
Histidine g	1.116		0		1		0.949	0.804	
Alanine g	1.628		0		1		1.384	1.172	
Aspartic acid g	2.592		0		1		2.203	1.866	
Glutamic acid g	4.375		0		1		3.719	3.150	
Glycine g	1.327		0		1		1.128	0.955	
Proline g	1.123		0		1		0.955	0.809	
Serine g	1.154		0		1		0.981	0.831	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10200

Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 72g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10201

Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled

Refuse: 16% Connective tissue 6%, separable fat 10%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.95	3.547	15		1		48.41	40.43	
Energy....kcal	216		0	NC	4		184	153	
Energy....kJ	904				4		768	642	
Protein (N x 6.25)....g	29.46	0.261	15		1		25.04	20.92	
Total lipid (fat)....g	10.05	0.453	15		1		8.54	7.14	
Ash....g	1.16	0.022	15		1		0.99	0.82	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	31	1.585	5		1		26	22	
Iron, Fe....mg	0.82	0.029	17		1		0.70	0.58	
Magnesium, Mg....mg	28	1.453	8		1		24	20	
Phosphorus, P....mg	245	4.537	6		1		208	174	
Potassium, K....mg	420	9.962	17		1		357	298	
Sodium, Na....mg	65	1.154	17		1		55	46	
Zinc, Zn....mg	2.38	0.070	17		1		2.02	1.69	
Copper, Cu....mg	0.070	0.005	17		1		0.060	0.050	
Manganese, Mn....mg	0.020		2		1		0.017	0.014	
Selenium, Se....mcg	47.3	4.758	5	A	1		40.2	33.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3	0.049	3		1		0.3	0.2	
Thiamin....mg	0.894	0.084	12		1		0.760	0.635	
Riboflavin....mg	0.323	0.019	12		1		0.275	0.229	
Niacin....mg	5.231	0.188	11		1		4.446	3.714	
Pantothenic acid....mg	0.746	0.025	6		1		0.634	0.530	
Vitamin B-6....mg	0.400	0.038	4		1		0.340	0.284	
Folate, total....mcg	9		1		1		8	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		1		1		8	6	
Folate, DFE....mcg_DFE	9		0	NC	4		8	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.70	0.031	12		1		0.60	0.50	
Vitamin A, RAE....mcg_RAE	2		1		1		2	1	
Retinol....mcg	2		1		1		2	1	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	6		1		1		5	4	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.570		0		1		3.035	2.535	
4:0....g									
6:0....g									
8:0....g									

NDB No. 10201

Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.010		15		1		0.009	0.007	
12:0 ... g	0.010		15		1		0.009	0.007	
13:0 ... g									
14:0 ... g	0.130		15		1		0.111	0.092	
15:0 ... g									
16:0 ... g	2.230		15		1		1.896	1.583	
17:0 ... g									
18:0 ... g	1.140		15		1		0.969	0.809	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.600		0		1		3.910	3.266	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.350		15		1		0.298	0.249	
17:1 ... g									
18:1 undifferentiated ... g	4.120		15		1		3.502	2.925	
20:1 ... g	0.090		15		1		0.077	0.064	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.640		0		1		0.544	0.454	
18:2 undifferentiated ... g	0.540		15		1		0.459	0.383	
18:3 undifferentiated ... g	0.010		15		1		0.009	0.007	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.040		15		1		0.034	0.028	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	81	1.862	15		1		69	58	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.374		0		1		0.318	0.266	
Threonine ... g	1.345		0		1		1.143	0.955	
Isoleucine ... g	1.379		0		1		1.172	0.979	
Leucine ... g	2.364		0		1		2.009	1.678	
Lysine ... g	2.649		0		1		2.252	1.881	
Methionine ... g	0.780		0		1		0.663	0.554	
Cystine ... g	0.376		0		1		0.320	0.267	
Phenylalanine ... g	1.176		0		1		1.000	0.835	
Tyrosine ... g	1.026		0		1		0.872	0.728	
Valine ... g	1.598		0		1		1.358	1.135	
Arginine ... g	1.831		0		1		1.556	1.300	
Histidine ... g	1.177		0		1		1.000	0.836	
Alanine ... g	1.716		0		1		1.459	1.218	
Aspartic acid ... g	2.732		0		1		2.322	1.940	
Glutamic acid ... g	4.612		0		1		3.920	3.275	
Glycine ... g	1.399		0		1		1.189	0.993	
Proline ... g	1.183		0		1		1.006	0.840	
Serine ... g	1.217		0		1		1.034	0.864	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 71g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

NDB No. 10201

Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10202

Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried

Refuse: 19% Connective tissue 8%, separable fat 11%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.86		0		1		51.73	40.17	
Energy....kcal	224		0	NC	4		190	148	
Energy....kJ	937		0		4		797	619	
Protein (N x 6.25)....g	27.68		0		1		23.53	18.27	
Total lipid (fat)....g	11.80		0		1		10.03	7.79	
Ash....g	1.24		0		1		1.05	0.82	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0		1		4	3	
Iron, Fe....mg	0.78		0		1		0.66	0.51	
Magnesium, Mg....mg	27		0		1		23	18	
Phosphorus, P....mg	237		0		1		201	156	
Potassium, K....mg	454		0		1		386	300	
Sodium, Na....mg	52		0		1		44	34	
Zinc, Zn....mg	2.14		0		1		1.82	1.41	
Copper, Cu....mg	0.069		0		1		0.059	0.046	
Manganese, Mn....mg	0.007		0		1		0.006	0.005	
Selenium, Se....mcg	45.4		0	BFYN	4		38.6	30.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0		1		0.3	0.2	
Thiamin....mg	0.761		0		1		0.647	0.502	
Riboflavin....mg	0.340		0		1		0.289	0.224	
Niacin....mg	5.115		0		1		4.348	3.376	
Pantothenic acid....mg	0.778		0		1		0.661	0.513	
Vitamin B-6....mg	0.388		0		1		0.330	0.256	
Folate, total....mcg	8		0		1		7	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0		1		7	5	
Folate, DFE....mcg_DFE	8		0	NC	4		7	5	
Choline, total....mg	95.1		0	BFPN	4		80.9	62.8	
Betaine....mg	3.7		0	BFPN	4		3.1	2.4	
Vitamin B-12....mcg	0.61		0		1		0.52	0.40	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		2	1	
Retinol....mcg	2		0	NR	4		2	1	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	6		0		1		5	4	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.22		0	BFYN	4		0.19	0.15	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.6		0	AS	1		0.5	0.4	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.6		0	BFFN	4		0.5	0.4	
Vitamin D....IU	22		0	BFFN	4		19	15	
Vitamin K (phylloquinone)....mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	4.300		0		1		3.655	2.838	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10202

Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		0		1		0.009	0.007	
12:0 g	0.010		0		1		0.009	0.007	
13:0 g									
14:0 g	0.150		0		1		0.128	0.099	
15:0 g									
16:0 g	2.680		0		1		2.278	1.769	
17:0 g									
18:0 g	1.390		0		1		1.182	0.917	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.310		0		1		4.514	3.505	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.370		0		1		0.315	0.244	
17:1 g									
18:1 undifferentiated g	4.830		0		1		4.106	3.188	
20:1 g	0.100		0		1		0.085	0.066	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.490		0		1		1.267	0.983	
18:2 undifferentiated g	1.340		0		1		1.139	0.884	
18:3 undifferentiated g	0.110		0		1		0.094	0.073	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0		1		0.034	0.026	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	70		0		1		60	46	
Phytosterols mg	3		0		1		3	2	
Amino Acids:									
Tryptophan g	0.352		0		1		0.299	0.232	
Threonine g	1.264		0		1		1.074	0.834	
Isoleucine g	1.296		0		1		1.102	0.855	
Leucine g	2.221		0		1		1.888	1.466	
Lysine g	2.489		0		1		2.116	1.643	
Methionine g	0.733		0		1		0.623	0.484	
Cystine g	0.353		0		1		0.300	0.233	
Phenylalanine g	1.105		0		1		0.939	0.729	
Tyrosine g	0.964		0		1		0.819	0.636	
Valine g	1.502		0		1		1.277	0.991	
Arginine g	1.721		0		1		1.463	1.136	
Histidine g	1.106		0		1		0.940	0.730	
Alanine g	1.612		0		1		1.370	1.064	
Aspartic acid g	2.567		0		1		2.182	1.694	
Glutamic acid g	4.333		0		1		3.683	2.860	
Glycine g	1.314		0		1		1.117	0.867	
Proline g	1.112		0		1		0.945	0.734	
Serine g	1.143		0		1		0.972	0.754	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10202

Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 66g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10047

Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted

Refuse: 36% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.99		0		1		125.42	47.59	
Energy....kcal	255		0	NC	4		571	217	
Energy....kJ	1067				4		2390	907	
Protein (N x 6.25)....g	27.43		0		1		61.44	23.32	
Total lipid (fat)....g	15.28		0		1		34.23	12.99	
Ash....g	1.26		0		1		2.82	1.07	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	28		0		1		63	24	
Iron, Fe....mg	0.94		0		1		2.11	0.80	
Magnesium, Mg....mg	21		0		1		47	18	
Phosphorus, P....mg	231		0		1		517	196	
Potassium, K....mg	421		0		1		943	358	
Sodium, Na....mg	46		0		1		103	39	
Zinc, Zn....mg	2.06		0		1		4.61	1.75	
Copper, Cu....mg	0.074		0		1		0.166	0.063	
Manganese, Mn....mg	0.010		0		1		0.022	0.009	
Selenium, Se....mcg	41.0		0	BFZN	4		91.8	34.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0		1		0.7	0.3	
Thiamin....mg	0.724		0		1		1.622	0.615	
Riboflavin....mg	0.300		0		1		0.672	0.255	
Niacin....mg	6.116		0		1		13.700	5.199	
Pantothenic acid....mg	0.526		0		1		1.178	0.447	
Vitamin B-6....mg	0.324		0		1		0.726	0.275	
Folate, total....mcg	3		0		1		7	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		0		1		7	3	
Folate, DFE....mcg_DFE	3		0	NC	4		7	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.66		0		1		1.48	0.56	
Vitamin A, RAE....mcg_RAE	2		0		1		4	2	
Retinol....mcg	2		0		1		4	2	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	6		0		1		13	5	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.920		0		1		13.261	5.032	
4:0....g									
6:0....g									
8:0....g									

NDB No. 10047

Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.010		0		1		0.022	0.009	
12:0 ... g	0.010		0		1		0.022	0.009	
13:0 ... g									
14:0 ... g	0.210		0		1		0.470	0.179	
15:0 ... g									
16:0 ... g	3.640		0		1		8.154	3.094	
17:0 ... g									
18:0 ... g	1.950		0		1		4.368	1.658	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	6.980		0		1		15.635	5.933	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.480		0		1		1.075	0.408	
17:1 ... g									
18:1 undifferentiated ... g	6.340		0		1		14.202	5.389	
20:1 ... g	0.120		0		1		0.269	0.102	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.280		0		1		2.867	1.088	
18:2 undifferentiated ... g	1.160		0		1		2.598	0.986	
18:3 undifferentiated ... g	0.040		0		1		0.090	0.034	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.050		0		1		0.112	0.043	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	73		0		1		164	62	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.339		0		1		0.759	0.288	
Threonine ... g	1.239		0		1		2.775	1.053	
Isoleucine ... g	1.265		0		1		2.834	1.075	
Leucine ... g	2.185		0		1		4.894	1.857	
Lysine ... g	2.455		0		1		5.499	2.087	
Methionine ... g	0.714		0		1		1.599	0.607	
Cystine ... g	0.345		0		1		0.773	0.293	
Phenylalanine ... g	1.090		0		1		2.442	0.927	
Tyrosine ... g	0.939		0		1		2.103	0.798	
Valine ... g	1.478		0		1		3.311	1.256	
Arginine ... g	1.730		0		1		3.875	1.471	
Histidine ... g	1.070		0		1		2.397	0.910	
Alanine ... g	1.609		0		1		3.604	1.368	
Aspartic acid ... g	2.521		0		1		5.647	2.143	
Glutamic acid ... g	4.230		0		1		9.475	3.596	
Glycine ... g	1.416		0		1		3.172	1.204	
Proline ... g	1.164		0		1		2.607	0.989	
Serine ... g	1.133		0		1		2.538	0.963	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 224g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 10047

Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10051

Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted

Refuse: 41% Bone 36%, separable fat 5%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.77		0		1		121.07	49.95	
Energy....kcal	223		0	NC	4		459	190	
Energy....kJ	933				4		1922	793	
Protein (N x 6.25)....g	28.72		0		1		59.16	24.41	
Total lipid (fat)....g	11.16		0		1		22.99	9.49	
Ash....g	1.30		0		1		2.68	1.11	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	26		0		1		54	22	
Iron, Fe....mg	0.98		0		1		2.02	0.83	
Magnesium, Mg....mg	22		0		1		45	19	
Phosphorus, P....mg	237		0		1		488	201	
Potassium, K....mg	437		0		1		900	371	
Sodium, Na....mg	47		0		1		97	40	
Zinc, Zn....mg	2.13		0		1		4.39	1.81	
Copper, Cu....mg	0.076		0		1		0.157	0.065	
Manganese, Mn....mg	0.011		0		1		0.023	0.009	
Selenium, Se....mcg	43.2	5.282	5	A	1		89.0	36.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0		1		0.6	0.3	
Thiamin....mg	0.758		0		1		1.561	0.644	
Riboflavin....mg	0.316		0		1		0.651	0.269	
Niacin....mg	6.419		0		1		13.223	5.456	
Pantothenic acid....mg	0.543		0		1		1.119	0.462	
Vitamin B-6....mg	0.341		0		1		0.702	0.290	
Folate, total....mcg	3		0		1		6	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		0		1		6	3	
Folate, DFE....mcg_DFE	3		0	NC	4		6	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.68		0		1		1.40	0.58	
Vitamin A, RAE....mcg_RAE	2		0		1		4	2	
Retinol....mcg	2		0		1		4	2	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	6		0		1		12	5	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.350		0		1		8.961	3.698	
4:0....g									
6:0....g									
8:0....g									

NDB No. 10051

Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g	0.010		0		1		0.021	0.009	
12:0....g	0.010		0		1		0.021	0.009	
13:0....g									
14:0....g	0.150		0		1		0.309	0.128	
15:0....g									
16:0....g	2.690		0		1		5.541	2.287	
17:0....g									
18:0....g	1.420		0		1		2.925	1.207	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.250		0		1		10.815	4.463	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.380		0		1		0.783	0.323	
17:1....g									
18:1 undifferentiated....g	4.760		0		1		9.806	4.046	
20:1....g	0.100		0		1		0.206	0.085	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.850		0		1		1.751	0.723	
18:2 undifferentiated....g	0.770		0		1		1.586	0.655	
18:3 undifferentiated....g	0.020		0		1		0.041	0.017	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0		1		0.082	0.034	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	71		0		1		146	60	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.365		0		1		0.752	0.310	
Threonine....g	1.311		0		1		2.701	1.114	
Isoleucine....g	1.345		0		1		2.771	1.143	
Leucine....g	2.304		0		1		4.746	1.958	
Lysine....g	2.582		0		1		5.319	2.195	
Methionine....g	0.760		0		1		1.566	0.646	
Cystine....g	0.366		0		1		0.754	0.311	
Phenylalanine....g	1.146		0		1		2.361	0.974	
Tyrosine....g	1.001		0		1		2.062	0.851	
Valine....g	1.558		0		1		3.209	1.324	
Arginine....g	1.785		0		1		3.677	1.517	
Histidine....g	1.147		0		1		2.363	0.975	
Alanine....g	1.673		0		1		3.446	1.422	
Aspartic acid....g	2.663		0		1		5.486	2.264	
Glutamic acid....g	4.495		0		1		9.260	3.821	
Glycine....g	1.364		0		1		2.810	1.159	
Proline....g	1.154		0		1		2.377	0.981	
Serine....g	1.186		0		1		2.443	1.008	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 206g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 10051

Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10198

Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted

Refuse: 8% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.33	0.865	15		1		181.74	48.73	
Energy....kcal	252		0	NC	4		799	214	
Energy....kJ	1054		0		4		3342	896	
Protein (N x 6.25)....g	26.99	0.395	15		1		85.56	22.94	
Total lipid (fat)....g	15.15	0.884	15		1		48.03	12.88	
Ash....g	1.11	0.028	15		1		3.52	0.94	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0		1		19	5	
Iron, Fe....mg	0.93		0		1		2.95	0.79	
Magnesium, Mg....mg	22		0		1		70	19	
Phosphorus, P....mg	214		0		1		678	182	
Potassium, K....mg	346		0		1		1097	294	
Sodium, Na....mg	48		0		1		152	41	
Zinc, Zn....mg	2.64		0		1		8.37	2.24	
Copper, Cu....mg	0.016		0		1		0.051	0.014	
Manganese, Mn....mg	0.010		0		1		0.032	0.009	
Selenium, Se....mcg	40.3		0	PAK	1		127.8	34.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0		1		1.3	0.3	
Thiamin....mg	0.604		0		1		1.915	0.513	
Riboflavin....mg	0.290		0		1		0.919	0.247	
Niacin....mg	5.044		0		1		15.989	4.287	
Pantothenic acid....mg	0.531		0		1		1.683	0.451	
Vitamin B-6....mg	0.363		0		1		1.151	0.309	
Folate, total....mcg	8		0		1		25	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0		1		25	7	
Folate, DFE....mcg_DFE	8		0	NC	4		25	7	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.56		0		1		1.78	0.48	
Vitamin A, RAE....mcg_RAE	0		0	NR	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	9		0		1		29	8	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.1		0	AS	1		3.4	0.9	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.1		0	BFFN	4		3.4	0.9	
Vitamin D....IU	43		0	BFFN	4		137	37	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.350		0		1		16.960	4.548	
4:0....g									
6:0....g									
8:0....g									

NDB No. 10198

Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.010		0		1		0.032	0.009	
12:0 ... g	0.010		0		1		0.032	0.009	
13:0 ... g									
14:0 ... g	0.180		0		1		0.571	0.153	
15:0 ... g									
16:0 ... g	3.320		0		1		10.524	2.822	
17:0 ... g									
18:0 ... g	1.700		0		1		5.389	1.445	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	6.680		0		1		21.176	5.678	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.480		0		1		1.522	0.408	
17:1 ... g									
18:1 undifferentiated ... g	6.000		0		1		19.020	5.100	
20:1 ... g	0.130		0		1		0.412	0.111	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.300		0		1		4.121	1.105	
18:2 undifferentiated ... g	1.120		0		1		3.550	0.952	
18:3 undifferentiated ... g	0.030		0		1		0.095	0.026	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.080		0		1		0.254	0.068	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	81	2.486	15		1		257	69	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.343		0		1		1.087	0.292	
Threonine ... g	1.232		0		1		3.905	1.047	
Isoleucine ... g	1.264		0		1		4.007	1.074	
Leucine ... g	2.166		0		1		6.866	1.841	
Lysine ... g	2.427		0		1		7.694	2.063	
Methionine ... g	0.715		0		1		2.267	0.608	
Cystine ... g	0.344		0		1		1.090	0.292	
Phenylalanine ... g	1.077		0		1		3.414	0.915	
Tyrosine ... g	0.940		0		1		2.980	0.799	
Valine ... g	1.464		0		1		4.641	1.244	
Arginine ... g	1.678		0		1		5.319	1.426	
Histidine ... g	1.078		0		1		3.417	0.916	
Alanine ... g	1.572		0		1		4.983	1.336	
Aspartic acid ... g	2.503		0		1		7.935	2.128	
Glutamic acid ... g	4.225		0		1		13.393	3.591	
Glycine ... g	1.282		0		1		4.064	1.090	
Proline ... g	1.084		0		1		3.436	0.921	
Serine ... g	1.115		0		1		3.535	0.948	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 317g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 10198

Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10203

Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted

Refuse: 18% Connective tissue 8%, separable fat 10%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.61	0.723	15		1		171.53	51.52	
Energy	kcal	214		0	NC	4		606	182	
Energy	kJ	895		0		4		2534	761	
Protein (N x 6.25)	g	28.81	0.466	15		1		81.53	24.49	
Total lipid (fat)	g	10.13	0.460	15		1		28.67	8.61	
Ash	g	1.14	0.031	15		1		3.23	0.97	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6	0.558	5		1		17	5	
Iron, Fe	mg	1.00	0.052	5		1		2.83	0.85	
Magnesium, Mg	mg	24	0.649	5		1		68	20	
Phosphorus, P	mg	222	5.177	5		1		628	189	
Potassium, K	mg	363	7.466	5		1		1027	309	
Sodium, Na	mg	50	2.188	5		1		142	43	
Zinc, Zn	mg	2.83	0.173	5		1		8.01	2.41	
Copper, Cu	mg	0.012	0.004	5		1		0.034	0.010	
Manganese, Mn	mg	0.011		0		1		0.031	0.009	
Selenium, Se	mcg	43.2	5.282	5	A	1		122.3	36.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		1.1	0.3	
Thiamin	mg	0.639		0		1		1.808	0.543	
Riboflavin	mg	0.312		0		1		0.883	0.265	
Niacin	mg	5.355		0		1		15.155	4.552	
Pantothenic acid	mg	0.581		0		1		1.644	0.494	
Vitamin B-6	mg	0.400		0		1		1.132	0.340	
Folate, total	mcg	9		0		1		25	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		1		25	8	
Folate, DFE	mcg_DFE	9		0	NC	4		25	8	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.55		0		1		1.56	0.47	
Vitamin A, RAE	mcg_RAE	0		0	NR	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	8		0		1		23	7	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.7		0	AS	1		2.0	0.6	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.7		0	BFFN	4		2.0	0.6	
Vitamin D	IU	29		0	BFFN	4		82	24	
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.540		0		1		10.018	3.009	
4:0	g									
6:0	g									
8:0	g									

NDB No. 10203

Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		15		1		0.028	0.009	
12:0 g	0.010		15		1		0.028	0.009	
13:0 g									
14:0 g	0.120		15		1		0.340	0.102	
15:0 g									
16:0 g	2.200		15		1		6.226	1.870	
17:0 g									
18:0 g	1.120		15		1		3.170	0.952	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.490		0		1		12.707	3.817	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.330		15		1		0.934	0.281	
17:1 g									
18:1 undifferentiated g	4.020		15		1		11.377	3.417	
20:1 g	0.090		15		1		0.255	0.077	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.850		0		1		2.406	0.723	
18:2 undifferentiated g	0.730		15		1		2.066	0.621	
18:3 undifferentiated g	0.020		15		1		0.057	0.017	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.060		15		1		0.170	0.051	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	83	3.503	15		1		235	71	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.366		0		1		1.036	0.311	
Threonine g	1.316		0		1		3.724	1.119	
Isoleucine g	1.349		0		1		3.818	1.147	
Leucine g	2.312		0		1		6.543	1.965	
Lysine g	2.591		0		1		7.333	2.202	
Methionine g	0.763		0		1		2.159	0.649	
Cystine g	0.367		0		1		1.039	0.312	
Phenylalanine g	1.150		0		1		3.255	0.978	
Tyrosine g	1.004		0		1		2.841	0.853	
Valine g	1.563		0		1		4.423	1.329	
Arginine g	1.791		0		1		5.069	1.522	
Histidine g	1.151		0		1		3.257	0.978	
Alanine g	1.678		0		1		4.749	1.426	
Aspartic acid g	2.672		0		1		7.562	2.271	
Glutamic acid g	4.510		0		1		12.763	3.834	
Glycine g	1.368		0		1		3.871	1.163	
Proline g	1.157		0		1		3.274	0.983	
Serine g	1.190		0		1		3.368	1.012	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 283g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 10203

Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10205

Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised

Country ribs

Refuse: 43% Bone, 24%, Connective tissue, 15%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.90		0	PAK	1		46.35	45.82	
Energy....kcal	273		0	PIK	4		235	232	
Energy....kJ	1141		0	PIK	4		982	970	
Protein (N x 6.25)....g	26.49		0	PAK	1		22.78	22.52	
Total lipid (fat)....g	17.71		0	PAK	1		15.23	15.05	
Ash....g	0.89		0	PAK	1		0.76	0.75	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	34		0	PAK	1		29	29	
Iron, Fe....mg	1.34		0	PAK	1		1.15	1.14	
Magnesium, Mg....mg	23		0	PAK	1		19	19	
Phosphorus, P....mg	202		0	PAK	1		173	171	
Potassium, K....mg	288		0	PAK	1		248	245	
Sodium, Na....mg	58		0	PAK	1		50	49	
Zinc, Zn....mg	4.23		0	PAK	1		3.64	3.59	
Copper, Cu....mg	0.101		0	PAK	1		0.087	0.086	
Manganese, Mn....mg	0.010		0	PAK	1		0.009	0.009	
Selenium, Se....mcg	46.3		0	PAK	1		39.8	39.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.461		0	PAK	1		0.396	0.392	
Riboflavin....mg	0.283		0	PAK	1		0.244	0.241	
Niacin....mg	5.548		0	PAK	1		4.771	4.716	
Pantothenic acid....mg	1.363		0	PIK	4		1.172	1.158	
Vitamin B-6....mg	0.472		0	PIK	4		0.406	0.401	
Folate, total....mcg	0		0	PIK	4		0	0	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	0		0	PIK	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	108.2		0	PIK	4		93.0	91.9	
Betaine....mg	3.6		0	PIK	4		3.1	3.0	
Vitamin B-12....mcg	0.96		0	PIK	4		0.83	0.82	
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	PAK	1		2	2	
Retinol....mcg	2		0	PIK	4		2	2	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	6		0	PAK	1		5	5	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.12		0	PIK	4		0.11	0.11	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma....mg	0.01		0	PAK	1		0.01	0.01	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	1.3		0	PAK	1		1.1	1.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.3		0	PIK	4		1.1	1.1	
Vitamin D....IU	50		0	PIK	4		43	43	
Vitamin K (phylloquinone)....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	6.302		0	PIK	4		5.420	5.357	
4:0....g	0.000		0	PIK	4		0.000	0.000	

NDB No. 10205

Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	PIK	4		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.015		0	PAK	1		0.013	0.013	
12:0....g	0.013		0	PAK	1		0.011	0.011	
13:0....g									
14:0....g	0.224		0	PAK	1		0.192	0.190	
15:0....g	0.005		0	PAK	1		0.004	0.004	
16:0....g	3.877		0	PAK	1		3.334	3.296	
17:0....g	0.054		0	PAK	1		0.046	0.046	
18:0....g	2.084		0	PAK	1		1.792	1.771	
20:0....g	0.029		0	PAK	1		0.025	0.025	
22:0....g	0.003		0	PAK	1		0.003	0.003	
24:0....g									
Fatty acids, total monounsaturated....g	7.654		0	PIK	4		6.582	6.506	
14:1....g	0.001		0	PAK	1		0.001	0.001	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.418		0	PAK	1		0.360	0.356	
17:1....g	0.011		0	PAK	1		0.009	0.009	
18:1 undifferentiated....g	7.108		0	PAK	1		6.113	6.042	
18:1 c....g	7.009		0	PAK	1		6.028	5.958	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.099		0	PAK	1		0.085	0.084	
18:1-11t (18:1t n-7)....g									
20:1....g	0.116		0	PAK	1		0.100	0.099	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.138		0	PIK	4		1.839	1.818	
18:2 undifferentiated....g	1.873		0	PAK	1		1.611	1.592	
18:2 n-6 c,c....g	1.820		0	PAK	1		1.565	1.547	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.054		0	PAK	1		0.046	0.046	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.087		0	PAK	1		0.075	0.074	
18:3 n-3 c,c,c (ALA)....g	0.084		0	PAK	1		0.073	0.072	
18:3 n-6 c,c,c....g	0.003		0	PAK	1		0.003	0.002	
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.071		0	PAK	1		0.061	0.060	
20:3 undifferentiated....g	0.011		0	PAK	1		0.009	0.009	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.096		0	PAK	1		0.083	0.082	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans....g	0.153		0	PIK	4		0.131	0.130	
Fatty acids, total trans-monoenoic....g	0.099		0	PIK	4		0.085	0.084	
Fatty acids, total trans-polyenoic....g	0.054		0	PIK	4		0.046	0.046	
Cholesterol....mg	103		0	PAK	1		89	88	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.279		0	PAK	1		0.240	0.237	
Threonine....g	1.189		0	PAK	1		1.023	1.011	
Isoleucine....g	1.303		0	PAK	1		1.121	1.108	
Leucine....g	2.257		0	PAK	1		1.941	1.918	
Lysine....g	2.457		0	PAK	1		2.113	2.088	

NDB No. 10205

Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.730		0	PAK	1		0.627	0.620	
Cystine....g	0.306		0	PAK	1		0.263	0.260	
Phenylalanine....g	1.113		0	PAK	1		0.958	0.946	
Tyrosine....g	1.008		0	PAK	1		0.867	0.857	
Valine....g	1.384		0	PAK	1		1.190	1.177	
Arginine....g	1.763		0	PAK	1		1.516	1.498	
Histidine....g	1.144		0	PAK	1		0.984	0.972	
Alanine....g	1.555		0	PAK	1		1.337	1.322	
Aspartic acid....g	2.591		0	PAK	1		2.228	2.203	
Glutamic acid....g	4.229		0	PAK	1		3.637	3.594	
Glycine....g	1.194		0	PAK	1		1.026	1.014	
Proline....g	1.071		0	PAK	1		0.921	0.910	
Serine....g	1.145		0	PAK	1		0.985	0.973	
Hydroxyproline....g	0.068		0	PAK	1		0.058	0.058	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 86g: 1 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10206

Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, roasted

Refuse: 30% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.87	0.847	15		1		122.60	43.24	
Energy....kcal	328		0	NC	4		790	279	
Energy....kJ	1372		0		4		3307	1166	
Protein (N x 6.25)....g	23.40	0.384	15		1		56.39	19.89	
Total lipid (fat)....g	25.34	1.130	15		1		61.07	21.54	
Ash....g	1.05	0.021	15		1		2.53	0.89	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	25		0		1		60	21	
Iron, Fe....mg	1.06		0		1		2.55	0.90	
Magnesium, Mg....mg	23		0		1		55	20	
Phosphorus, P....mg	226		0		1		545	192	
Potassium, K....mg	344		0		1		829	292	
Sodium, Na....mg	52		0		1		125	44	
Zinc, Zn....mg	2.36		0		1		5.69	2.01	
Copper, Cu....mg	0.053		0		1		0.128	0.045	
Manganese, Mn....mg	0.003		0		1		0.007	0.003	
Selenium, Se....mcg	37.1		0	PAK	1		89.4	31.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0		1		0.7	0.3	
Thiamin....mg	0.889		0		1		2.142	0.756	
Riboflavin....mg	0.344		0		1		0.829	0.292	
Niacin....mg	4.317		0		1		10.404	3.669	
Pantothenic acid....mg	0.750		0		1		1.808	0.638	
Vitamin B-6....mg	0.444		0		1		1.070	0.377	
Folate, total....mcg	5		0		1		12	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		1		12	4	
Folate, DFE....mcg_DFE	5		0	NC	4		12	4	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.79		0		1		1.90	0.67	
Vitamin A, RAE....mcg_RAE	0		0	NR	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	9		0		1		22	8	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.8		0	AS	1		4.3	1.5	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.8		0	BFFN	4		4.3	1.5	
Vitamin D....IU	72		0	BFFN	4		174	61	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.210		0		1		22.196	7.829	
4:0....g									
6:0....g									
8:0....g									

NDB No. 10206

Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.020		0		1		0.048	0.017	
12:0 ... g	0.020		0		1		0.048	0.017	
13:0 ... g									
14:0 ... g	0.330		0		1		0.795	0.281	
15:0 ... g									
16:0 ... g	5.570		0		1		13.424	4.735	
17:0 ... g									
18:0 ... g	3.080		0		1		7.423	2.618	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	11.010		0		1		26.534	9.359	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.730		0		1		1.759	0.621	
17:1 ... g									
18:1 undifferentiated ... g	9.940		0		1		23.955	8.449	
20:1 ... g	0.220		0		1		0.530	0.187	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.010		0		1		4.844	1.709	
18:2 undifferentiated ... g	1.780		0		1		4.290	1.513	
18:3 undifferentiated ... g	0.060		0		1		0.145	0.051	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.080		0		1		0.193	0.068	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	92	0.948	15		1		222	78	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.297		0		1		0.716	0.252	
Threonine ... g	1.069		0		1		2.576	0.909	
Isoleucine ... g	1.096		0		1		2.641	0.932	
Leucine ... g	1.878		0		1		4.526	1.596	
Lysine ... g	2.104		0		1		5.071	1.788	
Methionine ... g	0.620		0		1		1.494	0.527	
Cystine ... g	0.298		0		1		0.718	0.253	
Phenylalanine ... g	0.934		0		1		2.251	0.794	
Tyrosine ... g	0.815		0		1		1.964	0.693	
Valine ... g	1.269		0		1		3.058	1.079	
Arginine ... g	1.455		0		1		3.507	1.237	
Histidine ... g	0.935		0		1		2.253	0.795	
Alanine ... g	1.363		0		1		3.285	1.159	
Aspartic acid ... g	2.170		0		1		5.230	1.845	
Glutamic acid ... g	3.663		0		1		8.828	3.114	
Glycine ... g	1.111		0		1		2.678	0.944	
Proline ... g	0.940		0		1		2.265	0.799	
Serine ... g	0.967		0		1		2.330	0.822	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 10206

Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10204

Pork, fresh, loin, country-style ribs, separable lean and fat, raw

Country Ribs

Refuse: 41% Bone, 21%, Connective tissue, 14%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.22		0	PAK	1		87.32	19.34	
Energy....kcal	189		0	PIK	4		242	54	
Energy....kJ	792		0	PIK	4		1013	224	
Protein (N x 6.25)....g	19.34		0	PAK	1		24.76	5.48	
Total lipid (fat)....g	11.82		0	PAK	1		15.13	3.35	
Ash....g	0.95		0	PAK	1		1.22	0.27	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0	PAK	1		29	6	
Iron, Fe....mg	0.85		0	PAK	1		1.09	0.24	
Magnesium, Mg....mg	21		0	PAK	1		27	6	
Phosphorus, P....mg	193		0	PAK	1		246	55	
Potassium, K....mg	318		0	PAK	1		407	90	
Sodium, Na....mg	63		0	PAK	1		80	18	
Zinc, Zn....mg	2.78		0	PAK	1		3.56	0.79	
Copper, Cu....mg	0.078		0	PAK	1		0.100	0.022	
Manganese, Mn....mg	0.011		0	PAK	1		0.014	0.003	
Selenium, Se....mcg	32.3		0	PAK	1		41.3	9.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.375		0	PIK	4		0.479	0.106	
Riboflavin....mg	0.253		0	PIK	4		0.324	0.072	
Niacin....mg	3.082		0	PIK	4		3.945	0.874	
Pantothenic acid....mg	1.609		0	PIK	4		2.059	0.456	
Vitamin B-6....mg	0.539		0	PIK	4		0.690	0.153	
Folate, total....mcg	0		0	PIK	4		0	0	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	0		0	PIK	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	81.4		0	PIK	4		104.2	23.1	
Betaine....mg	4.3		0	PIK	4		5.5	1.2	
Vitamin B-12....mcg	1.00		0	PIK	4		1.28	0.28	
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	PAK	1		3	1	
Retinol....mcg	2		0	PIK	4		3	1	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	8		0	PAK	1		10	2	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.23		0	PIK	4		0.29	0.07	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	PAK	1		0.01	0.00	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.7		0	PAK	1		0.9	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.7		0	PIK	4		0.9	0.2	
Vitamin D....IU	29		0	PIK	4		37	8	
Vitamin K (phylloquinone)....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.370		0	PIK	4		3.034	0.672	
4:0....g	0.000		0	PIK	4		0.000	0.000	

NDB No. 10204

Pork, fresh, loin, country-style ribs, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	PIK	4		0.000	0.000	
8:0 ... g	0.000		0	PIK	4		0.000	0.000	
10:0 ... g	0.010		0	PIK	4		0.012	0.003	
12:0 ... g	0.008		0	PIK	4		0.011	0.002	
13:0 ... g									
14:0 ... g	0.148		0	PIK	4		0.189	0.042	
15:0 ... g	0.004		0	PIK	4		0.006	0.001	
16:0 ... g	2.565		0	PIK	4		3.283	0.727	
17:0 ... g	0.038		0	PIK	4		0.048	0.011	
18:0 ... g	1.398		0	PIK	4		1.789	0.396	
20:0 ... g	0.012		0	PAK	1		0.015	0.003	
22:0 ... g	0.001		0	PIK	4		0.001	0.000	
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.762		0	PIK	4		3.535	0.783	
14:1 ... g	0.001		0	PIK	4		0.002	0.000	
15:1 ... g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated ... g	0.256		0	PIK	4		0.327	0.072	
17:1 ... g	0.002		0	PIK	4		0.002	0.000	
18:1 undifferentiated ... g	4.667		0	PIK	4		5.973	1.323	
18:1 c ... g	4.591		0	PIK	4		5.877	1.302	
18:1-11c (18:1c n-7) ... g									
18:1 t ... g	0.075		0	PIK	4		0.096	0.021	
18:1-11t (18:1t n-7) ... g									
20:1 ... g	0.079		0	PIK	4		0.101	0.022	
22:1 undifferentiated ... g	0.000		0	PIK	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.966		0	PIK	4		1.236	0.274	
18:2 undifferentiated ... g	1.376		0	PIK	4		1.762	0.390	
18:2 n-6 c,c ... g	1.337		0	PIK	4		1.711	0.379	
18:2 CLAs ... g									
18:2 c,t ... g									
18:2 t,c ... g									
18:2 t,t ... g	0.039		0	PIK	4		0.051	0.011	
18:2 i ... g									
18:2 t not further defined ... g									
18:3 undifferentiated ... g	0.065		0	PIK	4		0.083	0.018	
18:3 n-3 c,c,c (ALA) ... g	0.063		0	PIK	4		0.080	0.018	
18:3 n-6 c,c,c ... g	0.002		0	PIK	4		0.003	0.001	
18:3i ... g									
18:4 ... g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c ... g	0.052		0	PIK	4		0.067	0.015	
20:3 undifferentiated ... g	0.008		0	PIK	4		0.010	0.002	
20:3 n-3 ... g									
20:3 n-6 ... g									
20:4 undifferentiated ... g	0.048		0	PIK	4		0.062	0.014	
20:4 n-3 ... g									
20:4 n-6 ... g									
20:5 n-3 (EPA) ... g	0.000		0	PIK	4		0.000	0.000	
21:5 ... g									
22:4 ... g									
22:5 n-3 (DPA) ... g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans ... g	0.074		0	PIK	4		0.095	0.021	
Fatty acids, total trans-monoenoic ... g	0.050		0	PIK	4		0.063	0.014	
Fatty acids, total trans-polyenoic ... g	0.025		0	PIK	4		0.032	0.007	
Cholesterol ... mg	74		0	PIK	4		95	21	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.204		0	PAK	1		0.261	0.058	
Threonine ... g	0.868		0	PAK	1		1.112	0.246	
Isoleucine ... g	0.952		0	PAK	1		1.218	0.270	
Leucine ... g	1.648		0	PAK	1		2.109	0.467	
Lysine ... g	1.794		0	PAK	1		2.296	0.509	

NDB No. 10204

Pork, fresh, loin, country-style ribs, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.533		0	PAK	1		0.682	0.151	
Cystine....g	0.223		0	PAK	1		0.286	0.063	
Phenylalanine....g	0.813		0	PAK	1		1.041	0.231	
Tyrosine....g	0.736		0	PAK	1		0.942	0.209	
Valine....g	1.011		0	PAK	1		1.294	0.287	
Arginine....g	1.287		0	PAK	1		1.648	0.365	
Histidine....g	0.836		0	PAK	1		1.069	0.237	
Alanine....g	1.135		0	PAK	1		1.453	0.322	
Aspartic acid....g	1.892		0	PAK	1		2.422	0.536	
Glutamic acid....g	3.088		0	PAK	1		3.953	0.875	
Glycine....g	0.872		0	PAK	1		1.116	0.247	
Proline....g	0.782		0	PAK	1		1.001	0.222	
Serine....g	0.836		0	PAK	1		1.071	0.237	
Hydroxyproline....g	0.050		0	PAK	1		0.064	0.014	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 128g: 1 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10208

Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised

Country ribs

Refuse: 43% Bone 24%, Connective tissue, 15%, separable fat 4%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	56.16	1.189	12	A	1		44.93	47.74	
Energy ... kcal	247		0	NC	4		198	210	
Energy ... kJ	1034		0	NC	4		827	879	
Protein (N x 6.25) ... g	27.74	1.001	12	A	1		22.19	23.58	
Total lipid (fat) ... g	14.26	1.410	12	A	1		11.41	12.12	
Ash ... g	0.92	0.026	12	A	1		0.74	0.78	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	33	3.787	12	A	1		27	28	
Iron, Fe ... mg	1.39	0.053	12	A	1		1.11	1.18	
Magnesium, Mg ... mg	23	0.500	12	A	1		19	20	
Phosphorus, P ... mg	208	4.570	12	A	1		166	177	
Potassium, K ... mg	297	5.478	12	A	1		237	252	
Sodium, Na ... mg	60	1.921	12	A	1		48	51	
Zinc, Zn ... mg	4.46	0.207	12	A	1		3.57	3.79	
Copper, Cu ... mg	0.105	0.005	12	A	1		0.084	0.089	
Manganese, Mn ... mg	0.011	0.001	12	A	1		0.009	0.010	
Selenium, Se ... mcg	48.6	5.192	12	A	1		38.9	41.3	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.477	0.027	4	A	1		0.382	0.405	
Riboflavin ... mg	0.296	0.004	4	A	1		0.237	0.251	
Niacin ... mg	5.715	0.340	4	A	1		4.572	4.858	
Pantothenic acid ... mg	1.427		0	BFPN	4		1.142	1.213	
Vitamin B-6 ... mg	0.491		0	BFPN	4		0.393	0.417	
Folate, total ... mcg	0		0	BFPN	4		0	0	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	0		0	BFPN	4		0	0	
Folate, DFE ... mcg_DFE	0		0	NC	4		0	0	
Choline, total ... mg	113.5		0	BFPN	4		90.8	96.5	
Betaine ... mg	3.7		0	BFPN	4		2.9	3.1	
Vitamin B-12 ... mcg	0.94		0	BFPN	4		0.75	0.80	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	0		0	AS	1		0	0	
Retinol ... mcg	0		0	Z	7		0	0	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0	AS	1		0	0	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.11		0	BFSN	4		0.09	0.10	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	1.2		0	AS	1		1.0	1.0	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	1.2		0	BFFN	4		1.0	1.0	
Vitamin D ... IU	49		0	BFFN	4		39	42	
Vitamin K (phylloquinone) ... mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated ... g	5.086		0	NC	4		4.069	4.323	
4:0 ... g	0.000		0	Z	7		0.000	0.000	

NDB No. 10208

Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000	0.000	4	A	1		0.000	0.000	
10:0 g	0.012	0.004	4	A	1		0.010	0.011	
12:0 g	0.010	0.003	4	A	1		0.008	0.009	
13:0 g									
14:0 g	0.181	0.036	4	A	1		0.145	0.154	
15:0 g	0.002	0.002	4	A	1		0.002	0.002	
16:0 g	3.150	0.612	4	A	1		2.520	2.677	
17:0 g	0.040	0.007	4	A	1		0.032	0.034	
18:0 g	1.665	0.302	4	A	1		1.332	1.415	
20:0 g	0.023	0.004	4	A	1		0.018	0.020	
22:0 g	0.003	0.003	4	A	1		0.002	0.002	
24:0 g									
Fatty acids, total monounsaturated g	6.260		0	NC	4		5.008	5.321	
14:1 g	0.000	0.000	4	A	1		0.000	0.000	
15:1 g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated g	0.361	0.082	4	A	1		0.289	0.307	
17:1 g	0.004	0.004	4	A	1		0.004	0.004	
18:1 undifferentiated g	5.802	1.163	4	AS	1		4.642	4.932	
18:1 c g	5.731	1.158	4	A	1		4.585	4.871	
18:1-11c (18:1c n-7) g									
18:1 t g	0.071	0.009	4	A	1		0.057	0.061	
18:1-11t (18:1t n-7) g									
20:1 g	0.092	0.018	4	A	1		0.074	0.078	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.629		0	NC	4		1.304	1.385	
18:2 undifferentiated g	1.413	0.161	4	AS	1		1.131	1.201	
18:2 n-6 c,c g	1.372	0.156	4	A	1		1.098	1.166	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.041	0.008	4	A	1		0.033	0.035	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.064	0.009	4	AS	1		0.051	0.054	
18:3 n-3 c,c,c (ALA) g	0.062	0.008	4	A	1		0.050	0.053	
18:3 n-6 c,c,c g	0.002	0.002	4	A	1		0.001	0.001	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.053	0.008	4	A	1		0.042	0.045	
20:3 undifferentiated g	0.007	0.003	4	A	1		0.006	0.006	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.092	0.007	4	A	1		0.074	0.078	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g	0.112		0	NC	4		0.090	0.096	
Fatty acids, total trans-monoenoic g	0.071		0	NC	4		0.057	0.061	
Fatty acids, total trans-polyenoic g	0.041		0	NC	4		0.033	0.035	
Cholesterol mg	105	11.757	4	A	1		84	89	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.292		0	A	1		0.234	0.248	
Threonine g	1.245		0	A	1		0.996	1.059	
Isoleucine g	1.365		0	A	1		1.092	1.160	
Leucine g	2.363		0	A	1		1.891	2.009	
Lysine g	2.573		0	A	1		2.058	2.187	

NDB No. 10208

Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.764		0	A	1		0.611	0.649	
Cystine....g	0.320		0	A	1		0.256	0.272	
Phenylalanine....g	1.166		0	A	1		0.933	0.991	
Tyrosine....g	1.056		0	A	1		0.845	0.897	
Valine....g	1.450		0	A	1		1.160	1.232	
Arginine....g	1.846		0	A	1		1.477	1.569	
Histidine....g	1.198		0	A	1		0.959	1.018	
Alanine....g	1.628		0	A	1		1.303	1.384	
Aspartic acid....g	2.714		0	A	1		2.171	2.307	
Glutamic acid....g	4.429		0	A	1		3.543	3.764	
Glycine....g	1.250		0	A	1		1.000	1.062	
Proline....g	1.122		0	A	1		0.897	0.953	
Serine....g	1.199		0	A	1		0.960	1.019	
Hydroxyproline....g	0.071		0	BFPN	4		0.057	0.061	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 80g: 1 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10209

Pork, fresh, loin, country-style ribs, separable lean only, cooked, roasted

Refuse: 44% Bone 30%, separable fat 14%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.20	0.390	15		1		112.33	49.47	
Energy....kcal	247		0	NC	4		477	210	
Energy....kJ	1033		0		4		1995	878	
Protein (N x 6.25)....g	26.60	0.371	15		1		51.34	22.61	
Total lipid (fat)....g	14.81	0.558	15		1		28.58	12.59	
Ash....g	1.18	0.019	15		1		2.28	1.00	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	29	1.704	5		1		56	25	
Iron, Fe....mg	1.29	0.021	16		1		2.49	1.10	
Magnesium, Mg....mg	24	0.356	5		1		46	20	
Phosphorus, P....mg	221	3.587	5		1		427	188	
Potassium, K....mg	349	1.299	16		1		674	297	
Sodium, Na....mg	29	8.540	16		1		56	25	
Zinc, Zn....mg	3.81	0.101	16		1		7.35	3.24	
Copper, Cu....mg	0.086	0.006	16		1		0.166	0.073	
Manganese, Mn....mg	0.013		0		1		0.025	0.011	
Selenium, Se....mcg	42.3	4.472	5	A	1		81.6	36.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0		1		0.6	0.3	
Thiamin....mg	0.574	0.037	11		1		1.108	0.488	
Riboflavin....mg	0.342	0.020	11		1		0.660	0.291	
Niacin....mg	4.664	0.170	11		1		9.002	3.964	
Pantothenic acid....mg	0.528		0		1		1.019	0.449	
Vitamin B-6....mg	0.440		1		1		0.849	0.374	
Folate, total....mcg	5		0		1		10	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		1		10	4	
Folate, DFE....mcg_DFE	5		0	NC	4		10	4	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.80	0.059	11		1		1.54	0.68	
Vitamin A, RAE....mcg_RAE	0		0	NR	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	8		0		1		15	7	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.1		0	AS	1		2.0	0.9	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.1		0	BFFN	4		2.0	0.9	
Vitamin D....IU	42		0	BFFN	4		81	36	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.310		0		1		10.248	4.514	
4:0....g									
6:0....g									
8:0....g									

NDB No. 10209

Pork, fresh, loin, country-style ribs, separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		21		1		0.019	0.009	
12:0 g	0.010		21		1		0.019	0.009	
13:0 g									
14:0 g	0.190		32		1		0.367	0.162	
15:0 g									
16:0 g	3.210		32		1		6.195	2.729	
17:0 g									
18:0 g	1.780		32		1		3.435	1.513	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.460		0		1		12.468	5.491	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.440		32		1		0.849	0.374	
17:1 g									
18:1 undifferentiated g	5.810		32		1		11.213	4.939	
20:1 g	0.140		15		1		0.270	0.119	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.100		0		1		2.123	0.935	
18:2 undifferentiated g	0.960		32		1		1.853	0.816	
18:3 undifferentiated g	0.030		32		1		0.058	0.026	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.050		32		1		0.097	0.043	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	93	0.862	15		1		179	79	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.338		0		1		0.652	0.287	
Threonine g	1.215		0		1		2.345	1.033	
Isoleucine g	1.246		0		1		2.405	1.059	
Leucine g	2.135		0		1		4.121	1.815	
Lysine g	2.392		0		1		4.617	2.033	
Methionine g	0.704		0		1		1.359	0.598	
Cystine g	0.339		0		1		0.654	0.288	
Phenylalanine g	1.062		0		1		2.050	0.903	
Tyrosine g	0.927		0		1		1.789	0.788	
Valine g	1.443		0		1		2.785	1.227	
Arginine g	1.654		0		1		3.192	1.406	
Histidine g	1.063		0		1		2.052	0.904	
Alanine g	1.550		0		1		2.992	1.318	
Aspartic acid g	2.468		0		1		4.763	2.098	
Glutamic acid g	4.165		0		1		8.038	3.540	
Glycine g	1.263		0		1		2.438	1.074	
Proline g	1.069		0		1		2.063	0.909	
Serine g	1.099		0		1		2.121	0.934	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 193g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 10209

Pork, fresh, loin, country-style ribs, separable lean only, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10207

Pork, fresh, loin, country-style ribs, separable lean only, raw

Country ribs

Refuse: 41% Bone 21%, Connective tissue, 14%, separable fat 6%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.84	0.633	12	A	1		84.50	20.65	
Energy....kcal	140		0	NC	4		162	40	
Energy....kJ	584		0	NC	4		677	165	
Protein (N x 6.25)....g	20.76	0.350	12	A	1		24.08	5.88	
Total lipid (fat)....g	5.64	0.687	12	A	1		6.55	1.60	
Ash....g	1.01	0.035	12	A	1		1.18	0.29	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	21	2.145	12	A	1		24	6	
Iron, Fe....mg	0.90	0.047	12	A	1		1.05	0.26	
Magnesium, Mg....mg	23	0.505	12	A	1		26	6	
Phosphorus, P....mg	204	3.549	12	A	1		237	58	
Potassium, K....mg	338	4.720	12	A	1		392	96	
Sodium, Na....mg	67	1.635	12	A	1		77	19	
Zinc, Zn....mg	3.00	0.186	12	A	1		3.48	0.85	
Copper, Cu....mg	0.083	0.003	12	A	1		0.096	0.023	
Manganese, Mn....mg	0.012	0.001	12	A	1		0.014	0.003	
Selenium, Se....mcg	34.8	3.939	12	A	1		40.3	9.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.394		0	BFYN	4		0.457	0.112	
Riboflavin....mg	0.271		0	BFYN	4		0.315	0.077	
Niacin....mg	3.097		0	BFYN	4		3.592	0.878	
Pantothenic acid....mg	1.737		0	BFPN	4		2.015	0.492	
Vitamin B-6....mg	0.577		0	BFPN	4		0.670	0.164	
Folate, total....mcg	0		0	BFPN	4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0	BFPN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	87.3		0	BFPN	4		101.2	24.7	
Betaine....mg	4.5		0	BFPN	4		5.2	1.3	
Vitamin B-12....mcg	1.01		0	BFPN	4		1.17	0.29	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.25		0	BFSN	4		0.29	0.07	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.5		0	AS	1		0.6	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	BFFN	4		0.6	0.2	
Vitamin D....IU	22		0	BFFN	4		25	6	
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.003		0	NC	4		2.324	0.568	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 10207
Pork, fresh, loin, country-style ribs, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.005		0	BFFN	4		0.006	0.001	
12:0 g	0.004		0	BFFN	4		0.005	0.001	
13:0 g									
14:0 g	0.072		0	BFFN	4		0.083	0.020	
15:0 g	0.001		0	BFFN	4		0.001	0.000	
16:0 g	1.246		0	BFFN	4		1.446	0.353	
17:0 g	0.016		0	BFFN	4		0.018	0.004	
18:0 g	0.659		0	BFFN	4		0.764	0.187	
20:0 g									
22:0 g	0.001		0	BFFN	4		0.001	0.000	
24:0 g									
Fatty acids, total monounsaturated g	4.772		0	NC	4		5.536	1.353	
14:1 g	0.000		0	BFFN	4		0.000	0.000	
15:1 g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated g	0.143		0	BFFN	4		0.166	0.041	
17:1 g	0.002		0	BFFN	4		0.002	0.001	
18:1 undifferentiated g	2.296		0	BFFN	4		2.663	0.651	
18:1 c g	2.267		0	BFFN	4		2.630	0.643	
18:1-11c (18:1c n-7) g									
18:1 t g	0.028		0	BFFN	4		0.033	0.008	
18:1-11t (18:1t n-7) g									
20:1 g	0.036		0	BFFN	4		0.042	0.010	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.229		0	NC	4		1.426	0.348	
18:2 undifferentiated g	0.559		0	BFFN	4		0.649	0.159	
18:2 n-6 c,c g	0.543		0	BFFN	4		0.630	0.154	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.016		0	BFFN	4		0.019	0.005	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.025		0	BFFN	4		0.029	0.007	
18:3 n-3 c,c,c (ALA) g	0.025		0	BFFN	4		0.029	0.007	
18:3 n-6 c,c,c g	0.001		0	BFFN	4		0.001	0.000	
18:3i g									
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g	0.021		0	BFFN	4		0.024	0.006	
20:3 undifferentiated g	0.003		0	BFFN	4		0.003	0.001	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.036		0	BFFN	4		0.042	0.010	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g	0.045		0	NC	4		0.052	0.013	
Fatty acids, total trans-monoenoic g	0.028		0	NC	4		0.033	0.008	
Fatty acids, total trans-polyenoic g	0.016		0	NC	4		0.019	0.005	
Cholesterol mg	74		0	BFYN	4		86	21	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.218		0	A	1		0.253	0.062	
Threonine g	0.932		0	A	1		1.081	0.264	
Isoleucine g	1.021		0	A	1		1.185	0.290	
Leucine g	1.768		0	A	1		2.051	0.501	
Lysine g	1.925		0	A	1		2.233	0.546	

NDB No. 10207

Pork, fresh, loin, country-style ribs, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.572		0	A	1		0.663	0.162	
Cystine....g	0.239		0	A	1		0.278	0.068	
Phenylalanine....g	0.872		0	A	1		1.012	0.247	
Tyrosine....g	0.790		0	A	1		0.916	0.224	
Valine....g	1.085		0	A	1		1.258	0.307	
Arginine....g	1.381		0	A	1		1.602	0.392	
Histidine....g	0.896		0	A	1		1.040	0.254	
Alanine....g	1.218		0	A	1		1.413	0.345	
Aspartic acid....g	2.030		0	A	1		2.355	0.576	
Glutamic acid....g	3.314		0	A	1		3.844	0.939	
Glycine....g	0.935		0	A	1		1.085	0.265	
Proline....g	0.839		0	A	1		0.973	0.238	
Serine....g	0.897		0	A	1		1.041	0.254	
Hydroxyproline....g	0.053		0	BFPN	4		0.062	0.015	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 116g: 1 rib without refuse (Yield from 1 raw rib, with refuse, weighing 197g)

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10052

Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw

Hipbone roast, Sirloin end roast, Loin end roast

Refuse: 33% Bone, 17%, Connective tissue, 10%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.29		0	PAK	1		932.70	318.82	
Energy....kcal	168		0	PIK	4		2233	763	
Energy....kJ	704		0	PIK	4		9343	3194	
Protein (N x 6.25)....g	20.48		0	PAK	1		271.77	92.90	
Total lipid (fat)....g	8.96		0	PAK	1		118.90	40.64	
Ash....g	0.95		0	PAK	1		12.64	4.32	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0	PAK	1		181	62	
Iron, Fe....mg	0.82		0	PAK	1		10.86	3.71	
Magnesium, Mg....mg	23		0	PAK	1		310	106	
Phosphorus, P....mg	209		0	PAK	1		2767	946	
Potassium, K....mg	336		0	PAK	1		4455	1523	
Sodium, Na....mg	57		0	PAK	1		753	257	
Zinc, Zn....mg	1.95		0	PAK	1		25.87	8.84	
Copper, Cu....mg	0.088		0	PAK	1		1.167	0.399	
Manganese, Mn....mg	0.012		0	PAK	1		0.156	0.053	
Selenium, Se....mcg	29.2		0	PAK	1		387.9	132.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.492		0	PIK	4		6.535	2.234	
Riboflavin....mg	0.277		0	PIK	4		3.673	1.256	
Niacin....mg	6.093		0	PIK	4		80.851	27.637	
Pantothenic acid....mg	0.839		0	PIK	4		11.127	3.803	
Vitamin B-6....mg	0.756		0	PIK	4		10.035	3.430	
Folate, total....mcg	0		0	PIK	4		0	0	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	0		0	PIK	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	79.2		0	PIK	4		1051.4	359.4	
Betaine....mg	3.1		0	PIK	4		40.5	13.8	
Vitamin B-12....mcg	0.56		0	PIK	4		7.38	2.52	
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	PAK	1		24	8	
Retinol....mcg	2		0	PIK	4		24	8	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	6		0	PAK	1		79	27	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.22		0	PIK	4		2.98	1.02	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	PAK	1		0.05	0.02	
Tocopherol, delta....mg	0.00		0	PAK	1		0.02	0.01	
Vitamin D (D2 + D3)....mcg	0.5		0	PAK	1		7.2	2.5	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	PIK	4		7.2	2.5	
Vitamin D....IU	22		0	PIK	4		287	98	
Vitamin K (phylloquinone)....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.851		0	PIK	4		24.566	8.397	
4:0....g	0.000		0	PIK	4		0.000	0.000	

NDB No. 10052

Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PIK	4		0.000	0.000	
8:0 g	0.000		0	PIK	4		0.002	0.001	
10:0 g	0.007		0	PIK	4		0.094	0.032	
12:0 g	0.005		0	PIK	4		0.062	0.021	
13:0 g									
14:0 g	0.106		0	PIK	4		1.403	0.480	
15:0 g	0.003		0	PIK	4		0.038	0.013	
16:0 g	1.835		0	PIK	4		24.354	8.325	
17:0 g	0.028		0	PIK	4		0.371	0.127	
18:0 g	0.985		0	PIK	4		13.068	4.467	
20:0 g	0.009		0	PAK	1		0.124	0.043	
22:0 g	0.000		0	PIK	4		0.002	0.001	
24:0 g									
Fatty acids, total monounsaturated g	2.157		0	PIK	4		28.618	9.782	
14:1 g	0.001		0	PIK	4		0.015	0.005	
15:1 g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated g	0.186		0	PIK	4		2.469	0.844	
17:1 g	0.000		0	PIK	4		0.000	0.000	
18:1 undifferentiated g	3.342		0	PIK	4		44.346	15.159	
18:1 c g	3.287		0	PIK	4		43.616	14.909	
18:1-11c (18:1c n-7) g									
18:1 t g	0.055		0	PIK	4		0.730	0.249	
18:1-11t (18:1t n-7) g									
20:1 g	0.052		0	PIK	4		0.685	0.234	
22:1 undifferentiated g	0.000		0	PIK	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.754		0	PIK	4		10.008	3.421	
18:2 undifferentiated g	1.015		0	PIK	4		13.463	4.602	
18:2 n-6 c,c g	0.987		0	PIK	4		13.094	4.476	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.028		0	PIK	4		0.370	0.126	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.047		0	PIK	4		0.627	0.214	
18:3 n-3 c,c,c (ALA) g	0.046		0	PIK	4		0.609	0.208	
18:3 n-6 c,c,c g	0.001		0	PIK	4		0.019	0.006	
18:3i g									
18:4 g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c g	0.038		0	PIK	4		0.498	0.170	
20:3 undifferentiated g	0.005		0	PIK	4		0.065	0.022	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.043		0	PIK	4		0.570	0.195	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	PIK	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans g	0.058		0	PIK	4		0.770	0.263	
Fatty acids, total trans-monoenoic g	0.039		0	PIK	4		0.514	0.176	
Fatty acids, total trans-polyenoic g	0.019		0	PIK	4		0.256	0.088	
Cholesterol mg	70		0	PIK	4		924	316	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.216		0	PAK	1		2.861	0.978	
Threonine g	0.919		0	PAK	1		12.202	4.171	
Isoleucine g	1.008		0	PAK	1		13.373	4.571	
Leucine g	1.745		0	PAK	1		23.152	7.914	
Lysine g	1.899		0	PAK	1		25.205	8.616	

NDB No. 10052

Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.564		0	PAK	1		7.485	2.559	
Cystine....g	0.236		0	PAK	1		3.136	1.072	
Phenylalanine....g	0.861		0	PAK	1		11.424	3.905	
Tyrosine....g	0.779		0	PAK	1		10.342	3.535	
Valine....g	1.070		0	PAK	1		14.201	4.854	
Arginine....g	1.363		0	PAK	1		18.083	6.181	
Histidine....g	0.885		0	PAK	1		11.738	4.012	
Alanine....g	1.202		0	PAK	1		15.952	5.453	
Aspartic acid....g	2.003		0	PAK	1		26.586	9.088	
Glutamic acid....g	3.269		0	PAK	1		43.386	14.830	
Glycine....g	0.923		0	PAK	1		12.245	4.186	
Proline....g	0.828		0	PAK	1		10.988	3.756	
Serine....g	0.885		0	PAK	1		11.750	4.017	
Hydroxyproline....g	0.053		0	PAK	1		0.698	0.238	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1327g: 1 roast without refuse (Yield from 1 raw roast, with refuse, weighing 1817g)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10056

Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw

Hipbone roast, Sirloin end roast, Loin end roast

Refuse: 33% Bone 17%, Connective tissue, 11%, separable fat 5%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.98	0.356	12	A	1		900.30	335.56	
Energy....kcal	129		0	NC	4		1566	584	
Energy....kJ	538		0	NC	4		6552	2442	
Protein (N x 6.25)....g	21.65	0.464	12	A	1		263.46	98.20	
Total lipid (fat)....g	4.02	0.352	12	A	1		48.88	18.22	
Ash....g	1.00	0.031	12	A	1		12.17	4.54	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	12	1.194	12	A	1		144	54	
Iron, Fe....mg	0.85	0.042	12	A	1		10.38	3.87	
Magnesium, Mg....mg	25	0.276	12	A	1		300	112	
Phosphorus, P....mg	219	2.536	12	A	1		2659	991	
Potassium, K....mg	353	3.951	12	A	1		4290	1599	
Sodium, Na....mg	59	1.240	12	A	1		723	270	
Zinc, Zn....mg	2.05	0.097	12	A	1		24.97	9.31	
Copper, Cu....mg	0.092	0.008	12	A	1		1.120	0.418	
Manganese, Mn....mg	0.013	0.002	12	A	1		0.155	0.058	
Selenium, Se....mcg	30.9	4.631	12	A	1		375.7	140.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.517		0	BFYN	4		6.288	2.344	
Riboflavin....mg	0.292		0	BFYN	4		3.557	1.326	
Niacin....mg	6.344		0	BFYN	4		77.209	28.777	
Pantothenic acid....mg	0.875		0	BFPN	4		10.646	3.968	
Vitamin B-6....mg	0.803		0	BFPN	4		9.769	3.641	
Folate, total....mcg	0		0	BFPN	4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0	BFPN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	83.5		0	BFPN	4		1016.6	378.9	
Betaine....mg	3.1		0	BFPN	4		37.8	14.1	
Vitamin B-12....mcg	0.53		0	BFPN	4		6.41	2.39	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.24		0	BFSN	4		2.90	1.08	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.4		0	AS	1		4.7	1.8	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.4		0	BFFN	4		4.7	1.8	
Vitamin D....IU	16		0	BFFN	4		190	71	
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.217		0	NC	4		14.807	5.519	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 10056

Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.003		0	BFFN	4		0.041	0.015	
12:0 g	0.001		0	BFFN	4		0.012	0.004	
13:0 g									
14:0 g	0.044		0	BFFN	4		0.540	0.201	
15:0 g	0.000		0	BFFN	4		0.000	0.000	
16:0 g	0.770		0	BFFN	4		9.373	3.494	
17:0 g	0.010		0	BFFN	4		0.127	0.047	
18:0 g	0.387		0	BFFN	4		4.715	1.757	
20:0 g									
22:0 g	0.000		0	BFFN	4		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	2.964		0	NC	4		36.066	13.442	
14:1 g	0.000		0	BFFN	4		0.000	0.000	
15:1 g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated g	0.094		0	BFFN	4		1.148	0.428	
17:1 g	0.000		0	BFFN	4		0.000	0.000	
18:1 undifferentiated g	1.426		0	BFFN	4		17.355	6.469	
18:1 c g	1.409		0	BFFN	4		17.142	6.389	
18:1-11c (18:1c n-7) g									
18:1 t g	0.018		0	BFFN	4		0.214	0.080	
18:1-11t (18:1t n-7) g									
20:1 g	0.017		0	BFFN	4		0.207	0.077	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.802		0	NC	4		9.758	3.637	
18:2 undifferentiated g	0.362		0	BFFN	4		4.405	1.642	
18:2 n-6 c,c g	0.353		0	BFFN	4		4.292	1.600	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.009		0	BFFN	4		0.112	0.042	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.016		0	BFFN	4		0.189	0.070	
18:3 n-3 c,c,c (ALA) g	0.016		0	BFFN	4		0.189	0.070	
18:3 n-6 c,c,c g	0.000		0	BFFN	4		0.000	0.000	
18:3i g									
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g	0.013		0	BFFN	4		0.152	0.057	
20:3 undifferentiated g	0.001		0	BFFN	4		0.008	0.003	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.034		0	BFFN	4		0.410	0.153	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	69		0	BFYN	4		840	313	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.228		0	A	1		2.773	1.034	
Threonine g	0.972		0	A	1		11.829	4.409	
Isoleucine g	1.065		0	A	1		12.964	4.832	
Leucine g	1.844		0	A	1		22.444	8.365	
Lysine g	2.008		0	A	1		24.434	9.107	
Methionine g	0.596		0	A	1		7.256	2.704	
Cystine g	0.250		0	A	1		3.040	1.133	

NDB No. 10056

Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine....g	0.910		0	A	1		11.075	4.128	
Tyrosine....g	0.824		0	A	1		10.026	3.737	
Valine....g	1.131		0	A	1		13.767	5.131	
Arginine....g	1.440		0	A	1		17.530	6.534	
Histidine....g	0.935		0	A	1		11.379	4.241	
Alanine....g	1.271		0	A	1		15.465	5.764	
Aspartic acid....g	2.118		0	A	1		25.773	9.606	
Glutamic acid....g	3.456		0	A	1		42.060	15.677	
Glycine....g	0.975		0	A	1		11.871	4.424	
Proline....g	0.875		0	A	1		10.652	3.970	
Serine....g	0.936		0	A	1		11.391	4.246	
Hydroxyproline....g	0.056		0	A	1		0.676	0.252	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1217g: 1 roast without refuse (Yield from 1 raw roast, with refuse, weighing 1818g)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10210

Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw

Refuse: 8% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.93		0		1		326.27	74.81	
Energy....kcal	145		0	NC	4		658	151	
Energy....kJ	607		0		4		2752	631	
Protein (N x 6.25)....g	20.57		0		1		93.31	21.39	
Total lipid (fat)....g	6.31		0		1		28.62	6.56	
Ash....g	1.06		0		1		4.81	1.10	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0		1		59	14	
Iron, Fe....mg	0.85		0		1		3.86	0.88	
Magnesium, Mg....mg	25		0		1		113	26	
Phosphorus, P....mg	214		0		1		971	223	
Potassium, K....mg	361		0		1		1637	375	
Sodium, Na....mg	50		0		1		227	52	
Zinc, Zn....mg	1.81		0		1		8.21	1.88	
Copper, Cu....mg	0.068		0		1		0.308	0.071	
Manganese, Mn....mg	0.014		0		1		0.064	0.015	
Selenium, Se....mcg	32.4		0	PAK	1		147.0	33.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0		1		4.1	0.9	
Thiamin....mg	1.058		0		1		4.799	1.100	
Riboflavin....mg	0.286		0		1		1.297	0.297	
Niacin....mg	4.321		0		1		19.600	4.494	
Pantothenic acid....mg	0.809		0		1		3.670	0.841	
Vitamin B-6....mg	0.611		0		1		2.771	0.635	
Folate, total....mcg	5		0		1		23	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		1		23	5	
Folate, DFE....mcg_DFE	5		0	NC	4		23	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.68		0		1		3.08	0.71	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	2		0	NR	4		10	2	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	7		0		1		32	7	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.180		0		1		9.888	2.267	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10210

Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 g									
10:0 g	0.010		0		1		0.045	0.010	
12:0 g	0.010		0		1		0.045	0.010	
13:0 g									
14:0 g	0.080		0		1		0.363	0.083	
15:0 g									
16:0 g	1.380		0		1		6.260	1.435	
17:0 g									
18:0 g	0.700		0		1		3.175	0.728	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.830		0		1		12.837	2.943	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.190		0		1		0.862	0.198	
17:1 g									
18:1 undifferentiated g	2.590		0		1		11.748	2.694	
20:1 g	0.050		0		1		0.227	0.052	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.680		0		1		3.084	0.707	
18:2 undifferentiated g	0.560		0		1		2.540	0.582	
18:3 undifferentiated g	0.040		0		1		0.181	0.042	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.060		0		1		0.272	0.062	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	64		0		1		290	67	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.259		0		1		1.175	0.269	
Threonine g	0.936		0		1		4.246	0.973	
Isoleucine g	0.959		0		1		4.350	0.997	
Leucine g	1.647		0		1		7.471	1.713	
Lysine g	1.848		0		1		8.383	1.922	
Methionine g	0.542		0		1		2.459	0.564	
Cystine g	0.261		0		1		1.184	0.271	
Phenylalanine g	0.820		0		1		3.720	0.853	
Tyrosine g	0.713		0		1		3.234	0.742	
Valine g	1.114		0		1		5.053	1.159	
Arginine g	1.285		0		1		5.829	1.336	
Histidine g	0.816		0		1		3.701	0.849	
Alanine g	1.201		0		1		5.448	1.249	
Aspartic acid g	1.903		0		1		8.632	1.979	
Glutamic acid g	3.207		0		1		14.547	3.335	
Glycine g	1.002		0		1		4.545	1.042	
Proline g	0.840		0		1		3.810	0.874	
Serine g	0.850		0		1		3.856	0.884	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10210

Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 104g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10214

Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw

Refuse: 11% Connective tissue 8%, separable fat 3%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.55	0.244	14		1		333.62	74.29	
Energy....kcal	128		0	NC	4		581	129	
Energy....kJ	536		0		4		2429	541	
Protein (N x 6.25)....g	21.06	0.351	11		1		95.53	21.27	
Total lipid (fat)....g	4.22	0.201	14		1		19.14	4.26	
Ash....g	1.09	0.026	11		1		4.94	1.10	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	13	2.308	5		1		59	13	
Iron, Fe....mg	0.87	0.044	16		1		3.95	0.88	
Magnesium, Mg....mg	26	0.383	13		1		118	26	
Phosphorus, P....mg	218	2.020	13		1		989	220	
Potassium, K....mg	370	5.052	36		1		1678	374	
Sodium, Na....mg	51	1.315	36		1		231	52	
Zinc, Zn....mg	1.85	0.057	16		1		8.39	1.87	
Copper, Cu....mg	0.069	0.005	16		1		0.313	0.070	
Manganese, Mn....mg	0.014		0		1		0.064	0.014	
Selenium, Se....mcg	33.2	3.551	5	A	1		150.6	33.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0		1		4.1	0.9	
Thiamin....mg	1.086	0.082	15		1		4.926	1.097	
Riboflavin....mg	0.292	0.015	15		1		1.325	0.295	
Niacin....mg	4.407	0.222	16		1		19.990	4.451	
Pantothenic acid....mg	0.828		0		1		3.756	0.836	
Vitamin B-6....mg	0.630		1		1		2.858	0.636	
Folate, total....mcg	5		0		1		23	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		1		23	5	
Folate, DFE....mcg_DFE	5		0	NC	4		23	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.69	0.041	10		1		3.13	0.70	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		9	2	
Retinol....mcg	2		0	NR	4		9	2	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	7		0		1		32	7	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.17		0	BFSN	4		0.77	0.17	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.4		0	AS	1		1.9	0.4	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.4		0	BFFN	4		1.9	0.4	
Vitamin D....IU	16		0	BFFN	4		74	17	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.460		0		1		6.623	1.475	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g									

NDB No. 10214

Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		73		1		0.000	0.000	
12:0 g	0.000		75		1		0.000	0.000	
13:0 g									
14:0 g	0.050		378		1		0.227	0.051	
15:0 g									
16:0 g	0.930		378		1		4.218	0.939	
17:0 g									
18:0 g	0.460		378		1		2.087	0.465	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.910		0		1		8.664	1.929	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.130		378		1		0.590	0.131	
17:1 g									
18:1 undifferentiated g	1.730		378		1		7.847	1.747	
20:1 g	0.030		71		1		0.136	0.030	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.450		0		1		2.041	0.455	
18:2 undifferentiated g	0.370		378		1		1.678	0.374	
18:3 undifferentiated g	0.020		190		1		0.091	0.020	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.050		315		1		0.227	0.051	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	63	0.965	11		1		286	64	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.268		0		1		1.216	0.271	
Threonine g	0.962		0		1		4.364	0.972	
Isoleucine g	0.986		0		1		4.472	0.996	
Leucine g	1.690		0		1		7.666	1.707	
Lysine g	1.894		0		1		8.591	1.913	
Methionine g	0.558		0		1		2.531	0.564	
Cystine g	0.269		0		1		1.220	0.272	
Phenylalanine g	0.841		0		1		3.815	0.849	
Tyrosine g	0.734		0		1		3.329	0.741	
Valine g	1.143		0		1		5.185	1.154	
Arginine g	1.309		0		1		5.938	1.322	
Histidine g	0.841		0		1		3.815	0.849	
Alanine g	1.227		0		1		5.566	1.239	
Aspartic acid g	1.953		0		1		8.859	1.973	
Glutamic acid g	3.297		0		1		14.955	3.330	
Glycine g	1.000		0		1		4.536	1.010	
Proline g	0.846		0		1		3.837	0.854	
Serine g	0.870		0		1		3.946	0.879	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10214

Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 101g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10053

Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised

Refuse: 28% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.73		0		1		49.92	46.98	
Energy....kcal	245		0	NC	4		208	196	
Energy....kJ	1025				4		871	820	
Protein (N x 6.25)....g	25.36		0		1		21.56	20.29	
Total lipid (fat)....g	15.11		0		1		12.84	12.09	
Ash....g	1.33		0		1		1.13	1.06	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0		1		15	14	
Iron, Fe....mg	1.17		0		1		0.99	0.94	
Magnesium, Mg....mg	19		0		1		16	15	
Phosphorus, P....mg	174		0		1		148	139	
Potassium, K....mg	325		0		1		276	260	
Sodium, Na....mg	51		0		1		43	41	
Zinc, Zn....mg	2.45		0		1		2.08	1.96	
Copper, Cu....mg	0.058		0		1		0.049	0.046	
Manganese, Mn....mg	0.013		0		1		0.011	0.010	
Selenium, Se....mcg	40.5		0	PIE	4		34.4	32.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		0		1		0.7	0.6	
Thiamin....mg	0.655		0		1		0.557	0.524	
Riboflavin....mg	0.262		0		1		0.223	0.210	
Niacin....mg	3.797		0		1		3.227	3.038	
Pantothenic acid....mg	0.649		0		1		0.552	0.519	
Vitamin B-6....mg	0.409		0		1		0.348	0.327	
Folate, total....mcg	3		0		1		3	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		0		1		3	2	
Folate, DFE....mcg_DFE	3		0	NC	4		3	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.56		0		1		0.48	0.45	
Vitamin A, RAE....mcg_RAE	2		0		1		2	2	
Retinol....mcg	2		0		1		2	2	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	7		0		1		6	6	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.560		0		1		4.726	4.448	
4:0....g									
6:0....g									
8:0....g									

NDB No. 10053

Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g	0.010		0		1		0.009	0.008	
12:0....g	0.010		0		1		0.009	0.008	
13:0....g									
14:0....g	0.190		0		1		0.162	0.152	
15:0....g									
16:0....g	3.420		0		1		2.907	2.736	
17:0....g									
18:0....g	1.820		0		1		1.547	1.456	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.560		0		1		5.576	5.248	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.430		0		1		0.366	0.344	
17:1....g									
18:1 undifferentiated....g	5.950		0		1		5.058	4.760	
20:1....g	0.120		0		1		0.102	0.096	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.400		0		1		1.190	1.120	
18:2 undifferentiated....g	1.240		0		1		1.054	0.992	
18:3 undifferentiated....g	0.040		0		1		0.034	0.032	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.060		0		1		0.051	0.048	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	82		0		1		70	66	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.309		0		1		0.263	0.247	
Threonine....g	1.138		0		1		0.967	0.910	
Isoleucine....g	1.159		0		1		0.985	0.927	
Leucine....g	2.012		0		1		1.710	1.610	
Lysine....g	2.264		0		1		1.924	1.811	
Methionine....g	0.654		0		1		0.556	0.523	
Cystine....g	0.317		0		1		0.269	0.254	
Phenylalanine....g	1.006		0		1		0.855	0.805	
Tyrosine....g	0.860		0		1		0.731	0.688	
Valine....g	1.362		0		1		1.158	1.090	
Arginine....g	1.613		0		1		1.371	1.290	
Histidine....g	0.976		0		1		0.830	0.781	
Alanine....g	1.494		0		1		1.270	1.195	
Aspartic acid....g	2.320		0		1		1.972	1.856	
Glutamic acid....g	3.879		0		1		3.297	3.103	
Glycine....g	1.366		0		1		1.161	1.093	
Proline....g	1.107		0		1		0.941	0.886	
Serine....g	1.047		0		1		0.890	0.838	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 80g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10053

Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10054

Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled

Refuse: 28% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.40		0		1		47.94	42.30	
Energy....kcal	259		0	NC	4		220	194	
Energy....kJ	1084		0		4		921	813	
Protein (N x 6.25)....g	26.65		0		1		22.65	19.99	
Total lipid (fat)....g	16.09		0		1		13.68	12.07	
Ash....g	1.39		0		1		1.18	1.04	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0		1		14	13	
Iron, Fe....mg	0.99		0		1		0.84	0.74	
Magnesium, Mg....mg	29		0		1		25	22	
Phosphorus, P....mg	246		0		1		209	185	
Potassium, K....mg	383		0		1		326	287	
Sodium, Na....mg	68		0		1		58	51	
Zinc, Zn....mg	2.57		0		1		2.18	1.93	
Copper, Cu....mg	0.058		0		1		0.049	0.044	
Manganese, Mn....mg	0.010		0		1		0.009	0.008	
Selenium, Se....mcg	47.7		0	PAK	1		40.5	35.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0		1		0.8	0.7	
Thiamin....mg	0.949		0		1		0.807	0.712	
Riboflavin....mg	0.345		0		1		0.293	0.259	
Niacin....mg	4.516		0		1		3.839	3.387	
Pantothenic acid....mg	0.732		0		1		0.622	0.549	
Vitamin B-6....mg	0.544		0		1		0.462	0.408	
Folate, total....mcg	5		0		1		4	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		1		4	4	
Folate, DFE....mcg_DFE	5		0	NC	4		4	4	
Choline, total....mg	91.6		0	BFPN	4		77.8	68.7	
Betaine....mg	3.5		0	BFPN	4		3.0	2.7	
Vitamin B-12....mcg	0.75		0		1		0.64	0.56	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		2	2	
Retinol....mcg	2		0	NR	4		2	2	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	8		0		1		7	6	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.30		0	BFSN	4		0.25	0.22	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.5		0	AS	1		1.3	1.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.5		0	BFFN	4		1.3	1.1	
Vitamin D....IU	61		0	BFFN	4		52	46	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	5.930		0		1		5.041	4.448	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10054

Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.010		0		1		0.009	0.008	
12:0....g	0.010		0		1		0.009	0.008	
13:0....g									
14:0....g	0.200		0		1		0.170	0.150	
15:0....g									
16:0....g	3.650		0		1		3.103	2.738	
17:0....g									
18:0....g	1.940		0		1		1.649	1.455	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.990		0		1		5.942	5.243	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.460		0		1		0.391	0.345	
17:1....g									
18:1 undifferentiated....g	6.330		0		1		5.381	4.748	
20:1....g	0.130		0		1		0.111	0.098	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.500		0		1		1.275	1.125	
18:2 undifferentiated....g	1.330		0		1		1.131	0.998	
18:3 undifferentiated....g	0.040		0		1		0.034	0.030	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.060		0		1		0.051	0.045	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	86		0		1		73	65	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.326		0		1		0.277	0.245	
Threonine....g	1.197		0		1		1.017	0.898	
Isoleucine....g	1.220		0		1		1.037	0.915	
Leucine....g	2.116		0		1		1.799	1.587	
Lysine....g	2.380		0		1		2.023	1.785	
Methionine....g	0.689		0		1		0.586	0.517	
Cystine....g	0.334		0		1		0.284	0.251	
Phenylalanine....g	1.058		0		1		0.899	0.794	
Tyrosine....g	0.905		0		1		0.769	0.679	
Valine....g	1.432		0		1		1.217	1.074	
Arginine....g	1.693		0		1		1.439	1.270	
Histidine....g	1.028		0		1		0.874	0.771	
Alanine....g	1.569		0		1		1.334	1.177	
Aspartic acid....g	2.440		0		1		2.074	1.830	
Glutamic acid....g	4.082		0		1		3.470	3.062	
Glycine....g	1.428		0		1		1.214	1.071	
Proline....g	1.160		0		1		0.986	0.870	
Serine....g	1.101		0		1		0.936	0.826	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10054

Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 75g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10057

Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised

Refuse: 36% Bone 28%, separable fat 8%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.16		0		1		53.69	45.48	
Energy....kcal	197		0	NC	4		167	142	
Energy....kJ	824				4		701	593	
Protein (N x 6.25)....g	27.00		0		1		22.95	19.44	
Total lipid (fat)....g	9.01		0		1		7.66	6.49	
Ash....g	1.40		0		1		1.19	1.01	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0		1		11	9	
Iron, Fe....mg	1.27		0		1		1.08	0.91	
Magnesium, Mg....mg	20		0		1		17	14	
Phosphorus, P....mg	176		0		1		150	127	
Potassium, K....mg	336		0		1		286	242	
Sodium, Na....mg	53		0		1		45	38	
Zinc, Zn....mg	2.60		0		1		2.21	1.87	
Copper, Cu....mg	0.059		0		1		0.050	0.042	
Manganese, Mn....mg	0.014		0		1		0.012	0.010	
Selenium, Se....mcg	42.6		0	BFYN	4		36.2	30.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0		1		0.8	0.6	
Thiamin....mg	0.696		0		1		0.592	0.501	
Riboflavin....mg	0.281		0		1		0.239	0.202	
Niacin....mg	3.955		0		1		3.362	2.848	
Pantothenic acid....mg	0.690		0		1		0.587	0.497	
Vitamin B-6....mg	0.444		0		1		0.377	0.320	
Folate, total....mcg	3		0		1		3	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		0		1		3	2	
Folate, DFE....mcg_DFE	3		0	NC	4		3	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.57		0		1		0.48	0.41	
Vitamin A, RAE....mcg_RAE	2		0		1		2	2	
Retinol....mcg	2		0		1		2	2	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	7		0		1		6	5	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.200		0		1		2.720	2.304	
4:0....g									
6:0....g									
8:0....g									

NDB No. 10057

Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g	0.010		0		1		0.009	0.007	
12:0....g	0.010		0		1		0.009	0.007	
13:0....g									
14:0....g	0.110		0		1		0.094	0.079	
15:0....g									
16:0....g	1.980		0		1		1.683	1.426	
17:0....g									
18:0....g	1.020		0		1		0.867	0.734	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.970		0		1		3.375	2.858	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.280		0		1		0.238	0.202	
17:1....g									
18:1 undifferentiated....g	3.570		0		1		3.035	2.570	
20:1....g	0.080		0		1		0.068	0.058	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.780		0		1		0.663	0.562	
18:2 undifferentiated....g	0.680		0		1		0.578	0.490	
18:3 undifferentiated....g	0.020		0		1		0.017	0.014	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		0		1		0.043	0.036	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	81		0		1		69	58	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.343		0		1		0.292	0.247	
Threonine....g	1.233		0		1		1.048	0.888	
Isoleucine....g	1.264		0		1		1.074	0.910	
Leucine....g	2.166		0		1		1.841	1.560	
Lysine....g	2.428		0		1		2.064	1.748	
Methionine....g	0.715		0		1		0.608	0.515	
Cystine....g	0.344		0		1		0.292	0.248	
Phenylalanine....g	1.078		0		1		0.916	0.776	
Tyrosine....g	0.941		0		1		0.800	0.678	
Valine....g	1.465		0		1		1.245	1.055	
Arginine....g	1.678		0		1		1.426	1.208	
Histidine....g	1.079		0		1		0.917	0.777	
Alanine....g	1.573		0		1		1.337	1.133	
Aspartic acid....g	2.504		0		1		2.128	1.803	
Glutamic acid....g	4.227		0		1		3.593	3.043	
Glycine....g	1.282		0		1		1.090	0.923	
Proline....g	1.085		0		1		0.922	0.781	
Serine....g	1.115		0		1		0.948	0.803	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 72g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10057

Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10058

Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled

Refuse: 36% Bone 28%, separable fat 8%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.54		0		1		51.46	40.56	
Energy....kcal	213		0	NC	4		181	143	
Energy....kJ	891		0		4		758	597	
Protein (N x 6.25)....g	28.46		0		1		24.19	19.07	
Total lipid (fat)....g	10.12		0		1		8.60	6.78	
Ash....g	1.47		0		1		1.25	0.98	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0		1		11	9	
Iron, Fe....mg	1.07		0		1		0.91	0.72	
Magnesium, Mg....mg	31		0		1		26	21	
Phosphorus, P....mg	257		0		1		218	172	
Potassium, K....mg	401		0		1		341	269	
Sodium, Na....mg	72		0		1		61	48	
Zinc, Zn....mg	2.74		0		1		2.33	1.84	
Copper, Cu....mg	0.059		0		1		0.050	0.040	
Manganese, Mn....mg	0.010		0		1		0.009	0.007	
Selenium, Se....mcg	51.6	5.420	5	A	1		43.9	34.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		1		0.9	0.7	
Thiamin....mg	1.027		0		1		0.873	0.688	
Riboflavin....mg	0.375		0		1		0.319	0.251	
Niacin....mg	4.764		0		1		4.049	3.192	
Pantothenic acid....mg	0.783		0		1		0.666	0.525	
Vitamin B-6....mg	0.596		0		1		0.507	0.399	
Folate, total....mcg	1	0.000	8	A	1		1	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1	0.000	8	A	1		1	1	
Folate, DFE....mcg_DFE	1		0	NC	4		1	1	
Choline, total....mg	97.8		0	BFPN	4		83.1	65.5	
Betaine....mg	3.8		0	BFPN	4		3.2	2.5	
Vitamin B-12....mcg	0.79		0		1		0.67	0.53	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		2	1	
Retinol....mcg	2		0	NR	4		2	1	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	7		0		1		6	5	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.27		0	BFSN	4		0.23	0.18	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00	0.000	8	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.05	0.006	8	A	1		0.04	0.03	
Tocopherol, delta....mg	0.00	0.000	8	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	1.0		0	AS	1		0.8	0.6	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.0		0	BFFN	4		0.8	0.6	
Vitamin D....IU	38		0	BFFN	4		33	26	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	3.610		0		1		3.069	2.419	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10058

Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.010		0		1		0.009	0.007	
12:0....g	0.010		0		1		0.009	0.007	
13:0....g									
14:0....g	0.120		0		1		0.102	0.080	
15:0....g									
16:0....g	2.240		0		1		1.904	1.501	
17:0....g									
18:0....g	1.160		0		1		0.986	0.777	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.450		0		1		3.783	2.982	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.310		0		1		0.264	0.208	
17:1....g									
18:1 undifferentiated....g	4.000		0		1		3.400	2.680	
20:1....g	0.090		0		1		0.077	0.060	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.890		0		1		0.757	0.596	
18:2 undifferentiated....g	0.770		0		1		0.655	0.516	
18:3 undifferentiated....g	0.020		0		1		0.017	0.013	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		0		1		0.043	0.034	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	85		0		1		72	57	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.362		0		1		0.308	0.243	
Threonine....g	1.300		0		1		1.105	0.871	
Isoleucine....g	1.333		0		1		1.133	0.893	
Leucine....g	2.283		0		1		1.941	1.530	
Lysine....g	2.559		0		1		2.175	1.715	
Methionine....g	0.754		0		1		0.641	0.505	
Cystine....g	0.363		0		1		0.309	0.243	
Phenylalanine....g	1.136		0		1		0.966	0.761	
Tyrosine....g	0.992		0		1		0.843	0.665	
Valine....g	1.544		0		1		1.312	1.034	
Arginine....g	1.769		0		1		1.504	1.185	
Histidine....g	1.137		0		1		0.966	0.762	
Alanine....g	1.658		0		1		1.409	1.111	
Aspartic acid....g	2.640		0		1		2.244	1.769	
Glutamic acid....g	4.455		0		1		3.787	2.985	
Glycine....g	1.351		0		1		1.148	0.905	
Proline....g	1.143		0		1		0.972	0.766	
Serine....g	1.176		0		1		1.000	0.788	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10058

Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 67g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10211

Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised

Refuse: 3% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.60		0		1		54.06	52.15	
Energy....kcal	189		0	NC	4		161	155	
Energy....kJ	791		0		4		672	648	
Protein (N x 6.25)....g	26.54		0		1		22.56	21.76	
Total lipid (fat)....g	8.38		0		1		7.12	6.87	
Ash....g	1.38		0		1		1.17	1.13	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0		1		11	11	
Iron, Fe....mg	1.09		0		1		0.93	0.89	
Magnesium, Mg....mg	21		0		1		18	17	
Phosphorus, P....mg	181		0		1		154	148	
Potassium, K....mg	352		0		1		299	289	
Sodium, Na....mg	46		0		1		39	38	
Zinc, Zn....mg	2.34		0		1		1.99	1.92	
Copper, Cu....mg	0.088		0		1		0.075	0.072	
Manganese, Mn....mg	0.014		0		1		0.012	0.011	
Selenium, Se....mcg	41.7		0	PIE	4		35.4	34.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		0		1		0.7	0.7	
Thiamin....mg	0.685		0		1		0.582	0.562	
Riboflavin....mg	0.275		0		1		0.234	0.226	
Niacin....mg	3.911		0		1		3.324	3.207	
Pantothenic acid....mg	0.679		0		1		0.577	0.557	
Vitamin B-6....mg	0.434		0		1		0.369	0.356	
Folate, total....mcg	3		0		1		3	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		0		1		3	2	
Folate, DFE....mcg_DFE	3		0	NC	4		3	2	
Choline, total....mg	91.2		0	BFPN	4		77.5	74.8	
Betaine....mg	3.5		0	BFPN	4		3.0	2.9	
Vitamin B-12....mcg	0.57		0		1		0.48	0.47	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		2	2	
Retinol....mcg	2		0	NR	4		2	2	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	7		0		1		6	6	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.21		0	BFSN	4		0.18	0.17	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.7		0	AS	1		0.6	0.6	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.7		0	BFFN	4		0.6	0.6	
Vitamin D....IU	29		0	BFFN	4		24	24	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	3.030		0		1		2.576	2.485	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10211

Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.010		0		1		0.009	0.008	
12:0....g	0.010		0		1		0.009	0.008	
13:0....g									
14:0....g	0.100		0		1		0.085	0.082	
15:0....g									
16:0....g	1.870		0		1		1.590	1.533	
17:0....g									
18:0....g	0.980		0		1		0.833	0.804	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.660		0		1		3.111	3.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.250		0		1		0.213	0.205	
17:1....g									
18:1 undifferentiated....g	3.310		0		1		2.814	2.714	
20:1....g	0.070		0		1		0.060	0.057	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.750		0		1		0.638	0.615	
18:2 undifferentiated....g	0.660		0		1		0.561	0.541	
18:3 undifferentiated....g	0.020		0		1		0.017	0.016	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0		1		0.034	0.033	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	81		0		1		69	66	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.334		0		1		0.284	0.274	
Threonine....g	1.206		0		1		1.025	0.989	
Isoleucine....g	1.235		0		1		1.050	1.013	
Leucine....g	2.123		0		1		1.805	1.741	
Lysine....g	2.382		0		1		2.025	1.953	
Methionine....g	0.698		0		1		0.593	0.572	
Cystine....g	0.337		0		1		0.286	0.276	
Phenylalanine....g	1.058		0		1		0.899	0.868	
Tyrosine....g	0.918		0		1		0.780	0.753	
Valine....g	1.436		0		1		1.221	1.178	
Arginine....g	1.660		0		1		1.411	1.361	
Histidine....g	1.050		0		1		0.893	0.861	
Alanine....g	1.551		0		1		1.318	1.272	
Aspartic acid....g	2.453		0		1		2.085	2.011	
Glutamic acid....g	4.129		0		1		3.510	3.386	
Glycine....g	1.306		0		1		1.110	1.071	
Proline....g	1.091		0		1		0.927	0.895	
Serine....g	1.096		0		1		0.932	0.899	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10211

Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 82g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10212

Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled

Refuse: 7% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.11	0.756	14		1		51.09	44.48	
Energy....kcal	208		0	NC	4		177	154	
Energy....kJ	870		0		4		740	644	
Protein (N x 6.25)....g	30.52	0.588	14		1		25.94	22.58	
Total lipid (fat)....g	8.60	0.472	14		1		7.31	6.36	
Ash....g	1.32	0.032	14		1		1.12	0.98	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0		1		15	13	
Iron, Fe....mg	1.21		0		1		1.03	0.90	
Magnesium, Mg....mg	27		0		1		23	20	
Phosphorus, P....mg	243		0		1		207	180	
Potassium, K....mg	372		0		1		316	275	
Sodium, Na....mg	56		0		1		48	41	
Zinc, Zn....mg	2.62		0		1		2.23	1.94	
Copper, Cu....mg	0.053		0		1		0.045	0.039	
Manganese, Mn....mg	0.003		0		1		0.003	0.002	
Selenium, Se....mcg	50.5		0	PAK	1		42.9	37.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0		1		0.3	0.3	
Thiamin....mg	1.009		0		1		0.858	0.747	
Riboflavin....mg	0.393		0		1		0.334	0.291	
Niacin....mg	4.697		0		1		3.992	3.476	
Pantothenic acid....mg	0.883		0		1		0.751	0.653	
Vitamin B-6....mg	0.526		0		1		0.447	0.389	
Folate, total....mcg	6		0		1		5	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0		1		5	4	
Folate, DFE....mcg_DFE	6		0	NC	4		5	4	
Choline, total....mg	104.9		0	BFPN	4		89.1	77.6	
Betaine....mg	4.1		0	BFPN	4		3.4	3.0	
Vitamin B-12....mcg	0.83		0		1		0.71	0.61	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		2	2	
Retinol....mcg	2		0	NR	4		2	2	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	8		0		1		7	6	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.27		0	BFSN	4		0.23	0.20	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.7		0	AS	1		0.6	0.5	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.7		0	BFFN	4		0.6	0.5	
Vitamin D....IU	30		0	BFFN	4		25	22	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.880		0		1		2.448	2.131	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10212

Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		0		1		0.009	0.007	
12:0 g	0.010		0		1		0.009	0.007	
13:0 g									
14:0 g	0.100		0		1		0.085	0.074	
15:0 g									
16:0 g	1.790		0		1		1.522	1.325	
17:0 g									
18:0 g	0.890		0		1		0.757	0.659	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.750		0		1		3.188	2.775	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.280		0		1		0.238	0.207	
17:1 g									
18:1 undifferentiated g	3.350		0		1		2.848	2.479	
20:1 g	0.080		0		1		0.068	0.059	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.690		0		1		0.587	0.511	
18:2 undifferentiated g	0.560		0		1		0.476	0.414	
18:3 undifferentiated g	0.020		0		1		0.017	0.015	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070		0		1		0.060	0.052	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	91	3.838	14		1		77	67	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.388		0		1		0.330	0.287	
Threonine g	1.394		0		1		1.185	1.032	
Isoleucine g	1.429		0		1		1.215	1.057	
Leucine g	2.449		0		1		2.082	1.812	
Lysine g	2.745		0		1		2.333	2.031	
Methionine g	0.808		0		1		0.687	0.598	
Cystine g	0.389		0		1		0.331	0.288	
Phenylalanine g	1.218		0		1		1.035	0.901	
Tyrosine g	1.063		0		1		0.904	0.787	
Valine g	1.656		0		1		1.408	1.225	
Arginine g	1.897		0		1		1.612	1.404	
Histidine g	1.219		0		1		1.036	0.902	
Alanine g	1.778		0		1		1.511	1.316	
Aspartic acid g	2.831		0		1		2.406	2.095	
Glutamic acid g	4.778		0		1		4.061	3.536	
Glycine g	1.449		0		1		1.232	1.072	
Proline g	1.226		0		1		1.042	0.907	
Serine g	1.261		0		1		1.072	0.933	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10212

Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 74g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10215

Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised

Refuse: 6% Connective tissue 3%, separable fat 3%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.90		0		1		55.17	51.92	
Energy....kcal	175		0	NC	4		149	140	
Energy....kJ	732				4		622	586	
Protein (N x 6.25)....g	27.00		0		1		22.95	21.60	
Total lipid (fat)....g	6.60		0		1		5.61	5.28	
Ash....g	1.40		0		1		1.19	1.12	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0		1		11	10	
Iron, Fe....mg	1.11		0		1		0.94	0.89	
Magnesium, Mg....mg	22		0		1		19	18	
Phosphorus, P....mg	182		0		1		155	146	
Potassium, K....mg	356		0		1		303	285	
Sodium, Na....mg	46		0		1		39	37	
Zinc, Zn....mg	2.37		0		1		2.01	1.90	
Copper, Cu....mg	0.089		0		1		0.076	0.071	
Manganese, Mn....mg	0.014		0		1		0.012	0.011	
Selenium, Se....mcg	42.6		0	BFYN	4		36.2	34.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0		1		0.8	0.7	
Thiamin....mg	0.696		0		1		0.592	0.557	
Riboflavin....mg	0.281		0		1		0.239	0.225	
Niacin....mg	3.955		0		1		3.362	3.164	
Pantothenic acid....mg	0.690		0		1		0.587	0.552	
Vitamin B-6....mg	0.444		0		1		0.377	0.355	
Folate, total....mcg	3		0		1		3	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		0		1		3	2	
Folate, DFE....mcg_DFE	3		0	NC	4		3	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.57		0		1		0.48	0.46	
Vitamin A, RAE....mcg_RAE	2		0		1		2	2	
Retinol....mcg	2		0		1		2	2	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	7		0		1		6	6	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.340		0		1		1.989	1.872	
4:0....g									
6:0....g									
8:0....g									

NDB No. 10215

Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		1		0.000	0.000	
12:0 ... g	0.000		0		1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.080		0		1		0.068	0.064	
15:0 ... g									
16:0 ... g	1.450		0		1		1.233	1.160	
17:0 ... g									
18:0 ... g	0.750		0		1		0.638	0.600	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.900		0		1		2.465	2.320	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.200		0		1		0.170	0.160	
17:1 ... g									
18:1 undifferentiated ... g	2.610		0		1		2.219	2.088	
20:1 ... g	0.060		0		1		0.051	0.048	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.570		0		1		0.485	0.456	
18:2 undifferentiated ... g	0.500		0		1		0.425	0.400	
18:3 undifferentiated ... g	0.010		0		1		0.009	0.008	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.030		0		1		0.026	0.024	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	81		0		1		69	65	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.343		0		1		0.292	0.274	
Threonine ... g	1.233		0		1		1.048	0.986	
Isoleucine ... g	1.264		0		1		1.074	1.011	
Leucine ... g	2.166		0		1		1.841	1.733	
Lysine ... g	2.428		0		1		2.064	1.942	
Methionine ... g	0.715		0		1		0.608	0.572	
Cystine ... g	0.344		0		1		0.292	0.275	
Phenylalanine ... g	1.078		0		1		0.916	0.862	
Tyrosine ... g	0.941		0		1		0.800	0.753	
Valine ... g	1.465		0		1		1.245	1.172	
Arginine ... g	1.678		0		1		1.426	1.342	
Histidine ... g	1.079		0		1		0.917	0.863	
Alanine ... g	1.573		0		1		1.337	1.258	
Aspartic acid ... g	2.504		0		1		2.128	2.003	
Glutamic acid ... g	4.227		0		1		3.593	3.382	
Glycine ... g	1.282		0		1		1.090	1.026	
Proline ... g	1.085		0		1		0.922	0.868	
Serine ... g	1.115		0		1		0.948	0.892	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 80g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

NDB No. 10215

Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10216

Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled

Refuse: 10% Connective tissue 7%, separable fat 3%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.43	0.720	14		1		52.22	43.62	
Energy....kcal	193		0	NC	4		164	137	
Energy....kJ	808		0		4		686	573	
Protein (N x 6.25)....g	31.13	0.470	14		1		26.46	22.10	
Total lipid (fat)....g	6.67	0.360	14		1		5.67	4.74	
Ash....g	1.37	0.034	14		1		1.16	0.97	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	18	4.602	5		1		15	13	
Iron, Fe....mg	1.24	0.039	5		1		1.05	0.88	
Magnesium, Mg....mg	27	0.790	5		1		23	19	
Phosphorus, P....mg	246	7.269	5		1		209	175	
Potassium, K....mg	377	11.977	5		1		320	268	
Sodium, Na....mg	56	2.980	5		1		48	40	
Zinc, Zn....mg	2.66	0.104	5		1		2.26	1.89	
Copper, Cu....mg	0.053	0.019	5		1		0.045	0.038	
Manganese, Mn....mg	0.010		0		1		0.009	0.007	
Selenium, Se....mcg	51.6	5.420	5	A	1		43.9	36.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0		1		0.3	0.3	
Thiamin....mg	1.030		0		1		0.876	0.731	
Riboflavin....mg	0.402		0		1		0.342	0.285	
Niacin....mg	4.764		0		1		4.049	3.382	
Pantothenic acid....mg	0.906		0		1		0.770	0.643	
Vitamin B-6....mg	0.540		0		1		0.459	0.383	
Folate, total....mcg	6		0		1		5	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0		1		5	4	
Folate, DFE....mcg_DFE	6		0	NC	4		5	4	
Choline, total....mg	107.0		0	BFPN	4		90.9	76.0	
Betaine....mg	4.1		0	BFPN	4		3.5	2.9	
Vitamin B-12....mcg	0.84		0		1		0.71	0.60	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		2	1	
Retinol....mcg	2		0	NR	4		2	1	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	8		0		1		7	6	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.26		0	BFSN	4		0.22	0.19	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.6		0	AS	1		0.5	0.4	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.6		0	BFFN	4		0.5	0.4	
Vitamin D....IU	25		0	BFFN	4		21	18	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.220		0		1		1.887	1.576	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10216

Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		14		1		0.000	0.000	
12:0....g	0.000		14		1		0.000	0.000	
13:0....g									
14:0....g	0.070		14		1		0.060	0.050	
15:0....g									
16:0....g	1.380		14		1		1.173	0.980	
17:0....g									
18:0....g	0.690		14		1		0.587	0.490	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.910		0		1		2.474	2.066	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.220		14		1		0.187	0.156	
17:1....g									
18:1 undifferentiated....g	2.600		14		1		2.210	1.846	
20:1....g	0.060		14		1		0.051	0.043	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.530		0		1		0.451	0.376	
18:2 undifferentiated....g	0.430		14		1		0.366	0.305	
18:3 undifferentiated....g	0.010		14		1		0.009	0.007	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.060		14		1		0.051	0.043	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	92	4.032	14		1		78	65	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.395		0		1		0.336	0.280	
Threonine....g	1.422		0		1		1.209	1.010	
Isoleucine....g	1.458		0		1		1.239	1.035	
Leucine....g	2.498		0		1		2.123	1.774	
Lysine....g	2.799		0		1		2.379	1.987	
Methionine....g	0.824		0		1		0.700	0.585	
Cystine....g	0.397		0		1		0.337	0.282	
Phenylalanine....g	1.243		0		1		1.057	0.883	
Tyrosine....g	1.085		0		1		0.922	0.770	
Valine....g	1.689		0		1		1.436	1.199	
Arginine....g	1.935		0		1		1.645	1.374	
Histidine....g	1.244		0		1		1.057	0.883	
Alanine....g	1.814		0		1		1.542	1.288	
Aspartic acid....g	2.887		0		1		2.454	2.050	
Glutamic acid....g	4.873		0		1		4.142	3.460	
Glycine....g	1.478		0		1		1.256	1.049	
Proline....g	1.251		0		1		1.063	0.888	
Serine....g	1.286		0		1		1.093	0.913	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10216

Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 71g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10055

Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted

Hipbone roast, Sirloin end roast, Loin end roast

Refuse: 35% Bone, 20%, Connective tissue, 11%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.34		0	PAK	1		620.71	50.44	
Energy....kcal	230		0	PIK	4		2404	195	
Energy....kJ	961		0	PIK	4		10057	817	
Protein (N x 6.25)....g	26.64		0	PAK	1		278.63	22.64	
Total lipid (fat)....g	12.87		0	PAK	1		134.59	10.94	
Ash....g	1.07		0	PAK	1		11.24	0.91	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	15		0	PAK	1		154	13	
Iron, Fe....mg	0.94		0	PAK	1		9.84	0.80	
Magnesium, Mg....mg	25		0	PAK	1		264	21	
Phosphorus, P....mg	228		0	PAK	1		2384	194	
Potassium, K....mg	340		0	PAK	1		3560	289	
Sodium, Na....mg	57		0	PAK	1		598	49	
Zinc, Zn....mg	2.52		0	PAK	1		26.34	2.14	
Copper, Cu....mg	0.116		0	PAK	1		1.217	0.099	
Manganese, Mn....mg	0.009		0	PAK	1		0.097	0.008	
Selenium, Se....mcg	44.4		0	PAK	1		464.8	37.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.639		0	PAK	1		6.681	0.543	
Riboflavin....mg	0.360		0	PAK	1		3.767	0.306	
Niacin....mg	7.865		0	PAK	1		82.267	6.685	
Pantothenic acid....mg	1.037		0	PIK	4		10.850	0.882	
Vitamin B-6....mg	0.750		0	PIK	4		7.844	0.637	
Folate, total....mcg	0		0	PIK	4		0	0	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	0		0	PIK	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	90.7		0	PIK	4		948.9	77.1	
Betaine....mg	4.4		0	PIK	4		46.3	3.8	
Vitamin B-12....mcg	0.64		0	PIK	4		6.73	0.55	
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	PAK	1		18	1	
Retinol....mcg	2		0	PIK	4		18	1	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	6		0	PAK	1		60	5	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.11		0	PIK	4		1.15	0.09	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma....mg	0.01		0	PAK	1		0.06	0.01	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.7		0	PAK	1		7.7	0.6	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.7		0	PIK	4		7.7	0.6	
Vitamin D....IU	29		0	PIK	4		306	25	
Vitamin K (phylloquinone)....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	4.113		0	PIK	4		43.023	3.496	
4:0....g	0.000		0	PIK	4		0.000	0.000	

NDB No. 10055

Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PIK	4		0.000	0.000	
8:0 g	0.000		0	PAK	1		0.000	0.000	
10:0 g	0.010		0	PAK	1		0.109	0.009	
12:0 g	0.005		0	PAK	1		0.052	0.004	
13:0 g									
14:0 g	0.147		0	PAK	1		1.540	0.125	
15:0 g	0.002		0	PAK	1		0.025	0.002	
16:0 g	2.553		0	PAK	1		26.709	2.170	
17:0 g	0.038		0	PAK	1		0.395	0.032	
18:0 g	1.338		0	PAK	1		13.992	1.137	
20:0 g	0.019		0	PAK	1		0.196	0.016	
22:0 g	0.000		0	PAK	1		0.004	0.000	
24:0 g									
Fatty acids, total monounsaturated g	5.042		0	PIK	4		52.743	4.286	
14:1 g	0.001		0	PAK	1		0.009	0.001	
15:1 g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated g	0.282		0	PAK	1		2.951	0.240	
17:1 g	0.006		0	PAK	1		0.061	0.005	
18:1 undifferentiated g	4.688		0	PAK	1		49.041	3.985	
18:1 c g	4.620		0	PAK	1		48.327	3.927	
18:1-11c (18:1c n-7) g									
18:1 t g	0.068		0	PAK	1		0.714	0.058	
18:1-11t (18:1t n-7) g									
20:1 g	0.065		0	PAK	1		0.681	0.055	
22:1 undifferentiated g	0.000		0	PIK	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.499		0	PIK	4		15.677	1.274	
18:2 undifferentiated g	1.304		0	PAK	1		13.637	1.108	
18:2 n-6 c,c g	1.269		0	PAK	1		13.277	1.079	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.034		0	PAK	1		0.359	0.029	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.059		0	PAK	1		0.622	0.051	
18:3 n-3 c,c,c (ALA) g	0.058		0	PAK	1		0.609	0.050	
18:3 n-6 c,c,c g	0.001		0	PAK	1		0.012	0.001	
18:3i g									
18:4 g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c g	0.047		0	PAK	1		0.495	0.040	
20:3 undifferentiated g	0.005		0	PAK	1		0.050	0.004	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.084		0	PAK	1		0.874	0.071	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	PIK	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans g	0.103		0	PIK	4		1.073	0.087	
Fatty acids, total trans-monoenoic g	0.068		0	PIK	4		0.714	0.058	
Fatty acids, total trans-polyenoic g	0.034		0	PIK	4		0.359	0.029	
Cholesterol mg	89		0	PAK	1		926	75	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.280		0	PAK	1		2.933	0.238	
Threonine g	1.196		0	PAK	1		12.510	1.017	
Isoleucine g	1.311		0	PAK	1		13.710	1.114	
Leucine g	2.269		0	PAK	1		23.737	1.929	
Lysine g	2.471		0	PAK	1		25.842	2.100	

NDB No. 10055

Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.734		0	PAK	1		7.674	0.624	
Cystine....g	0.307		0	PAK	1		3.215	0.261	
Phenylalanine....g	1.120		0	PAK	1		11.713	0.952	
Tyrosine....g	1.014		0	PAK	1		10.604	0.862	
Valine....g	1.392		0	PAK	1		14.560	1.183	
Arginine....g	1.772		0	PAK	1		18.540	1.507	
Histidine....g	1.151		0	PAK	1		12.035	0.978	
Alanine....g	1.564		0	PAK	1		16.355	1.329	
Aspartic acid....g	2.606		0	PAK	1		27.257	2.215	
Glutamic acid....g	4.253		0	PAK	1		44.482	3.615	
Glycine....g	1.200		0	PAK	1		12.554	1.020	
Proline....g	1.077		0	PAK	1		11.265	0.915	
Serine....g	1.152		0	PAK	1		12.047	0.979	
Hydroxyproline....g	0.068		0	PIK	4		0.715	0.058	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1046g: 1 roast without refuse (Yield from 1 cooked roast, with refuse, weighing 1515g)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10059

Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted

Hipbone roast, Sirloin end roast, Loin end roast

Refuse: 35% Bone, 20%, connective tissue, 11%, separable fat, 4%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.74	0.894	12	A	1		608.11		
Energy....kcal	204		0	NC	4		2007		
Energy....kJ	852		0	NC	4		8397		
Protein (N x 6.25)....g	27.78	0.557	12	A	1		273.64		
Total lipid (fat)....g	9.44	0.687	12	A	1		92.96		
Ash....g	1.12	0.033	12	A	1		11.00		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	13	1.488	12	A	1		128		
Iron, Fe....mg	0.96	0.031	12	A	1		9.45		
Magnesium, Mg....mg	26	0.568	12	A	1		258		
Phosphorus, P....mg	235	4.088	12	A	1		2316		
Potassium, K....mg	352	8.551	12	A	1		3462		
Sodium, Na....mg	59	1.411	12	A	1		581		
Zinc, Zn....mg	2.62	0.110	12	A	1		25.79		
Copper, Cu....mg	0.121	0.015	12	A	1		1.193		
Manganese, Mn....mg	0.010	0.001	12	A	1		0.097		
Selenium, Se....mcg	46.4	8.689	12	A	1		457.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.665	0.034	4	A	1		6.550		
Riboflavin....mg	0.376	0.031	4	A	1		3.706		
Niacin....mg	8.165	0.629	4	A	1		80.425		
Pantothenic acid....mg	1.075		0	BFPN	4		10.588		
Vitamin B-6....mg	0.785		0	BFPN	4		7.731		
Folate, total....mcg	0		0	BFPN	4		0		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	0		0	BFPN	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	94.4		0	BFPN	4		930.2		
Betaine....mg	4.6		0	BFPN	4		45.1		
Vitamin B-12....mcg	0.61		0	BFPN	4		5.96		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.10		0	BFSN	4		0.99		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.7		0	AS	1		6.6		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.7		0	BFFN	4		6.6		
Vitamin D....IU	27		0	BFFN	4		264		
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0		
Lipids:									
Fatty acids, total saturated....g	2.871		0	NC	4		28.282		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 10059

Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000	0.000	4	A	1		0.000		
10:0 g	0.008	0.001	4	A	1		0.079		
12:0 g	0.002	0.002	4	A	1		0.022		
13:0 g									
14:0 g	0.104	0.011	4	A	1		1.026		
15:0 g	0.000	0.000	4	A	1		0.000		
16:0 g	1.810	0.135	4	A	1		17.825		
17:0 g	0.024	0.002	4	A	1		0.241		
18:0 g	0.910	0.054	4	A	1		8.966		
20:0 g	0.012	0.001	4	A	1		0.123		
22:0 g	0.000	0.000	4	A	1		0.000		
24:0 g									
Fatty acids, total monounsaturated g	3.612		0	NC	4		35.582		
14:1 g	0.000	0.000	4	A	1		0.000		
15:1 g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated g	0.222	0.024	4	A	1		2.184		
17:1 g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated g	3.351	0.217	4	AS	1		33.004		
18:1 c g	3.309	0.215	4	A	1		32.598		
18:1-11c (18:1c n-7) g									
18:1 t g	0.041	0.003	4	A	1		0.406		
18:1-11t (18:1t n-7) g									
20:1 g	0.040	0.013	4	A	1		0.394		
22:1 undifferentiated g	0.000		0	Z	7		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.997		0	NC	4		9.821		
18:2 undifferentiated g	0.850	0.039	4	AS	1		8.377		
18:2 n-6 c,c g	0.829	0.036	4	A	1		8.163		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.022	0.003	4	A	1		0.214		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.037	0.005	4	AS	1		0.360		
18:3 n-3 c,c,c (ALA) g	0.037	0.005	4	A	1		0.360		
18:3 n-6 c,c,c g	0.000	0.000	4	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.029	0.001	4	A	1		0.290		
20:3 undifferentiated g	0.002	0.002	4	A	1		0.015		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.079	0.004	4	A	1		0.780		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000		
Fatty acids, total trans g	0.063		0	NC	4		0.620		
Fatty acids, total trans-monoenoic g	0.041		0	NC	4		0.406		
Fatty acids, total trans-polyenoic g	0.022		0	NC	4		0.214		
Cholesterol mg	89	4.838	4	A	1		875		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.292		0	A	1		2.880		
Threonine g	1.247		0	A	1		12.286		
Isoleucine g	1.367		0	A	1		13.465		
Leucine g	2.367		0	A	1		23.312		
Lysine g	2.577		0	A	1		25.379		

NDB No. 10059

Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.765		0	A	1		7.537		
Cystine....g	0.321		0	A	1		3.157		
Phenylalanine....g	1.168		0	A	1		11.503		
Tyrosine....g	1.057		0	A	1		10.414		
Valine....g	1.452		0	A	1		14.299		
Arginine....g	1.849		0	A	1		18.208		
Histidine....g	1.200		0	A	1		11.819		
Alanine....g	1.631		0	A	1		16.062		
Aspartic acid....g	2.718		0	A	1		26.769		
Glutamic acid....g	4.435		0	A	1		43.686		
Glycine....g	1.252		0	A	1		12.330		
Proline....g	1.123		0	A	1		11.063		
Serine....g	1.201		0	A	1		11.831		
Hydroxyproline....g	0.071		0	BFPN	4		0.703		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 985g: 1 roast without refuse

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10213

Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted

Refuse: 5% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.48		0		1		190.51	51.41	
Energy....kcal	207		0	NC	4		652	176	
Energy....kJ	866		0		4		2728	736	
Protein (N x 6.25)....g	28.50		0		1		89.78	24.23	
Total lipid (fat)....g	9.43		0		1		29.70	8.02	
Ash....g	1.48		0		1		4.66	1.26	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0		1		50	14	
Iron, Fe....mg	1.17		0		1		3.69	0.99	
Magnesium, Mg....mg	26		0		1		82	22	
Phosphorus, P....mg	252		0		1		794	214	
Potassium, K....mg	402		0		1		1266	342	
Sodium, Na....mg	56		0		1		176	48	
Zinc, Zn....mg	2.51		0		1		7.91	2.13	
Copper, Cu....mg	0.094		0		1		0.296	0.080	
Manganese, Mn....mg	0.016		0		1		0.050	0.014	
Selenium, Se....mcg	42.5		0	PAK	1		133.9	36.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		1		3.2	0.9	
Thiamin....mg	0.881		0		1		2.775	0.749	
Riboflavin....mg	0.374		0		1		1.178	0.318	
Niacin....mg	5.077		0		1		15.993	4.315	
Pantothenic acid....mg	0.728		0		1		2.293	0.619	
Vitamin B-6....mg	0.467		0		1		1.471	0.397	
Folate, total....mcg	5		0		1		16	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		1		16	4	
Folate, DFE....mcg_DFE	5		0	NC	4		16	4	
Choline, total....mg	97.9		0	BFPN	4		308.5	83.2	
Betaine....mg	3.8		0	BFPN	4		11.9	3.2	
Vitamin B-12....mcg	0.75		0		1		2.36	0.64	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		6	2	
Retinol....mcg	2		0	NR	4		6	2	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	7		0		1		22	6	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.19		0	BFYN	4		0.59	0.16	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.7		0	AS	1		2.1	0.6	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.7		0	BFFN	4		2.1	0.6	
Vitamin D....IU	27		0	BFFN	4		84	23	
Vitamin K (phylloquinone)....mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	3.420		0		1		10.773	2.907	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10213

Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		0		1		0.032	0.009	
12:0 g	0.010		0		1		0.032	0.009	
13:0 g									
14:0 g	0.120		0		1		0.378	0.102	
15:0 g									
16:0 g	2.110		0		1		6.647	1.794	
17:0 g									
18:0 g	1.110		0		1		3.497	0.944	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.120		0		1		12.978	3.502	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.280		0		1		0.882	0.238	
17:1 g									
18:1 undifferentiated g	3.720		0		1		11.718	3.162	
20:1 g	0.080		0		1		0.252	0.068	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.850		0		1		2.678	0.723	
18:2 undifferentiated g	0.750		0		1		2.363	0.638	
18:3 undifferentiated g	0.020		0		1		0.063	0.017	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0		1		0.126	0.034	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	86		0		1		271	73	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.360		0		1		1.134	0.306	
Threonine g	1.298		0		1		4.089	1.103	
Isoleucine g	1.329		0		1		4.186	1.130	
Leucine g	2.282		0		1		7.188	1.940	
Lysine g	2.560		0		1		8.064	2.176	
Methionine g	0.751		0		1		2.366	0.638	
Cystine g	0.362		0		1		1.140	0.308	
Phenylalanine g	1.136		0		1		3.578	0.966	
Tyrosine g	0.988		0		1		3.112	0.840	
Valine g	1.544		0		1		4.864	1.312	
Arginine g	1.778		0		1		5.601	1.511	
Histidine g	1.132		0		1		3.566	0.962	
Alanine g	1.663		0		1		5.238	1.414	
Aspartic acid g	2.637		0		1		8.307	2.241	
Glutamic acid g	4.444		0		1		13.999	3.777	
Glycine g	1.384		0		1		4.360	1.176	
Proline g	1.162		0		1		3.660	0.988	
Serine g	1.177		0		1		3.708	1.000	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10213

Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted

Common Measures:

Measure 1 = 315g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10217

Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted

Refuse: 7% Connective tissue 5%, separable fat 2%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.28		0		1		188.74	52.09	
Energy....kcal	198		0	NC	4		610	168	
Energy....kJ	828		0		4		2552	704	
Protein (N x 6.25)....g	28.85		0		1		88.86	24.52	
Total lipid (fat)....g	8.27		0		1		25.47	7.03	
Ash....g	1.49		0		1		4.59	1.27	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0		1		52	14	
Iron, Fe....mg	1.19		0		1		3.67	1.01	
Magnesium, Mg....mg	27		0		1		83	23	
Phosphorus, P....mg	254		0		1		782	216	
Potassium, K....mg	405		0		1		1247	344	
Sodium, Na....mg	56		0		1		172	48	
Zinc, Zn....mg	2.53		0		1		7.79	2.15	
Copper, Cu....mg	0.095		0		1		0.293	0.081	
Manganese, Mn....mg	0.016		0		1		0.049	0.014	
Selenium, Se....mcg	43.1	6.207	5	A	1		132.7	36.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		1		3.1	0.9	
Thiamin....mg	0.893		0		1		2.750	0.759	
Riboflavin....mg	0.380		0		1		1.170	0.323	
Niacin....mg	5.131		0		1		15.803	4.361	
Pantothenic acid....mg	0.737		0		1		2.270	0.626	
Vitamin B-6....mg	0.475		0		1		1.463	0.404	
Folate, total....mcg	5		0		1		15	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		1		15	4	
Folate, DFE....mcg_DFE	5		0	NC	4		15	4	
Choline, total....mg	99.1		0	BFPN	4		305.4	84.3	
Betaine....mg	3.8		0	BFPN	4		11.8	3.3	
Vitamin B-12....mcg	0.76		0		1		2.34	0.65	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		6	2	
Retinol....mcg	2		0	NR	4		6	2	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	7		0		1		22	6	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.20		0	BFYN	4		0.63	0.17	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.6		0	AS	1		1.8	0.5	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.6		0	BFFN	4		1.8	0.5	
Vitamin D....IU	24		0	BFFN	4		72	20	
Vitamin K (phylloquinone)....mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.970		0		1		9.148	2.525	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10217

Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		0		1		0.031	0.009	
12:0 g	0.010		0		1		0.031	0.009	
13:0 g									
14:0 g	0.100		0		1		0.308	0.085	
15:0 g									
16:0 g	1.840		0		1		5.667	1.564	
17:0 g									
18:0 g	0.950		0		1		2.926	0.808	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.620		0		1		11.150	3.077	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.250		0		1		0.770	0.213	
17:1 g									
18:1 undifferentiated g	3.270		0		1		10.072	2.780	
20:1 g	0.070		0		1		0.216	0.060	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.730		0		1		2.248	0.621	
18:2 undifferentiated g	0.640		0		1		1.971	0.544	
18:3 undifferentiated g	0.020		0		1		0.062	0.017	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0		1		0.123	0.034	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	86		0		1		265	73	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.366		0		1		1.127	0.311	
Threonine g	1.317		0		1		4.056	1.119	
Isoleucine g	1.351		0		1		4.161	1.148	
Leucine g	2.315		0		1		7.130	1.968	
Lysine g	2.594		0		1		7.990	2.205	
Methionine g	0.764		0		1		2.353	0.649	
Cystine g	0.368		0		1		1.133	0.313	
Phenylalanine g	1.152		0		1		3.548	0.979	
Tyrosine g	1.005		0		1		3.095	0.854	
Valine g	1.565		0		1		4.820	1.330	
Arginine g	1.793		0		1		5.522	1.524	
Histidine g	1.152		0		1		3.548	0.979	
Alanine g	1.681		0		1		5.177	1.429	
Aspartic acid g	2.676		0		1		8.242	2.275	
Glutamic acid g	4.516		0		1		13.909	3.839	
Glycine g	1.370		0		1		4.220	1.165	
Proline g	1.159		0		1		3.570	0.985	
Serine g	1.192		0		1		3.671	1.013	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10217

Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted

Common Measures:

Measure 1 = 308g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10221

Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled

Refuse: 3% Connective tissue

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.09		0		1		51.93	46.43	
Energy	kcal	201		0	NC	4		171	153	
Energy	kJ	841				4		715	639	
Protein (N x 6.25)	g	29.86		0		1		25.38	22.69	
Total lipid (fat)	g	8.11		0		1		6.89	6.16	
Ash	g	2.49		0		1		2.12	1.89	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0		1		4	4	
Iron, Fe	mg	1.39		0		1		1.18	1.06	
Magnesium, Mg	mg	35		0		1		30	27	
Phosphorus, P	mg	290		0		1		247	220	
Potassium, K	mg	444		0		1		377	337	
Sodium, Na	mg	64		0		1		54	49	
Zinc, Zn	mg	2.89		0		1		2.46	2.20	
Copper, Cu	mg	0.067		0		1		0.057	0.051	
Manganese, Mn	mg	0.012		0		1		0.010	0.009	
Selenium, Se	mcg	47.7		0	PAK	1		40.5	36.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		0.9	0.8	
Thiamin	mg	0.968		0		1		0.823	0.736	
Riboflavin	mg	0.378		0		1		0.321	0.287	
Niacin	mg	5.054		0		1		4.296	3.841	
Pantothenic acid	mg	0.899		0		1		0.764	0.683	
Vitamin B-6	mg	0.515		0		1		0.438	0.391	
Folate, total	mcg	6		0		1		5	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		5	5	
Folate, DFE	mcg_DFE	6		0	NC	4		5	5	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.98		0		1		0.83	0.74	
Vitamin A, RAE	mcg_RAE	2		0		1		2	2	
Retinol	mcg	2		0		1		2	2	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	7		0		1		6	5	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.930		0		1		2.491	2.227	
4:0	g									
6:0	g									
8:0	g									

NDB No. 10221

Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.010		0		1		0.009	0.008	
12:0 ... g	0.010		0		1		0.009	0.008	
13:0 ... g									
14:0 ... g	0.100		0		1		0.085	0.076	
15:0 ... g									
16:0 ... g	1.790		0		1		1.522	1.360	
17:0 ... g									
18:0 ... g	0.970		0		1		0.825	0.737	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.340		0		1		2.839	2.538	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.230		0		1		0.196	0.175	
17:1 ... g									
18:1 undifferentiated ... g	3.010		0		1		2.559	2.288	
20:1 ... g	0.060		0		1		0.051	0.046	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.740		0		1		0.629	0.562	
18:2 undifferentiated ... g	0.650		0		1		0.553	0.494	
18:3 undifferentiated ... g	0.020		0		1		0.017	0.015	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.040		0		1		0.034	0.030	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	94		0		1		80	71	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.376		0		1		0.320	0.286	
Threonine ... g	1.358		0		1		1.154	1.032	
Isoleucine ... g	1.390		0		1		1.182	1.056	
Leucine ... g	2.389		0		1		2.031	1.816	
Lysine ... g	2.680		0		1		2.278	2.037	
Methionine ... g	0.786		0		1		0.668	0.597	
Cystine ... g	0.379		0		1		0.322	0.288	
Phenylalanine ... g	1.190		0		1		1.012	0.904	
Tyrosine ... g	1.034		0		1		0.879	0.786	
Valine ... g	1.616		0		1		1.374	1.228	
Arginine ... g	1.866		0		1		1.586	1.418	
Histidine ... g	1.182		0		1		1.005	0.898	
Alanine ... g	1.744		0		1		1.482	1.325	
Aspartic acid ... g	2.760		0		1		2.346	2.098	
Glutamic acid ... g	4.648		0		1		3.951	3.532	
Glycine ... g	1.463		0		1		1.244	1.112	
Proline ... g	1.224		0		1		1.040	0.930	
Serine ... g	1.233		0		1		1.048	0.937	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 76g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

NDB No. 10221

Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10222

Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted

Pork tenderloin, URMIS #3358

Refuse: 4% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.11		0	PAK	1		277.83	58.74	
Energy....kcal	147		0	PIK	4		591	125	
Energy....kJ	615		0	PIK	4		2471	522	
Protein (N x 6.25)....g	26.04		0	PAK	1		104.69	22.14	
Total lipid (fat)....g	3.96		0	PAK	1		15.91	3.36	
Ash....g	1.20		0	PAK	1		4.84	1.02	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	PAK	1		24	5	
Iron, Fe....mg	1.15		0	PAK	1		4.62	0.98	
Magnesium, Mg....mg	29		0	PAK	1		117	25	
Phosphorus, P....mg	265		0	PAK	1		1067	226	
Potassium, K....mg	419		0	PAK	1		1685	356	
Sodium, Na....mg	57		0	PAK	1		230	49	
Zinc, Zn....mg	2.41		0	PAK	1		9.68	2.05	
Copper, Cu....mg	0.111		0	PAK	1		0.445	0.094	
Manganese, Mn....mg	0.013		0	PAK	1		0.051	0.011	
Selenium, Se....mcg	38.0		0	PAK	1		152.7	32.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.944		0	PAK	1		3.797	0.803	
Riboflavin....mg	0.385		0	PAK	1		1.548	0.327	
Niacin....mg	7.402		0	PAK	1		29.756	6.292	
Pantothenic acid....mg	1.008		0	PAK	1		4.054	0.857	
Vitamin B-6....mg	0.735		0	PAK	1		2.956	0.625	
Folate, total....mcg	0		0	PAK	1		0	0	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	0		0	PAK	1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	88.5		0	PAK	1		356.0	75.3	
Betaine....mg	4.3		0	PAK	1		17.3	3.7	
Vitamin B-12....mcg	0.57		0	PAK	1		2.31	0.49	
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	PAK	1		1	0	
Retinol....mcg	0		0	PAK	1		1	0	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	1		0	PAK	1		3	1	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.08		0	PAK	1		0.33	0.07	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma....mg	0.02		0	PAK	1		0.06	0.01	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.3		0	PAK	1		1.0	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.3		0	PIK	4		1.0	0.2	
Vitamin D....IU	10		0	PIK	4		42	9	
Vitamin K (phylloquinone)....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.358		0	PIK	4		5.458	1.154	
4:0....g	0.000		0	PIK	4		0.000	0.000	

NDB No. 10222

Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PIK	4		0.000	0.000	
8:0 g	0.000		0	PAK	1		0.000	0.000	
10:0 g	0.000		0	PAK	1		0.001	0.000	
12:0 g	0.000		0	PAK	1		0.001	0.000	
13:0 g									
14:0 g	0.045		0	PAK	1		0.181	0.038	
15:0 g	0.000		0	PAK	1		0.001	0.000	
16:0 g	0.832		0	PAK	1		3.343	0.707	
17:0 g	0.013		0	PAK	1		0.052	0.011	
18:0 g	0.465		0	PAK	1		1.870	0.395	
20:0 g	0.002		0	PAK	1		0.009	0.002	
22:0 g	0.000		0	PAK	1		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	1.521		0	PIK	4		6.113	1.293	
14:1 g	0.000		0	PAK	1		0.000	0.000	
15:1 g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated g	0.089		0	PAK	1		0.356	0.075	
17:1 g	0.001		0	PAK	1		0.003	0.001	
18:1 undifferentiated g	1.408		0	PAK	1		5.662	1.197	
18:1 c g	1.384		0	PAK	1		5.564	1.176	
18:1-11c (18:1c n-7) g									
18:1 t g	0.024		0	PAK	1		0.098	0.021	
18:1-11t (18:1t n-7) g									
20:1 g	0.023		0	PAK	1		0.091	0.019	
22:1 undifferentiated g	0.000		0	PIK	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.569		0	PIK	4		2.287	0.484	
18:2 undifferentiated g	0.480		0	PAK	1		1.931	0.408	
18:2 n-6 c,c g	0.467		0	PAK	1		1.876	0.397	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.014		0	PAK	1		0.055	0.012	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.016		0	PAK	1		0.064	0.014	
18:3 n-3 c,c,c (ALA) g	0.016		0	PAK	1		0.064	0.013	
18:3 n-6 c,c,c g	0.000		0	PAK	1		0.001	0.000	
18:3i g									
18:4 g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c g	0.015		0	PAK	1		0.060	0.013	
20:3 undifferentiated g	0.000		0	PAK	1		0.002	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.057		0	PAK	1		0.230	0.049	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	PIK	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans g	0.038		0	PIK	4		0.153	0.032	
Fatty acids, total trans-monoenoic g	0.024		0	PIK	4		0.098	0.021	
Fatty acids, total trans-polyenoic g	0.014		0	PIK	4		0.055	0.012	
Cholesterol mg	73		0	PAK	1		295	62	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.274		0	PAK	1		1.102	0.233	
Threonine g	1.169		0	PAK	1		4.700	0.994	
Isoleucine g	1.281		0	PAK	1		5.151	1.089	
Leucine g	2.219		0	PAK	1		8.919	1.886	
Lysine g	2.415		0	PAK	1		9.710	2.053	

NDB No. 10222

Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.717		0	PAK	1		2.883	0.610	
Cystine....g	0.300		0	PAK	1		1.208	0.255	
Phenylalanine....g	1.095		0	PAK	1		4.401	0.931	
Tyrosine....g	0.991		0	PAK	1		3.984	0.842	
Valine....g	1.361		0	PAK	1		5.471	1.157	
Arginine....g	1.733		0	PAK	1		6.966	1.473	
Histidine....g	1.125		0	PAK	1		4.522	0.956	
Alanine....g	1.529		0	PAK	1		6.145	1.299	
Aspartic acid....g	2.548		0	PAK	1		10.241	2.165	
Glutamic acid....g	4.158		0	PAK	1		16.713	3.534	
Glycine....g	1.173		0	PAK	1		4.717	0.997	
Proline....g	1.053		0	PAK	1		4.233	0.895	
Serine....g	1.126		0	PAK	1		4.526	0.957	
Hydroxyproline....g	0.067		0	PAK	1		0.269	0.057	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 402g: 1 roast

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10218

Pork, fresh, loin, tenderloin, separable lean and fat, raw

Pork tenderloin, URMIS #3358

Refuse: 5% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.97		0	PAK	1		378.60		
Energy....kcal	120		0	PIK	4		606		
Energy....kJ	502		0	PIK	4		2536		
Protein (N x 6.25)....g	20.65		0	PAK	1		104.27		
Total lipid (fat)....g	3.53		0	PAK	1		17.84		
Ash....g	1.01		0	PAK	1		5.11		
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	PAK	1		28		
Iron, Fe....mg	0.97		0	PAK	1		4.91		
Magnesium, Mg....mg	27		0	PAK	1		136		
Phosphorus, P....mg	243		0	PAK	1		1229		
Potassium, K....mg	393		0	PAK	1		1986		
Sodium, Na....mg	52		0	PAK	1		262		
Zinc, Zn....mg	1.87		0	PAK	1		9.42		
Copper, Cu....mg	0.089		0	PAK	1		0.450		
Manganese, Mn....mg	0.014		0	PAK	1		0.072		
Selenium, Se....mcg	30.3		0	PAK	1		153.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.982		0	PAK	1		4.957		
Riboflavin....mg	0.337		0	PAK	1		1.701		
Niacin....mg	6.610		0	PAK	1		33.380		
Pantothenic acid....mg	0.837		0	PAK	1		4.228		
Vitamin B-6....mg	0.765		0	PAK	1		3.862		
Folate, total....mcg	0		0	PAK	1		0		
Folic acid....mcg	0		0	PIK	4		0		
Folate, food....mcg	0		0	PAK	1		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	79.7		0	PAK	1		402.6		
Betaine....mg	3.0		0	PAK	1		15.1		
Vitamin B-12....mcg	0.52		0	PAK	1		2.62		
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	0		0	PAK	1		2		
Retinol....mcg	0		0	PAK	1		2		
Carotene, beta....mcg	0		0	PIK	4		0		
Carotene, alpha....mcg	0		0	PIK	4		0		
Cryptoxanthin, beta....mcg	0		0	PIK	4		0		
Vitamin A, IU....IU	2		0	PAK	1		8		
Lycopene....mcg	0		0	PIK	4		0		
Lutein + zeaxanthin....mcg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.22		0	PAK	1		1.09		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg	0.00		0	PAK	1		0.00		
Tocopherol, gamma....mg	0.03		0	PAK	1		0.15		
Tocopherol, delta....mg	0.00		0	PAK	1		0.00		
Vitamin D (D2 + D3)....mcg	0.3		0	PAK	1		1.3		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.3		0	PIK	4		1.3		
Vitamin D....IU	10		0	PIK	4		51		
Vitamin K (phylloquinone)....mcg	0.0		0	PIK	4		0.0		
Lipids:									
Fatty acids, total saturated....g	1.181		0	PIK	4		5.965		
4:0....g	0.000		0	PIK	4		0.000		

NDB No. 10218

Pork, fresh, loin, tenderloin, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PAK	1		0.000		
10:0 g	0.001		0	PAK	1		0.005		
12:0 g	0.001		0	PAK	1		0.005		
13:0 g									
14:0 g	0.039		0	PAK	1		0.196		
15:0 g	0.001		0	PAK	1		0.004		
16:0 g	0.725		0	PAK	1		3.660		
17:0 g	0.008		0	PAK	1		0.042		
18:0 g	0.404		0	PAK	1		2.040		
20:0 g	0.003		0	PAK	1		0.013		
22:0 g	0.000		0	PAK	1		0.000		
24:0 g									
Fatty acids, total monounsaturated g	1.355		0	PIK	4		6.844		
14:1 g	0.000		0	PAK	1		0.001		
15:1 g	0.000		0	PAK	1		0.000		
16:1 undifferentiated g	0.075		0	PAK	1		0.377		
17:1 g	0.000		0	PAK	1		0.000		
18:1 undifferentiated g	1.259		0	PAK	1		6.360		
18:1 c g	1.237		0	PAK	1		6.244		
18:1-11c (18:1c n-7) g									
18:1 t g	0.023		0	PAK	1		0.116		
18:1-11t (18:1t n-7) g									
20:1 g	0.021		0	PAK	1		0.105		
22:1 undifferentiated g	0.000		0	PIK	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.562		0	PIK	4		2.837		
18:2 undifferentiated g	0.476		0	PAK	1		2.403		
18:2 n-6 c,c g	0.463		0	PAK	1		2.339		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.013		0	PAK	1		0.065		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.016		0	PAK	1		0.082		
18:3 n-3 c,c,c (ALA) g	0.016		0	PAK	1		0.080		
18:3 n-6 c,c,c g	0.000		0	PAK	1		0.002		
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.014		0	PAK	1		0.071		
20:3 undifferentiated g	0.001		0	PAK	1		0.006		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.054		0	PAK	1		0.274		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	PIK	4		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	PIK	4		0.000		
22:6 n-3 (DHA) g	0.000		0	PIK	4		0.000		
Fatty acids, total trans g	0.036		0	PIK	4		0.181		
Fatty acids, total trans-monoenoic g	0.023		0	PIK	4		0.116		
Fatty acids, total trans-polyenoic g	0.013		0	PIK	4		0.065		
Cholesterol mg	65		0	PAK	1		329		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.217		0	PAK	1		1.098		
Threonine g	0.927		0	PAK	1		4.681		
Isoleucine g	1.016		0	PAK	1		5.131		
Leucine g	1.759		0	PAK	1		8.883		
Lysine g	1.915		0	PAK	1		9.670		

NDB No. 10218

Pork, fresh, loin, tenderloin, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine.....g	0.569		0	PAK	1		2.872		
Cystine.....g	0.238		0	PAK	1		1.203		
Phenylalanine.....g	0.868		0	PAK	1		4.383		
Tyrosine.....g	0.786		0	PAK	1		3.968		
Valine.....g	1.079		0	PAK	1		5.449		
Arginine.....g	1.374		0	PAK	1		6.938		
Histidine.....g	0.892		0	PAK	1		4.504		
Alanine.....g	1.212		0	PAK	1		6.120		
Aspartic acid.....g	2.020		0	PAK	1		10.200		
Glutamic acid.....g	3.296		0	PAK	1		16.646		
Glycine.....g	0.930		0	PAK	1		4.698		
Proline.....g	0.835		0	PAK	1		4.216		
Serine.....g	0.893		0	PAK	1		4.508		
Hydroxyproline.....g	0.053		0	PAK	1		0.268		
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0		
Caffeine.....mg	0		0	PIK	4		0		
Theobromine.....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 505g: 1 roast (Yield from 1 raw roast, with refuse, weighing 504g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10223

Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled

Refuse: 6% Connective tissue 3%, separable fat 3%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.30		0		1		52.96	45.48	
Energy....kcal	187		0	NC	4		159	137	
Energy....kJ	782				4		665	571	
Protein (N x 6.25)....g	30.42		0		1		25.86	22.21	
Total lipid (fat)....g	6.33		0		1		5.38	4.62	
Ash....g	2.55		0		1		2.17	1.86	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0		1		4	4	
Iron, Fe....mg	1.43		0		1		1.22	1.04	
Magnesium, Mg....mg	36		0		1		31	26	
Phosphorus, P....mg	295		0		1		251	215	
Potassium, K....mg	451		0		1		383	329	
Sodium, Na....mg	65		0		1		55	47	
Zinc, Zn....mg	2.95		0		1		2.51	2.15	
Copper, Cu....mg	0.068		0		1		0.058	0.050	
Manganese, Mn....mg	0.012		0		1		0.010	0.009	
Selenium, Se....mcg	51.6		0	BFZN	4		43.9	37.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		1		0.9	0.7	
Thiamin....mg	0.988		0		1		0.840	0.721	
Riboflavin....mg	0.387		0		1		0.329	0.283	
Niacin....mg	5.135		0		1		4.365	3.749	
Pantothenic acid....mg	0.917		0		1		0.779	0.669	
Vitamin B-6....mg	0.528		0		1		0.449	0.385	
Folate, total....mcg	6		0		1		5	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0		1		5	4	
Folate, DFE....mcg_DFE	6		0	NC	4		5	4	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.00		0		1		0.85	0.73	
Vitamin A, RAE....mcg_RAE	2		0		1		2	2	
Retinol....mcg	2		0		1		2	2	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	7		0		1		6	5	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.240		0		1		1.904	1.635	
4:0....g									
6:0....g									
8:0....g									

NDB No. 10223

Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.010		0		1		0.009	0.007	
12:0 ... g	0.010		0		1		0.009	0.007	
13:0 ... g									
14:0 ... g	0.070		0		1		0.060	0.051	
15:0 ... g									
16:0 ... g	1.370		0		1		1.165	1.000	
17:0 ... g									
18:0 ... g	0.740		0		1		0.629	0.540	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.580		0		1		2.193	1.883	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.190		0		1		0.162	0.139	
17:1 ... g									
18:1 undifferentiated ... g	2.310		0		1		1.964	1.686	
20:1 ... g	0.050		0		1		0.043	0.037	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.560		0		1		0.476	0.409	
18:2 undifferentiated ... g	0.490		0		1		0.417	0.358	
18:3 undifferentiated ... g	0.010		0		1		0.009	0.007	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.040		0		1		0.034	0.029	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	94		0		1		80	69	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.386		0		1		0.328	0.282	
Threonine ... g	1.389		0		1		1.181	1.014	
Isoleucine ... g	1.424		0		1		1.210	1.040	
Leucine ... g	2.441		0		1		2.075	1.782	
Lysine ... g	2.736		0		1		2.326	1.997	
Methionine ... g	0.805		0		1		0.684	0.588	
Cystine ... g	0.388		0		1		0.330	0.283	
Phenylalanine ... g	1.214		0		1		1.032	0.886	
Tyrosine ... g	1.060		0		1		0.901	0.774	
Valine ... g	1.650		0		1		1.403	1.205	
Arginine ... g	1.891		0		1		1.607	1.380	
Histidine ... g	1.215		0		1		1.033	0.887	
Alanine ... g	1.772		0		1		1.506	1.294	
Aspartic acid ... g	2.822		0		1		2.399	2.060	
Glutamic acid ... g	4.762		0		1		4.048	3.476	
Glycine ... g	1.444		0		1		1.227	1.054	
Proline ... g	1.222		0		1		1.039	0.892	
Serine ... g	1.257		0		1		1.068	0.918	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 73g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

NDB No. 10223

Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10061

Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted

Pork, Pork tenderloin, URMIS #3358

Refuse: 6% Bone, 0%, Connective tissue, 3%, Separable fat, .70%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.45	0.506	12	A	1		231.28	59.03	
Energy....kcal	143		0	NC	4		477	122	
Energy....kJ	600		0	NC	4		1997	510	
Protein (N x 6.25)....g	26.17	0.592	12	A	1		87.14	22.24	
Total lipid (fat)....g	3.51	0.258	12	A	1		11.67	2.98	
Ash....g	1.21	0.026	12	A	1		4.03	1.03	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.214	12	A	1		19	5	
Iron, Fe....mg	1.15	0.024	12	A	1		3.84	0.98	
Magnesium, Mg....mg	29	0.324	12	A	1		97	25	
Phosphorus, P....mg	267	7.034	12	A	1		888	227	
Potassium, K....mg	421	4.578	12	A	1		1402	358	
Sodium, Na....mg	57	8.380	12	A	1		191	49	
Zinc, Zn....mg	2.42	0.062	12	A	1		8.05	2.05	
Copper, Cu....mg	0.111	0.004	12	A	1		0.371	0.095	
Manganese, Mn....mg	0.013	0.000	12	A	1		0.042	0.011	
Selenium, Se....mcg	38.2	4.858	12	A	1		127.1	32.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.950	0.064	12	A	1		3.162	0.807	
Riboflavin....mg	0.387	0.028	12	A	1		1.289	0.329	
Niacin....mg	7.432	0.349	12	A	1		24.750	6.318	
Pantothenic acid....mg	1.012	0.055	4	A	1		3.371	0.861	
Vitamin B-6....mg	0.739	0.039	4	A	1		2.462	0.628	
Folate, total....mcg	0		1	A	1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		1	A	1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	88.9	7.169	4	AS	1		296.2	75.6	
Betaine....mg	4.3	0.250	4	A	1		14.4	3.7	
Vitamin B-12....mcg	0.57	0.075	4	A	1		1.90	0.48	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		1	A	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.08		1	A	1		0.27	0.07	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.01		1	A	1		0.05	0.01	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.8	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	BFFN	4		0.8	0.2	
Vitamin D....IU	10		0	BFFN	4		33	8	
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.198		0	NC	4		3.988	1.018	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10061

Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000	0.000	12	A	1		0.000	0.000	
10:0....g	0.000	0.000	12	A	1		0.000	0.000	
12:0....g	0.000	0.000	12	A	1		0.000	0.000	
13:0....g									
14:0....g	0.039	0.004	12	A	1		0.131	0.033	
15:0....g	0.000	0.000	12	A	1		0.000	0.000	
16:0....g	0.735	0.062	12	A	1		2.448	0.625	
17:0....g	0.011	0.001	12	A	1		0.038	0.010	
18:0....g	0.411	0.033	12	A	1		1.367	0.349	
20:0....g	0.001	0.001	12	A	1		0.004	0.001	
22:0....g	0.000	0.000	12	A	1		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	1.334		0	NC	4		4.441	1.134	
14:1....g	0.000	0.000	12	A	1		0.000	0.000	
15:1....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated....g	0.080	0.008	12	A	1		0.268	0.068	
17:1....g	0.000	0.000	12	A	1		0.000	0.000	
18:1 undifferentiated....g	1.234	0.108	12	AS	1		4.108	1.049	
18:1 c....g	1.213	0.109	12	A	1		4.038	1.031	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.021	0.003	12	A	1		0.070	0.018	
18:1-11t (18:1t n-7)....g									
20:1....g	0.020	0.002	12	A	1		0.065	0.017	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.506		0	NC	4		1.684	0.430	
18:2 undifferentiated....g	0.423	0.027	12	AS	1		1.409	0.360	
18:2 n-6 c,c....g	0.411	0.028	12	A	1		1.369	0.350	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.012	0.002	12	A	1		0.040	0.010	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.013	0.001	12	AS	1		0.044	0.011	
18:3 n-3 c,c,c (ALA)....g	0.013	0.001	12	A	1		0.044	0.011	
18:3 n-6 c,c,c....g	0.000	0.000	12	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.013	0.001	12	A	1		0.042	0.011	
20:3 undifferentiated....g	0.000	0.000	12	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.057	0.005	12	A	1		0.189	0.048	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.033		0	NC	4		0.110	0.028	
Fatty acids, total trans-monoenoic....g	0.021		0	NC	4		0.070	0.018	
Fatty acids, total trans-polyenoic....g	0.012		0	NC	4		0.040	0.010	
Cholesterol....mg	73	2.658	12	A	1		244	62	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.275		0	A	1		0.917	0.234	
Threonine....g	1.175		0	A	1		3.912	0.999	
Isoleucine....g	1.288		0	A	1		4.288	1.094	
Leucine....g	2.229		0	A	1		7.423	1.895	
Lysine....g	2.427		0	A	1		8.081	2.063	

NDB No. 10061

Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.721		0	A	1		2.400	0.613	
Cystine....g	0.302		0	A	1		1.005	0.257	
Phenylalanine....g	1.100		0	A	1		3.663	0.935	
Tyrosine....g	0.996		0	A	1		3.316	0.846	
Valine....g	1.367		0	A	1		4.553	1.162	
Arginine....g	1.741		0	A	1		5.798	1.480	
Histidine....g	1.130		0	A	1		3.764	0.961	
Alanine....g	1.536		0	A	1		5.115	1.306	
Aspartic acid....g	2.560		0	A	1		8.524	2.176	
Glutamic acid....g	4.177		0	A	1		13.911	3.551	
Glycine....g	1.179		0	A	1		3.926	1.002	
Proline....g	1.058		0	A	1		3.523	0.899	
Serine....g	1.131		0	A	1		3.767	0.962	
Hydroxyproline....g	0.067		0	A	1		0.224	0.057	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 333g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10060

Pork, fresh, loin, tenderloin, separable lean only, raw

Pork tenderloin, URMIS #3358

Refuse: 8% Bone, 0%, Connective tissue, 3%, Separable fat, 2%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.00	0.358	12	A	1		383.81		
Energy....kcal	109		0	NC	4		551		
Energy....kJ	456		0	NC	4		2303		
Protein (N x 6.25)....g	20.95	0.555	12	A	1		105.78		
Total lipid (fat)....g	2.17	0.132	12	A	1		10.96		
Ash....g	1.03	0.032	12	A	1		5.18		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.210	12	A	1		25		
Iron, Fe....mg	0.98	0.032	12	A	1		4.97		
Magnesium, Mg....mg	27	0.963	12	A	1		138		
Phosphorus, P....mg	247	7.715	12	A	1		1245		
Potassium, K....mg	399	16.350	12	A	1		2013		
Sodium, Na....mg	53	6.102	12	A	1		265		
Zinc, Zn....mg	1.89	0.082	12	A	1		9.54		
Copper, Cu....mg	0.090	0.005	12	A	1		0.455		
Manganese, Mn....mg	0.015	0.001	12	A	1		0.073		
Selenium, Se....mcg	30.8	3.704	12	A	1		155.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.998	0.093	12	A	1		5.038		
Riboflavin....mg	0.342	0.027	12	A	1		1.727		
Niacin....mg	6.684	0.330	12	A	1		33.755		
Pantothenic acid....mg	0.846	0.061	4	A	1		4.274		
Vitamin B-6....mg	0.777	0.041	4	A	1		3.922		
Folate, total....mcg	0		1	A	1		0		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	0		1	A	1		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	80.8	3.227	4	AS	1		408.2		
Betaine....mg	3.0	0.300	4	A	1		15.2		
Vitamin B-12....mcg	0.51	0.051	4	A	1		2.58		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		1	A	1		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.22		1	A	1		1.11		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		1	A	1		0.00		
Tocopherol, gamma....mg	0.03		1	A	1		0.15		
Tocopherol, delta....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		1.1		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	BFFN	4		1.1		
Vitamin D....IU	8		0	BFFN	4		43		
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0		
Lipids:									
Fatty acids, total saturated....g	0.698		0	NC	4		3.526		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 10060
Pork, fresh, loin, tenderloin, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000	0.000	12	A	1		0.000		
10:0 g	0.000	0.000	12	A	1		0.000		
12:0 g	0.000	0.000	12	A	1		0.000		
13:0 g									
14:0 g	0.022	0.002	12	A	1		0.110		
15:0 g	0.000	0.000	12	A	1		0.000		
16:0 g	0.432	0.030	12	A	1		2.183		
17:0 g	0.003	0.001	12	A	1		0.017		
18:0 g	0.241	0.015	12	A	1		1.216		
20:0 g	0.000	0.000	12	A	1		0.000		
22:0 g	0.000	0.000	12	A	1		0.000		
24:0 g									
Fatty acids, total monounsaturated g	0.792		0	NC	4		4.001		
14:1 g	0.000	0.000	12	A	1		0.000		
15:1 g	0.000	0.000	12	A	1		0.000		
16:1 undifferentiated g	0.049	0.005	12	A	1		0.248		
17:1 g	0.000	0.000	12	A	1		0.000		
18:1 undifferentiated g	0.732	0.058	12	AS	1		3.695		
18:1 c g	0.719	0.057	12	A	1		3.630		
18:1-11c (18:1c n-7) g									
18:1 t g	0.013	0.002	12	A	1		0.065		
18:1-11t (18:1t n-7) g									
20:1 g	0.011	0.001	12	A	1		0.057		
22:1 undifferentiated g	0.000		0	Z	7		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.367		0	NC	4		1.851		
18:2 undifferentiated g	0.300	0.019	12	AS	1		1.513		
18:2 n-6 c,c g	0.292	0.019	12	A	1		1.474		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.008	0.002	12	A	1		0.039		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.008	0.001	12	AS	1		0.038		
18:3 n-3 c,c,c (ALA) g	0.008	0.001	12	A	1		0.038		
18:3 n-6 c,c,c g	0.000	0.000	12	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.007	0.001	12	A	1		0.037		
20:3 undifferentiated g	0.000	0.000	12	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.052	0.002	12	A	1		0.264		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000		
Fatty acids, total trans g	0.021		0	NC	4		0.104		
Fatty acids, total trans-monoenoic g	0.013		0	NC	4		0.065		
Fatty acids, total trans-polyenoic g	0.008		0	NC	4		0.039		
Cholesterol mg	65	5.199	12	A	1		328		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.220		0	A	1		1.113		
Threonine g	0.940		0	A	1		4.749		
Isoleucine g	1.031		0	A	1		5.205		
Leucine g	1.784		0	A	1		9.011		
Lysine g	1.943		0	A	1		9.811		

NDB No. 10060
Pork, fresh, loin, tenderloin, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.577		0	A	1		2.913		
Cystine....g	0.242		0	A	1		1.221		
Phenylalanine....g	0.881		0	A	1		4.447		
Tyrosine....g	0.797		0	A	1		4.026		
Valine....g	1.095		0	A	1		5.528		
Arginine....g	1.394		0	A	1		7.039		
Histidine....g	0.905		0	A	1		4.569		
Alanine....g	1.230		0	A	1		6.209		
Aspartic acid....g	2.049		0	A	1		10.348		
Glutamic acid....g	3.344		0	A	1		16.887		
Glycine....g	0.944		0	A	1		4.766		
Proline....g	0.847		0	A	1		4.277		
Serine....g	0.906		0	A	1		4.574		
Hydroxyproline....g	0.054		0	A	1		0.272		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 505g: 1 roast

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10859

Pork, fresh, loin, top loin (chops), boneless, enhanced, separable lean and fat, cooked, pan-broiled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.52		0	PAK	1		93.78		
Energy....kcal	190		0	NC	4		285		
Energy....kJ	796		0	NC	4		1193		
Protein....g	28.35		0	PAK	1		42.52		
Total lipid (fat)....g	7.66		0	PAK	1		11.49		
Ash....g	1.67		0	PAK	1		2.50		
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0	PAK	1		14		
Iron, Fe....mg	0.63		0	PAK	1		0.95		
Magnesium, Mg....mg	28		0	PAK	1		41		
Phosphorus, P....mg	317		0	PAK	1		476		
Potassium, K....mg	512		0	PAK	1		768		
Sodium, Na....mg	205		0	PAK	1		308		
Zinc, Zn....mg	1.98		0	PAK	1		2.97		
Copper, Cu....mg	0.062		0	PAK	1		0.093		
Manganese, Mn....mg	0.000		0	PAK	1		0.000		
Selenium, Se....mcg	35.5		0	PAK	1		53.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.616		0	PAK	1		0.924		
Riboflavin....mg	0.184		0	PAK	1		0.276		
Niacin....mg	10.192		0	PAK	1		15.289		
Pantothenic acid....mg	0.790		0	PAK	1		1.186		
Vitamin B-6....mg	0.476		0	PAK	1		0.714		
Folate, total....mcg	1		0	PIK	4		1		
Folic acid....mcg	0		0	PIK	4		0		
Folate, food....mcg	1		0	PIK	4		1		
Folate, DFE....mcg_DFE	1		0	NC	4		1		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.55		0	PAK	1		0.82		
Vitamin A, RAE....mcg_RAE	2		0	PAK	1		3		
Retinol....mcg	2		0	PAK	1		3		
Carotene, beta....mcg	0		0	PIK	4		0		
Carotene, alpha....mcg	0		0	PIK	4		0		
Cryptoxanthin, beta....mcg	0		0	PIK	4		0		
Vitamin A, IU....IU	6		0	PAK	1		9		
Lycopene....mcg	0		0	PIK	4		0		
Lutein + zeaxanthin....mcg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.24		0	PAK	1		0.37		
Tocopherol, beta....mg	0.00		0	PAK	1		0.00		
Tocopherol, gamma....mg	0.05		0	PAK	1		0.07		
Tocopherol, delta....mg	0.00		0	PAK	1		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	PAK	1		0.0		
Lipids:									
Fatty acids, total saturated....g	2.725		0	PIK	4		4.087		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PAK	1		0.000		

NDB No. 10859

Pork, fresh, loin, top loin (chops), boneless, enhanced, separable lean and fat, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.002		0	PAK	1		0.002		
12:0 g	0.001		0	PAK	1		0.002		
13:0 g									
14:0 g	0.100		0	PAK	1		0.149		
15:0 g	0.000		0	PAK	1		0.000		
16:0 g	1.677		0	PAK	1		2.516		
17:0 g	0.021		0	PAK	1		0.031		
18:0 g	0.910		0	PAK	1		1.364		
20:0 g	0.014		0	PAK	1		0.022		
22:0 g	0.000		0	PAK	1		0.000		
24:0 g									
Fatty acids, total monounsaturated g	3.500		0	PIK	4		5.250		
14:1 g	0.000		0	PAK	1		0.000		
15:1 g	0.000		0	PAK	1		0.000		
16:1 undifferentiated g	0.210		0	PAK	1		0.314		
17:1 g	0.017		0	PAK	1		0.025		
18:1 undifferentiated g	3.219		0	PAK	1		4.828		
20:1 g	0.055		0	PAK	1		0.082		
22:1 undifferentiated g	0.000		0	PIK	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.664		0	PIK	4		0.997		
18:2 undifferentiated g	0.513		0	PIK	4		0.769		
18:3 undifferentiated g	0.038		0	PAK	1		0.057		
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.040		0	PAK	1		0.060		
20:3 undifferentiated g	0.000		0	PAK	1		0.000		
20:4 undifferentiated g	0.074		0	PAK	1		0.110		
20:5 n-3 (EPA) g	0.000		0	PIK	4		0.000		
22:5 n-3 (DPA) g	0.000		0	PIK	4		0.000		
22:6 n-3 (DHA) g	0.000		0	PIK	4		0.000		
Fatty acids, total trans g	0.087		0	PAK	1		0.130		
Cholesterol mg	75		0	PAK	1		113		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.259		0	PAK	1		0.388		
Threonine g	1.103		0	PAK	1		1.654		
Isoleucine g	1.321		0	PAK	1		1.981		
Leucine g	2.223		0	PAK	1		3.334		
Lysine g	2.455		0	PAK	1		3.682		
Methionine g	0.738		0	PAK	1		1.107		
Cystine g	0.301		0	PAK	1		0.451		
Phenylalanine g	1.100		0	PAK	1		1.650		
Tyrosine g	0.940		0	PAK	1		1.411		
Valine g	1.416		0	PAK	1		2.124		
Arginine g	1.777		0	PAK	1		2.666		
Histidine g	1.241		0	PAK	1		1.862		
Alanine g	1.589		0	PAK	1		2.384		
Aspartic acid g	2.564		0	PAK	1		3.846		
Glutamic acid g	4.150		0	PAK	1		6.226		
Glycine g	1.337		0	PAK	1		2.005		
Proline g	1.114		0	PAK	1		1.671		
Serine g	1.138		0	PAK	1		1.707		
Hydroxyproline g	0.119		0	PAK	1		0.179		
Others:									
Alcohol, ethyl g	0.0		0	PIK	4		0.0		
Caffeine mg	0		0	PIK	4		0		
Theobromine mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10859

Pork, fresh, loin, top loin (chops), boneless, enhanced, separable lean and fat, cooked, pan-broiled

Common Measures:

Measure 1 = 150g: 1 chop boneless (yield from 189g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10858

Pork, fresh, loin, top loin (chops), boneless, enhanced, separable lean only, cooked, pan-broiled

Refuse: 9% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.49	0.251	12	A	1		96.74		
Energy....kcal	169		0	NC	4		253		
Energy....kJ	706		0	NC	4		1059		
Protein (N x 6.25)....g	28.95	0.819	4	A	1		43.43		
Total lipid (fat)....g	5.00	0.210	12	A	1		7.50		
Ash....g	1.68	0.125	4	A	1		2.53		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	10	3.866	4	A	1		15		
Iron, Fe....mg	0.63	0.007	4	A	1		0.94		
Magnesium, Mg....mg	28	0.882	4	A	1		42		
Phosphorus, P....mg	320	6.725	4	A	1		480		
Potassium, K....mg	517	49.032	4	A	1		776		
Sodium, Na....mg	209	26.989	4	A	1		313		
Zinc, Zn....mg	2.02	0.061	4	A	1		3.02		
Copper, Cu....mg	0.063	0.001	4	A	1		0.094		
Manganese, Mn....mg	0.000	0.000	4	A	1		0.000		
Selenium, Se....mcg	37.7	8.377	4	A	1		56.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.631	0.046	4	A	1		0.947		
Riboflavin....mg	0.188	0.012	4	A	1		0.282		
Niacin....mg	10.323	0.556	4	A	1		15.484		
Pantothenic acid....mg	0.786	0.052	4	A	1		1.179		
Vitamin B-6....mg	0.489	0.028	4	A	1		0.733		
Folate, total....mcg	1		2	A	1		2		
Folic acid....mcg	0		0	NR	4		0		
Folate, food....mcg	1		2	A	1		2		
Folate, DFE....mcg_DFE	1		0	NC	4		2		
Choline, total....mg	98.7		0	AS	1		148.0		
Betaine....mg	2.4	0.263	4	A	1		3.5		
Vitamin B-12....mcg	0.52	0.039	4	A	1		0.77		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0	0.000	4	A	1		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.23		8	A	1		0.35		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		2	A	1		0.00		
Tocopherol, gamma....mg	0.05		8	A	1		0.07		
Tocopherol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0	0.000	4	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	1.797		0	NC	4		2.695		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 10858

Pork, fresh, loin, top loin (chops), boneless, enhanced, separable lean only, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000	0.000	4	A	1		0.000		
10:0....g	0.002	0.002	4	A	1		0.003		
12:0....g	0.002	0.002	4	A	1		0.002		
13:0....g									
14:0....g	0.068	0.007	4	A	1		0.102		
15:0....g	0.000	0.000	4	A	1		0.000		
16:0....g	1.118	0.149	4	A	1		1.676		
17:0....g	0.013	0.002	4	A	1		0.020		
18:0....g	0.586	0.087	4	A	1		0.879		
20:0....g	0.009	0.001	4	A	1		0.014		
22:0....g	0.000	0.000	4	A	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	2.406		0	NC	4		3.609		
14:1....g	0.000	0.000	4	A	1		0.000		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.155	0.015	4	A	1		0.232		
17:1....g	0.011	0.004	4	A	1		0.016		
18:1 undifferentiated....g	2.206	0.216	3	A	1		3.309		
20:1....g	0.035	0.005	4	A	1		0.053		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.691		0	NC	4		1.037		
18:2 undifferentiated....g	0.561		0	AS	1		0.841		
18:2 n-6 c,c....g	0.561	0.085	4	A	1		0.841		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.019		0	AS	1		0.029		
18:3 n-3 c,c,c (ALA)....g	0.019	0.003	4	A	1		0.029		
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.022	0.003	4	A	1		0.033		
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.070	0.007	4	A	1		0.105		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g	0.030	0.030	3	A	1		0.045		
Cholesterol....mg	75	3.629	4	A	1		113		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.268		0	A	1		0.402		
Threonine....g	1.139		0	A	1		1.708		
Isoleucine....g	1.363		0	A	1		2.044		
Leucine....g	2.288		0	A	1		3.431		
Lysine....g	2.529		0	A	1		3.793		
Methionine....g	0.764		0	A	1		1.146		
Cystine....g	0.308		0	A	1		0.462		
Phenylalanine....g	1.128		0	A	1		1.692		
Tyrosine....g	0.974		0	A	1		1.460		
Valine....g	1.448		0	A	1		2.172		
Arginine....g	1.805		0	A	1		2.707		

NDB No. 10858

Pork, fresh, loin, top loin (chops), boneless, enhanced, separable lean only, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	1.267		0	A	1		1.901		
Alanine.....g	1.596		0	A	1		2.393		
Aspartic acid.....g	2.623		0	A	1		3.935		
Glutamic acid.....g	4.264		0	A	1		6.396		
Glycine.....g	1.249		0	A	1		1.874		
Proline.....g	1.082		0	A	1		1.623		
Serine.....g	1.160		0	A	1		1.740		
Hydroxyproline.....g	0.056		0	BFPN	4		0.083		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 chop boneless

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10063

Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.22		0		1		86.17	49.49	
Energy....kcal	233		0	NC	4		345	198	
Energy....kJ	975		0		4		1443	829	
Protein (N x 6.25)....g	27.82		0		1		41.17	23.65	
Total lipid (fat)....g	12.68		0		1		18.77	10.78	
Ash....g	1.27		0		1		1.88	1.08	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0		1		31	18	
Iron, Fe....mg	0.96		0		1		1.42	0.82	
Magnesium, Mg....mg	19		0		1		28	16	
Phosphorus, P....mg	185		0		1		274	157	
Potassium, K....mg	407		0		1		602	346	
Sodium, Na....mg	42		0		1		62	36	
Zinc, Zn....mg	2.11		0		1		3.12	1.79	
Copper, Cu....mg	0.076		0		1		0.112	0.065	
Manganese, Mn....mg	0.010		0		1		0.015	0.009	
Selenium, Se....mcg	41.3		0	PIE	4		61.1	35.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0		1		0.4	0.3	
Thiamin....mg	0.552		0		1		0.817	0.469	
Riboflavin....mg	0.256		0		1		0.379	0.218	
Niacin....mg	4.540		0		1		6.719	3.859	
Pantothenic acid....mg	0.638		0		1		0.944	0.542	
Vitamin B-6....mg	0.329		0		1		0.487	0.280	
Folate, total....mcg	4		0		1		6	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		1		6	3	
Folate, DFE....mcg_DFE	4		0	NC	4		6	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.46		0		1		0.68	0.39	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0		1		3	2	
Retinol....mcg	2		0	NR	4		3	2	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	7		0		1		10	6	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.24		0	BFSN	4		0.35	0.20	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	4.710		0		1		6.971	4.004	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10063

Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	Z	7		0.000	0.000	
8:0 ... g	0.000		0	BFFN	4		0.000	0.000	
10:0 ... g	0.010		0		1		0.015	0.009	
12:0 ... g	0.010		0		1		0.015	0.009	
13:0 ... g									
14:0 ... g	0.160		0		1		0.237	0.136	
15:0 ... g									
16:0 ... g	2.920		0		1		4.322	2.482	
17:0 ... g									
18:0 ... g	1.520		0		1		2.250	1.292	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	5.700		0		1		8.436	4.845	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.400		0		1		0.592	0.340	
17:1 ... g									
18:1 undifferentiated ... g	5.150		0		1		7.622	4.378	
20:1 ... g	0.100		0		1		0.148	0.085	
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.040		0		1		1.539	0.884	
18:2 undifferentiated ... g	0.920		0		1		1.362	0.782	
18:3 undifferentiated ... g	0.030		0		1		0.044	0.026	
18:4 ... g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.040		0		1		0.059	0.034	
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	75		0		1		111	64	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.345		0		1		0.511	0.293	
Threonine ... g	1.257		0		1		1.860	1.068	
Isoleucine ... g	1.284		0		1		1.900	1.091	
Leucine ... g	2.217		0		1		3.281	1.884	
Lysine ... g	2.491		0		1		3.687	2.117	
Methionine ... g	0.725		0		1		1.073	0.616	
Cystine ... g	0.351		0		1		0.519	0.298	
Phenylalanine ... g	1.106		0		1		1.637	0.940	
Tyrosine ... g	0.953		0		1		1.410	0.810	
Valine ... g	1.500		0		1		2.220	1.275	
Arginine ... g	1.753		0		1		2.594	1.490	
Histidine ... g	1.087		0		1		1.609	0.924	
Alanine ... g	1.632		0		1		2.415	1.387	
Aspartic acid ... g	2.559		0		1		3.787	2.175	
Glutamic acid ... g	4.294		0		1		6.355	3.650	
Glycine ... g	1.429		0		1		2.115	1.215	
Proline ... g	1.177		0		1		1.742	1.000	
Serine ... g	1.149		0		1		1.701	0.977	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10063

Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised

Common Measures:

Measure 1 = 148g: 1 chop boneless (yield from 193g raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10064

Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled

America's cut chops, Pork top loin chops, Strip loin chops, URMIS #3369

Refuse: 14% Connective tissue

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.92		0	PAK	1		91.24	53.48	
Energy	kcal	196		0	PIK	4		284	167	
Energy	kJ	820		0	PIK	4		1190	697	
Protein (N x 6.25)	g	26.62		0	PAK	1		38.60	22.63	
Total lipid (fat)	g	9.14		0	PAK	1		13.25	7.77	
Ash	g	1.00		0	PAK	1		1.45	0.85	
Carbohydrate, by difference	g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary	g	0.0		0	PIK	4		0.0	0.0	
Sugars, total	g	0.00		0	PIK	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0	PAK	1		11	6	
Iron, Fe	mg	0.63		0	PAK	1		0.92	0.54	
Magnesium, Mg	mg	26		0	PAK	1		38	22	
Phosphorus, P	mg	230		0	PAK	1		334	196	
Potassium, K	mg	357		0	PAK	1		518	303	
Sodium, Na	mg	44		0	PAK	1		64	38	
Zinc, Zn	mg	2.09		0	PAK	1		3.03	1.77	
Copper, Cu	mg	0.081		0	PAK	1		0.117	0.068	
Manganese, Mn	mg	0.007		0	PAK	1		0.010	0.006	
Selenium, Se	mcg	43.6		0	PAK	1		63.3	37.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0	0.0	
Thiamin	mg	0.636		0	PAK	1		0.922	0.541	
Riboflavin	mg	0.190		0	PAK	1		0.276	0.162	
Niacin	mg	8.242		0	PAK	1		11.951	7.006	
Pantothenic acid	mg	0.680		0	PAK	1		0.986	0.578	
Vitamin B-6	mg	0.696		0	PAK	1		1.009	0.592	
Folate, total	mcg	0		0	PAK	1		0	0	
Folic acid	mcg	0		0	PIK	4		0	0	
Folate, food	mcg	0		0	PAK	1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg	76.0		0	PAK	1		110.2	64.6	
Betaine	mg	2.8		0	PAK	1		4.0	2.4	
Vitamin B-12	mcg	0.59		0	PAK	1		0.86	0.50	
Vitamin B-12, added	mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	1		0	PAK	1		2	1	
Retinol	mcg	1		0	PAK	1		2	1	
Carotene, beta	mcg	0		0	PIK	4		0	0	
Carotene, alpha	mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta	mcg	0		0	PIK	4		0	0	
Vitamin A, IU	IU	5		0	PAK	1		7	4	
Lycopene	mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin	mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.11		0	PAK	1		0.16	0.09	
Vitamin E, added	mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta	mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma	mg	0.02		0	PAK	1		0.03	0.02	
Tocopherol, delta	mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)	mcg	0.1		0	PAK	1		0.1	0.1	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.1		0	PIK	4		0.1	0.1	
Vitamin D	IU	3		0	PIK	4		5	3	
Vitamin K (phylloquinone)	mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	3.164		0	PIK	4		4.587	2.689	
4:0	g	0.000		0	PIK	4		0.000	0.000	

NDB No. 10064

Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PIK	4		0.000	0.000	
8:0 g	0.000		0	PAK	1		0.000	0.000	
10:0 g	0.005		0	PAK	1		0.008	0.005	
12:0 g	0.004		0	PAK	1		0.006	0.004	
13:0 g									
14:0 g	0.115		0	PAK	1		0.166	0.097	
15:0 g	0.002		0	PAK	1		0.003	0.002	
16:0 g	1.969		0	PAK	1		2.855	1.674	
17:0 g	0.023		0	PAK	1		0.033	0.019	
18:0 g	1.031		0	PAK	1		1.494	0.876	
20:0 g	0.015		0	PAK	1		0.021	0.013	
22:0 g	0.000		0	PAK	1		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	3.904		0	PIK	4		5.661	3.318	
14:1 g	0.001		0	PAK	1		0.001	0.001	
15:1 g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated g	0.224		0	PAK	1		0.325	0.190	
17:1 g	0.007		0	PAK	1		0.011	0.006	
18:1 undifferentiated g	3.611		0	PAK	1		5.235	3.069	
18:1 c g	3.555		0	PAK	1		5.155	3.022	
18:1-11c (18:1c n-7) g									
18:1 t g	0.056		0	PAK	1		0.081	0.047	
18:1-11t (18:1t n-7) g									
20:1 g	0.061		0	PAK	1		0.089	0.052	
22:1 undifferentiated g	0.000		0	PIK	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.048		0	PIK	4		1.519	0.891	
18:2 undifferentiated g	0.907		0	PAK	1		1.315	0.771	
18:2 n-6 c,c g	0.877		0	PAK	1		1.271	0.745	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.030		0	PAK	1		0.044	0.026	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.040		0	PAK	1		0.058	0.034	
18:3 n-3 c,c,c (ALA) g	0.039		0	PAK	1		0.057	0.033	
18:3 n-6 c,c,c g	0.001		0	PAK	1		0.001	0.001	
18:3i g									
18:4 g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c g	0.034		0	PAK	1		0.050	0.029	
20:3 undifferentiated g	0.003		0	PAK	1		0.004	0.002	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.064		0	PAK	1		0.093	0.054	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	PIK	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans g	0.086		0	PIK	4		0.125	0.073	
Fatty acids, total trans-monoenoic g	0.056		0	PIK	4		0.081	0.047	
Fatty acids, total trans-polyenoic g	0.030		0	PIK	4		0.044	0.026	
Cholesterol mg	73		0	PAK	1		105	62	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.280		0	PAK	1		0.406	0.238	
Threonine g	1.195		0	PAK	1		1.733	1.016	
Isoleucine g	1.310		0	PAK	1		1.900	1.114	
Leucine g	2.268		0	PAK	1		3.289	1.928	
Lysine g	2.469		0	PAK	1		3.580	2.099	

NDB No. 10064

Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.733		0	PAK	1		1.063	0.623	
Cystine....g	0.307		0	PAK	1		0.445	0.261	
Phenylalanine....g	1.119		0	PAK	1		1.623	0.951	
Tyrosine....g	1.013		0	PAK	1		1.469	0.861	
Valine....g	1.391		0	PAK	1		2.017	1.183	
Arginine....g	1.772		0	PAK	1		2.569	1.506	
Histidine....g	1.150		0	PAK	1		1.667	0.977	
Alanine....g	1.563		0	PAK	1		2.266	1.328	
Aspartic acid....g	2.604		0	PAK	1		3.777	2.214	
Glutamic acid....g	4.250		0	PAK	1		6.163	3.613	
Glycine....g	1.200		0	PAK	1		1.739	1.020	
Proline....g	1.076		0	PAK	1		1.561	0.915	
Serine....g	1.151		0	PAK	1		1.669	0.978	
Hydroxyproline....g	0.068		0	PAK	1		0.099	0.058	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 145g: 1 chop

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10186

Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried

Refuse: 7% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.84		0		1		46.61	37.84	
Energy....kcal	257		0	NC	4		218	177	
Energy....kJ	1075		0		4		914	742	
Protein (N x 6.25)....g	29.00		0		1		24.65	20.01	
Total lipid (fat)....g	14.83		0		1		12.61	10.23	
Ash....g	1.32		0		1		1.12	0.91	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0		1		18	14	
Iron, Fe....mg	0.81		0		1		0.69	0.56	
Magnesium, Mg....mg	28		0		1		24	19	
Phosphorus, P....mg	262		0		1		223	181	
Potassium, K....mg	479		0		1		407	331	
Sodium, Na....mg	55		0		1		47	38	
Zinc, Zn....mg	2.20		0		1		1.87	1.52	
Copper, Cu....mg	0.075		0		1		0.064	0.052	
Manganese, Mn....mg	0.007		0		1		0.006	0.005	
Selenium, Se....mcg	45.9		0	BFYN	4		39.0	31.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0		1		0.3	0.2	
Thiamin....mg	0.796		0		1		0.677	0.549	
Riboflavin....mg	0.353		0		1		0.300	0.244	
Niacin....mg	5.381		0		1		4.574	3.713	
Pantothenic acid....mg	0.813		0		1		0.691	0.561	
Vitamin B-6....mg	0.403		0		1		0.343	0.278	
Folate, total....mcg	8		0		1		7	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0		1		7	6	
Folate, DFE....mcg_DFE	8		0	NC	4		7	6	
Choline, total....mg	99.7		0	BFPN	4		84.7	68.8	
Betaine....mg	3.9		0	BFPN	4		3.3	2.7	
Vitamin B-12....mcg	0.65		0		1		0.55	0.45	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		2	1	
Retinol....mcg	2		0	NR	4		2	1	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	7		0		1		6	5	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.20		0	BFYN	4		0.17	0.14	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.7		0	AS	1		0.6	0.5	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.7		0	BFFN	4		0.6	0.5	
Vitamin D....IU	28		0	BFFN	4		24	19	
Vitamin K (phylloquinone)....mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	5.300		0		1		4.505	3.657	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 10186

Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		0		1		0.009	0.007	
12:0 g	0.010		0		1		0.009	0.007	
13:0 g									
14:0 g	0.180		0		1		0.153	0.124	
15:0 g									
16:0 g	3.300		0		1		2.805	2.277	
17:0 g									
18:0 g	1.700		0		1		1.445	1.173	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.450		0		1		5.483	4.451	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.430		0		1		0.366	0.297	
17:1 g									
18:1 undifferentiated g	5.840		0		1		4.964	4.030	
20:1 g	0.110		0		1		0.094	0.076	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.700		0		1		1.445	1.173	
18:2 undifferentiated g	1.510		0		1		1.284	1.042	
18:3 undifferentiated g	0.100		0		1		0.085	0.069	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0		1		0.034	0.028	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	78		0		1		66	54	
Phytosterols mg	2		0		1		2	1	
Amino Acids:									
Tryptophan g	0.359		0		1		0.305	0.248	
Threonine g	1.310		0		1		1.114	0.904	
Isoleucine g	1.337		0		1		1.136	0.923	
Leucine g	2.310		0		1		1.964	1.594	
Lysine g	2.596		0		1		2.207	1.791	
Methionine g	0.755		0		1		0.642	0.521	
Cystine g	0.365		0		1		0.310	0.252	
Phenylalanine g	1.153		0		1		0.980	0.796	
Tyrosine g	0.993		0		1		0.844	0.685	
Valine g	1.563		0		1		1.329	1.078	
Arginine g	1.829		0		1		1.555	1.262	
Histidine g	1.132		0		1		0.962	0.781	
Alanine g	1.701		0		1		1.446	1.174	
Aspartic acid g	2.666		0		1		2.266	1.840	
Glutamic acid g	4.473		0		1		3.802	3.086	
Glycine g	1.495		0		1		1.271	1.032	
Proline g	1.230		0		1		1.046	0.849	
Serine g	1.198		0		1		1.018	0.827	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10186

Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 69g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10062

Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw

America's cut chops, Pork top loin chops, Strip loin chops, URMIS #3369

Refuse: 17% Connective tissue, 12%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.38		0	PAK	1		130.21	319.26	
Energy....kcal	155		0	PIK	4		286	701	
Energy....kJ	647		0	PIK	4		1197	2934	
Protein (N x 6.25)....g	21.55		0	PAK	1		39.87	97.76	
Total lipid (fat)....g	6.94		0	PAK	1		12.83	31.46	
Ash....g	0.97		0	PAK	1		1.80	4.41	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	PAK	1		12	31	
Iron, Fe....mg	0.50		0	PAK	1		0.92	2.26	
Magnesium, Mg....mg	26		0	PAK	1		49	120	
Phosphorus, P....mg	226		0	PAK	1		419	1026	
Potassium, K....mg	373		0	PAK	1		691	1694	
Sodium, Na....mg	48		0	PAK	1		89	218	
Zinc, Zn....mg	1.55		0	PAK	1		2.86	7.01	
Copper, Cu....mg	0.056		0	PAK	1		0.103	0.253	
Manganese, Mn....mg	0.007		0	PAK	1		0.013	0.033	
Selenium, Se....mcg	33.1		0	PAK	1		61.3	150.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.667		0	PAK	1		1.233	3.024	
Riboflavin....mg	0.185		0	PAK	1		0.341	0.837	
Niacin....mg	7.988		0	PAK	1		14.778	36.233	
Pantothenic acid....mg	0.727		0	PAK	1		1.345	3.298	
Vitamin B-6....mg	0.726		0	PAK	1		1.342	3.292	
Folate, total....mcg	0		0	PAK	1		0	0	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	0		0	PAK	1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	57.8		0	PAK	1		106.9	262.2	
Betaine....mg	3.1		0	PAK	1		5.7	14.0	
Vitamin B-12....mcg	0.53		0	PAK	1		0.98	2.41	
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	PAK	1		2	6	
Retinol....mcg	1		0	PAK	1		2	6	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	4		0	PAK	1		8	19	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.13		0	PAK	1		0.23	0.57	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma....mg	0.04		0	PAK	1		0.07	0.18	
Tocopherol, delta....mg	0.02		0	PAK	1		0.03	0.07	
Vitamin D (D2 + D3)....mcg	0.4		0	PAK	1		0.8	2.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.4		0	PIK	4		0.8	2.0	
Vitamin D....IU	18		0	PIK	4		33	80	
Vitamin K (phylloquinone)....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.450		0	PIK	4		4.532	11.111	
4:0....g	0.000		0	PIK	4		0.000	0.000	

NDB No. 10062

Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PIK	4		0.000	0.000	
8:0 g	0.000		0	PAK	1		0.000	0.000	
10:0 g	0.003		0	PAK	1		0.006	0.016	
12:0 g	0.003		0	PAK	1		0.006	0.015	
13:0 g									
14:0 g	0.088		0	PAK	1		0.162	0.397	
15:0 g	0.002		0	PAK	1		0.004	0.009	
16:0 g	1.523		0	PAK	1		2.817	6.907	
17:0 g	0.016		0	PAK	1		0.030	0.074	
18:0 g	0.805		0	PAK	1		1.490	3.653	
20:0 g	0.009		0	PAK	1		0.016	0.040	
22:0 g	0.000		0	PAK	1		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	2.985		0	PIK	4		5.522	13.540	
14:1 g	0.001		0	PAK	1		0.001	0.004	
15:1 g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated g	0.166		0	PAK	1		0.307	0.753	
17:1 g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated g	2.771		0	PAK	1		5.126	12.568	
18:1 c g	2.727		0	PAK	1		5.045	12.370	
18:1-11c (18:1c n-7) g									
18:1 t g	0.044		0	PAK	1		0.081	0.199	
18:1-11t (18:1t n-7) g									
20:1 g	0.047		0	PAK	1		0.088	0.215	
22:1 undifferentiated g	0.000		0	PIK	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.878		0	PIK	4		1.625	3.984	
18:2 undifferentiated g	0.763		0	PAK	1		1.412	3.463	
18:2 n-6 c,c g	0.743		0	PAK	1		1.375	3.371	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.020		0	PAK	1		0.038	0.092	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.033		0	PAK	1		0.062	0.152	
18:3 n-3 c,c,c (ALA) g	0.032		0	PAK	1		0.060	0.147	
18:3 n-6 c,c,c g	0.001		0	PAK	1		0.002	0.004	
18:3i g									
18:4 g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c g	0.027		0	PAK	1		0.050	0.123	
20:3 undifferentiated g	0.003		0	PAK	1		0.006	0.014	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.051		0	PAK	1		0.095	0.233	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	PIK	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans g	0.064		0	PIK	4		0.118	0.290	
Fatty acids, total trans-monoenoic g	0.044		0	PIK	4		0.081	0.199	
Fatty acids, total trans-polyenoic g	0.020		0	PIK	4		0.038	0.092	
Cholesterol mg	67		0	PAK	1		124	303	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.227		0	PAK	1		0.420	1.029	
Threonine g	0.968		0	PAK	1		1.790	4.389	
Isoleucine g	1.060		0	PAK	1		1.962	4.810	
Leucine g	1.836		0	PAK	1		3.397	8.328	
Lysine g	1.999		0	PAK	1		3.698	9.067	

NDB No. 10062

Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.594		0	PAK	1		1.098	2.692	
Cystine....g	0.249		0	PAK	1		0.460	1.128	
Phenylalanine....g	0.906		0	PAK	1		1.676	4.109	
Tyrosine....g	0.820		0	PAK	1		1.517	3.720	
Valine....g	1.126		0	PAK	1		2.083	5.108	
Arginine....g	1.434		0	PAK	1		2.653	6.505	
Histidine....g	0.931		0	PAK	1		1.722	4.222	
Alanine....g	1.265		0	PAK	1		2.340	5.738	
Aspartic acid....g	2.108		0	PAK	1		3.900	9.563	
Glutamic acid....g	3.441		0	PAK	1		6.365	15.607	
Glycine....g	0.971		0	PAK	1		1.796	4.405	
Proline....g	0.871		0	PAK	1		1.612	3.952	
Serine....g	0.932		0	PAK	1		1.724	4.227	
Hydroxyproline....g	0.055		0	PAK	1		0.102	0.251	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 185g: 1 chop

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10067

Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised

Refuse: 7% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.01		0		1		51.86	45.15	
Energy....kcal	202		0	NC	4		172	149	
Energy....kJ	845		0		4		718	625	
Protein (N x 6.25)....g	29.07		0		1		24.71	21.51	
Total lipid (fat)....g	8.59		0		1		7.30	6.36	
Ash....g	1.31		0		1		1.11	0.97	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	23		0		1		20	17	
Iron, Fe....mg	1.01		0		1		0.86	0.75	
Magnesium, Mg....mg	20		0		1		17	15	
Phosphorus, P....mg	186		0		1		158	138	
Potassium, K....mg	421		0		1		358	312	
Sodium, Na....mg	42		0		1		36	31	
Zinc, Zn....mg	2.18		0		1		1.85	1.61	
Copper, Cu....mg	0.078		0		1		0.066	0.058	
Manganese, Mn....mg	0.011		0		1		0.009	0.008	
Selenium, Se....mcg	43.3		0	BFYN	4		36.8	32.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0		1		0.3	0.2	
Thiamin....mg	0.571		0		1		0.485	0.423	
Riboflavin....mg	0.268		0		1		0.228	0.198	
Niacin....mg	4.700		0		1		3.995	3.478	
Pantothenic acid....mg	0.664		0		1		0.564	0.491	
Vitamin B-6....mg	0.345		0		1		0.293	0.255	
Folate, total....mcg	5		0		1		4	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		1		4	4	
Folate, DFE....mcg_DFE	5		0	NC	4		4	4	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.46		0		1		0.39	0.34	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0		1		2	1	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	6		0		1		5	4	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.25		0	BFSN	4		0.21	0.19	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	3.130		0		1		2.661	2.316	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10067

Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.010		0		1		0.009	0.007	
12:0....g	0.010		0		1		0.009	0.007	
13:0....g									
14:0....g	0.110		0		1		0.094	0.081	
15:0....g									
16:0....g	1.960		0		1		1.666	1.450	
17:0....g									
18:0....g	0.990		0		1		0.842	0.733	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.970		0		1		3.375	2.938	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.300		0		1		0.255	0.222	
17:1....g									
18:1 undifferentiated....g	3.560		0		1		3.026	2.634	
20:1....g	0.070		0		1		0.060	0.052	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.610		0		1		0.519	0.451	
18:2 undifferentiated....g	0.540		0		1		0.459	0.400	
18:3 undifferentiated....g	0.020		0		1		0.017	0.015	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0		1		0.026	0.022	
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	73		0		1		62	54	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.369		0		1		0.314	0.273	
Threonine....g	1.327		0		1		1.128	0.982	
Isoleucine....g	1.361		0		1		1.157	1.007	
Leucine....g	2.332		0		1		1.982	1.726	
Lysine....g	2.614		0		1		2.222	1.934	
Methionine....g	0.770		0		1		0.655	0.570	
Cystine....g	0.371		0		1		0.315	0.275	
Phenylalanine....g	1.160		0		1		0.986	0.858	
Tyrosine....g	1.013		0		1		0.861	0.750	
Valine....g	1.577		0		1		1.340	1.167	
Arginine....g	1.807		0		1		1.536	1.337	
Histidine....g	1.161		0		1		0.987	0.859	
Alanine....g	1.693		0		1		1.439	1.253	
Aspartic acid....g	2.696		0		1		2.292	1.995	
Glutamic acid....g	4.550		0		1		3.868	3.367	
Glycine....g	1.380		0		1		1.173	1.021	
Proline....g	1.168		0		1		0.993	0.864	
Serine....g	1.201		0		1		1.021	0.889	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10067

Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 74g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10068

Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled

America's cut chops, Pork top loin chops, Strip loin chops, URMIS #3369

Refuse: 6% Bone, 0%, connective tissue, 9%, separable fat, 4%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.11	0.768	12	A	1		94.41		
Energy....kcal	173		0	NC	4		250		
Energy....kJ	722		0	NC	4		1047		
Protein (N x 6.25)....g	27.58	0.593	12	A	1		39.99		
Total lipid (fat)....g	6.08	0.651	12	A	1		8.81		
Ash....g	1.03	0.025	12	A	1		1.49		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.121	12	A	1		8		
Iron, Fe....mg	0.63	0.025	12	A	1		0.92		
Magnesium, Mg....mg	27	0.337	12	A	1		39		
Phosphorus, P....mg	237	3.500	12	A	1		343		
Potassium, K....mg	367	8.514	12	A	1		532		
Sodium, Na....mg	45	1.777	12	A	1		65		
Zinc, Zn....mg	2.15	0.082	12	A	1		3.11		
Copper, Cu....mg	0.083	0.012	12	A	1		0.120		
Manganese, Mn....mg	0.007	0.001	12	A	1		0.011		
Selenium, Se....mcg	45.3	8.677	12	A	1		65.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.658	0.058	12	A	1		0.954		
Riboflavin....mg	0.195	0.019	12	A	1		0.282		
Niacin....mg	8.512	0.551	12	A	1		12.343		
Pantothenic acid....mg	0.692	0.032	4	A	1		1.004		
Vitamin B-6....mg	0.722	0.033	4	A	1		1.047		
Folate, total....mcg	0		1	A	1		0		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	0		1	A	1		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	78.3	2.266	4	AS	1		113.6		
Betaine....mg	2.8	0.419	4	A	1		4.1		
Vitamin B-12....mcg	0.56	0.022	4	A	1		0.81		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		1	A	1		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.10		1	A	1		0.15		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		1	A	1		0.00		
Tocopherol, gamma....mg	0.02		1	A	1		0.03		
Tocopherol, delta....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)....mcg	0.6		0	AS	1		0.8		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.6		0	BFFN	4		0.8		
Vitamin D....IU	23		0	BFFN	4		33		
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0		
Lipids:									
Fatty acids, total saturated....g	2.077		0	NC	4		3.012		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 10068

Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0	g	0.000		0	Z	7		0.000		
8:0	g	0.000	0.000	12	A	1		0.000		
10:0	g	0.003	0.001	12	A	1		0.005		
12:0	g	0.002	0.001	12	A	1		0.003		
13:0	g									
14:0	g	0.077	0.010	12	A	1		0.111		
15:0	g	0.000	0.000	12	A	1		0.000		
16:0	g	1.317	0.153	12	A	1		1.910		
17:0	g	0.011	0.001	12	A	1		0.016		
18:0	g	0.658	0.079	12	A	1		0.954		
20:0	g	0.009	0.002	12	A	1		0.013		
22:0	g	0.000	0.000	12	A	1		0.000		
24:0	g									
Fatty acids, total monounsaturated	g	2.651		0	NC	4		3.844		
14:1	g	0.000	0.000	12	A	1		0.000		
15:1	g	0.000	0.000	12	A	1		0.000		
16:1 undifferentiated	g	0.171	0.020	12	A	1		0.247		
17:1	g	0.003	0.002	12	A	1		0.004		
18:1 undifferentiated	g	2.437	0.268	12	AS	1		3.534		
18:1 c	g	2.405	0.267	12	A	1		3.487		
18:1-11c (18:1c n-7)	g									
18:1 t	g	0.033	0.007	12	A	1		0.047		
18:1-11t (18:1t n-7)	g									
20:1	g	0.040	0.005	12	A	1		0.058		
22:1 undifferentiated	g	0.000		0	Z	7		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.605		0	NC	4		0.878		
18:2 undifferentiated	g	0.508	0.051	12	AS	1		0.736		
18:2 n-6 c,c	g	0.488	0.047	12	A	1		0.708		
18:2 CLAs	g									
18:2 c,t	g									
18:2 t,c	g									
18:2 t,t	g	0.019	0.005	12	A	1		0.028		
18:2 i	g									
18:2 t not further defined	g									
18:3 undifferentiated	g	0.020	0.002	12	AS	1		0.029		
18:3 n-3 c,c,c (ALA)	g	0.020	0.002	12	A	1		0.029		
18:3 n-6 c,c,c	g	0.000	0.000	12	A	1		0.000		
18:3i	g									
18:4	g	0.000		0	Z	7		0.000		
20:2 n-6 c,c	g	0.019	0.002	12	A	1		0.027		
20:3 undifferentiated	g	0.000	0.000	12	A	1		0.000		
20:3 n-3	g									
20:3 n-6	g									
20:4 undifferentiated	g	0.059	0.003	12	A	1		0.086		
20:4 n-3	g									
20:4 n-6	g									
20:5 n-3 (EPA)	g	0.000		0	Z	7		0.000		
21:5	g									
22:4	g									
22:5 n-3 (DPA)	g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)	g	0.000		0	Z	7		0.000		
Fatty acids, total trans	g	0.052		0	NC	4		0.075		
Fatty acids, total trans-monoenoic	g	0.033		0	NC	4		0.047		
Fatty acids, total trans-polyenoic	g	0.019		0	NC	4		0.028		
Cholesterol	mg	72	2.983	12	A	1		104		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.290		0	A	1		0.421		
Threonine	g	1.238		0	A	1		1.795		
Isoleucine	g	1.357		0	A	1		1.968		
Leucine	g	2.349		0	A	1		3.406		
Lysine	g	2.558		0	A	1		3.708		

NDB No. 10068

Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.759		0	A	1		1.101		
Cystine....g	0.318		0	A	1		0.461		
Phenylalanine....g	1.159		0	A	1		1.681		
Tyrosine....g	1.049		0	A	1		1.522		
Valine....g	1.441		0	A	1		2.089		
Arginine....g	1.835		0	A	1		2.661		
Histidine....g	1.191		0	A	1		1.727		
Alanine....g	1.619		0	A	1		2.347		
Aspartic acid....g	2.698		0	A	1		3.912		
Glutamic acid....g	4.402		0	A	1		6.384		
Glycine....g	1.243		0	A	1		1.802		
Proline....g	1.115		0	A	1		1.617		
Serine....g	1.192		0	A	1		1.729		
Hydroxyproline....g	0.071		0	A	1		0.103		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 145g: 1 chop

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10181

Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried

Refuse: 15% Connective tissue 7%, separable fat 8%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.62		0		1		48.98	36.30	
Energy....kcal	225		0	NC	4		191	142	
Energy....kJ	941		0		4		800	593	
Protein (N x 6.25)....g	30.48		0		1		25.91	19.20	
Total lipid (fat)....g	10.50		0		1		8.93	6.62	
Ash....g	1.37		0		1		1.16	0.86	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0		1		19	14	
Iron, Fe....mg	0.85		0		1		0.72	0.54	
Magnesium, Mg....mg	30		0		1		26	19	
Phosphorus, P....mg	271		0		1		230	171	
Potassium, K....mg	500		0		1		425	315	
Sodium, Na....mg	57		0		1		48	36	
Zinc, Zn....mg	2.29		0		1		1.95	1.44	
Copper, Cu....mg	0.077		0		1		0.065	0.049	
Manganese, Mn....mg	0.008		0		1		0.007	0.005	
Selenium, Se....mcg	45.8		0	BFYN	4		38.9	28.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0		1		0.3	0.2	
Thiamin....mg	0.838		0		1		0.712	0.528	
Riboflavin....mg	0.375		0		1		0.319	0.236	
Niacin....mg	5.633		0		1		4.788	3.549	
Pantothenic acid....mg	0.857		0		1		0.728	0.540	
Vitamin B-6....mg	0.427		0		1		0.363	0.269	
Folate, total....mcg	8		0		1		7	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0		1		7	5	
Folate, DFE....mcg_DFE	8		0	NC	4		7	5	
Choline, total....mg	104.7		0	BFPN	4		89.0	66.0	
Betaine....mg	4.1		0	BFPN	4		3.4	2.6	
Vitamin B-12....mcg	0.67		0		1		0.57	0.42	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		2	1	
Retinol....mcg	2		0	NR	4		2	1	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	6		0		1		5	4	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.22		0	BFYN	4		0.19	0.14	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.5		0	AS	1		0.4	0.3	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	BFFN	4		0.4	0.3	
Vitamin D....IU	20		0	BFFN	4		17	13	
Vitamin K (phylloquinone)....mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	3.600		0		1		3.060	2.268	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10181

Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.010		0		1		0.009	0.006	
12:0....g	0.010		0		1		0.009	0.006	
13:0....g									
14:0....g	0.120		0		1		0.102	0.076	
15:0....g									
16:0....g	2.270		0		1		1.930	1.430	
17:0....g									
18:0....g	1.130		0		1		0.961	0.712	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.600		0		1		3.910	2.898	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.330		0		1		0.281	0.208	
17:1....g									
18:1 undifferentiated....g	4.150		0		1		3.528	2.615	
20:1....g	0.080		0		1		0.068	0.050	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.290		0		1		1.097	0.813	
18:2 undifferentiated....g	1.130		0		1		0.961	0.712	
18:3 undifferentiated....g	0.090		0		1		0.077	0.057	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0		1		0.034	0.025	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	77		0		1		65	49	
Phytosterols....mg	3		0		1		3	2	
Amino Acids:									
Tryptophan....g	0.387		0		1		0.329	0.244	
Threonine....g	1.392		0		1		1.183	0.877	
Isoleucine....g	1.427		0		1		1.213	0.899	
Leucine....g	2.445		0		1		2.078	1.540	
Lysine....g	2.741		0		1		2.330	1.727	
Methionine....g	0.807		0		1		0.686	0.508	
Cystine....g	0.389		0		1		0.331	0.245	
Phenylalanine....g	1.217		0		1		1.034	0.767	
Tyrosine....g	1.062		0		1		0.903	0.669	
Valine....g	1.653		0		1		1.405	1.041	
Arginine....g	1.895		0		1		1.611	1.194	
Histidine....g	1.218		0		1		1.035	0.767	
Alanine....g	1.776		0		1		1.510	1.119	
Aspartic acid....g	2.827		0		1		2.403	1.781	
Glutamic acid....g	4.771		0		1		4.055	3.006	
Glycine....g	1.447		0		1		1.230	0.912	
Proline....g	1.224		0		1		1.040	0.771	
Serine....g	1.259		0		1		1.070	0.793	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10181

Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 63g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10066

Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw

America's cut chops, Pork top loin chops, Strip loin chops, URMIS #3369

Refuse: 16% Bone, 0%, Connective tissue, 12%, Separable fat, 5%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.93	0.530	12	A	1		134.92	330.81	
Energy....kcal	127		0	NC	4		234	574	
Energy....kJ	530		0	NC	4		980	2402	
Protein (N x 6.25)....g	22.41	0.359	12	A	1		41.47	101.67	
Total lipid (fat)....g	3.42	0.607	12	A	1		6.33	15.52	
Ash....g	1.01	0.026	12	A	1		1.86	4.57	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.168	12	A	1		10	23	
Iron, Fe....mg	0.51	0.019	12	A	1		0.93	2.29	
Magnesium, Mg....mg	27	0.327	12	A	1		51	124	
Phosphorus, P....mg	234	3.848	12	A	1		433	1062	
Potassium, K....mg	387	5.965	12	A	1		716	1756	
Sodium, Na....mg	49	3.088	12	A	1		91	224	
Zinc, Zn....mg	1.59	0.032	12	A	1		2.95	7.23	
Copper, Cu....mg	0.057	0.004	12	A	1		0.105	0.258	
Manganese, Mn....mg	0.008	0.001	12	A	1		0.014	0.034	
Selenium, Se....mcg	34.5	7.198	12	A	1		63.8	156.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.693	0.055	12	A	1		1.282	3.143	
Riboflavin....mg	0.190	0.011	12	A	1		0.352	0.863	
Niacin....mg	8.265	0.504	12	A	1		15.290	37.490	
Pantothenic acid....mg	0.746	0.059	4	A	1		1.380	3.384	
Vitamin B-6....mg	0.756	0.038	4	A	1		1.399	3.429	
Folate, total....mcg	0		1	A	1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		1	A	1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	59.6	4.984	4	AS	1		110.2	270.3	
Betaine....mg	3.1	0.452	4	A	1		5.8	14.2	
Vitamin B-12....mcg	0.51	0.018	4	A	1		0.94	2.31	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		1	A	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.13		1	A	1		0.24	0.59	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.04		1	A	1		0.07	0.18	
Tocopherol, delta....mg	0.01		1	A	1		0.03	0.07	
Vitamin D (D2 + D3)....mcg	0.3		0	AS	1		0.6	1.5	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.3		0	BFFN	4		0.6	1.5	
Vitamin D....IU	13		0	BFFN	4		25	60	
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.208		0	NC	4		2.235	5.480	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10066

Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000	0.000	12	A	1		0.000	0.000	
10:0 g	0.001	0.001	12	A	1		0.001	0.003	
12:0 g	0.001	0.001	12	A	1		0.001	0.003	
13:0 g									
14:0 g	0.044	0.009	12	A	1		0.082	0.201	
15:0 g	0.000	0.000	12	A	1		0.000	0.000	
16:0 g	0.772	0.152	12	A	1		1.429	3.503	
17:0 g	0.004	0.001	12	A	1		0.007	0.016	
18:0 g	0.384	0.078	12	A	1		0.711	1.743	
20:0 g	0.002	0.002	12	A	1		0.004	0.010	
22:0 g	0.000	0.000	12	A	1		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	1.546		0	NC	4		2.860	7.013	
14:1 g	0.000	0.000	12	A	1		0.000	0.000	
15:1 g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated g	0.102	0.017	12	A	1		0.188	0.462	
17:1 g	0.000	0.000	12	A	1		0.000	0.000	
18:1 undifferentiated g	1.421	0.265	12	AS	1		2.629	6.445	
18:1 c g	1.403	0.263	12	A	1		2.596	6.366	
18:1-11c (18:1c n-7) g									
18:1 t g	0.017	0.004	12	A	1		0.032	0.079	
18:1-11t (18:1t n-7) g									
20:1 g	0.023	0.005	12	A	1		0.043	0.106	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.366		0	NC	4		0.677	1.661	
18:2 undifferentiated g	0.300	0.047	12	AS	1		0.556	1.363	
18:2 n-6 c,c g	0.293	0.045	12	A	1		0.543	1.331	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.007	0.002	12	A	1		0.013	0.032	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.011	0.002	12	AS	1		0.020	0.049	
18:3 n-3 c,c,c (ALA) g	0.011	0.002	12	A	1		0.020	0.049	
18:3 n-6 c,c,c g	0.000	0.000	12	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.009	0.003	12	A	1		0.017	0.043	
20:3 undifferentiated g	0.000	0.000	12	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.045	0.002	12	A	1		0.084	0.206	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g	0.024		0	NC	4		0.045	0.111	
Fatty acids, total trans-monoenoic g	0.017		0	NC	4		0.032	0.079	
Fatty acids, total trans-polyenoic g	0.007		0	NC	4		0.013	0.032	
Cholesterol mg	66	5.924	12	A	1		123	301	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.236		0	A	1		0.436	1.070	
Threonine g	1.006		0	A	1		1.862	4.565	
Isoleucine g	1.103		0	A	1		2.040	5.003	
Leucine g	1.910		0	A	1		3.533	8.662	
Lysine g	2.079		0	A	1		3.846	9.430	

NDB No. 10066

Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.617		0	A	1		1.142	2.800	
Cystine....g	0.259		0	A	1		0.478	1.173	
Phenylalanine....g	0.942		0	A	1		1.743	4.274	
Tyrosine....g	0.853		0	A	1		1.578	3.869	
Valine....g	1.171		0	A	1		2.167	5.313	
Arginine....g	1.491		0	A	1		2.759	6.765	
Histidine....g	0.968		0	A	1		1.791	4.392	
Alanine....g	1.316		0	A	1		2.434	5.968	
Aspartic acid....g	2.193		0	A	1		4.057	9.946	
Glutamic acid....g	3.578		0	A	1		6.620	16.232	
Glycine....g	1.010		0	A	1		1.868	4.581	
Proline....g	0.906		0	A	1		1.677	4.111	
Serine....g	0.969		0	A	1		1.793	4.396	
Hydroxyproline....g	0.058		0	A	1		0.106	0.261	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 185g: 1 chop

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10065

Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted

Boneless pork loin, Centercut pork loin roast

Refuse: 12% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.76		0	PAK	1		540.65	54.19	
Energy....kcal	192		0	PIK	4		1632	164	
Energy....kJ	805		0	PIK	4		6829	685	
Protein (N x 6.25)....g	26.45		0	PAK	1		224.29	22.48	
Total lipid (fat)....g	8.82		0	PAK	1		74.78	7.50	
Ash....g	0.98		0	PAK	1		8.33	0.83	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	PAK	1		61	6	
Iron, Fe....mg	0.64		0	PAK	1		5.44	0.55	
Magnesium, Mg....mg	25		0	PAK	1		214	21	
Phosphorus, P....mg	223		0	PAK	1		1888	189	
Potassium, K....mg	349		0	PAK	1		2958	297	
Sodium, Na....mg	46		0	PAK	1		389	39	
Zinc, Zn....mg	2.11		0	PAK	1		17.88	1.79	
Copper, Cu....mg	0.077		0	PAK	1		0.654	0.066	
Manganese, Mn....mg	0.007		0	PAK	1		0.057	0.006	
Selenium, Se....mcg	34.9		0	PAK	1		296.0	29.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.547		0	PAK	1		4.636	0.465	
Riboflavin....mg	0.232		0	PAK	1		1.968	0.197	
Niacin....mg	7.104		0	PAK	1		60.246	6.039	
Pantothenic acid....mg	0.674		0	PIK	4		5.715	0.573	
Vitamin B-6....mg	0.692		0	PIK	4		5.865	0.588	
Folate, total....mcg	0		0	PIK	4		0	0	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	0		0	PIK	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	75.5		0	PIK	4		639.9	64.1	
Betaine....mg	2.8		0	PIK	4		23.4	2.4	
Vitamin B-12....mcg	0.58		0	PIK	4		4.91	0.49	
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	PAK	1		10	1	
Retinol....mcg	1		0	PIK	4		10	1	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	4		0	PAK	1		34	3	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.11		0	PIK	4		0.89	0.09	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	PAK	1		0.04	0.00	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.5		0	PAK	1		4.2	0.4	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	PIK	4		4.2	0.4	
Vitamin D....IU	20		0	PIK	4		169	17	
Vitamin K (phylloquinone)....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.839		0	PIK	4		24.075	2.413	
4:0....g	0.000		0	PIK	4		0.000	0.000	

NDB No. 10065

Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PIK	4		0.000	0.000	
8:0 g	0.000		0	PAK	1		0.000	0.000	
10:0 g	0.004		0	PAK	1		0.032	0.003	
12:0 g	0.002		0	PAK	1		0.017	0.002	
13:0 g									
14:0 g	0.101		0	PAK	1		0.855	0.086	
15:0 g	0.002		0	PAK	1		0.014	0.001	
16:0 g	1.756		0	PAK	1		14.891	1.493	
17:0 g	0.023		0	PAK	1		0.195	0.020	
18:0 g	0.937		0	PAK	1		7.945	0.796	
20:0 g	0.014		0	PAK	1		0.123	0.012	
22:0 g	0.000		0	PAK	1		0.002	0.000	
24:0 g									
Fatty acids, total monounsaturated g	3.517		0	PIK	4		29.820	2.989	
14:1 g	0.001		0	PAK	1		0.005	0.001	
15:1 g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated g	0.191		0	PAK	1		1.618	0.162	
17:1 g	0.006		0	PAK	1		0.053	0.005	
18:1 undifferentiated g	3.263		0	PAK	1		27.674	2.774	
18:1 c g	3.212		0	PAK	1		27.239	2.730	
18:1-11c (18:1c n-7) g									
18:1 t g	0.051		0	PAK	1		0.435	0.044	
18:1-11t (18:1t n-7) g									
20:1 g	0.055		0	PAK	1		0.470	0.047	
22:1 undifferentiated g	0.000		0	PIK	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.999		0	PIK	4		8.469	0.849	
18:2 undifferentiated g	0.871		0	PAK	1		7.384	0.740	
18:2 n-6 c,c g	0.843		0	PAK	1		7.145	0.716	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.028		0	PAK	1		0.239	0.024	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.037		0	PAK	1		0.313	0.031	
18:3 n-3 c,c,c (ALA) g	0.036		0	PAK	1		0.306	0.031	
18:3 n-6 c,c,c g	0.001		0	PAK	1		0.007	0.001	
18:3i g									
18:4 g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c g	0.032		0	PAK	1		0.273	0.027	
20:3 undifferentiated g	0.002		0	PAK	1		0.020	0.002	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.056		0	PAK	1		0.479	0.048	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	PIK	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans g	0.079		0	PIK	4		0.674	0.068	
Fatty acids, total trans-monoenoic g	0.051		0	PIK	4		0.435	0.044	
Fatty acids, total trans-polyenoic g	0.028		0	PIK	4		0.239	0.024	
Cholesterol mg	80		0	PAK	1		675	68	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.278		0	PAK	1		2.361	0.237	
Threonine g	1.188		0	PAK	1		10.070	1.009	
Isoleucine g	1.302		0	PAK	1		11.037	1.106	
Leucine g	2.253		0	PAK	1		19.108	1.915	
Lysine g	2.453		0	PAK	1		20.802	2.085	

NDB No. 10065

Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.728		0	PAK	1		6.177	0.619	
Cystine....g	0.305		0	PAK	1		2.588	0.259	
Phenylalanine....g	1.112		0	PAK	1		9.429	0.945	
Tyrosine....g	1.007		0	PAK	1		8.536	0.856	
Valine....g	1.382		0	PAK	1		11.721	1.175	
Arginine....g	1.760		0	PAK	1		14.924	1.496	
Histidine....g	1.142		0	PAK	1		9.688	0.971	
Alanine....g	1.553		0	PAK	1		13.166	1.320	
Aspartic acid....g	2.587		0	PAK	1		21.942	2.199	
Glutamic acid....g	4.223		0	PAK	1		35.808	3.589	
Glycine....g	1.192		0	PAK	1		10.106	1.013	
Proline....g	1.069		0	PAK	1		9.068	0.909	
Serine....g	1.144		0	PAK	1		9.698	0.972	
Hydroxyproline....g	0.068		0	PAK	1		0.576	0.058	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 848g: 1 roast

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10224

Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw

Boneless pork loin, Centercut boneless pork loin roast

Refuse: 16% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	70.14		0	PAK	1		1539.57	318.16	
Energy ... kcal	166		0	PIK	4		3649	754	
Energy ... kJ	696		0	PIK	4		15267	3155	
Protein (N x 6.25) ... g	21.34		0	PAK	1		468.38	96.79	
Total lipid (fat) ... g	8.33		0	PAK	1		182.80	37.78	
Ash ... g	0.97		0	PAK	1		21.33	4.41	
Carbohydrate, by difference ... g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary ... g	0.0		0	PIK	4		0.0	0.0	
Sugars, total ... g	0.00		0	PIK	4		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	7		0	PAK	1		155	32	
Iron, Fe ... mg	0.53		0	PAK	1		11.64	2.41	
Magnesium, Mg ... mg	24		0	PAK	1		535	111	
Phosphorus, P ... mg	216		0	PAK	1		4739	979	
Potassium, K ... mg	358		0	PAK	1		7852	1623	
Sodium, Na ... mg	47		0	PAK	1		1039	215	
Zinc, Zn ... mg	1.73		0	PAK	1		37.93	7.84	
Copper, Cu ... mg	0.056		0	PAK	1		1.239	0.256	
Manganese, Mn ... mg	0.007		0	PAK	1		0.150	0.031	
Selenium, Se ... mcg	26.5		0	PAK	1		582.3	120.3	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	PIK	4		0.0	0.0	
Thiamin ... mg	0.426		0	PIK	4		9.361	1.935	
Riboflavin ... mg	0.181		0	PIK	4		3.967	0.820	
Niacin ... mg	5.566		0	PIK	4		122.173	25.247	
Pantothenic acid ... mg	0.722		0	PIK	4		15.854	3.276	
Vitamin B-6 ... mg	0.718		0	PIK	4		15.764	3.258	
Folate, total ... mcg	0		0	PIK	4		0	0	
Folic acid ... mcg	0		0	PIK	4		0	0	
Folate, food ... mcg	0		0	PIK	4		0	0	
Folate, DFE ... mcg_DFE	0		0	NC	4		0	0	
Choline, total ... mg	57.3		0	PIK	4		1258.8	260.1	
Betaine ... mg	3.1		0	PIK	4		67.5	13.9	
Vitamin B-12 ... mcg	0.54		0	PIK	4		11.76	2.43	
Vitamin B-12, added ... mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	2		0	PAK	1		34	7	
Retinol ... mcg	2		0	PIK	4		34	7	
Carotene, beta ... mcg	0		0	PIK	4		0	0	
Carotene, alpha ... mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta ... mcg	0		0	PIK	4		0	0	
Vitamin A, IU ... IU	5		0	PAK	1		113	23	
Lycopene ... mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin ... mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.12		0	PIK	4		2.70	0.56	
Vitamin E, added ... mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta ... mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma ... mg	0.00		0	PAK	1		0.07	0.01	
Tocopherol, delta ... mg	0.00		0	PAK	1		0.03	0.01	
Vitamin D (D2 + D3) ... mcg	0.5		0	PAK	1		11.5	2.4	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	0.5		0	PIK	4		11.5	2.4	
Vitamin D ... IU	21		0	PIK	4		461	95	
Vitamin K (phylloquinone) ... mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated ... g	1.598		0	PIK	4		35.073	7.248	
4:0 ... g	0.000		0	PIK	4		0.000	0.000	

NDB No. 10224

Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PIK	4		0.000	0.000	
8:0 g	0.000		0	PIK	4		0.002	0.001	
10:0 g	0.004		0	PIK	4		0.098	0.020	
12:0 g	0.003		0	PIK	4		0.072	0.015	
13:0 g									
14:0 g	0.098		0	PIK	4		2.146	0.443	
15:0 g	0.002		0	PIK	4		0.054	0.011	
16:0 g	1.701		0	PIK	4		37.337	7.716	
17:0 g	0.024		0	PIK	4		0.523	0.108	
18:0 g	0.919		0	PIK	4		20.172	4.169	
20:0 g	0.008		0	PAK	1		0.178	0.037	
22:0 g	0.000		0	PIK	4		0.003	0.001	
24:0 g									
Fatty acids, total monounsaturated g	1.861		0	PIK	4		40.859	8.444	
14:1 g	0.001		0	PIK	4		0.021	0.004	
15:1 g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated g	0.173		0	PIK	4		3.801	0.785	
17:1 g	0.001		0	PIK	4		0.030	0.006	
18:1 undifferentiated g	3.126		0	PIK	4		68.616	14.180	
18:1 c g	3.073		0	PIK	4		67.457	13.940	
18:1-11c (18:1c n-7) g									
18:1 t g	0.053		0	PIK	4		1.159	0.240	
18:1-11t (18:1t n-7) g									
20:1 g	0.054		0	PIK	4		1.181	0.244	
22:1 undifferentiated g	0.000		0	PIK	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.651		0	PIK	4		14.289	2.953	
18:2 undifferentiated g	0.913		0	PIK	4		20.048	4.143	
18:2 n-6 c,c g	0.885		0	PIK	4		19.428	4.015	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.028		0	PIK	4		0.621	0.128	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.041		0	PIK	4		0.892	0.184	
18:3 n-3 c,c,c (ALA) g	0.039		0	PIK	4		0.865	0.179	
18:3 n-6 c,c,c g	0.001		0	PIK	4		0.026	0.005	
18:3i g									
18:4 g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c g	0.034		0	PIK	4		0.747	0.154	
20:3 undifferentiated g	0.004		0	PIK	4		0.081	0.017	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.042		0	PIK	4		0.918	0.190	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	PIK	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans g	0.050		0	PIK	4		1.099	0.227	
Fatty acids, total trans-monoenoic g	0.033		0	PIK	4		0.734	0.152	
Fatty acids, total trans-polyenoic g	0.017		0	PIK	4		0.366	0.076	
Cholesterol mg	64		0	PIK	4		1397	289	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.225		0	PAK	1		4.930	1.019	
Threonine g	0.958		0	PAK	1		21.029	4.346	
Isoleucine g	1.050		0	PAK	1		23.047	4.763	
Leucine g	1.818		0	PAK	1		39.901	8.246	
Lysine g	1.979		0	PAK	1		43.440	8.977	

NDB No. 10224

Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.588		0	PAK	1		12.900	2.666	
Cystine....g	0.246		0	PAK	1		5.404	1.117	
Phenylalanine....g	0.897		0	PAK	1		19.689	4.069	
Tyrosine....g	0.812		0	PAK	1		17.825	3.684	
Valine....g	1.115		0	PAK	1		24.475	5.058	
Arginine....g	1.420		0	PAK	1		31.166	6.440	
Histidine....g	0.922		0	PAK	1		20.231	4.181	
Alanine....g	1.253		0	PAK	1		27.493	5.682	
Aspartic acid....g	2.087		0	PAK	1		45.819	9.469	
Glutamic acid....g	3.407		0	PAK	1		74.774	15.452	
Glycine....g	0.961		0	PAK	1		21.104	4.361	
Proline....g	0.863		0	PAK	1		18.937	3.913	
Serine....g	0.923		0	PAK	1		20.251	4.185	
Hydroxyproline....g	0.055		0	PIK	4		1.202	0.248	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2195g: 1 roast

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10069

Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted

Boneless pork loin, Centercut boneless pork loin roast

Refuse: 15% Connective tissue 8%, separable fat 4%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.60	0.651	12	A	1		556.30	55.76	
Energy....kcal	173		0	NC	4		1466	147	
Energy....kJ	723		0	NC	4		6134	615	
Protein (N x 6.25)....g	27.23	0.767	12	A	1		230.90	23.14	
Total lipid (fat)....g	6.28	0.736	12	A	1		53.23	5.34	
Ash....g	1.01	0.049	12	A	1		8.54	0.86	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.365	12	A	1		48	5	
Iron, Fe....mg	0.64	0.040	12	A	1		5.44	0.55	
Magnesium, Mg....mg	26	0.527	12	A	1		219	22	
Phosphorus, P....mg	227	3.469	12	A	1		1928	193	
Potassium, K....mg	357	6.916	12	A	1		3027	303	
Sodium, Na....mg	47	1.197	12	A	1		395	40	
Zinc, Zn....mg	2.16	0.123	12	A	1		18.31	1.84	
Copper, Cu....mg	0.079	0.005	12	A	1		0.667	0.067	
Manganese, Mn....mg	0.007	0.000	12	A	1		0.059	0.006	
Selenium, Se....mcg	35.8	5.627	12	A	1		304.0	30.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.561	0.043	4	A	1		4.755	0.477	
Riboflavin....mg	0.237	0.019	4	A	1		2.013	0.202	
Niacin....mg	7.277	0.371	4	A	1		61.713	6.186	
Pantothenic acid....mg	0.684		0	BFPN	4		5.798	0.581	
Vitamin B-6....mg	0.713		0	BFPN	4		6.047	0.606	
Folate, total....mcg	0		0	BFPN	4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0	BFPN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	77.3		0	BFPN	4		655.9	65.7	
Betaine....mg	2.8		0	BFPN	4		23.8	2.4	
Vitamin B-12....mcg	0.55		0	BFPN	4		4.67	0.47	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.10		0	BFSN	4		0.84	0.08	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.4		0	AS	1		3.8	0.4	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.4		0	BFFN	4		3.8	0.4	
Vitamin D....IU	18		0	BFFN	4		151	15	
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.927		0	NC	4		16.343	1.638	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10069

Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000	0.000	4	A	1		0.000	0.000	
10:0 g	0.002	0.002	4	A	1		0.015	0.001	
12:0 g	0.000	0.000	4	A	1		0.000	0.000	
13:0 g									
14:0 g	0.069	0.007	4	A	1		0.587	0.059	
15:0 g	0.000	0.000	4	A	1		0.000	0.000	
16:0 g	1.208	0.136	4	A	1		10.247	1.027	
17:0 g	0.013	0.002	4	A	1		0.112	0.011	
18:0 g	0.625	0.064	4	A	1		5.297	0.531	
20:0 g	0.010	0.001	4	A	1		0.084	0.008	
22:0 g	0.000	0.000	4	A	1		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	2.464		0	NC	4		20.895	2.094	
14:1 g	0.000	0.000	4	A	1		0.000	0.000	
15:1 g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated g	0.145	0.015	4	A	1		1.231	0.123	
17:1 g	0.002	0.002	4	A	1		0.019	0.002	
18:1 undifferentiated g	2.279	0.305	4	AS	1		19.326	1.937	
18:1 c g	2.247	0.295	4	A	1		19.055	1.910	
18:1-11c (18:1c n-7) g									
18:1 t g	0.032	0.011	4	A	1		0.271	0.027	
18:1-11t (18:1t n-7) g									
20:1 g	0.038	0.006	4	A	1		0.319	0.032	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.631		0	NC	4		5.351	0.536	
18:2 undifferentiated g	0.539	0.083	4	AS	1		4.574	0.458	
18:2 n-6 c,c g	0.520	0.080	4	A	1		4.412	0.442	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.019	0.004	4	A	1		0.163	0.016	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.020	0.004	4	AS	1		0.171	0.017	
18:3 n-3 c,c,c (ALA) g	0.020	0.004	4	A	1		0.171	0.017	
18:3 n-6 c,c,c g	0.000	0.000	4	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.019	0.003	4	A	1		0.163	0.016	
20:3 undifferentiated g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.052	0.001	4	A	1		0.443	0.044	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g	0.051		0	NC	4		0.434	0.043	
Fatty acids, total trans-monoenoic g	0.032		0	NC	4		0.271	0.027	
Fatty acids, total trans-polyenoic g	0.019		0	NC	4		0.163	0.016	
Cholesterol mg	79	10.621	4	A	1		674	68	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.287		0	A	1		2.431	0.244	
Threonine g	1.223		0	A	1		10.367	1.039	
Isoleucine g	1.340		0	A	1		11.362	1.139	
Leucine g	2.320		0	A	1		19.671	1.972	
Lysine g	2.525		0	A	1		21.415	2.147	

NDB No. 10069

Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.750		0	A	1		6.359	0.637	
Cystine....g	0.314		0	A	1		2.664	0.267	
Phenylalanine....g	1.145		0	A	1		9.706	0.973	
Tyrosine....g	1.036		0	A	1		8.787	0.881	
Valine....g	1.423		0	A	1		12.066	1.209	
Arginine....g	1.812		0	A	1		15.364	1.540	
Histidine....g	1.176		0	A	1		9.973	1.000	
Alanine....g	1.598		0	A	1		13.554	1.359	
Aspartic acid....g	2.664		0	A	1		22.588	2.264	
Glutamic acid....g	4.347		0	A	1		36.862	3.695	
Glycine....g	1.227		0	A	1		10.404	1.043	
Proline....g	1.101		0	A	1		9.335	0.936	
Serine....g	1.177		0	A	1		9.983	1.001	
Hydroxyproline....g	0.070		0	A	1		0.593	0.059	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 848g: 1 roast

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10225

Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw

Boneless pork loin, Centercut boneless pork loin roast

Refuse: 16% Connective tissue 10%, separable fat 6%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.28	0.602	12	A	1		1608.53	332.41	
Energy....kcal	132		0	NC	4		2904	600	
Energy....kJ	553		0	NC	4		12149	2511	
Protein (N x 6.25)....g	22.39	0.401	12	A	1		491.56	101.58	
Total lipid (fat)....g	4.06	0.372	12	A	1		89.21	18.44	
Ash....g	1.01	0.025	12	A	1		22.26	4.60	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.185	12	A	1		112	23	
Iron, Fe....mg	0.54	0.043	12	A	1		11.86	2.45	
Magnesium, Mg....mg	26	0.425	12	A	1		561	116	
Phosphorus, P....mg	225	3.118	12	A	1		4937	1020	
Potassium, K....mg	374	3.412	12	A	1		8200	1695	
Sodium, Na....mg	49	1.574	12	A	1		1075	222	
Zinc, Zn....mg	1.80	0.142	12	A	1		39.51	8.16	
Copper, Cu....mg	0.058	0.004	12	A	1		1.268	0.262	
Manganese, Mn....mg	0.007	0.001	12	A	1		0.160	0.033	
Selenium, Se....mcg	27.7	4.694	12	A	1		609.1	125.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.443		0	BFYN	4		9.716	2.008	
Riboflavin....mg	0.187		0	BFYN	4		4.114	0.850	
Niacin....mg	5.745		0	BFYN	4		126.099	26.059	
Pantothenic acid....mg	0.745		0	BFPN	4		16.360	3.381	
Vitamin B-6....mg	0.755		0	BFPN	4		16.579	3.426	
Folate, total....mcg	0		0	BFPN	4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0	BFPN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	59.5		0	BFPN	4		1306.8	270.1	
Betaine....mg	3.1		0	BFPN	4		68.5	14.2	
Vitamin B-12....mcg	0.51		0	BFPN	4		11.18	2.31	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.13		0	BFSN	4		2.81	0.58	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.4		0	AS	1		8.7	1.8	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.4		0	BFFN	4		8.7	1.8	
Vitamin D....IU	16		0	BFFN	4		346	72	
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.241		0	NC	4		27.248	5.631	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 10225

Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.001		0	BFFN	4		0.025	0.005	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.045		0	BFFN	4		0.983	0.203	
15:0....g	0.000		0	BFFN	4		0.000	0.000	
16:0....g	0.782		0	BFFN	4		17.174	3.549	
17:0....g	0.009		0	BFFN	4		0.187	0.039	
18:0....g	0.404		0	BFFN	4		8.878	1.835	
20:0....g									
22:0....g	0.000		0	BFFN	4		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	3.071		0	NC	4		67.409	13.930	
14:1....g	0.000		0	BFFN	4		0.000	0.000	
15:1....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated....g	0.094		0	BFFN	4		2.063	0.426	
17:1....g	0.001		0	BFFN	4		0.032	0.007	
18:1 undifferentiated....g	1.476		0	BFFN	4		32.389	6.693	
18:1 c....g	1.455		0	BFFN	4		31.935	6.599	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.021		0	BFFN	4		0.454	0.094	
18:1-11t (18:1t n-7)....g									
20:1....g	0.024		0	BFFN	4		0.535	0.111	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.771		0	NC	4		16.921	3.497	
18:2 undifferentiated....g	0.349		0	BFFN	4		7.666	1.584	
18:2 n-6 c,c....g	0.337		0	BFFN	4		7.394	1.528	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.012		0	BFFN	4		0.273	0.056	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.013		0	BFFN	4		0.287	0.059	
18:3 n-3 c,c,c (ALA)....g	0.013		0	BFFN	4		0.287	0.059	
18:3 n-6 c,c,c....g	0.000		0	BFFN	4		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g	0.012		0	BFFN	4		0.273	0.056	
20:3 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.034		0	BFFN	4		0.742	0.153	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g	0.033		0	NC	4		0.727	0.150	
Fatty acids, total trans-monoenoic....g	0.021		0	NC	4		0.454	0.094	
Fatty acids, total trans-polyenoic....g	0.012		0	NC	4		0.273	0.056	
Cholesterol....mg	63		0	BFYN	4		1377	285	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.236		0	A	1		5.174	1.069	
Threonine....g	1.005		0	A	1		22.070	4.561	
Isoleucine....g	1.102		0	A	1		24.188	4.998	
Leucine....g	1.908		0	A	1		41.876	8.654	
Lysine....g	2.077		0	A	1		45.590	9.421	

NDB No. 10225

Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.617		0	A	1		13.538	2.798	
Cystine....g	0.258		0	A	1		5.672	1.172	
Phenylalanine....g	0.941		0	A	1		20.663	4.270	
Tyrosine....g	0.852		0	A	1		18.707	3.866	
Valine....g	1.170		0	A	1		25.686	5.308	
Arginine....g	1.490		0	A	1		32.708	6.759	
Histidine....g	0.967		0	A	1		21.232	4.388	
Alanine....g	1.315		0	A	1		28.854	5.963	
Aspartic acid....g	2.191		0	A	1		48.087	9.937	
Glutamic acid....g	3.575		0	A	1		78.475	16.217	
Glycine....g	1.009		0	A	1		22.148	4.577	
Proline....g	0.905		0	A	1		19.874	4.107	
Serine....g	0.968		0	A	1		21.253	4.392	
Hydroxyproline....g	0.057		0	BFPN	4		1.262	0.261	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2195g: 1 roast

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10021

Pork, fresh, loin, whole, separable lean and fat, cooked, braised

Refuse: 21% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	58.27		0		1		49.53	51.86	
Energy ... kcal	239		0	NC	4		203	213	
Energy ... kJ	1000		0		4		850	890	
Protein (N x 6.25) ... g	27.23		0		1		23.15	24.23	
Total lipid (fat) ... g	13.62		0		1		11.58	12.12	
Ash ... g	1.35		0		1		1.15	1.20	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	21		0		1		18	19	
Iron, Fe ... mg	1.07		0		1		0.91	0.95	
Magnesium, Mg ... mg	19		0		1		16	17	
Phosphorus, P ... mg	181		0		1		154	161	
Potassium, K ... mg	374		0		1		318	333	
Sodium, Na ... mg	48		0		1		41	43	
Zinc, Zn ... mg	2.38		0		1		2.02	2.12	
Copper, Cu ... mg	0.077		0		1		0.065	0.069	
Manganese, Mn ... mg	0.012		0		1		0.010	0.011	
Selenium, Se ... mcg	45.3		0	PIE	4		38.5	40.3	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.6		0		1		0.5	0.5	
Thiamin ... mg	0.632		0		1		0.537	0.562	
Riboflavin ... mg	0.254		0		1		0.216	0.226	
Niacin ... mg	4.419		0		1		3.756	3.933	
Pantothenic acid ... mg	0.648		0		1		0.551	0.577	
Vitamin B-6 ... mg	0.366		0		1		0.311	0.326	
Folate, total ... mcg	3		0		1		3	3	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	3		0		1		3	3	
Folate, DFE ... mcg_DFE	3		0	NC	4		3	3	
Choline, total ... mg	93.6		0	BFPN	4		79.5	83.3	
Betaine ... mg	3.6		0	BFPN	4		3.1	3.2	
Vitamin B-12 ... mcg	0.54		0		1		0.46	0.48	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	2		0	NC	4		2	2	
Retinol ... mcg	2		0	NR	4		2	2	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	7		0		1		6	6	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.24		0	BFSN	4		0.20	0.21	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	1.2		0	AS	1		1.0	1.0	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	1.2		0	BFFN	4		1.0	1.0	
Vitamin D ... IU	47		0	BFFN	4		40	42	
Vitamin K (phylloquinone) ... mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated ... g	5.110		0		1		4.344	4.548	
4:0 ... g	0.000		0	Z	7		0.000	0.000	

NDB No. 10021

Pork, fresh, loin, whole, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		0		1		0.009	0.009	
12:0 g	0.010		0		1		0.009	0.009	
13:0 g									
14:0 g	0.180		0		1		0.153	0.160	
15:0 g									
16:0 g	3.140		0		1		2.669	2.795	
17:0 g									
18:0 g	1.670		0		1		1.420	1.486	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.060		0		1		5.151	5.393	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.420		0		1		0.357	0.374	
17:1 g									
18:1 undifferentiated g	5.480		0		1		4.658	4.877	
20:1 g	0.110		0		1		0.094	0.098	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.170		0		1		0.995	1.041	
18:2 undifferentiated g	1.040		0		1		0.884	0.926	
18:3 undifferentiated g	0.040		0		1		0.034	0.036	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0		1		0.034	0.036	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	80		0		1		68	71	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.336		0		1		0.286	0.299	
Threonine g	1.229		0		1		1.045	1.094	
Isoleucine g	1.254		0		1		1.066	1.116	
Leucine g	2.168		0		1		1.843	1.930	
Lysine g	2.436		0		1		2.071	2.168	
Methionine g	0.708		0		1		0.602	0.630	
Cystine g	0.343		0		1		0.292	0.305	
Phenylalanine g	1.082		0		1		0.920	0.963	
Tyrosine g	0.931		0		1		0.791	0.829	
Valine g	1.467		0		1		1.247	1.306	
Arginine g	1.719		0		1		1.461	1.530	
Histidine g	1.061		0		1		0.902	0.944	
Alanine g	1.598		0		1		1.358	1.422	
Aspartic acid g	2.501		0		1		2.126	2.226	
Glutamic acid g	4.195		0		1		3.566	3.734	
Glycine g	1.413		0		1		1.201	1.258	
Proline g	1.159		0		1		0.985	1.032	
Serine g	1.124		0		1		0.955	1.000	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10021

Pork, fresh, loin, whole, separable lean and fat, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 89g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10022

Pork, fresh, loin, whole, separable lean and fat, cooked, broiled

Refuse: 21% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.87		0		1		49.19	50.35	
Energy....kcal	242		0	NC	4		206	211	
Energy....kJ	1013		0		4		861	881	
Protein (N x 6.25)....g	27.32		0		1		23.22	23.77	
Total lipid (fat)....g	13.92		0		1		11.83	12.11	
Ash....g	1.35		0		1		1.15	1.17	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0		1		16	17	
Iron, Fe....mg	0.87		0		1		0.74	0.76	
Magnesium, Mg....mg	28		0		1		24	24	
Phosphorus, P....mg	246		0		1		209	214	
Potassium, K....mg	423		0		1		360	368	
Sodium, Na....mg	62		0		1		53	54	
Zinc, Zn....mg	2.39		0		1		2.03	2.08	
Copper, Cu....mg	0.073		0		1		0.062	0.064	
Manganese, Mn....mg	0.009		0		1		0.008	0.008	
Selenium, Se....mcg	45.3		0	PIE	4		38.5	39.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0		1		0.5	0.5	
Thiamin....mg	0.877		0		1		0.745	0.763	
Riboflavin....mg	0.321		0		1		0.273	0.279	
Niacin....mg	5.037		0		1		4.281	4.382	
Pantothenic acid....mg	0.698		0		1		0.593	0.607	
Vitamin B-6....mg	0.464		0		1		0.394	0.404	
Folate, total....mcg	5		0		1		4	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		1		4	4	
Folate, DFE....mcg_DFE	5		0	NC	4		4	4	
Choline, total....mg	93.9		0	BFPN	4		79.8	81.7	
Betaine....mg	3.6		0	BFPN	4		3.1	3.2	
Vitamin B-12....mcg	0.70		0		1		0.60	0.61	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		2	2	
Retinol....mcg	2		0	NR	4		2	2	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	7		0		1		6	6	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.29		0	BFSN	4		0.24	0.25	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.3		0	AS	1		1.1	1.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.3		0	BFFN	4		1.1	1.1	
Vitamin D....IU	53		0	BFFN	4		45	46	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	5.230		0		1		4.446	4.550	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10022

Pork, fresh, loin, whole, separable lean and fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		0		1		0.009	0.009	
12:0 g	0.010		0		1		0.009	0.009	
13:0 g									
14:0 g	0.180		0		1		0.153	0.157	
15:0 g									
16:0 g	3.210		0		1		2.729	2.793	
17:0 g									
18:0 g	1.710		0		1		1.454	1.488	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.190		0		1		5.262	5.385	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.420		0		1		0.357	0.365	
17:1 g									
18:1 undifferentiated g	5.600		0		1		4.760	4.872	
20:1 g	0.110		0		1		0.094	0.096	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.200		0		1		1.020	1.044	
18:2 undifferentiated g	1.070		0		1		0.910	0.931	
18:3 undifferentiated g	0.040		0		1		0.034	0.035	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.050		0		1		0.043	0.044	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	80		0		1		68	70	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.338		0		1		0.287	0.294	
Threonine g	1.234		0		1		1.049	1.074	
Isoleucine g	1.260		0		1		1.071	1.096	
Leucine g	2.177		0		1		1.850	1.894	
Lysine g	2.446		0		1		2.079	2.128	
Methionine g	0.712		0		1		0.605	0.619	
Cystine g	0.344		0		1		0.292	0.299	
Phenylalanine g	1.086		0		1		0.923	0.945	
Tyrosine g	0.936		0		1		0.796	0.814	
Valine g	1.473		0		1		1.252	1.282	
Arginine g	1.723		0		1		1.465	1.499	
Histidine g	1.067		0		1		0.907	0.928	
Alanine g	1.603		0		1		1.363	1.395	
Aspartic acid g	2.512		0		1		2.135	2.185	
Glutamic acid g	4.215		0		1		3.583	3.667	
Glycine g	1.409		0		1		1.198	1.226	
Proline g	1.158		0		1		0.984	1.007	
Serine g	1.128		0		1		0.959	0.981	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10022

Pork, fresh, loin, whole, separable lean and fat, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 87g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10023

Pork, fresh, loin, whole, separable lean and fat, cooked, roasted

Refuse: 21% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	57.51		0		1		48.88	51.18	
Energy	kcal	248		0	NC	4		211	221	
Energy	kJ	1038		0		4		882	923	
Protein (N x 6.25)	g	27.09		0		1		23.03	24.11	
Total lipid (fat)	g	14.65		0		1		12.45	13.04	
Ash	g	1.21		0		1		1.03	1.08	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	19		0		1		16	17	
Iron, Fe	mg	0.99		0		1		0.84	0.88	
Magnesium, Mg	mg	26		0		1		22	23	
Phosphorus, P	mg	242		0		1		206	215	
Potassium, K	mg	408		0		1		347	363	
Sodium, Na	mg	59		0		1		50	53	
Zinc, Zn	mg	2.32		0		1		1.97	2.06	
Copper, Cu	mg	0.056		0		1		0.048	0.050	
Manganese, Mn	mg	0.011		0		1		0.009	0.010	
Selenium, Se	mcg	33.4		0	PIE	4		28.4	29.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0		1		0.5	0.5	
Thiamin	mg	0.988		0		1		0.840	0.879	
Riboflavin	mg	0.313		0		1		0.266	0.279	
Niacin	mg	5.572		0		1		4.736	4.959	
Pantothenic acid	mg	0.760		0		1		0.646	0.676	
Vitamin B-6	mg	0.516		0		1		0.439	0.459	
Folate, total	mcg	6		0		1		5	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		5	5	
Folate, DFE	mcg_DFE	6		0	NC	4		5	5	
Choline, total	mg	93.1		0	BFPN	4		79.1	82.9	
Betaine	mg	3.6		0	BFPN	4		3.1	3.2	
Vitamin B-12	mcg	0.71		0		1		0.60	0.63	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	3		0	NC	4		2	2	
Retinol	mcg	3		0	NR	4		2	2	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	9		0		1		8	8	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.19		0	BFYN	4		0.16	0.17	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.0		0	AS	1		0.9	0.9	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	1.0		0	BFFN	4		0.9	0.9	
Vitamin D	IU	42		0	BFFN	4		35	37	
Vitamin K (phylloquinone)	mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	5.370		0		1		4.565	4.779	
4:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 10023

Pork, fresh, loin, whole, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		0		1		0.009	0.009	
12:0 g	0.010		0		1		0.009	0.009	
13:0 g									
14:0 g	0.190		0		1		0.162	0.169	
15:0 g									
16:0 g	3.310		0		1		2.814	2.946	
17:0 g									
18:0 g	1.750		0		1		1.488	1.558	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.510		0		1		5.534	5.794	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.460		0		1		0.391	0.409	
17:1 g									
18:1 undifferentiated g	5.860		0		1		4.981	5.215	
20:1 g	0.130		0		1		0.111	0.116	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.210		0		1		1.029	1.077	
18:2 undifferentiated g	1.070		0		1		0.910	0.952	
18:3 undifferentiated g	0.030		0		1		0.026	0.027	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.060		0		1		0.051	0.053	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	82		0		1		70	73	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.341		0		1		0.290	0.303	
Threonine g	1.232		0		1		1.047	1.096	
Isoleucine g	1.261		0		1		1.072	1.122	
Leucine g	2.168		0		1		1.843	1.930	
Lysine g	2.432		0		1		2.067	2.164	
Methionine g	0.713		0		1		0.606	0.635	
Cystine g	0.344		0		1		0.292	0.306	
Phenylalanine g	1.080		0		1		0.918	0.961	
Tyrosine g	0.938		0		1		0.797	0.835	
Valine g	1.466		0		1		1.246	1.305	
Arginine g	1.693		0		1		1.439	1.507	
Histidine g	1.073		0		1		0.912	0.955	
Alanine g	1.582		0		1		1.345	1.408	
Aspartic acid g	2.504		0		1		2.128	2.229	
Glutamic acid g	4.218		0		1		3.585	3.754	
Glycine g	1.327		0		1		1.128	1.181	
Proline g	1.110		0		1		0.944	0.988	
Serine g	1.119		0		1		0.951	0.996	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10023

Pork, fresh, loin, whole, separable lean and fat, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 89g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10020
Pork, fresh, loin, whole, separable lean and fat, raw

Refuse: 22% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.92		0		1		303.55	78.30	
Energy....kcal	198		0	NC	4		898	232	
Energy....kJ	828		0		4		3758	969	
Protein (N x 6.25)....g	19.74		0		1		89.54	23.10	
Total lipid (fat)....g	12.58		0		1		57.06	14.72	
Ash....g	0.96		0		1		4.35	1.12	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0		1		82	21	
Iron, Fe....mg	0.79		0		1		3.58	0.92	
Magnesium, Mg....mg	21		0		1		95	25	
Phosphorus, P....mg	197		0		1		894	230	
Potassium, K....mg	356		0		1		1615	417	
Sodium, Na....mg	50		0		1		227	59	
Zinc, Zn....mg	1.74		0		1		7.89	2.04	
Copper, Cu....mg	0.056		0		1		0.254	0.066	
Manganese, Mn....mg	0.011		0		1		0.050	0.013	
Selenium, Se....mcg	33.2		0	PIE	4		150.6	38.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0		1		2.7	0.7	
Thiamin....mg	0.901		0		1		4.087	1.054	
Riboflavin....mg	0.248		0		1		1.125	0.290	
Niacin....mg	4.580		0		1		20.775	5.359	
Pantothenic acid....mg	0.723		0		1		3.280	0.846	
Vitamin B-6....mg	0.472		0		1		2.141	0.552	
Folate, total....mcg	1		0	BFZN	4		5	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0	BFZN	4		5	1	
Folate, DFE....mcg_DFE	1		0	NC	4		5	1	
Choline, total....mg	69.7		0	BFPN	4		316.1	81.5	
Betaine....mg	3.2		0	BFPN	4		14.7	3.8	
Vitamin B-12....mcg	0.53		0		1		2.40	0.62	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		9	2	
Retinol....mcg	2		0	NR	4		9	2	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	7		0		1		32	8	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.21		0	BFSN	4		0.93	0.24	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma....mg	0.04		0	BFSN	4		0.20	0.05	
Tocopherol, delta....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.5		0	AS	1		2.4	0.6	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	BFNN	4		2.4	0.6	
Vitamin D....IU	21		0	BFNN	4		97	25	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	4.360		0		1		19.777	5.101	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10020
Pork, fresh, loin, whole, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.010		0		1		0.045	0.012	
12:0....g	0.010		0		1		0.045	0.012	
13:0....g									
14:0....g	0.160		0		1		0.726	0.187	
15:0....g									
16:0....g	2.720		0		1		12.338	3.182	
17:0....g									
18:0....g	1.420		0		1		6.441	1.661	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.610		0		1		25.447	6.564	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.360		0		1		1.633	0.421	
17:1....g									
18:1 undifferentiated....g	5.140		0		1		23.315	6.014	
20:1....g	0.090		0		1		0.408	0.105	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.340		0		1		6.078	1.568	
18:2 undifferentiated....g	1.110		0		1		5.035	1.299	
18:3 undifferentiated....g	0.090		0		1		0.408	0.105	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.080		0		1		0.363	0.094	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	63		0		1		286	74	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.244		0		1		1.107	0.285	
Threonine....g	0.891		0		1		4.042	1.042	
Isoleucine....g	0.910		0		1		4.128	1.065	
Leucine....g	1.572		0		1		7.131	1.839	
Lysine....g	1.766		0		1		8.011	2.066	
Methionine....g	0.514		0		1		2.332	0.601	
Cystine....g	0.248		0		1		1.125	0.290	
Phenylalanine....g	0.785		0		1		3.561	0.918	
Tyrosine....g	0.676		0		1		3.066	0.791	
Valine....g	1.064		0		1		4.826	1.245	
Arginine....g	1.245		0		1		5.647	1.457	
Histidine....g	0.770		0		1		3.493	0.901	
Alanine....g	1.158		0		1		5.253	1.355	
Aspartic acid....g	1.814		0		1		8.228	2.122	
Glutamic acid....g	3.044		0		1		13.808	3.561	
Glycine....g	1.019		0		1		4.622	1.192	
Proline....g	0.838		0		1		3.801	0.980	
Serine....g	0.815		0		1		3.697	0.954	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10020

Pork, fresh, loin, whole, separable lean and fat, raw

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 117g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10025

Pork, fresh, loin, whole, separable lean only, cooked, braised

Refuse: 28% Bone 21%, separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.40		0		1		52.19	49.12	
Energy....kcal	204		0	NC	4		173	163	
Energy....kJ	854		0		4		726	683	
Protein (N x 6.25)....g	28.57		0		1		24.28	22.86	
Total lipid (fat)....g	9.12		0		1		7.75	7.30	
Ash....g	1.40		0		1		1.19	1.12	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0		1		15	14	
Iron, Fe....mg	1.13		0		1		0.96	0.90	
Magnesium, Mg....mg	20		0		1		17	16	
Phosphorus, P....mg	183		0		1		156	146	
Potassium, K....mg	387		0		1		329	310	
Sodium, Na....mg	50		0		1		43	40	
Zinc, Zn....mg	2.48		0		1		2.11	1.98	
Copper, Cu....mg	0.079		0		1		0.067	0.063	
Manganese, Mn....mg	0.013		0		1		0.011	0.010	
Selenium, Se....mcg	48.2		0	BFYN	4		41.0	38.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0		1		0.5	0.5	
Thiamin....mg	0.659		0		1		0.560	0.527	
Riboflavin....mg	0.267		0		1		0.227	0.214	
Niacin....mg	4.588		0		1		3.900	3.670	
Pantothenic acid....mg	0.677		0		1		0.575	0.542	
Vitamin B-6....mg	0.387		0		1		0.329	0.310	
Folate, total....mcg	4		0		1		3	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		1		3	3	
Folate, DFE....mcg_DFE	4		0	NC	4		3	3	
Choline, total....mg	98.2		0	BFPN	4		83.5	78.5	
Betaine....mg	3.8		0	BFPN	4		3.2	3.0	
Vitamin B-12....mcg	0.55		0		1		0.47	0.44	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		2	2	
Retinol....mcg	2		0	NR	4		2	2	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	7		0		1		6	6	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.21		0	BFSN	4		0.18	0.17	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.8		0	AS	1		0.7	0.6	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.8		0	BFFN	4		0.7	0.6	
Vitamin D....IU	31		0	BFFN	4		27	25	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	3.380		0		1		2.873	2.704	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10025

Pork, fresh, loin, whole, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		0		1		0.009	0.008	
12:0 g	0.010		0		1		0.009	0.008	
13:0 g									
14:0 g	0.120		0		1		0.102	0.096	
15:0 g									
16:0 g	2.090		0		1		1.777	1.672	
17:0 g									
18:0 g	1.090		0		1		0.927	0.872	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.160		0		1		3.536	3.328	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.300		0		1		0.255	0.240	
17:1 g									
18:1 undifferentiated g	3.740		0		1		3.179	2.992	
20:1 g	0.080		0		1		0.068	0.064	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.700		0		1		0.595	0.560	
18:2 undifferentiated g	0.620		0		1		0.527	0.496	
18:3 undifferentiated g	0.020		0		1		0.017	0.016	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0		1		0.034	0.032	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	79		0		1		67	63	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.363		0		1		0.309	0.290	
Threonine g	1.305		0		1		1.109	1.044	
Isoleucine g	1.338		0		1		1.137	1.070	
Leucine g	2.292		0		1		1.948	1.834	
Lysine g	2.569		0		1		2.184	2.055	
Methionine g	0.756		0		1		0.643	0.605	
Cystine g	0.364		0		1		0.309	0.291	
Phenylalanine g	1.140		0		1		0.969	0.912	
Tyrosine g	0.995		0		1		0.846	0.796	
Valine g	1.550		0		1		1.318	1.240	
Arginine g	1.776		0		1		1.510	1.421	
Histidine g	1.141		0		1		0.970	0.913	
Alanine g	1.664		0		1		1.414	1.331	
Aspartic acid g	2.650		0		1		2.253	2.120	
Glutamic acid g	4.472		0		1		3.801	3.578	
Glycine g	1.357		0		1		1.153	1.086	
Proline g	1.148		0		1		0.976	0.918	
Serine g	1.180		0		1		1.003	0.944	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10025

Pork, fresh, loin, whole, separable lean only, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 80g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10026

Pork, fresh, loin, whole, separable lean only, cooked, broiled

Refuse: 28% Bone 21%, separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.72		0		1		51.61	47.97	
Energy....kcal	210		0	NC	4		179	166	
Energy....kJ	879		0		4		747	694	
Protein (N x 6.25)....g	28.57		0		1		24.28	22.57	
Total lipid (fat)....g	9.80		0		1		8.33	7.74	
Ash....g	1.40		0		1		1.19	1.11	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0		1		14	13	
Iron, Fe....mg	0.91		0		1		0.77	0.72	
Magnesium, Mg....mg	29		0		1		25	23	
Phosphorus, P....mg	253		0		1		215	200	
Potassium, K....mg	438		0		1		372	346	
Sodium, Na....mg	64		0		1		54	51	
Zinc, Zn....mg	2.48		0		1		2.11	1.96	
Copper, Cu....mg	0.075		0		1		0.064	0.059	
Manganese, Mn....mg	0.009		0		1		0.008	0.007	
Selenium, Se....mcg	48.2		0	BFYN	4		41.0	38.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0		1		0.6	0.6	
Thiamin....mg	0.923		0		1		0.785	0.729	
Riboflavin....mg	0.338		0		1		0.287	0.267	
Niacin....mg	5.243		0		1		4.457	4.142	
Pantothenic acid....mg	0.729		0		1		0.620	0.576	
Vitamin B-6....mg	0.492		0		1		0.418	0.389	
Folate, total....mcg	6		0		1		5	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0		1		5	5	
Folate, DFE....mcg_DFE	6		0	NC	4		5	5	
Choline, total....mg	98.2		0	BFPN	4		83.5	77.6	
Betaine....mg	3.8		0	BFPN	4		3.2	3.0	
Vitamin B-12....mcg	0.72		0		1		0.61	0.57	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		2	2	
Retinol....mcg	2		0	NR	4		2	2	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	7		0		1		6	6	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.27		0	BFSN	4		0.23	0.21	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.9		0	AS	1		0.8	0.7	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.9		0	BFFN	4		0.8	0.7	
Vitamin D....IU	37		0	BFFN	4		32	29	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	3.640		0		1		3.094	2.876	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10026

Pork, fresh, loin, whole, separable lean only, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		0		1		0.009	0.008	
12:0 g	0.010		0		1		0.009	0.008	
13:0 g									
14:0 g	0.130		0		1		0.111	0.103	
15:0 g									
16:0 g	2.250		0		1		1.913	1.778	
17:0 g									
18:0 g	1.180		0		1		1.003	0.932	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.450		0		1		3.783	3.516	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.320		0		1		0.272	0.253	
17:1 g									
18:1 undifferentiated g	4.000		0		1		3.400	3.160	
20:1 g	0.090		0		1		0.077	0.071	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.770		0		1		0.655	0.608	
18:2 undifferentiated g	0.680		0		1		0.578	0.537	
18:3 undifferentiated g	0.020		0		1		0.017	0.016	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0		1		0.034	0.032	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	79		0		1		67	62	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.363		0		1		0.309	0.287	
Threonine g	1.305		0		1		1.109	1.031	
Isoleucine g	1.338		0		1		1.137	1.057	
Leucine g	2.292		0		1		1.948	1.811	
Lysine g	2.569		0		1		2.184	2.030	
Methionine g	0.756		0		1		0.643	0.597	
Cystine g	0.364		0		1		0.309	0.288	
Phenylalanine g	1.140		0		1		0.969	0.901	
Tyrosine g	0.995		0		1		0.846	0.786	
Valine g	1.550		0		1		1.318	1.225	
Arginine g	1.776		0		1		1.510	1.403	
Histidine g	1.141		0		1		0.970	0.901	
Alanine g	1.664		0		1		1.414	1.315	
Aspartic acid g	2.650		0		1		2.253	2.094	
Glutamic acid g	4.472		0		1		3.801	3.533	
Glycine g	1.357		0		1		1.153	1.072	
Proline g	1.148		0		1		0.976	0.907	
Serine g	1.180		0		1		1.003	0.932	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10026

Pork, fresh, loin, whole, separable lean only, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 79g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10027

Pork, fresh, loin, whole, separable lean only, cooked, roasted

Refuse: 28% Bone 21%, separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.02		0		1		51.87	49.43	
Energy....kcal	209		0	NC	4		178	169	
Energy....kJ	874		0		4		743	708	
Protein (N x 6.25)....g	28.62		0		1		24.33	23.18	
Total lipid (fat)....g	9.63		0		1		8.19	7.80	
Ash....g	1.25		0		1		1.06	1.01	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0		1		15	15	
Iron, Fe....mg	1.09		0		1		0.93	0.88	
Magnesium, Mg....mg	28		0		1		24	23	
Phosphorus, P....mg	249		0		1		212	202	
Potassium, K....mg	425		0		1		361	344	
Sodium, Na....mg	58		0		1		49	47	
Zinc, Zn....mg	2.53		0		1		2.15	2.05	
Copper, Cu....mg	0.059		0		1		0.050	0.048	
Manganese, Mn....mg	0.016		0		1		0.014	0.013	
Selenium, Se....mcg	35.1	3.067	28	A	1		29.8	28.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0		1		0.5	0.5	
Thiamin....mg	1.017		0		1		0.864	0.824	
Riboflavin....mg	0.329		0		1		0.280	0.266	
Niacin....mg	5.893		0		1		5.009	4.773	
Pantothenic acid....mg	0.782		0		1		0.665	0.633	
Vitamin B-6....mg	0.552		0		1		0.469	0.447	
Folate, total....mcg	1		0	BFZN	4		1	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0	BFZN	4		1	1	
Folate, DFE....mcg_DFE	1		0	NC	4		1	1	
Choline, total....mg	98.4		0	BFPN	4		83.6	79.7	
Betaine....mg	3.8		0	BFPN	4		3.2	3.1	
Vitamin B-12....mcg	0.73		0		1		0.62	0.59	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		2	2	
Retinol....mcg	2		0	NR	4		2	2	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	8		0		1		7	6	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.20		0	BFYN	4		0.17	0.17	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma....mg	0.05		0	BFSN	4		0.04	0.04	
Tocopherol, delta....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.7		0	AS	1		0.6	0.6	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.7		0	BFFN	4		0.6	0.6	
Vitamin D....IU	27		0	BFFN	4		23	22	
Vitamin K (phylloquinone)....mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	3.510		0		1		2.984	2.843	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10027

Pork, fresh, loin, whole, separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		0		1		0.009	0.008	
12:0 g	0.010		0		1		0.009	0.008	
13:0 g									
14:0 g	0.120		0		1		0.102	0.097	
15:0 g									
16:0 g	2.170		0		1		1.845	1.758	
17:0 g									
18:0 g	1.130		0		1		0.961	0.915	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.320		0		1		3.672	3.499	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.310		0		1		0.264	0.251	
17:1 g									
18:1 undifferentiated g	3.880		0		1		3.298	3.143	
20:1 g	0.090		0		1		0.077	0.073	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.760		0		1		0.646	0.616	
18:2 undifferentiated g	0.660		0		1		0.561	0.535	
18:3 undifferentiated g	0.020		0		1		0.017	0.016	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0		1		0.034	0.032	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	81		0		1		69	66	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.364		0		1		0.309	0.295	
Threonine g	1.307		0		1		1.111	1.059	
Isoleucine g	1.340		0		1		1.139	1.085	
Leucine g	2.297		0		1		1.952	1.861	
Lysine g	2.574		0		1		2.188	2.085	
Methionine g	0.758		0		1		0.644	0.614	
Cystine g	0.365		0		1		0.310	0.296	
Phenylalanine g	1.143		0		1		0.972	0.926	
Tyrosine g	0.997		0		1		0.847	0.808	
Valine g	1.553		0		1		1.320	1.258	
Arginine g	1.779		0		1		1.512	1.441	
Histidine g	1.143		0		1		0.972	0.926	
Alanine g	1.668		0		1		1.418	1.351	
Aspartic acid g	2.655		0		1		2.257	2.151	
Glutamic acid g	4.481		0		1		3.809	3.630	
Glycine g	1.359		0		1		1.155	1.101	
Proline g	1.150		0		1		0.978	0.932	
Serine g	1.182		0		1		1.005	0.957	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10027

Pork, fresh, loin, whole, separable lean only, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 81g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10024
Pork, fresh, loin, whole, separable lean only, raw

Refuse: 30% Bone 22%, separable fat 8%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.23		0		1		327.64	76.56	
Energy....kcal	143		0	NC	4		649	152	
Energy....kJ	598		0		4		2714	634	
Protein (N x 6.25)....g	21.43		0		1		97.21	22.72	
Total lipid (fat)....g	5.66		0		1		25.67	6.00	
Ash....g	1.05		0		1		4.76	1.11	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0		1		77	18	
Iron, Fe....mg	0.84		0		1		3.81	0.89	
Magnesium, Mg....mg	23		0		1		104	24	
Phosphorus, P....mg	211		0		1		957	224	
Potassium, K....mg	389		0		1		1765	412	
Sodium, Na....mg	52		0		1		236	55	
Zinc, Zn....mg	1.84		0		1		8.35	1.95	
Copper, Cu....mg	0.062		0		1		0.281	0.066	
Manganese, Mn....mg	0.012		0		1		0.054	0.013	
Selenium, Se....mcg	36.1		0	BFNN	4		163.7	38.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0		1		2.7	0.6	
Thiamin....mg	0.989		0		1		4.486	1.048	
Riboflavin....mg	0.267		0		1		1.211	0.283	
Niacin....mg	4.915		0		1		22.294	5.210	
Pantothenic acid....mg	0.781		0		1		3.543	0.828	
Vitamin B-6....mg	0.527		0		1		2.390	0.559	
Folate, total....mcg	5		0		1		23	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		1		23	5	
Folate, DFE....mcg_DFE	5		0	NC	4		23	5	
Choline, total....mg	75.6		0	BFPN	4		343.1	80.2	
Betaine....mg	3.5		0	BFPN	4		15.9	3.7	
Vitamin B-12....mcg	0.63		0		1		2.86	0.67	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		9	2	
Retinol....mcg	2		0	NR	4		9	2	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	7		0		1		32	7	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.18		0	BFSN	4		0.81	0.19	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.5		0	AS	1		2.5	0.6	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	BFFN	4		2.5	0.6	
Vitamin D....IU	22		0	BFFN	4		100	23	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.950		0		1		8.845	2.067	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10024
Pork, fresh, loin, whole, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		0		1		0.045	0.011	
12:0 g	0.010		0		1		0.045	0.011	
13:0 g									
14:0 g	0.070		0		1		0.318	0.074	
15:0 g									
16:0 g	1.250		0		1		5.670	1.325	
17:0 g									
18:0 g	0.610		0		1		2.767	0.647	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.560		0		1		11.612	2.714	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.180		0		1		0.816	0.191	
17:1 g									
18:1 undifferentiated g	2.320		0		1		10.524	2.459	
20:1 g	0.040		0		1		0.181	0.042	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.610		0		1		2.767	0.647	
18:2 undifferentiated g	0.490		0		1		2.223	0.519	
18:3 undifferentiated g	0.020		0		1		0.091	0.021	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070		0		1		0.318	0.074	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	59		0		1		268	63	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.272		0		1		1.234	0.288	
Threonine g	0.978		0		1		4.436	1.037	
Isoleucine g	1.003		0		1		4.550	1.063	
Leucine g	1.719		0		1		7.797	1.822	
Lysine g	1.927		0		1		8.741	2.043	
Methionine g	0.567		0		1		2.572	0.601	
Cystine g	0.273		0		1		1.238	0.289	
Phenylalanine g	0.855		0		1		3.878	0.906	
Tyrosine g	0.747		0		1		3.388	0.792	
Valine g	1.162		0		1		5.271	1.232	
Arginine g	1.332		0		1		6.042	1.412	
Histidine g	0.856		0		1		3.883	0.907	
Alanine g	1.248		0		1		5.661	1.323	
Aspartic acid g	1.987		0		1		9.013	2.106	
Glutamic acid g	3.354		0		1		15.214	3.555	
Glycine g	1.017		0		1		4.613	1.078	
Proline g	0.861		0		1		3.905	0.913	
Serine g	0.885		0		1		4.014	0.938	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10024

Pork, fresh, loin, whole, separable lean only, raw

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 106g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10007
Pork, fresh, separable fat, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	22.08	1.147	4	A	1		6.26	24.95	
Energy....kcal	635		0	NC	4		180	718	
Energy....kJ	2657		0	NC	4		753	3002	
Protein (N x 6.25)....g	8.86	0.120	4	A	1		2.51	10.01	
Total lipid (fat)....g	66.20	1.833	4	A	1		18.77	74.81	
Ash....g	0.42	0.025	4	A	1		0.12	0.47	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	42	7.501	4	A	1		12	47	
Iron, Fe....mg	0.64	0.066	4	A	1		0.18	0.72	
Magnesium, Mg....mg	11	0.375	4	A	1		3	12	
Phosphorus, P....mg	115	2.723	4	A	1		32	129	
Potassium, K....mg	167	7.952	4	A	1		47	189	
Sodium, Na....mg	29	0.480	4	A	1		8	33	
Zinc, Zn....mg	0.96	0.076	4	A	1		0.27	1.08	
Copper, Cu....mg	0.042	0.002	4	A	1		0.012	0.047	
Manganese, Mn....mg	0.000	0.000	4	A	1		0.000	0.000	
Selenium, Se....mcg	13.5	0.960	4	A	1		3.8	15.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.231	0.024	4	A	1		0.065	0.261	
Riboflavin....mg	0.111	0.008	4	A	1		0.031	0.125	
Niacin....mg	3.197	0.368	4	A	1		0.906	3.613	
Pantothenic acid....mg	0.452	0.027	4	A	1		0.128	0.511	
Vitamin B-6....mg	0.206	0.025	4	A	1		0.058	0.233	
Folate, total....mcg	0		1	A	1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		1	A	1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	32.9	1.841	4	AS	1		9.3	37.2	
Betaine....mg	1.9	0.158	4	A	1		0.6	2.2	
Vitamin B-12....mcg	1.24	0.266	4	A	1		0.35	1.40	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	29		0	AS	1		8	32	
Retinol....mcg	29		1	A	1		8	32	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	95		0	AS	1		27	108	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.26		1	A	1		0.07	0.29	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.10		1	A	1		0.03	0.11	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	1.8		1	AS	1		0.5	2.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.8		1	A	1		0.5	2.0	
Vitamin D....IU	72		1	A	1		20	81	
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	23.430		0	NC	4		6.642	26.476	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10007
Pork, fresh, separable fat, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000	0.000	4	A	1		0.000	0.000	
10:0....g	0.048	0.002	4	A	1		0.014	0.055	
12:0....g	0.048	0.002	4	A	1		0.014	0.055	
13:0....g									
14:0....g	0.816	0.034	4	A	1		0.231	0.922	
15:0....g	0.039	0.003	4	A	1		0.011	0.044	
16:0....g	14.123	0.436	4	A	1		4.004	15.959	
17:0....g	0.245	0.018	4	A	1		0.070	0.277	
18:0....g	7.987	0.227	4	A	1		2.264	9.025	
20:0....g	0.117	0.005	4	A	1		0.033	0.132	
22:0....g	0.006	0.002	4	A	1		0.002	0.007	
24:0....g									
Fatty acids, total monounsaturated....g	27.285		0	NC	4		7.735	30.832	
14:1....g	0.014	0.002	4	A	1		0.004	0.016	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	1.222	0.054	4	A	1		0.347	1.381	
17:1....g	0.097	0.059	4	A	1		0.027	0.109	
18:1 undifferentiated....g	25.496	0.607	4	AS	1		7.228	28.810	
18:1 c....g	25.008	0.573	4	A	1		7.090	28.259	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.488	0.047	4	A	1		0.138	0.551	
18:1-11t (18:1t n-7)....g									
20:1....g	0.456	0.015	4	A	1		0.129	0.515	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	9.303		0	NC	4		2.637	10.512	
18:2 undifferentiated....g	8.354	0.364	4	AS	1		2.368	9.440	
18:2 n-6 c,c....g	8.123	0.355	4	A	1		2.303	9.179	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.231	0.022	4	A	1		0.066	0.261	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.416	0.016	4	AS	1		0.118	0.470	
18:3 n-3 c,c,c (ALA)....g	0.397	0.016	4	A	1		0.112	0.448	
18:3 n-6 c,c,c....g	0.019	0.001	4	A	1		0.006	0.022	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.325	0.014	4	A	1		0.092	0.368	
20:3 undifferentiated....g	0.056	0.001	4	A	1		0.016	0.063	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.152	0.004	4	A	1		0.043	0.171	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.719		0	NC	4		0.204	0.813	
Fatty acids, total trans-monoenoic....g	0.488		0	NC	4		0.138	0.551	
Fatty acids, total trans-polyenoic....g	0.231		0	NC	4		0.066	0.261	
Cholesterol....mg	83	4.806	4	A	1		24	94	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.093		0	A	1		0.026	0.105	
Threonine....g	0.398		0	A	1		0.113	0.449	
Isoleucine....g	0.436		0	A	1		0.124	0.492	
Leucine....g	0.755		0	A	1		0.214	0.853	
Lysine....g	0.821		0	A	1		0.233	0.928	

NDB No. 10007
Pork, fresh, separable fat, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.244		0	A	1		0.069	0.276	
Cystine....g	0.102		0	A	1		0.029	0.115	
Phenylalanine....g	0.372		0	A	1		0.106	0.421	
Tyrosine....g	0.337		0	A	1		0.096	0.381	
Valine....g	0.463		0	A	1		0.131	0.523	
Arginine....g	0.589		0	A	1		0.167	0.666	
Histidine....g	0.383		0	A	1		0.108	0.432	
Alanine....g	0.520		0	A	1		0.147	0.588	
Aspartic acid....g	0.866		0	A	1		0.246	0.979	
Glutamic acid....g	1.414		0	A	1		0.401	1.598	
Glycine....g	0.399		0	A	1		0.113	0.451	
Proline....g	0.358		0	A	1		0.102	0.405	
Serine....g	0.383		0	A	1		0.109	0.433	
Hydroxyproline....g	0.023		0	BFPN	4		0.006	0.026	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10006
Pork, fresh, separable fat, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	23.97	1.079	4	A	1		6.79	27.08	
Energy....kcal	665		0	NC	4		189	752	
Energy....kJ	2783		0	NC	4		789	3145	
Protein (N x 6.25)....g	5.82	0.332	4	A	1		1.65	6.57	
Total lipid (fat)....g	70.99	1.135	4	A	1		20.13	80.22	
Ash....g	0.35	0.071	4	A	1		0.10	0.40	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	36	4.713	4	A	1		10	40	
Iron, Fe....mg	0.39	0.031	4	A	1		0.11	0.44	
Magnesium, Mg....mg	7	0.209	4	A	1		2	8	
Phosphorus, P....mg	84	3.158	4	A	1		24	94	
Potassium, K....mg	125	4.230	4	A	1		35	141	
Sodium, Na....mg	23	1.368	4	A	1		7	26	
Zinc, Zn....mg	0.67	0.057	4	A	1		0.19	0.76	
Copper, Cu....mg	0.037	0.006	4	A	1		0.010	0.041	
Manganese, Mn....mg	0.000	0.000	4	A	1		0.000	0.000	
Selenium, Se....mcg	8.6	0.601	4	A	1		2.4	9.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.189	0.013	4	A	1		0.054	0.214	
Riboflavin....mg	0.082	0.006	4	A	1		0.023	0.093	
Niacin....mg	2.937	0.360	4	A	1		0.833	3.319	
Pantothenic acid....mg	0.383	0.022	4	A	1		0.109	0.433	
Vitamin B-6....mg	0.173	0.010	4	A	1		0.049	0.195	
Folate, total....mcg	0		1	A	1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		1	A	1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	25.2	1.737	4	AS	1		7.1	28.5	
Betaine....mg	2.4	0.312	4	A	1		0.7	2.7	
Vitamin B-12....mcg	0.92	0.199	4	A	1		0.26	1.04	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	24		0	AS	1		7	27	
Retinol....mcg	24		1	A	1		7	27	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	81		0	AS	1		23	91	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.05		1	A	1		0.01	0.06	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.05		1	A	1		0.01	0.06	
Tocopherol, delta....mg	0.02		1	A	1		0.01	0.02	
Vitamin D (D2 + D3)....mcg	1.7		1	AS	1		0.5	2.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.7		1	A	1		0.5	2.0	
Vitamin D....IU	69		1	A	1		20	78	
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	25.082		0	NC	4		7.111	28.343	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10006
Pork, fresh, separable fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.002	0.002	4	A	1		0.000	0.002	
10:0 g	0.053	0.002	4	A	1		0.015	0.060	
12:0 g	0.052	0.001	4	A	1		0.015	0.058	
13:0 g									
14:0 g	0.876	0.018	4	A	1		0.248	0.990	
15:0 g	0.039	0.003	4	A	1		0.011	0.044	
16:0 g	15.201	0.338	4	A	1		4.309	17.177	
17:0 g	0.249	0.018	4	A	1		0.070	0.281	
18:0 g	8.481	0.194	4	A	1		2.404	9.584	
20:0 g	0.127	0.007	4	A	1		0.036	0.143	
22:0 g	0.002	0.002	4	A	1		0.001	0.002	
24:0 g									
Fatty acids, total monounsaturated g	29.220		0	NC	4		8.284	33.018	
14:1 g	0.015	0.002	4	A	1		0.004	0.017	
15:1 g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated g	1.337	0.056	4	A	1		0.379	1.510	
17:1 g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated g	27.382	0.482	4	AS	1		7.763	30.942	
18:1 c g	26.857	0.470	4	A	1		7.614	30.349	
18:1-11c (18:1c n-7) g									
18:1 t g	0.525	0.014	4	A	1		0.149	0.593	
18:1-11t (18:1t n-7) g									
20:1 g	0.486	0.014	4	A	1		0.138	0.549	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	10.218		0	NC	4		2.897	11.547	
18:2 undifferentiated g	9.204	0.541	4	AS	1		2.609	10.401	
18:2 n-6 c,c g	8.943	0.532	4	A	1		2.535	10.105	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.261	0.015	4	A	1		0.074	0.295	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.446	0.027	4	AS	1		0.126	0.504	
18:3 n-3 c,c,c (ALA) g	0.427	0.027	4	A	1		0.121	0.482	
18:3 n-6 c,c,c g	0.019	0.001	4	A	1		0.005	0.021	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.351	0.022	4	A	1		0.100	0.397	
20:3 undifferentiated g	0.058	0.004	4	A	1		0.016	0.065	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.159	0.007	4	A	1		0.045	0.180	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g	0.786		0	NC	4		0.223	0.888	
Fatty acids, total trans-monoenoic g	0.525		0	NC	4		0.149	0.593	
Fatty acids, total trans-polyenoic g	0.261		0	NC	4		0.074	0.295	
Cholesterol mg	77	3.508	4	A	1		22	87	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.061		0	A	1		0.017	0.069	
Threonine g	0.261		0	A	1		0.074	0.295	
Isoleucine g	0.286		0	A	1		0.081	0.324	
Leucine g	0.496		0	A	1		0.141	0.560	
Lysine g	0.540		0	A	1		0.153	0.610	

NDB No. 10006
Pork, fresh, separable fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.160		0	A	1		0.045	0.181	
Cystine....g	0.067		0	A	1		0.019	0.076	
Phenylalanine....g	0.245		0	A	1		0.069	0.276	
Tyrosine....g	0.221		0	A	1		0.063	0.250	
Valine....g	0.304		0	A	1		0.086	0.344	
Arginine....g	0.387		0	A	1		0.110	0.437	
Histidine....g	0.251		0	A	1		0.071	0.284	
Alanine....g	0.342		0	A	1		0.097	0.386	
Aspartic acid....g	0.569		0	A	1		0.161	0.643	
Glutamic acid....g	0.929		0	A	1		0.263	1.050	
Glycine....g	0.262		0	A	1		0.074	0.296	
Proline....g	0.235		0	A	1		0.067	0.266	
Serine....g	0.252		0	A	1		0.071	0.284	
Hydroxyproline....g	0.015		0	BFPN	4		0.004	0.017	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10081

Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised

Pork shoulder chop, Shoulder blade steak, Pork steak, URMIS #3186

Refuse: 32% Bone, 9%, Connective tissue, 17%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.95		0	PAK	1		101.66	46.71	
Energy....kcal	267		0	PIK	4		493	227	
Energy....kJ	1116		0	PIK	4		2064	948	
Protein (N x 6.25)....g	25.07		0	PAK	1		46.38	21.31	
Total lipid (fat)....g	17.69		0	PAK	1		32.73	15.04	
Ash....g	0.82		0	PAK	1		1.51	0.69	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	26		0	PAK	1		49	22	
Iron, Fe....mg	1.75		0	PAK	1		3.23	1.48	
Magnesium, Mg....mg	23		0	PAK	1		42	19	
Phosphorus, P....mg	208		0	PAK	1		385	177	
Potassium, K....mg	305		0	PAK	1		564	259	
Sodium, Na....mg	58		0	PAK	1		107	49	
Zinc, Zn....mg	4.84		0	PAK	1		8.96	4.12	
Copper, Cu....mg	0.129		0	PAK	1		0.239	0.110	
Manganese, Mn....mg	0.012		0	PAK	1		0.022	0.010	
Selenium, Se....mcg	42.4		0	PAK	1		78.4	36.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.501		0	PAK	1		0.926	0.425	
Riboflavin....mg	0.365		0	PAK	1		0.674	0.310	
Niacin....mg	3.872		0	PAK	1		7.164	3.292	
Pantothenic acid....mg	1.290		0	PAK	1		2.386	1.096	
Vitamin B-6....mg	0.448		0	PAK	1		0.828	0.381	
Folate, total....mcg	0		0	PIK	4		0	0	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	0		0	PIK	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	102.3		0	PAK	1		189.2	86.9	
Betaine....mg	3.4		0	PAK	1		6.3	2.9	
Vitamin B-12....mcg	0.93		0	PAK	1		1.72	0.79	
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	PAK	1		4	2	
Retinol....mcg	2		0	PIK	4		4	2	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	8		0	PAK	1		15	7	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.12		0	PIK	4		0.23	0.10	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma....mg	0.01		0	PAK	1		0.02	0.01	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	1.2		0	PAK	1		2.2	1.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.2		0	PIK	4		2.2	1.0	
Vitamin D....IU	47		0	PIK	4		87	40	
Vitamin K (phylloquinone)....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	6.584		0	PIK	4		12.180	5.596	
4:0....g	0.000		0	PIK	4		0.000	0.000	

NDB No. 10081

Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PIK	4		0.000	0.000	
8:0 g	0.000		0	PAK	1		0.000	0.000	
10:0 g	0.017		0	PAK	1		0.032	0.015	
12:0 g	0.014		0	PAK	1		0.025	0.012	
13:0 g									
14:0 g	0.223		0	PAK	1		0.413	0.190	
15:0 g	0.005		0	PAK	1		0.009	0.004	
16:0 g	3.990		0	PAK	1		7.381	3.391	
17:0 g	0.055		0	PAK	1		0.102	0.047	
18:0 g	2.248		0	PAK	1		4.158	1.910	
20:0 g	0.032		0	PAK	1		0.058	0.027	
22:0 g	0.001		0	PAK	1		0.001	0.000	
24:0 g									
Fatty acids, total monounsaturated g	7.987		0	PIK	4		14.776	6.789	
14:1 g	0.001		0	PAK	1		0.002	0.001	
15:1 g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated g	0.408		0	PAK	1		0.755	0.347	
17:1 g	0.008		0	PAK	1		0.015	0.007	
18:1 undifferentiated g	7.443		0	PAK	1		13.769	6.326	
18:1 c g	7.345		0	PAK	1		13.587	6.243	
18:1-11c (18:1c n-7) g									
18:1 t g	0.098		0	PAK	1		0.181	0.083	
18:1-11t (18:1t n-7) g									
20:1 g	0.127		0	PAK	1		0.235	0.108	
22:1 undifferentiated g	0.000		0	PIK	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.072		0	PIK	4		3.833	1.761	
18:2 undifferentiated g	1.811		0	PAK	1		3.350	1.539	
18:2 n-6 c,c g	1.754		0	PAK	1		3.245	1.491	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.056		0	PAK	1		0.104	0.048	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.079		0	PAK	1		0.146	0.067	
18:3 n-3 c,c,c (ALA) g	0.077		0	PAK	1		0.143	0.066	
18:3 n-6 c,c,c g	0.002		0	PAK	1		0.003	0.001	
18:3i g									
18:4 g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c g	0.072		0	PAK	1		0.134	0.061	
20:3 undifferentiated g	0.011		0	PAK	1		0.021	0.009	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.099		0	PAK	1		0.183	0.084	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	PIK	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans g	0.154		0	PIK	4		0.286	0.131	
Fatty acids, total trans-monoenoic g	0.098		0	PIK	4		0.181	0.083	
Fatty acids, total trans-polyenoic g	0.056		0	PIK	4		0.104	0.048	
Cholesterol mg	98		0	PAK	1		182	84	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.264		0	PAK	1		0.488	0.224	
Threonine g	1.126		0	PAK	1		2.083	0.957	
Isoleucine g	1.234		0	PAK	1		2.282	1.049	
Leucine g	2.136		0	PAK	1		3.951	1.816	
Lysine g	2.325		0	PAK	1		4.302	1.977	

NDB No. 10081

Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.691		0	PAK	1		1.277	0.587	
Cystine....g	0.289		0	PAK	1		0.535	0.246	
Phenylalanine....g	1.054		0	PAK	1		1.950	0.896	
Tyrosine....g	0.954		0	PAK	1		1.765	0.811	
Valine....g	1.310		0	PAK	1		2.424	1.114	
Arginine....g	1.668		0	PAK	1		3.086	1.418	
Histidine....g	1.083		0	PAK	1		2.003	0.920	
Alanine....g	1.472		0	PAK	1		2.723	1.251	
Aspartic acid....g	2.453		0	PAK	1		4.537	2.085	
Glutamic acid....g	4.003		0	PAK	1		7.405	3.402	
Glycine....g	1.130		0	PAK	1		2.090	0.960	
Proline....g	1.014		0	PAK	1		1.875	0.862	
Serine....g	1.084		0	PAK	1		2.005	0.921	
Hydroxyproline....g	0.064		0	PAK	1		0.119	0.055	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 185g: 1 steak without refuse (Yield from 1 cooked steak, with refuse, weighing 249g)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10080

Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw

Pork shoulder chop, Shoulder blade steak, Pork steak, URMIS #3186

Refuse: 31% Bone, 9%, Connective tissue, 15%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.18		0	PAK	1		199.25	313.82	
Energy....kcal	186		0	PIK	4		535	843	
Energy....kJ	778		0	PIK	4		2240	3527	
Protein (N x 6.25)....g	17.42		0	PAK	1		50.16	79.00	
Total lipid (fat)....g	12.36		0	PAK	1		35.60	56.07	
Ash....g	0.83		0	PAK	1		2.38	3.75	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0	PAK	1		47	75	
Iron, Fe....mg	1.12		0	PAK	1		3.22	5.06	
Magnesium, Mg....mg	20		0	PAK	1		59	92	
Phosphorus, P....mg	190		0	PAK	1		547	862	
Potassium, K....mg	318		0	PAK	1		915	1440	
Sodium, Na....mg	61		0	PAK	1		175	276	
Zinc, Zn....mg	3.09		0	PAK	1		8.90	14.01	
Copper, Cu....mg	0.096		0	PAK	1		0.276	0.434	
Manganese, Mn....mg	0.011		0	PAK	1		0.033	0.051	
Selenium, Se....mcg	26.2		0	PAK	1		75.6	119.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.520		0	PAK	1		1.499	2.361	
Riboflavin....mg	0.353		0	PAK	1		1.018	1.603	
Niacin....mg	4.239		0	PAK	1		12.209	19.228	
Pantothenic acid....mg	1.447		0	PAK	1		4.167	6.563	
Vitamin B-6....mg	0.486		0	PAK	1		1.399	2.203	
Folate, total....mcg	0		0	PIK	4		0	0	
Folic acid....mcg	0		0	PIK	4		0	0	
Folate, food....mcg	0		0	PIK	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	73.3		0	PAK	1		211.1	332.5	
Betaine....mg	3.9		0	PAK	1		11.2	17.6	
Vitamin B-12....mcg	0.91		0	PAK	1		2.63	4.14	
Vitamin B-12, added....mcg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	PAK	1		7	11	
Retinol....mcg	2		0	PIK	4		7	11	
Carotene, beta....mcg	0		0	PIK	4		0	0	
Carotene, alpha....mcg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....mcg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	8		0	PAK	1		24	37	
Lycopene....mcg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....mcg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.22		0	PIK	4		0.62	0.98	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma....mg	0.01		0	PAK	1		0.01	0.02	
Tocopherol, delta....mg	0.00		0	PAK	1		0.01	0.01	
Vitamin D (D2 + D3)....mcg	0.7		0	PAK	1		2.2	3.4	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.7		0	PIK	4		2.2	3.4	
Vitamin D....IU	30		0	PIK	4		86	136	
Vitamin K (phylloquinone)....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	4.348		0	PIK	4		12.522	19.723	
4:0....g	0.000		0	PIK	4		0.000	0.000	

NDB No. 10080

Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	PIK	4		0.000	0.000	
8:0 g	0.000		0	PAK	1		0.001	0.001	
10:0 g	0.007		0	PAK	1		0.020	0.032	
12:0 g	0.005		0	PAK	1		0.015	0.024	
13:0 g									
14:0 g	0.149		0	PAK	1		0.429	0.676	
15:0 g	0.005		0	PAK	1		0.014	0.023	
16:0 g	2.647		0	PAK	1		7.624	12.007	
17:0 g	0.038		0	PAK	1		0.109	0.172	
18:0 g	1.474		0	PAK	1		4.245	6.687	
20:0 g	0.022		0	PAK	1		0.063	0.098	
22:0 g	0.001		0	PAK	1		0.002	0.003	
24:0 g									
Fatty acids, total monounsaturated g	5.206		0	PIK	4		14.994	23.615	
14:1 g	0.002		0	PAK	1		0.004	0.007	
15:1 g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated g	0.261		0	PAK	1		0.751	1.183	
17:1 g	0.001		0	PAK	1		0.002	0.003	
18:1 undifferentiated g	4.861		0	PAK	1		13.999	22.048	
18:1 c g	4.786		0	PAK	1		13.784	21.710	
18:1-11c (18:1c n-7) g									
18:1 t g	0.074		0	PAK	1		0.215	0.338	
18:1-11t (18:1t n-7) g									
20:1 g	0.082		0	PAK	1		0.237	0.373	
22:1 undifferentiated g	0.000		0	PIK	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.597		0	PIK	4		4.599	7.243	
18:2 undifferentiated g	1.401		0	PAK	1		4.036	6.356	
18:2 n-6 c,c g	1.361		0	PAK	1		3.920	6.174	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.040		0	PAK	1		0.116	0.182	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.063		0	PAK	1		0.180	0.284	
18:3 n-3 c,c,c (ALA) g	0.061		0	PAK	1		0.175	0.275	
18:3 n-6 c,c,c g	0.002		0	PAK	1		0.006	0.009	
18:3i g									
18:4 g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c g	0.053		0	PAK	1		0.152	0.240	
20:3 undifferentiated g	0.006		0	PAK	1		0.017	0.027	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.074		0	PAK	1		0.214	0.337	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	PIK	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans g	0.115		0	PIK	4		0.330	0.520	
Fatty acids, total trans-monoenoic g	0.074		0	PIK	4		0.215	0.338	
Fatty acids, total trans-polyenoic g	0.040		0	PIK	4		0.116	0.182	
Cholesterol mg	62		0	PAK	1		178	280	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.183		0	PAK	1		0.528	0.832	
Threonine g	0.782		0	PAK	1		2.252	3.547	
Isoleucine g	0.857		0	PAK	1		2.468	3.888	
Leucine g	1.484		0	PAK	1		4.273	6.730	
Lysine g	1.615		0	PAK	1		4.652	7.327	

NDB No. 10080

Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.480		0	PAK	1		1.382	2.176	
Cystine....g	0.201		0	PAK	1		0.579	0.912	
Phenylalanine....g	0.732		0	PAK	1		2.109	3.321	
Tyrosine....g	0.663		0	PAK	1		1.909	3.007	
Valine....g	0.910		0	PAK	1		2.621	4.128	
Arginine....g	1.159		0	PAK	1		3.338	5.257	
Histidine....g	0.752		0	PAK	1		2.167	3.412	
Alanine....g	1.022		0	PAK	1		2.944	4.637	
Aspartic acid....g	1.704		0	PAK	1		4.907	7.729	
Glutamic acid....g	2.781		0	PAK	1		8.008	12.613	
Glycine....g	0.785		0	PAK	1		2.260	3.560	
Proline....g	0.704		0	PAK	1		2.028	3.194	
Serine....g	0.753		0	PAK	1		2.169	3.416	
Hydroxyproline....g	0.045		0	PAK	1		0.129	0.203	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 288g: 1 steak without refuse (Yield from 1 raw steak, with refuse, weighing 380g)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10085

Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised

Pork shoulder chop, Shoulder blade steak, Pork steak, URMIS #3186

Refuse: 32% Bone, 9%, Connective tissue, 17%, Separable fat, 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.00	0.643	12	A	1		144.41	70.76	
Energy....kcal	233		0	NC	4		579	284	
Energy....kJ	973		0	NC	4		2422	1187	
Protein (N x 6.25)....g	26.57	1.191	12	A	1		66.17	32.42	
Total lipid (fat)....g	13.20	1.075	12	A	1		32.86	16.10	
Ash....g	0.85	0.032	12	A	1		2.13	1.04	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	25	3.182	12	A	1		62	30	
Iron, Fe....mg	1.85	0.038	12	A	1		4.60	2.25	
Magnesium, Mg....mg	24	0.418	12	A	1		60	29	
Phosphorus, P....mg	217	4.029	12	A	1		540	264	
Potassium, K....mg	318	4.538	12	A	1		791	388	
Sodium, Na....mg	60	1.056	12	A	1		150	74	
Zinc, Zn....mg	5.20	0.163	12	A	1		12.95	6.35	
Copper, Cu....mg	0.137	0.003	12	A	1		0.341	0.167	
Manganese, Mn....mg	0.013	0.000	12	A	1		0.032	0.016	
Selenium, Se....mcg	45.0	6.579	12	A	1		112.2	55.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.526	0.031	12	A	1		1.309	0.641	
Riboflavin....mg	0.388	0.021	12	A	1		0.966	0.473	
Niacin....mg	3.935	0.235	12	A	1		9.798	4.801	
Pantothenic acid....mg	1.367	0.132	4	A	1		3.405	1.668	
Vitamin B-6....mg	0.470	0.021	4	A	1		1.171	0.574	
Folate, total....mcg	0		0	BFPN	4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0	BFPN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	108.7	4.707	4	AS	1		270.7	132.6	
Betaine....mg	3.5	0.212	4	A	1		8.8	4.3	
Vitamin B-12....mcg	0.90	0.097	4	A	1		2.25	1.10	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.11		0	BFSN	4		0.27	0.13	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.1		0	AS	1		2.8	1.4	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.1		0	BFFN	4		2.8	1.4	
Vitamin D....IU	45		0	BFFN	4		113	55	
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	5.023		0	NC	4		12.507	6.128	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10085

Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000	0.000	12	A	1		0.000	0.000	
10:0 g	0.014	0.001	12	A	1		0.036	0.017	
12:0 g	0.011	0.001	12	A	1		0.026	0.013	
13:0 g									
14:0 g	0.168	0.014	12	A	1		0.419	0.205	
15:0 g	0.002	0.001	12	A	1		0.005	0.002	
16:0 g	3.051	0.243	12	A	1		7.597	3.722	
17:0 g	0.037	0.003	12	A	1		0.093	0.046	
18:0 g	1.716	0.146	12	A	1		4.272	2.093	
20:0 g	0.024	0.002	12	A	1		0.059	0.029	
22:0 g	0.000	0.000	12	A	1		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	6.199		0	NC	4		15.436	7.563	
14:1 g	0.000	0.000	12	A	1		0.000	0.000	
15:1 g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated g	0.333	0.028	12	A	1		0.829	0.406	
17:1 g	0.000	0.000	12	A	1		0.000	0.000	
18:1 undifferentiated g	5.770	0.436	12	AS	1		14.366	7.039	
18:1 c g	5.708	0.434	12	A	1		14.212	6.963	
18:1-11c (18:1c n-7) g									
18:1 t g	0.062	0.008	12	A	1		0.154	0.076	
18:1-11t (18:1t n-7) g									
20:1 g	0.097	0.007	12	A	1		0.240	0.118	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.402		0	NC	4		3.491	1.710	
18:2 undifferentiated g	1.204	0.076	12	AS	1		2.999	1.469	
18:2 n-6 c,c g	1.164	0.073	12	A	1		2.899	1.420	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.040	0.004	12	A	1		0.100	0.049	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.048	0.003	12	AS	1		0.119	0.058	
18:3 n-3 c,c,c (ALA) g	0.048	0.003	12	A	1		0.119	0.058	
18:3 n-6 c,c,c g	0.000	0.000	12	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.049	0.003	12	A	1		0.121	0.059	
20:3 undifferentiated g	0.007	0.001	12	A	1		0.017	0.009	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.094	0.006	12	A	1		0.235	0.115	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g	0.102		0	NC	4		0.254	0.125	
Fatty acids, total trans-monoenoic g	0.062		0	NC	4		0.154	0.076	
Fatty acids, total trans-polyenoic g	0.040		0	NC	4		0.100	0.049	
Cholesterol mg	100	3.570	12	A	1		249	122	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.280		0	A	1		0.697	0.341	
Threonine g	1.193		0	A	1		2.971	1.456	
Isoleucine g	1.308		0	A	1		3.256	1.595	
Leucine g	2.264		0	A	1		5.637	2.762	
Lysine g	2.465		0	A	1		6.137	3.007	

NDB No. 10085

Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.732		0	A	1		1.822	0.893	
Cystine....g	0.307		0	A	1		0.764	0.374	
Phenylalanine....g	1.117		0	A	1		2.782	1.363	
Tyrosine....g	1.011		0	A	1		2.518	1.234	
Valine....g	1.389		0	A	1		3.458	1.694	
Arginine....g	1.768		0	A	1		4.403	2.157	
Histidine....g	1.148		0	A	1		2.858	1.400	
Alanine....g	1.560		0	A	1		3.884	1.903	
Aspartic acid....g	2.600		0	A	1		6.473	3.172	
Glutamic acid....g	4.243		0	A	1		10.564	5.176	
Glycine....g	1.197		0	A	1		2.982	1.461	
Proline....g	1.074		0	A	1		2.675	1.311	
Serine....g	1.149		0	A	1		2.861	1.402	
Hydroxyproline....g	0.068		0	A	1		0.170	0.083	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 249g: 1 steak

Measure 2 = 122g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 300 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10084

Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw

Pork shoulder chop, Shoulder blade steak, Pork steak, URMIS # 3186

Refuse: 31% Bone, 9%, Connective tissue, 15%, Separable fat, 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.31	0.308	12	A	1		337.07	147.13	
Energy....kcal	132		0	NC	4		597	260	
Energy....kJ	550		0	NC	4		2496	1090	
Protein (N x 6.25)....g	18.73	0.399	12	A	1		84.97	37.09	
Total lipid (fat)....g	5.71	0.309	12	A	1		25.92	11.32	
Ash....g	0.88	0.033	12	A	1		4.00	1.74	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	14	1.419	12	A	1		65	28	
Iron, Fe....mg	1.20	0.022	12	A	1		5.44	2.37	
Magnesium, Mg....mg	22	0.390	12	A	1		99	43	
Phosphorus, P....mg	202	3.750	12	A	1		916	400	
Potassium, K....mg	339	5.552	12	A	1		1540	672	
Sodium, Na....mg	65	1.476	12	A	1		296	129	
Zinc, Zn....mg	3.36	0.071	12	A	1		15.25	6.66	
Copper, Cu....mg	0.102	0.004	12	A	1		0.465	0.203	
Manganese, Mn....mg	0.013	0.001	12	A	1		0.057	0.025	
Selenium, Se....mcg	28.2	3.987	12	A	1		128.1	55.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.558	0.035	12	A	1		2.531	1.105	
Riboflavin....mg	0.384	0.020	12	A	1		1.742	0.761	
Niacin....mg	4.387	0.239	12	A	1		19.898	8.686	
Pantothenic acid....mg	1.567	0.113	4	A	1		7.110	3.104	
Vitamin B-6....mg	0.521	0.028	4	A	1		2.364	1.032	
Folate, total....mcg	0		0	BFPN	4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0	BFPN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	78.8	2.176	4	AS	1		357.2	155.9	
Betaine....mg	4.1	0.746	4	A	1		18.4	8.0	
Vitamin B-12....mcg	0.91	0.049	4	A	1		4.14	1.81	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.24		0	BFSN	4		1.07	0.47	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.6		0	AS	1		2.5	1.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.6		0	BFFN	4		2.5	1.1	
Vitamin D....IU	22		0	BFFN	4		101	44	
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.998		0	NC	4		9.062	3.956	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10084

Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000	0.000	12	A	1		0.000	0.000	
10:0 g	0.002	0.001	12	A	1		0.008	0.003	
12:0 g	0.000	0.000	12	A	1		0.000	0.000	
13:0 g									
14:0 g	0.067	0.004	12	A	1		0.303	0.132	
15:0 g	0.001	0.001	12	A	1		0.005	0.002	
16:0 g	1.224	0.076	12	A	1		5.553	2.424	
17:0 g	0.014	0.001	12	A	1		0.063	0.028	
18:0 g	0.680	0.044	12	A	1		3.084	1.346	
20:0 g	0.010	0.001	12	A	1		0.044	0.019	
22:0 g	0.001	0.001	12	A	1		0.003	0.001	
24:0 g									
Fatty acids, total monounsaturated g	2.484		0	NC	4		11.268	4.919	
14:1 g	0.000	0.000	12	A	1		0.000	0.000	
15:1 g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated g	0.139	0.010	12	A	1		0.630	0.275	
17:1 g	0.001	0.001	12	A	1		0.004	0.002	
18:1 undifferentiated g	2.308	0.130	12	AS	1		10.468	4.570	
18:1 c g	2.284	0.131	12	A	1		10.362	4.523	
18:1-11c (18:1c n-7) g									
18:1 t g	0.023	0.002	12	A	1		0.106	0.046	
18:1-11t (18:1t n-7) g									
20:1 g	0.037	0.002	12	A	1		0.166	0.073	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.620		0	NC	4		2.810	1.227	
18:2 undifferentiated g	0.517	0.030	12	AS	1		2.344	1.023	
18:2 n-6 c,c g	0.502	0.030	12	A	1		2.276	0.994	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.015	0.002	12	A	1		0.068	0.030	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.019	0.001	12	AS	1		0.087	0.038	
18:3 n-3 c,c,c (ALA) g	0.019	0.001	12	A	1		0.087	0.038	
18:3 n-6 c,c,c g	0.000	0.000	12	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.019	0.002	12	A	1		0.086	0.038	
20:3 undifferentiated g	0.000	0.000	12	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.065	0.002	12	A	1		0.293	0.128	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g	0.038		0	NC	4		0.175	0.076	
Fatty acids, total trans-monoenoic g	0.023		0	NC	4		0.106	0.046	
Fatty acids, total trans-polyenoic g	0.015		0	NC	4		0.068	0.030	
Cholesterol mg	60	4.527	12	A	1		272	119	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.197		0	A	1		0.894	0.390	
Threonine g	0.841		0	A	1		3.815	1.665	
Isoleucine g	0.922		0	A	1		4.181	1.825	
Leucine g	1.596		0	A	1		7.238	3.160	
Lysine g	1.737		0	A	1		7.880	3.440	

NDB No. 10084

Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.516		0	A	1		2.340	1.021	
Cystine....g	0.216		0	A	1		0.980	0.428	
Phenylalanine....g	0.787		0	A	1		3.572	1.559	
Tyrosine....g	0.713		0	A	1		3.234	1.411	
Valine....g	0.979		0	A	1		4.440	1.938	
Arginine....g	1.246		0	A	1		5.654	2.468	
Histidine....g	0.809		0	A	1		3.670	1.602	
Alanine....g	1.100		0	A	1		4.988	2.177	
Aspartic acid....g	1.832		0	A	1		8.312	3.628	
Glutamic acid....g	2.990		0	A	1		13.565	5.921	
Glycine....g	0.844		0	A	1		3.828	1.671	
Proline....g	0.757		0	A	1		3.435	1.500	
Serine....g	0.810		0	A	1		3.674	1.604	
Hydroxyproline....g	0.048		0	A	1		0.218	0.095	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 198g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 300 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10075

Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised

Refuse: 25% Bone and skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	47.65		0		1		64.33	40.50	
Energy ... kcal	329		0	NC	4		444	280	
Energy ... kJ	1377		0		4		1858	1170	
Protein (N x 6.25) ... g	27.99		0		1		37.79	23.79	
Total lipid (fat) ... g	23.22		0		1		31.35	19.74	
Ash ... g	1.16		0		1		1.57	0.99	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	18		0		1		24	15	
Iron, Fe ... mg	1.61		0		1		2.17	1.37	
Magnesium, Mg ... mg	19		0		1		26	16	
Phosphorus, P ... mg	212		0		1		286	180	
Potassium, K ... mg	369		0		1		498	314	
Sodium, Na ... mg	88		0		1		119	75	
Zinc, Zn ... mg	4.18		0		1		5.64	3.55	
Copper, Cu ... mg	0.138		0		1		0.186	0.117	
Manganese, Mn ... mg	0.014		0		1		0.019	0.012	
Selenium, Se ... mcg	32.6		0	PIE	4		44.0	27.7	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.3		0		1		0.4	0.3	
Thiamin ... mg	0.541		0		1		0.730	0.460	
Riboflavin ... mg	0.307		0		1		0.414	0.261	
Niacin ... mg	5.214		0		1		7.039	4.432	
Pantothenic acid ... mg	0.595		0		1		0.803	0.506	
Vitamin B-6 ... mg	0.350		0		1		0.473	0.298	
Folate, total ... mcg	4		0		1		5	3	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	4		0		1		5	3	
Folate, DFE ... mcg_DFE	4		0	NC	4		5	3	
Choline, total ... mg	96.2		0	BFPN	4		129.9	81.8	
Betaine ... mg	3.7		0	BFPN	4		5.0	3.2	
Vitamin B-12 ... mcg	0.65		0		1		0.88	0.55	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	3		0	NC	4		4	2	
Retinol ... mcg	3		0	NR	4		4	2	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	9		0		1		12	8	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.30		0	BFSN	4		0.40	0.25	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	2.0		0	AS	1		2.7	1.7	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	2.0		0	BFFN	4		2.7	1.7	
Vitamin D ... IU	80		0	BFFN	4		108	68	
Vitamin K (phylloquinone) ... mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated ... g	8.490		0		1		11.462	7.217	
4:0 ... g	0.000		0	Z	7		0.000	0.000	

NDB No. 10075

Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.010		0		1		0.014	0.009	
12:0....g	0.010		0		1		0.014	0.009	
13:0....g									
14:0....g	0.290		0		1		0.392	0.247	
15:0....g									
16:0....g	5.240		0		1		7.074	4.454	
17:0....g									
18:0....g	2.780		0		1		3.753	2.363	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.380		0		1		14.013	8.823	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.620		0		1		0.837	0.527	
17:1....g									
18:1 undifferentiated....g	9.470		0		1		12.785	8.050	
20:1....g	0.200		0		1		0.270	0.170	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.280		0		1		3.078	1.938	
18:2 undifferentiated....g	2.020		0		1		2.727	1.717	
18:3 undifferentiated....g	0.070		0		1		0.095	0.060	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.090		0		1		0.122	0.077	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	109		0		1		147	93	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.331		0		1		0.447	0.281	
Threonine....g	1.240		0		1		1.674	1.054	
Isoleucine....g	1.256		0		1		1.696	1.068	
Leucine....g	2.203		0		1		2.974	1.873	
Lysine....g	2.485		0		1		3.355	2.112	
Methionine....g	0.708		0		1		0.956	0.602	
Cystine....g	0.345		0		1		0.466	0.293	
Phenylalanine....g	1.105		0		1		1.492	0.939	
Tyrosine....g	0.929		0		1		1.254	0.790	
Valine....g	1.492		0		1		2.014	1.268	
Arginine....g	1.809		0		1		2.442	1.538	
Histidine....g	1.048		0		1		1.415	0.891	
Alanine....g	1.662		0		1		2.244	1.413	
Aspartic acid....g	2.534		0		1		3.421	2.154	
Glutamic acid....g	4.207		0		1		5.679	3.576	
Glycine....g	1.640		0		1		2.214	1.394	
Proline....g	1.295		0		1		1.748	1.101	
Serine....g	1.156		0		1		1.561	0.983	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10075

Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised

Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10076

Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted

Refuse: 27% Bone and skin

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.04		0		1		70.25	44.23	
Energy	kcal	317		0	NC	4		428	269	
Energy	kJ	1326				4		1791	1127	
Protein (N x 6.25)	g	23.47		0		1		31.68	19.95	
Total lipid (fat)	g	24.01		0		1		32.41	20.41	
Ash	g	0.99		0		1		1.34	0.84	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	19		0		1		26	16	
Iron, Fe	mg	1.18		0		1		1.59	1.00	
Magnesium, Mg	mg	17		0		1		23	14	
Phosphorus, P	mg	228		0		1		308	194	
Potassium, K	mg	325		0		1		439	276	
Sodium, Na	mg	70		0		1		95	60	
Zinc, Zn	mg	3.45		0		1		4.66	2.93	
Copper, Cu	mg	0.111		0		1		0.150	0.094	
Manganese, Mn	mg	0.033		0		1		0.045	0.028	
Selenium, Se	mcg	33.6		0	PIE	4		45.4	28.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.3	0.2	
Thiamin	mg	0.522		0		1		0.705	0.444	
Riboflavin	mg	0.302		0		1		0.408	0.257	
Niacin	mg	3.918		0		1		5.289	3.330	
Pantothenic acid	mg	0.532		0		1		0.718	0.452	
Vitamin B-6	mg	0.348		0		1		0.470	0.296	
Folate, total	mcg	4		0		1		5	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		5	3	
Folate, DFE	mcg_DFE	4		0	NC	4		5	3	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.71		0		1		0.96	0.60	
Vitamin A, RAE	mcg_RAE	2		0		1		3	2	
Retinol	mcg	2		0		1		3	2	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	8		0		1		11	7	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	8.780		0		1		11.853	7.463	
4:0	g									
6:0	g									
8:0	g									

NDB No. 10076

Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.020		0		1		0.027	0.017	
12:0 g	0.010		0		1		0.014	0.009	
13:0 g									
14:0 g	0.300		0		1		0.405	0.255	
15:0 g									
16:0 g	5.420		0		1		7.317	4.607	
17:0 g									
18:0 g	2.870		0		1		3.875	2.440	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.720		0		1		14.472	9.112	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.640		0		1		0.864	0.544	
17:1 g									
18:1 undifferentiated g	9.780		0		1		13.203	8.313	
20:1 g	0.200		0		1		0.270	0.170	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	2.350		0		1		3.173	1.998	
18:2 undifferentiated g	2.090		0		1		2.822	1.777	
18:3 undifferentiated g	0.070		0		1		0.095	0.060	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.090		0		1		0.122	0.077	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	94		0		1		127	80	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.273		0		1		0.369	0.232	
Threonine g	1.032		0		1		1.393	0.877	
Isoleucine g	1.042		0		1		1.407	0.886	
Leucine g	1.838		0		1		2.481	1.562	
Lysine g	2.077		0		1		2.804	1.765	
Methionine g	0.587		0		1		0.792	0.499	
Cystine g	0.286		0		1		0.386	0.243	
Phenylalanine g	0.924		0		1		1.247	0.785	
Tyrosine g	0.770		0		1		1.040	0.655	
Valine g	1.246		0		1		1.682	1.059	
Arginine g	1.531		0		1		2.067	1.301	
Histidine g	0.864		0		1		1.166	0.734	
Alanine g	1.400		0		1		1.890	1.190	
Aspartic acid g	2.112		0		1		2.851	1.795	
Glutamic acid g	3.492		0		1		4.714	2.968	
Glycine g	1.439		0		1		1.943	1.223	
Proline g	1.120		0		1		1.512	0.952	
Serine g	0.969		0		1		1.308	0.824	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

NDB No. 10076

Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10074

Pork, fresh, shoulder, arm picnic, separable lean and fat, raw

Refuse: 27% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	62.06		0		1		17.59	281.50	
Energy ... kcal	253		0	NC	4		72	1148	
Energy ... kJ	1059		0		4		300	4802	
Protein (N x 6.25) ... g	16.69		0		1		4.73	75.71	
Total lipid (fat) ... g	20.19		0		1		5.72	91.58	
Ash ... g	0.84		0		1		0.24	3.81	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	5		0		1		1	23	
Iron, Fe ... mg	0.99		0		1		0.28	4.49	
Magnesium, Mg ... mg	17		0		1		5	77	
Phosphorus, P ... mg	189		0		1		54	857	
Potassium, K ... mg	291		0		1		82	1320	
Sodium, Na ... mg	68		0		1		19	308	
Zinc, Zn ... mg	2.37		0		1		0.67	10.75	
Copper, Cu ... mg	0.081		0		1		0.023	0.367	
Manganese, Mn ... mg	0.011		0		1		0.003	0.050	
Selenium, Se ... mcg	24.4		0	PIE	4		6.9	110.7	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.7		0		1		0.2	3.2	
Thiamin ... mg	0.727		0		1		0.206	3.298	
Riboflavin ... mg	0.259		0		1		0.073	1.175	
Niacin ... mg	3.983		0		1		1.129	18.067	
Pantothenic acid ... mg	0.656		0		1		0.186	2.976	
Vitamin B-6 ... mg	0.387		0		1		0.110	1.755	
Folate, total ... mcg	4		0		1		1	18	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	4		0		1		1	18	
Folate, DFE ... mcg_DFE	4		0	NC	4		1	18	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.64		0		1		0.18	2.90	
Vitamin A, RAE ... mcg_RAE	0		0	NR	4		0	0	
Retinol ... mcg	0		0	Z	7		0	0	
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	6		0		1		2	27	
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.5		0	AS	1		0.1	2.1	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	0.5		0	BFNN	4		0.1	2.1	
Vitamin D ... IU	19		0	BFNN	4		5	84	
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	7.000		0		1		1.985	31.752	
4:0 ... g									
6:0 ... g									
8:0 ... g									

NDB No. 10074

Pork, fresh, shoulder, arm picnic, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		0		1		0.003	0.045	
12:0 g	0.020		0		1		0.006	0.091	
13:0 g									
14:0 g	0.250		0		1		0.071	1.134	
15:0 g									
16:0 g	4.340		0		1		1.230	19.686	
17:0 g									
18:0 g	2.310		0		1		0.655	10.478	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.970		0		1		2.543	40.688	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.560		0		1		0.159	2.540	
17:1 g									
18:1 undifferentiated g	8.250		0		1		2.339	37.422	
20:1 g	0.150		0		1		0.043	0.680	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	2.160		0		1		0.612	9.798	
18:2 undifferentiated g	1.810		0		1		0.513	8.210	
18:3 undifferentiated g	0.150		0		1		0.043	0.680	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.100		0		1		0.028	0.454	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	71		0		1		20	322	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.198		0		1		0.056	0.898	
Threonine g	0.741		0		1		0.210	3.361	
Isoleucine g	0.752		0		1		0.213	3.411	
Leucine g	1.315		0		1		0.373	5.965	
Lysine g	1.484		0		1		0.421	6.731	
Methionine g	0.424		0		1		0.120	1.923	
Cystine g	0.206		0		1		0.058	0.934	
Phenylalanine g	0.660		0		1		0.187	2.994	
Tyrosine g	0.556		0		1		0.158	2.522	
Valine g	0.891		0		1		0.253	4.042	
Arginine g	1.076		0		1		0.305	4.881	
Histidine g	0.628		0		1		0.178	2.849	
Alanine g	0.990		0		1		0.281	4.491	
Aspartic acid g	1.514		0		1		0.429	6.868	
Glutamic acid g	2.516		0		1		0.713	11.413	
Glycine g	0.966		0		1		0.274	4.382	
Proline g	0.765		0		1		0.217	3.470	
Serine g	0.689		0		1		0.195	3.125	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 10074

Pork, fresh, shoulder, arm picnic, separable lean and fat, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10078

Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised

Refuse: 41% Bone and skin 25%, separable fat 16%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.26		0		1		107.43	46.12	
Energy....kcal	248		0	NC	4		491	211	
Energy....kJ	1038		0		4		2055	882	
Protein (N x 6.25)....g	32.26		0		1		63.87	27.42	
Total lipid (fat)....g	12.21		0		1		24.18	10.38	
Ash....g	1.27		0		1		2.51	1.08	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0		1		16	7	
Iron, Fe....mg	1.95		0		1		3.86	1.66	
Magnesium, Mg....mg	22		0		1		44	19	
Phosphorus, P....mg	226		0		1		447	192	
Potassium, K....mg	405		0		1		802	344	
Sodium, Na....mg	102		0		1		202	87	
Zinc, Zn....mg	4.97		0		1		9.84	4.22	
Copper, Cu....mg	0.161		0		1		0.319	0.137	
Manganese, Mn....mg	0.017		0		1		0.034	0.014	
Selenium, Se....mcg	37.0		0	BFYN	4		73.3	31.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0		1		0.8	0.3	
Thiamin....mg	0.600		0		1		1.188	0.510	
Riboflavin....mg	0.360		0		1		0.713	0.306	
Niacin....mg	5.940		0		1		11.761	5.049	
Pantothenic acid....mg	0.670		0		1		1.327	0.570	
Vitamin B-6....mg	0.410		0		1		0.812	0.349	
Folate, total....mcg	5		0		1		10	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		1		10	4	
Folate, DFE....mcg_DFE	5		0	NC	4		10	4	
Choline, total....mg	110.9		0	BFPN	4		219.5	94.2	
Betaine....mg	4.3		0	BFPN	4		8.5	3.6	
Vitamin B-12....mcg	0.71		0		1		1.41	0.60	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		5	2	
Retinol....mcg	2		0	NR	4		5	2	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	8		0		1		16	7	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.29		0	BFSN	4		0.58	0.25	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.0		0	AS	1		2.1	0.9	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.0		0	BFFN	4		2.1	0.9	
Vitamin D....IU	42		0	BFFN	4		83	36	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	4.160		0		1		8.237	3.536	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 10078

Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		11		1		0.000	0.000	
12:0 g	0.000		11		1		0.000	0.000	
13:0 g									
14:0 g	0.130		11		1		0.257	0.111	
15:0 g									
16:0 g	2.610		11		1		5.168	2.219	
17:0 g									
18:0 g	1.320		11		1		2.614	1.122	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.780		0		1		11.444	4.913	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.340		11		1		0.673	0.289	
17:1 g									
18:1 undifferentiated g	5.260		11		1		10.415	4.471	
20:1 g	0.130		11		1		0.257	0.111	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.160		0		1		2.297	0.986	
18:2 undifferentiated g	1.010		11		1		2.000	0.859	
18:3 undifferentiated g	0.030		11		1		0.059	0.026	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		11		1		0.158	0.068	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	114		1		1		226	97	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.410		0		1		0.812	0.349	
Threonine g	1.473		0		1		2.917	1.252	
Isoleucine g	1.511		0		1		2.992	1.284	
Leucine g	2.588		0		1		5.124	2.200	
Lysine g	2.901		0		1		5.744	2.466	
Methionine g	0.854		0		1		1.691	0.726	
Cystine g	0.411		0		1		0.814	0.349	
Phenylalanine g	1.288		0		1		2.550	1.095	
Tyrosine g	1.124		0		1		2.226	0.955	
Valine g	1.750		0		1		3.465	1.488	
Arginine g	2.005		0		1		3.970	1.704	
Histidine g	1.289		0		1		2.552	1.096	
Alanine g	1.879		0		1		3.720	1.597	
Aspartic acid g	2.992		0		1		5.924	2.543	
Glutamic acid g	5.050		0		1		9.999	4.293	
Glycine g	1.532		0		1		3.033	1.302	
Proline g	1.296		0		1		2.566	1.102	
Serine g	1.333		0		1		2.639	1.133	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10078

Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised

Common Measures:

Measure 1 = 198g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10079

Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted

Refuse: 43% Bone and skin 27%, separable fat 16%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.27	0.872	12		1		115.12	51.23	
Energy	kcal	228		0	NC	4		435	194	
Energy	kJ	954		0		4		1822	811	
Protein (N x 6.25)	g	26.68	0.675	12		1		50.96	22.68	
Total lipid (fat)	g	12.62	0.851	12		1		24.10	10.73	
Ash	g	1.06	0.023	12		1		2.02	0.90	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9		1		1		17	8	
Iron, Fe	mg	1.42	0.051	12		1		2.71	1.21	
Magnesium, Mg	mg	20		1		1		38	17	
Phosphorus, P	mg	247		1		1		472	210	
Potassium, K	mg	351	9.259	12		1		670	298	
Sodium, Na	mg	80	2.216	12		1		153	68	
Zinc, Zn	mg	4.07	0.159	12		1		7.77	3.46	
Copper, Cu	mg	0.128	0.008	12		1		0.244	0.109	
Manganese, Mn	mg	0.041		1		1		0.078	0.035	
Selenium, Se	mcg	38.5		0	BFYN	4		73.5	32.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0		1		0.6	0.3	
Thiamin	mg	0.578	0.049	12		1		1.104	0.491	
Riboflavin	mg	0.357	0.013	12		1		0.682	0.303	
Niacin	mg	4.314	0.135	12		1		8.240	3.667	
Pantothenic acid	mg	0.592		0		1		1.131	0.503	
Vitamin B-6	mg	0.410		0		1		0.783	0.349	
Folate, total	mcg	5		0		1		10	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		1		10	4	
Folate, DFE	mcg_DFE	5		0	NC	4		10	4	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.78	0.066	12		1		1.49	0.66	
Vitamin A, RAE	mcg_RAE	0		0	NR	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	7		0		1		13	6	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.9		0	AS	1		1.7	0.8	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.9		0	BFFN	4		1.7	0.8	
Vitamin D	IU	36		0	BFFN	4		69	31	
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.300		0		1		8.213	3.655	
4:0	g									
6:0	g									
8:0	g									

NDB No. 10079

Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		11		1		0.000	0.000	
12:0 g	0.000		11		1		0.000	0.000	
13:0 g									
14:0 g	0.140		11		1		0.267	0.119	
15:0 g									
16:0 g	2.700		11		1		5.157	2.295	
17:0 g									
18:0 g	1.360		11		1		2.598	1.156	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.980		0		1		11.422	5.083	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.350		11		1		0.669	0.298	
17:1 g									
18:1 undifferentiated g	5.440		11		1		10.390	4.624	
20:1 g	0.130		11		1		0.248	0.111	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.200		0		1		2.292	1.020	
18:2 undifferentiated g	1.040		11		1		1.986	0.884	
18:3 undifferentiated g	0.030		11		1		0.057	0.026	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		11		1		0.153	0.068	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	95	3.596	11		1		181	81	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.339		0		1		0.647	0.288	
Threonine g	1.218		0		1		2.326	1.035	
Isoleucine g	1.249		0		1		2.386	1.062	
Leucine g	2.141		0		1		4.089	1.820	
Lysine g	2.399		0		1		4.582	2.039	
Methionine g	0.706		0		1		1.348	0.600	
Cystine g	0.340		0		1		0.649	0.289	
Phenylalanine g	1.065		0		1		2.034	0.905	
Tyrosine g	0.930		0		1		1.776	0.791	
Valine g	1.447		0		1		2.764	1.230	
Arginine g	1.659		0		1		3.169	1.410	
Histidine g	1.066		0		1		2.036	0.906	
Alanine g	1.554		0		1		2.968	1.321	
Aspartic acid g	2.475		0		1		4.727	2.104	
Glutamic acid g	4.176		0		1		7.976	3.550	
Glycine g	1.267		0		1		2.420	1.077	
Proline g	1.072		0		1		2.048	0.911	
Serine g	1.102		0		1		2.105	0.937	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 191g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 10079

Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10077
Pork, fresh, shoulder, arm picnic, separable lean only, raw

Refuse: 44% Bone 27%, separable fat 17%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.13	0.167	40		1		20.73	331.72	
Energy....kcal	140		0	NC	4		40	635	
Energy....kJ	586		0		4		166	2657	
Protein (N x 6.25)....g	19.75	0.146	40		1		5.60	89.59	
Total lipid (fat)....g	6.16	0.236	40		1		1.75	27.94	
Ash....g	1.01	0.016	24		1		0.29	4.58	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.304	12		1		2	27	
Iron, Fe....mg	1.19	0.040	23		1		0.34	5.40	
Magnesium, Mg....mg	21	0.777	12		1		6	95	
Phosphorus, P....mg	218		0		1		62	989	
Potassium, K....mg	341	5.414	11		1		97	1547	
Sodium, Na....mg	82	2.088	23		1		23	372	
Zinc, Zn....mg	2.86	0.071	11		1		0.81	12.97	
Copper, Cu....mg	0.097	0.005	23		1		0.027	0.440	
Manganese, Mn....mg	0.013		0		1		0.004	0.059	
Selenium, Se....mcg	30.2		0	BFZN	4		8.6	137.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0		1		0.3	4.1	
Thiamin....mg	0.874	0.049	23		1		0.248	3.964	
Riboflavin....mg	0.306	0.015	23		1		0.087	1.388	
Niacin....mg	4.628	0.265	11		1		1.312	20.993	
Pantothenic acid....mg	0.776		0		1		0.220	3.520	
Vitamin B-6....mg	0.490		0		1		0.139	2.223	
Folate, total....mcg	4		0		1		1	18	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		1		1	18	
Folate, DFE....mcg_DFE	4		0	NC	4		1	18	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.73	0.057	12		1		0.21	3.31	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		1	9	
Retinol....mcg	2		0	NR	4		1	9	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	5		0		1		1	23	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.17		0	BFSN	4		0.05	0.78	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.6		0	AS	1		0.2	2.7	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.6		0	BFFN	4		0.2	2.7	
Vitamin D....IU	24		0	BFFN	4		7	108	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.130		0		1		0.604	9.662	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g									

NDB No. 10077
Pork, fresh, shoulder, arm picnic, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.010		73		1		0.003	0.045	
12:0 ... g	0.010		75		1		0.003	0.045	
13:0 ... g									
14:0 ... g	0.080		378		1		0.023	0.363	
15:0 ... g									
16:0 ... g	1.360		378		1		0.386	6.169	
17:0 ... g									
18:0 ... g	0.670		378		1		0.190	3.039	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.780		0		1		0.788	12.610	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.190		378		1		0.054	0.862	
17:1 ... g									
18:1 undifferentiated ... g	2.530		378		1		0.717	11.476	
20:1 ... g	0.040		71		1		0.011	0.181	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.660		0		1		0.187	2.994	
18:2 undifferentiated ... g	0.530		378		1		0.150	2.404	
18:3 undifferentiated ... g	0.030		190		1		0.009	0.136	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.070		315		1		0.020	0.318	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	65	1.004	11		1		18	295	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.251		0		1		0.071	1.139	
Threonine ... g	0.902		0		1		0.256	4.091	
Isoleucine ... g	0.925		0		1		0.262	4.196	
Leucine ... g	1.585		0		1		0.449	7.190	
Lysine ... g	1.776		0		1		0.503	8.056	
Methionine ... g	0.523		0		1		0.148	2.372	
Cystine ... g	0.252		0		1		0.071	1.143	
Phenylalanine ... g	0.788		0		1		0.223	3.574	
Tyrosine ... g	0.688		0		1		0.195	3.121	
Valine ... g	1.071		0		1		0.304	4.858	
Arginine ... g	1.228		0		1		0.348	5.570	
Histidine ... g	0.789		0		1		0.224	3.579	
Alanine ... g	1.151		0		1		0.326	5.221	
Aspartic acid ... g	1.832		0		1		0.519	8.310	
Glutamic acid ... g	3.092		0		1		0.877	14.025	
Glycine ... g	0.938		0		1		0.266	4.255	
Proline ... g	0.793		0		1		0.225	3.597	
Serine ... g	0.816		0		1		0.231	3.701	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10077

Pork, fresh, shoulder, arm picnic, separable lean only, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10083

Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted

Refuse: 24% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	57.47		0		1		150.57	48.85	
Energy ... kcal	269		0	NC	4		705	229	
Energy ... kJ	1125		0		4		2949	957	
Protein (N x 6.25) ... g	23.11		0		1		60.55	19.64	
Total lipid (fat) ... g	18.86		0		1		49.41	16.03	
Ash ... g	1.23		0		1		3.22	1.05	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	28		0		1		73	24	
Iron, Fe ... mg	1.45		0		1		3.80	1.23	
Magnesium, Mg ... mg	18		0		1		47	15	
Phosphorus, P ... mg	197		0		1		516	167	
Potassium, K ... mg	332		0		1		870	282	
Sodium, Na ... mg	67		0		1		176	57	
Zinc, Zn ... mg	3.96		0		1		10.38	3.37	
Copper, Cu ... mg	0.114		0		1		0.299	0.097	
Manganese, Mn ... mg	0.012		0		1		0.031	0.010	
Selenium, Se ... mcg	34.3		0	PIE	4		89.9	29.2	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.7		0		1		1.8	0.6	
Thiamin ... mg	0.638		0		1		1.672	0.542	
Riboflavin ... mg	0.355		0		1		0.930	0.302	
Niacin ... mg	4.061		0		1		10.640	3.452	
Pantothenic acid ... mg	0.665		0		1		1.742	0.565	
Vitamin B-6 ... mg	0.230		0		1		0.603	0.196	
Folate, total ... mcg	5		0		1		13	4	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	5		0		1		13	4	
Folate, DFE ... mcg_DFE	5		0	NC	4		13	4	
Choline, total ... mg	79.4		0	BFPN	4		208.1	67.5	
Betaine ... mg	3.1		0	BFPN	4		8.0	2.6	
Vitamin B-12 ... mcg	0.88		0		1		2.31	0.75	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	2		0	NC	4		5	2	
Retinol ... mcg	2		0	NR	4		5	2	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	7		0		1		18	6	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.19		0	BFYN	4		0.49	0.16	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	1.3		0	AS	1		3.5	1.1	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	1.3		0	BFFN	4		3.5	1.1	
Vitamin D ... IU	54		0	BFFN	4		141	46	
Vitamin K (phylloquinone) ... mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated ... g	6.970		0		1		18.261	5.925	
4:0 ... g	0.000		0	Z	7		0.000	0.000	

NDB No. 10083

Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	Z	7		0.000	0.000	
8:0 ... g	0.000		0		1		0.000	0.000	
10:0 ... g	0.010		0		1		0.026	0.009	
12:0 ... g	0.010		0		1		0.026	0.009	
13:0 ... g									
14:0 ... g	0.230		0		1		0.603	0.196	
15:0 ... g									
16:0 ... g	4.260		0		1		11.161	3.621	
17:0 ... g									
18:0 ... g	2.310		0		1		6.052	1.964	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	8.270		0		1		21.667	7.030	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.520		0		1		1.362	0.442	
17:1 ... g									
18:1 undifferentiated ... g	7.490		0		1		19.624	6.367	
20:1 ... g	0.170		0		1		0.445	0.145	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.760		0		1		4.611	1.496	
18:2 undifferentiated ... g	1.550		0		1		4.061	1.318	
18:3 undifferentiated ... g	0.060		0		1		0.157	0.051	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.060		0		1		0.157	0.051	
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	86		0		1		225	73	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.283		0		1		0.741	0.241	
Threonine ... g	1.039		0		1		2.722	0.883	
Isoleucine ... g	1.059		0		1		2.775	0.900	
Leucine ... g	1.836		0		1		4.810	1.561	
Lysine ... g	2.064		0		1		5.408	1.754	
Methionine ... g	0.598		0		1		1.567	0.508	
Cystine ... g	0.289		0		1		0.757	0.246	
Phenylalanine ... g	0.917		0		1		2.403	0.779	
Tyrosine ... g	0.785		0		1		2.057	0.667	
Valine ... g	1.242		0		1		3.254	1.056	
Arginine ... g	1.467		0		1		3.844	1.247	
Histidine ... g	0.893		0		1		2.340	0.759	
Alanine ... g	1.360		0		1		3.563	1.156	
Aspartic acid ... g	2.117		0		1		5.547	1.799	
Glutamic acid ... g	3.542		0		1		9.280	3.011	
Glycine ... g	1.232		0		1		3.228	1.047	
Proline ... g	1.002		0		1		2.625	0.852	
Serine ... g	0.954		0		1		2.499	0.811	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10083

Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted

Common Measures:

Measure 1 = 262g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10087

Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted

Refuse: 31% Bone 24%, separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.94		0		1		145.04	51.80	
Energy....kcal	232		0	NC	4		552	197	
Energy....kJ	971		0		4		2310	825	
Protein (N x 6.25)....g	24.21		0		1		57.62	20.58	
Total lipid (fat)....g	14.30		0		1		34.03	12.16	
Ash....g	1.27		0		1		3.02	1.08	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	27		0		1		64	23	
Iron, Fe....mg	1.56		0		1		3.71	1.33	
Magnesium, Mg....mg	26		0		1		62	22	
Phosphorus, P....mg	235		0		1		559	200	
Potassium, K....mg	427		0		1		1016	363	
Sodium, Na....mg	88		0		1		209	75	
Zinc, Zn....mg	4.23		0		1		10.07	3.60	
Copper, Cu....mg	0.121		0		1		0.288	0.103	
Manganese, Mn....mg	0.015		0		1		0.036	0.013	
Selenium, Se....mcg	36.1		0	BFYN	4		85.9	30.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		1		2.4	0.9	
Thiamin....mg	1.116		0		1		2.656	0.949	
Riboflavin....mg	0.400		0		1		0.952	0.340	
Niacin....mg	4.960		0		1		11.805	4.216	
Pantothenic acid....mg	1.077		0		1		2.563	0.915	
Vitamin B-6....mg	0.437		0		1		1.040	0.371	
Folate, total....mcg	8		0		1		19	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0		1		19	7	
Folate, DFE....mcg_DFE	8		0	NC	4		19	7	
Choline, total....mg	83.2		0	BFPN	4		198.0	70.7	
Betaine....mg	3.2		0	BFPN	4		7.7	2.7	
Vitamin B-12....mcg	1.16		0		1		2.76	0.99	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	3		0	NC	4		6	2	
Retinol....mcg	3		0	NR	4		6	2	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	9		0		1		21	8	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.24		0	BFYN	4		0.56	0.20	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.0		0	AS	1		2.4	0.9	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.0		0	BFFN	4		2.4	0.9	
Vitamin D....IU	41		0	BFFN	4		97	35	
Vitamin K (phylloquinone)....mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	5.190		0		1		12.352	4.412	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10087

Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	Z	7		0.000	0.000	
8:0 ... g	0.000		0		1		0.000	0.000	
10:0 ... g	0.010		0		1		0.024	0.009	
12:0 ... g	0.010		0		1		0.024	0.009	
13:0 ... g									
14:0 ... g	0.170		0		1		0.405	0.145	
15:0 ... g									
16:0 ... g	3.180		0		1		7.568	2.703	
17:0 ... g									
18:0 ... g	1.720		0		1		4.094	1.462	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	6.340		0		1		15.089	5.389	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.410		0		1		0.976	0.349	
17:1 ... g									
18:1 undifferentiated ... g	5.720		0		1		13.614	4.862	
20:1 ... g	0.150		0		1		0.357	0.128	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.290		0		1		3.070	1.097	
18:2 undifferentiated ... g	1.120		0		1		2.666	0.952	
18:3 undifferentiated ... g	0.050		0		1		0.119	0.043	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.050		0		1		0.119	0.043	
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	85		0		1		202	72	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.308		0		1		0.733	0.262	
Threonine ... g	1.106		0		1		2.632	0.940	
Isoleucine ... g	1.134		0		1		2.699	0.964	
Leucine ... g	1.943		0		1		4.624	1.652	
Lysine ... g	2.178		0		1		5.184	1.851	
Methionine ... g	0.641		0		1		1.526	0.545	
Cystine ... g	0.309		0		1		0.735	0.263	
Phenylalanine ... g	0.967		0		1		2.301	0.822	
Tyrosine ... g	0.844		0		1		2.009	0.717	
Valine ... g	1.314		0		1		3.127	1.117	
Arginine ... g	1.505		0		1		3.582	1.279	
Histidine ... g	0.967		0		1		2.301	0.822	
Alanine ... g	1.411		0		1		3.358	1.199	
Aspartic acid ... g	2.246		0		1		5.345	1.909	
Glutamic acid ... g	3.791		0		1		9.023	3.222	
Glycine ... g	1.150		0		1		2.737	0.978	
Proline ... g	0.973		0		1		2.316	0.827	
Serine ... g	1.000		0		1		2.380	0.850	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10087

Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted

Common Measures:

Measure 1 = 238g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10082

Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled

Refuse: 23% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.25	0.875	13		1		48.66	96.75	
Energy....kcal	259		0	NC	4		220	438	
Energy....kJ	1084		0		4		921	1831	
Protein (N x 6.25)....g	25.58	0.312	13		1		21.74	43.23	
Total lipid (fat)....g	16.61	0.747	13		1		14.12	28.07	
Ash....g	1.08	0.028	13		1		0.92	1.83	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	36		0		1		31	61	
Iron, Fe....mg	1.40		0		1		1.19	2.37	
Magnesium, Mg....mg	21		0		1		18	35	
Phosphorus, P....mg	210		0		1		179	355	
Potassium, K....mg	326		0		1		277	551	
Sodium, Na....mg	69		0		1		59	117	
Zinc, Zn....mg	4.51		0		1		3.83	7.62	
Copper, Cu....mg	0.058		0		1		0.049	0.098	
Manganese, Mn....mg	0.003		0		1		0.003	0.005	
Selenium, Se....mcg	36.3		0	PAK	1		30.9	61.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0		1		0.3	0.5	
Thiamin....mg	0.695		0		1		0.591	1.175	
Riboflavin....mg	0.397		0		1		0.337	0.671	
Niacin....mg	4.070		0		1		3.460	6.878	
Pantothenic acid....mg	0.727		0		1		0.618	1.229	
Vitamin B-6....mg	0.277		0		1		0.235	0.468	
Folate, total....mcg	4		0		1		3	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		1		3	7	
Folate, DFE....mcg_DFE	4		0	NC	4		3	7	
Choline, total....mg	87.9		0	BFPN	4		74.7	148.6	
Betaine....mg	3.4		0	BFPN	4		2.9	5.7	
Vitamin B-12....mcg	1.06		0		1		0.90	1.79	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	3		0	NC	4		2	5	
Retinol....mcg	3		0	NR	4		2	5	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	9		0		1		8	15	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.29		0	BFSN	4		0.25	0.49	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.6		0	AS	1		1.3	2.7	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.6		0	BFFN	4		1.3	2.7	
Vitamin D....IU	63		0	BFFN	4		54	106	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	5.950		0		1		5.058	10.056	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 10082

Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		0		1		0.009	0.017	
12:0 g	0.010		0		1		0.009	0.017	
13:0 g									
14:0 g	0.200		0		1		0.170	0.338	
15:0 g									
16:0 g	3.650		0		1		3.103	6.169	
17:0 g									
18:0 g	1.970		0		1		1.675	3.329	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.420		0		1		6.307	12.540	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.480		0		1		0.408	0.811	
17:1 g									
18:1 undifferentiated g	6.670		0		1		5.670	11.272	
20:1 g	0.180		0		1		0.153	0.304	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.460		0		1		1.241	2.467	
18:2 undifferentiated g	1.260		0		1		1.071	2.129	
18:3 undifferentiated g	0.050		0		1		0.043	0.085	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070		0		1		0.060	0.118	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	95	2.323	13		1		81	161	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.325		0		1		0.276	0.549	
Threonine g	1.168		0		1		0.993	1.974	
Isoleucine g	1.198		0		1		1.018	2.025	
Leucine g	2.052		0		1		1.744	3.468	
Lysine g	2.300		0		1		1.955	3.887	
Methionine g	0.677		0		1		0.575	1.144	
Cystine g	0.326		0		1		0.277	0.551	
Phenylalanine g	1.021		0		1		0.868	1.725	
Tyrosine g	0.891		0		1		0.757	1.506	
Valine g	1.388		0		1		1.180	2.346	
Arginine g	1.590		0		1		1.352	2.687	
Histidine g	1.022		0		1		0.869	1.727	
Alanine g	1.490		0		1		1.267	2.518	
Aspartic acid g	2.373		0		1		2.017	4.010	
Glutamic acid g	4.004		0		1		3.403	6.767	
Glycine g	1.215		0		1		1.033	2.053	
Proline g	1.028		0		1		0.874	1.737	
Serine g	1.057		0		1		0.898	1.786	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10082

Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 169g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 300 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10086

Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled

Refuse: 33% Bone 23%, separable fat 10%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.07	0.910	13		1		51.06	88.30	
Energy....kcal	227		0	NC	4		193	334	
Energy....kJ	950		0		4		807	1396	
Protein (N x 6.25)....g	26.74	0.326	13		1		22.73	39.31	
Total lipid (fat)....g	12.54	0.696	13		1		10.66	18.43	
Ash....g	1.10	0.029	13		1		0.94	1.62	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	33	2.648	5		1		28	49	
Iron, Fe....mg	1.56	0.051	5		1		1.33	2.29	
Magnesium, Mg....mg	24	0.502	5		1		20	35	
Phosphorus, P....mg	220	4.546	5		1		187	323	
Potassium, K....mg	343	10.614	5		1		292	504	
Sodium, Na....mg	74	1.935	5		1		63	109	
Zinc, Zn....mg	5.02	0.374	5		1		4.27	7.38	
Copper, Cu....mg	0.059	0.020	5		1		0.050	0.087	
Manganese, Mn....mg	0.009		0		1		0.008	0.013	
Selenium, Se....mcg	39.3	5.881	5	A	1		33.4	57.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0		1		0.3	0.4	
Thiamin....mg	0.750		0		1		0.638	1.103	
Riboflavin....mg	0.440		0		1		0.374	0.647	
Niacin....mg	4.300		0		1		3.655	6.321	
Pantothenic acid....mg	0.816		0		1		0.694	1.200	
Vitamin B-6....mg	0.310		0		1		0.264	0.456	
Folate, total....mcg	5		0		1		4	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		1		4	7	
Folate, DFE....mcg_DFE	5		0	NC	4		4	7	
Choline, total....mg	91.9		0	BFPN	4		78.1	135.1	
Betaine....mg	3.6		0	BFPN	4		3.0	5.2	
Vitamin B-12....mcg	1.13		0		1		0.96	1.66	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		2	4	
Retinol....mcg	2		0	NR	4		2	4	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	8		0		1		7	12	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.27		0	BFSN	4		0.23	0.40	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.2		0	AS	1		1.0	1.7	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.2		0	BFFN	4		1.0	1.7	
Vitamin D....IU	48		0	BFFN	4		40	70	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	4.450		0		1		3.783	6.542	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10086

Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		19		1		0.009	0.015	
12:0 g	0.010		19		1		0.009	0.015	
13:0 g									
14:0 g	0.140		30		1		0.119	0.206	
15:0 g									
16:0 g	2.730		30		1		2.321	4.013	
17:0 g									
18:0 g	1.470		30		1		1.250	2.161	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.640		0		1		4.794	8.291	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.370		30		1		0.315	0.544	
17:1 g									
18:1 undifferentiated g	5.060		30		1		4.301	7.438	
20:1 g	0.150		13		1		0.128	0.221	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.080		0		1		0.918	1.588	
18:2 undifferentiated g	0.920		30		1		0.782	1.352	
18:3 undifferentiated g	0.040		30		1		0.034	0.059	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.060		30		1		0.051	0.088	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	94	2.049	13		1		80	138	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.340		0		1		0.289	0.500	
Threonine g	1.221		0		1		1.038	1.795	
Isoleucine g	1.252		0		1		1.064	1.840	
Leucine g	2.145		0		1		1.823	3.153	
Lysine g	2.405		0		1		2.044	3.535	
Methionine g	0.708		0		1		0.602	1.041	
Cystine g	0.341		0		1		0.290	0.501	
Phenylalanine g	1.067		0		1		0.907	1.568	
Tyrosine g	0.932		0		1		0.792	1.370	
Valine g	1.451		0		1		1.233	2.133	
Arginine g	1.662		0		1		1.413	2.443	
Histidine g	1.068		0		1		0.908	1.570	
Alanine g	1.558		0		1		1.324	2.290	
Aspartic acid g	2.480		0		1		2.108	3.646	
Glutamic acid g	4.186		0		1		3.558	6.153	
Glycine g	1.270		0		1		1.080	1.867	
Proline g	1.074		0		1		0.913	1.579	
Serine g	1.105		0		1		0.939	1.624	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10086

Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 147g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 300 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10071

Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted

Refuse: 25% Bone and skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.80		0		1		73.98	46.58	
Energy....kcal	292		0	NC	4		394	248	
Energy....kJ	1222		0		4		1649	1038	
Protein (N x 6.25)....g	23.28		0		1		31.43	19.79	
Total lipid (fat)....g	21.39		0		1		28.88	18.18	
Ash....g	1.11		0		1		1.50	0.94	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	24		0		1		32	20	
Iron, Fe....mg	1.32		0		1		1.78	1.12	
Magnesium, Mg....mg	18		0		1		24	15	
Phosphorus, P....mg	212		0		1		286	180	
Potassium, K....mg	329		0		1		444	280	
Sodium, Na....mg	68		0		1		92	58	
Zinc, Zn....mg	3.71		0		1		5.01	3.15	
Copper, Cu....mg	0.113		0		1		0.153	0.096	
Manganese, Mn....mg	0.022		0		1		0.030	0.019	
Selenium, Se....mcg	33.4		0	PIE	4		45.1	28.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		0		1		0.7	0.4	
Thiamin....mg	0.581		0		1		0.784	0.494	
Riboflavin....mg	0.329		0		1		0.444	0.280	
Niacin....mg	3.991		0		1		5.388	3.392	
Pantothenic acid....mg	0.600		0		1		0.810	0.510	
Vitamin B-6....mg	0.288		0		1		0.389	0.245	
Folate, total....mcg	5		0		1		7	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		1		7	4	
Folate, DFE....mcg_DFE	5		0	NC	4		7	4	
Choline, total....mg	80.0		0	BFPN	4		108.0	68.0	
Betaine....mg	3.1		0	BFPN	4		4.2	2.6	
Vitamin B-12....mcg	0.80		0		1		1.08	0.68	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		3	2	
Retinol....mcg	2		0	NR	4		3	2	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	8		0		1		11	7	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.19		0	BFYN	4		0.25	0.16	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.5		0	AS	1		2.1	1.3	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.5		0	BFFN	4		2.1	1.3	
Vitamin D....IU	61		0	BFFN	4		82	52	
Vitamin K (phylloquinone)....mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	7.860		0		1		10.611	6.681	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10071

Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.010		0		1		0.014	0.009	
12:0....g	0.010		0		1		0.014	0.009	
13:0....g									
14:0....g	0.270		0		1		0.365	0.230	
15:0....g									
16:0....g	4.830		0		1		6.521	4.106	
17:0....g									
18:0....g	2.590		0		1		3.497	2.202	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.470		0		1		12.785	8.050	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.580		0		1		0.783	0.493	
17:1....g									
18:1 undifferentiated....g	8.620		0		1		11.637	7.327	
20:1....g	0.190		0		1		0.257	0.162	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.050		0		1		2.768	1.743	
18:2 undifferentiated....g	1.820		0		1		2.457	1.547	
18:3 undifferentiated....g	0.070		0		1		0.095	0.060	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.070		0		1		0.095	0.060	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	90		0		1		122	77	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.278		0		1		0.375	0.236	
Threonine....g	1.036		0		1		1.399	0.881	
Isoleucine....g	1.051		0		1		1.419	0.893	
Leucine....g	1.837		0		1		2.480	1.561	
Lysine....g	2.071		0		1		2.796	1.760	
Methionine....g	0.593		0		1		0.801	0.504	
Cystine....g	0.288		0		1		0.389	0.245	
Phenylalanine....g	0.921		0		1		1.243	0.783	
Tyrosine....g	0.778		0		1		1.050	0.661	
Valine....g	1.244		0		1		1.679	1.057	
Arginine....g	1.498		0		1		2.022	1.273	
Histidine....g	0.879		0		1		1.187	0.747	
Alanine....g	1.380		0		1		1.863	1.173	
Aspartic acid....g	2.114		0		1		2.854	1.797	
Glutamic acid....g	3.518		0		1		4.749	2.990	
Glycine....g	1.333		0		1		1.800	1.133	
Proline....g	1.060		0		1		1.431	0.901	
Serine....g	0.961		0		1		1.297	0.817	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10071

Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted

Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10070
Pork, fresh, shoulder, whole, separable lean and fat, raw

Refuse: 25% Bone and skin

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.02		0		1		18.15	290.39	
Energy	kcal	236		0	NC	4		67	1070	
Energy	kJ	987		0		4		280	4479	
Protein (N x 6.25)	g	17.18		0		1		4.87	77.93	
Total lipid (fat)	g	17.99		0		1		5.10	81.60	
Ash	g	0.88		0		1		0.25	3.99	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	15		0		1		4	68	
Iron, Fe	mg	1.05		0		1		0.30	4.76	
Magnesium, Mg	mg	18		0		1		5	82	
Phosphorus, P	mg	182		0		1		52	826	
Potassium, K	mg	302		0		1		86	1370	
Sodium, Na	mg	65		0		1		18	295	
Zinc, Zn	mg	2.70		0		1		0.77	12.25	
Copper, Cu	mg	0.084		0		1		0.024	0.381	
Manganese, Mn	mg	0.011		0		1		0.003	0.050	
Selenium, Se	mcg	25.5		0	PIE	4		7.2	115.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		0.2	3.2	
Thiamin	mg	0.767		0		1		0.217	3.479	
Riboflavin	mg	0.275		0		1		0.078	1.247	
Niacin	mg	3.833		0		1		1.087	17.386	
Pantothenic acid	mg	0.719		0		1		0.204	3.261	
Vitamin B-6	mg	0.348		0		1		0.099	1.579	
Folate, total	mcg	5		0		1		1	23	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		1		1	23	
Folate, DFE	mcg_DFE	5		0	NC	4		1	23	
Choline, total	mg	60.6		0	BFPN	4		17.2	275.1	
Betaine	mg	2.8		0	BFPN	4		0.8	12.8	
Vitamin B-12	mcg	0.74		0		1		0.21	3.36	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		1	9	
Retinol	mcg	2		0	NR	4		1	9	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	7		0		1		2	32	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.19		0	BFSN	4		0.05	0.87	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.7		0	AS	1		0.5	7.9	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	1.7		0	BFFN	4		0.5	7.9	
Vitamin D	IU	70		0	BFFN	4		20	317	
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	6.240		0		1		1.769	28.305	
4:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 10070
Pork, fresh, shoulder, whole, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.010		0		1		0.003	0.045	
12:0....g	0.020		0		1		0.006	0.091	
13:0....g									
14:0....g	0.220		0		1		0.062	0.998	
15:0....g									
16:0....g	3.880		0		1		1.100	17.600	
17:0....g									
18:0....g	2.040		0		1		0.578	9.253	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.010		0		1		2.271	36.333	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.510		0		1		0.145	2.313	
17:1....g									
18:1 undifferentiated....g	7.350		0		1		2.084	33.340	
20:1....g	0.130		0		1		0.037	0.590	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.920		0		1		0.544	8.709	
18:2 undifferentiated....g	1.600		0		1		0.454	7.258	
18:3 undifferentiated....g	0.130		0		1		0.037	0.590	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.100		0		1		0.028	0.454	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	71		0		1		20	322	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.208		0		1		0.059	0.943	
Threonine....g	0.768		0		1		0.218	3.484	
Isoleucine....g	0.781		0		1		0.221	3.543	
Leucine....g	1.360		0		1		0.386	6.169	
Lysine....g	1.531		0		1		0.434	6.945	
Methionine....g	0.441		0		1		0.125	2.000	
Cystine....g	0.214		0		1		0.061	0.971	
Phenylalanine....g	0.681		0		1		0.193	3.089	
Tyrosine....g	0.579		0		1		0.164	2.626	
Valine....g	0.921		0		1		0.261	4.178	
Arginine....g	1.098		0		1		0.311	4.981	
Histidine....g	0.656		0		1		0.186	2.976	
Alanine....g	1.015		0		1		0.288	4.604	
Aspartic acid....g	1.567		0		1		0.444	7.108	
Glutamic acid....g	2.614		0		1		0.741	11.857	
Glycine....g	0.952		0		1		0.270	4.318	
Proline....g	0.765		0		1		0.217	3.470	
Serine....g	0.709		0		1		0.201	3.216	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10070

Pork, fresh, shoulder, whole, separable lean and fat, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10073

Pork, fresh, shoulder, whole, separable lean only, cooked, roasted

Refuse: 39% Bone and skin 25%, separable fat 14%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.64		0		1		81.86	51.54	
Energy....kcal	230		0	NC	4		311	196	
Energy....kJ	962		0		4		1299	818	
Protein (N x 6.25)....g	25.33		0		1		34.20	21.53	
Total lipid (fat)....g	13.54		0		1		18.28	11.51	
Ash....g	1.18		0		1		1.59	1.00	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0		1		24	15	
Iron, Fe....mg	1.50		0		1		2.03	1.28	
Magnesium, Mg....mg	20		0		1		27	17	
Phosphorus, P....mg	221		0		1		298	188	
Potassium, K....mg	346		0		1		467	294	
Sodium, Na....mg	75		0		1		101	64	
Zinc, Zn....mg	4.16		0		1		5.62	3.54	
Copper, Cu....mg	0.124		0		1		0.167	0.105	
Manganese, Mn....mg	0.026		0		1		0.035	0.022	
Selenium, Se....mcg	37.4		0	BFYN	4		50.5	31.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0		1		0.8	0.5	
Thiamin....mg	0.628		0		1		0.848	0.534	
Riboflavin....mg	0.370		0		1		0.500	0.315	
Niacin....mg	4.260		0		1		5.751	3.621	
Pantothenic acid....mg	0.651		0		1		0.879	0.553	
Vitamin B-6....mg	0.317		0		1		0.428	0.269	
Folate, total....mcg	5		0		1		7	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		1		7	4	
Folate, DFE....mcg_DFE	5		0	NC	4		7	4	
Choline, total....mg	87.0		0	BFPN	4		117.5	74.0	
Betaine....mg	3.4		0	BFPN	4		4.5	2.9	
Vitamin B-12....mcg	0.86		0		1		1.16	0.73	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		3	2	
Retinol....mcg	2		0	NR	4		3	2	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	7		0		1		9	6	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.25		0	BFSN	4		0.34	0.21	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.0		0	AS	1		1.3	0.8	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.0		0	BFFN	4		1.3	0.8	
Vitamin D....IU	39		0	BFFN	4		52	33	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	4.790		0		1		6.467	4.072	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10073

Pork, fresh, shoulder, whole, separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.010		0		1		0.014	0.009	
12:0....g	0.010		0		1		0.014	0.009	
13:0....g									
14:0....g	0.160		0		1		0.216	0.136	
15:0....g									
16:0....g	2.960		0		1		3.996	2.516	
17:0....g									
18:0....g	1.560		0		1		2.106	1.326	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.170		0		1		8.330	5.245	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.380		0		1		0.513	0.323	
17:1....g									
18:1 undifferentiated....g	5.590		0		1		7.547	4.752	
20:1....g	0.140		0		1		0.189	0.119	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.250		0		1		1.688	1.063	
18:2 undifferentiated....g	1.090		0		1		1.472	0.927	
18:3 undifferentiated....g	0.040		0		1		0.054	0.034	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.070		0		1		0.095	0.060	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	90		0		1		122	77	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.322		0		1		0.435	0.274	
Threonine....g	1.157		0		1		1.562	0.983	
Isoleucine....g	1.186		0		1		1.601	1.008	
Leucine....g	2.032		0		1		2.743	1.727	
Lysine....g	2.278		0		1		3.075	1.936	
Methionine....g	0.671		0		1		0.906	0.570	
Cystine....g	0.323		0		1		0.436	0.275	
Phenylalanine....g	1.011		0		1		1.365	0.859	
Tyrosine....g	0.883		0		1		1.192	0.751	
Valine....g	1.374		0		1		1.855	1.168	
Arginine....g	1.575		0		1		2.126	1.339	
Histidine....g	1.012		0		1		1.366	0.860	
Alanine....g	1.476		0		1		1.993	1.255	
Aspartic acid....g	2.350		0		1		3.173	1.998	
Glutamic acid....g	3.965		0		1		5.353	3.370	
Glycine....g	1.203		0		1		1.624	1.023	
Proline....g	1.018		0		1		1.374	0.865	
Serine....g	1.046		0		1		1.412	0.889	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10073

Pork, fresh, shoulder, whole, separable lean only, cooked, roasted

Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10072
Pork, fresh, shoulder, whole, separable lean only, raw

Refuse: 39% Bone and skin 25%, separable fat 14%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.63		0		1		20.59	329.45	
Energy....kcal	148		0	NC	4		42	671	
Energy....kJ	619				4		176	2809	
Protein (N x 6.25)....g	19.55		0		1		5.54	88.68	
Total lipid (fat)....g	7.14		0		1		2.02	32.39	
Ash....g	1.02		0		1		0.29	4.63	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0		1		4	64	
Iron, Fe....mg	1.22		0		1		0.35	5.53	
Magnesium, Mg....mg	21		0		1		6	95	
Phosphorus, P....mg	202		0		1		57	916	
Potassium, K....mg	341		0		1		97	1547	
Sodium, Na....mg	76		0		1		22	345	
Zinc, Zn....mg	3.14		0		1		0.89	14.24	
Copper, Cu....mg	0.097		0		1		0.027	0.440	
Manganese, Mn....mg	0.012		0		1		0.003	0.054	
Selenium, Se....mcg	29.5		0	BFNN	4		8.4	133.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		0		1		0.2	3.6	
Thiamin....mg	0.884		0		1		0.251	4.010	
Riboflavin....mg	0.314		0		1		0.089	1.424	
Niacin....mg	4.275		0		1		1.212	19.391	
Pantothenic acid....mg	0.822		0		1		0.233	3.729	
Vitamin B-6....mg	0.415		0		1		0.118	1.882	
Folate, total....mcg	5		0		1		1	23	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		1		1	23	
Folate, DFE....mcg_DFE	5		0	NC	4		1	23	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.84		0		1		0.24	3.81	
Vitamin A, RAE....mcg_RAE	2		0		1		1	8	
Retinol....mcg	2		0		1		1	8	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	6		0		1		2	27	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.470		0		1		0.700	11.204	
4:0....g									
6:0....g									
8:0....g									

NDB No. 10072
Pork, fresh, shoulder, whole, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		0		1		0.003	0.045	
12:0 g	0.010		0		1		0.003	0.045	
13:0 g									
14:0 g	0.090		0		1		0.026	0.408	
15:0 g									
16:0 g	1.570		0		1		0.445	7.122	
17:0 g									
18:0 g	0.770		0		1		0.218	3.493	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.230		0		1		0.916	14.651	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.230		0		1		0.065	1.043	
17:1 g									
18:1 undifferentiated g	2.930		0		1		0.831	13.290	
20:1 g	0.050		0		1		0.014	0.227	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.770		0		1		0.218	3.493	
18:2 undifferentiated g	0.620		0		1		0.176	2.812	
18:3 undifferentiated g	0.030		0		1		0.009	0.136	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.090		0		1		0.026	0.408	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	67		0		1		19	304	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.248		0		1		0.070	1.125	
Threonine g	0.893		0		1		0.253	4.051	
Isoleucine g	0.915		0		1		0.259	4.150	
Leucine g	1.568		0		1		0.445	7.112	
Lysine g	1.758		0		1		0.498	7.974	
Methionine g	0.518		0		1		0.147	2.350	
Cystine g	0.249		0		1		0.071	1.129	
Phenylalanine g	0.780		0		1		0.221	3.538	
Tyrosine g	0.681		0		1		0.193	3.089	
Valine g	1.060		0		1		0.301	4.808	
Arginine g	1.215		0		1		0.344	5.511	
Histidine g	0.781		0		1		0.221	3.543	
Alanine g	1.139		0		1		0.323	5.167	
Aspartic acid g	1.813		0		1		0.514	8.224	
Glutamic acid g	3.060		0		1		0.868	13.880	
Glycine g	0.928		0		1		0.263	4.209	
Proline g	0.785		0		1		0.223	3.561	
Serine g	0.807		0		1		0.229	3.661	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 10072

Pork, fresh, shoulder, whole, separable lean only, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10089

Pork, fresh, spareribs, separable lean and fat, cooked, braised

Refuse: 38% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	40.42	1.364	6		1		71.54	34.36	
Energy....kcal	397		0	NC	4		703	337	
Energy....kJ	1661		0		4		2940	1412	
Protein (N x 6.25)....g	29.06	1.920	6		1		51.44	24.70	
Total lipid (fat)....g	30.30	3.181	6		1		53.63	25.76	
Ash....g	1.12	0.068	6		1		1.98	0.95	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	47		2		1		83	40	
Iron, Fe....mg	1.85	0.154	5		1		3.27	1.57	
Magnesium, Mg....mg	24		2		1		42	20	
Phosphorus, P....mg	261		0		1		462	222	
Potassium, K....mg	320	11.313	6		1		566	272	
Sodium, Na....mg	93	8.412	5		1		165	79	
Zinc, Zn....mg	4.60	0.228	6		1		8.14	3.91	
Copper, Cu....mg	0.142	0.008	6		1		0.251	0.121	
Manganese, Mn....mg	0.014		2		1		0.025	0.012	
Selenium, Se....mcg	37.4		0	BFYN	4		66.2	31.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.408	0.035	6		1		0.722	0.347	
Riboflavin....mg	0.382	0.015	6		1		0.676	0.325	
Niacin....mg	5.475	0.359	6		1		9.691	4.654	
Pantothenic acid....mg	0.750	0.087	3		1		1.328	0.638	
Vitamin B-6....mg	0.350		0		1		0.620	0.298	
Folate, total....mcg	4		0		1		7	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		1		7	3	
Folate, DFE....mcg_DFE	4		0	NC	4		7	3	
Choline, total....mg	99.9		0	BFPN	4		176.8	84.9	
Betaine....mg	3.9		0	BFPN	4		6.8	3.3	
Vitamin B-12....mcg	1.08	0.078	6		1		1.91	0.92	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	3		0	NC	4		5	3	
Retinol....mcg	3		0	NR	4		5	3	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	10		2		1		18	9	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.34		0	BFSN	4		0.60	0.29	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	2.6		0	AS	1		4.6	2.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	2.6		0	BFFN	4		4.6	2.2	
Vitamin D....IU	104		0	BFFN	4		184	88	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	11.120		0		1		19.682	9.452	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10089

Pork, fresh, spareribs, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.010		6		1		0.018	0.009	
12:0....g	0.010		6		1		0.018	0.009	
13:0....g									
14:0....g	0.360		6		1		0.637	0.306	
15:0....g									
16:0....g	6.800		6		1		12.036	5.780	
17:0....g									
18:0....g	3.820		6		1		6.761	3.247	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	13.480		0		1		23.860	11.458	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.720		6		1		1.274	0.612	
17:1....g									
18:1 undifferentiated....g	12.520		6		1		22.160	10.642	
20:1....g	0.240		6		1		0.425	0.204	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.730		0		1		4.832	2.321	
18:2 undifferentiated....g	2.510		6		1		4.443	2.134	
18:3 undifferentiated....g	0.110		6		1		0.195	0.094	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.110		6		1		0.195	0.094	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	121	3.643	6		1		214	103	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.369		0		1		0.653	0.314	
Threonine....g	1.327		0		1		2.349	1.128	
Isoleucine....g	1.361		0		1		2.409	1.157	
Leucine....g	2.332		0		1		4.128	1.982	
Lysine....g	2.613		0		1		4.625	2.221	
Methionine....g	0.769		0		1		1.361	0.654	
Cystine....g	0.371		0		1		0.657	0.315	
Phenylalanine....g	1.160		0		1		2.053	0.986	
Tyrosine....g	1.013		0		1		1.793	0.861	
Valine....g	1.577		0		1		2.791	1.340	
Arginine....g	1.806		0		1		3.197	1.535	
Histidine....g	1.161		0		1		2.055	0.987	
Alanine....g	1.693		0		1		2.997	1.439	
Aspartic acid....g	2.695		0		1		4.770	2.291	
Glutamic acid....g	4.549		0		1		8.052	3.867	
Glycine....g	1.380		0		1		2.443	1.173	
Proline....g	1.167		0		1		2.066	0.992	
Serine....g	1.200		0		1		2.124	1.020	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10089

Pork, fresh, spareribs, separable lean and fat, cooked, braised

Common Measures:

Measure 1 = 177g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10940

Pork, fresh, spareribs, separable lean and fat, cooked, roasted

Refuse: 32% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	48.11	1.218	12	A	1		737.52		
Energy	kcal	361		0	NC	4		5539		
Energy	kJ	1512		0	NC	4		23173		
Protein	g	20.89	1.607	12	A	1		320.22		
Total lipid (fat)	g	30.86	1.978	12	A	1		473.07		
Ash	g	0.82	0.049	12	A	1		12.53		
Carbohydrate, by difference	g	0.00		0	NC	4		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	19	1.988	12	A	1		290		
Iron, Fe	mg	1.43	0.062	12	A	1		21.97		
Magnesium, Mg	mg	18	0.743	12	A	1		276		
Phosphorus, P	mg	162	6.204	12	A	1		2487		
Potassium, K	mg	265	12.047	12	A	1		4065		
Sodium, Na	mg	91	5.551	12	A	1		1395		
Zinc, Zn	mg	3.26	0.130	12	A	1		49.98		
Copper, Cu	mg	0.114	0.011	12	A	1		1.755		
Manganese, Mn	mg	0.010	0.000	12	A	1		0.159		
Selenium, Se	mcg	30.6	4.891	12	A	1		469.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.418	0.028	4	A	1		6.403		
Riboflavin	mg	0.328	0.054	4	A	1		5.027		
Niacin	mg	6.103	0.253	4	A	1		93.551		
Pantothenic acid	mg	0.808		0	BFPN	4		12.390		
Vitamin B-6	mg	0.590		0	BFPN	4		9.047		
Folate, total	mcg	0		0	BFPN	4		0		
Folic acid	mcg									
Folate, food	mcg	0		0	BFPN	4		0		
Folate, DFE	mcg_DFE									
Choline, total	mg	71.0		0	BFPN	4		1088.5		
Betaine	mg	3.4		0	BFPN	4		52.8		
Vitamin B-12	mcg	0.45		0	BFPN	4		6.97		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0	AS	1		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.14		0	BFSN	4		2.08		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	2.2		0	AS	1		33.6		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	2.2		0	BFFN	4		33.6		
Vitamin D	IU	88		0	BFFN	4		1345		
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0		
Lipids:										
Fatty acids, total saturated	g	9.242		0	NC	4		141.678		
4:0	g	0.000		0	Z	7		0.000		

NDB No. 10940

Pork, fresh, spareribs, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000	0.000	4	A	1		0.000		
10:0 g	0.023	0.001	4	A	1		0.356		
12:0 g	0.021	0.002	4	A	1		0.329		
13:0 g									
14:0 g	0.341	0.027	4	A	1		5.231		
15:0 g	0.015	0.001	4	A	1		0.225		
16:0 g	5.605	0.387	4	A	1		85.931		
17:0 g	0.086	0.007	4	A	1		1.318		
18:0 g	3.110	0.215	4	A	1		47.671		
20:0 g	0.040	0.003	4	A	1		0.616		
22:0 g	0.000	0.000	4	A	1		0.000		
24:0 g									
Fatty acids, total monounsaturated g	10.709		0	NC	4		164.166		
14:1 g	0.004	0.002	4	A	1		0.054		
15:1 g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated g	0.562	0.032	4	A	1		8.611		
17:1 g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated g	9.986	0.594	4	AS	1		153.091		
18:1 c g	9.847	0.623	4	A	1		150.961		
18:1-11c (18:1c n-7) g									
18:1 t g	0.139	0.047	4	A	1		2.130		
18:1-11t (18:1t n-7) g									
20:1 g	0.157	0.012	4	A	1		2.410		
22:1 undifferentiated g	0.000		0	Z	7		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	2.996		0	NC	4		45.928		
18:2 undifferentiated g	2.652	0.154	4	AS	1		40.649		
18:2 n-6 c,c g	2.555	0.160	4	A	1		39.163		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.097	0.007	4	A	1		1.486		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.130	0.010	4	AS	1		2.000		
18:3 n-3 c,c,c (ALA) g	0.125	0.009	4	A	1		1.915		
18:3 n-6 c,c,c g	0.006	0.002	4	A	1		0.084		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.096	0.008	4	A	1		1.468		
20:3 undifferentiated g	0.017	0.001	4	A	1		0.256		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.101	0.008	4	A	1		1.555		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000		
Fatty acids, total trans g	0.236		0	NC	4		3.616		
Fatty acids, total trans-monoenoic g	0.139		0	NC	4		2.130		
Fatty acids, total trans-polyenoic g	0.097		0	NC	4		1.486		
Cholesterol mg	105	13.054	4	A	1		1611		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.220		0	A	1		3.371		
Threonine g	0.938		0	A	1		14.377		
Isoleucine g	1.028		0	A	1		15.757		
Leucine g	1.780		0	A	1		27.280		
Lysine g	1.937		0	A	1		29.699		

NDB No. 10940

Pork, fresh, spareribs, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.575		0	A	1		8.819		
Cystine....g	0.241		0	A	1		3.695		
Phenylalanine....g	0.878		0	A	1		13.461		
Tyrosine....g	0.795		0	A	1		12.187		
Valine....g	1.092		0	A	1		16.733		
Arginine....g	1.390		0	A	1		21.308		
Histidine....g	0.902		0	A	1		13.831		
Alanine....g	1.226		0	A	1		18.797		
Aspartic acid....g	2.043		0	A	1		31.326		
Glutamic acid....g	3.335		0	A	1		51.122		
Glycine....g	0.941		0	A	1		14.429		
Proline....g	0.845		0	A	1		12.947		
Serine....g	0.903		0	A	1		13.845		
Hydroxyproline....g	0.054		0	BFPN	4		0.822		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1533g: 1 rack

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10088

Pork, fresh, spareribs, separable lean and fat, raw

Refuse: 30% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.75	1.410	12	A	1		774.92	16.94	
Energy....kcal	277		0	NC	4		3594	79	
Energy....kJ	1159		0	NC	4		15038	329	
Protein (N x 6.25)....g	15.47	0.572	12	A	1		200.69	4.39	
Total lipid (fat)....g	23.40	1.677	12	A	1		303.46	6.63	
Ash....g	0.67	0.043	12	A	1		8.69	0.19	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	15	0.984	12	A	1		196	4	
Iron, Fe....mg	0.91	0.032	12	A	1		11.82	0.26	
Magnesium, Mg....mg	16	0.488	12	A	1		209	5	
Phosphorus, P....mg	141	5.030	12	A	1		1829	40	
Potassium, K....mg	242	8.258	12	A	1		3133	68	
Sodium, Na....mg	81	3.052	12	A	1		1056	23	
Zinc, Zn....mg	2.50	0.093	12	A	1		32.46	0.71	
Copper, Cu....mg	0.080	0.003	12	A	1		1.034	0.023	
Manganese, Mn....mg	0.010	0.003	12	A	1		0.126	0.003	
Selenium, Se....mcg	22.0	2.922	12	A	1		285.6	6.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.319		0	BFYN	4		4.139	0.090	
Riboflavin....mg	0.251		0	BFYN	4		3.249	0.071	
Niacin....mg	4.662		0	BFYN	4		60.470	1.322	
Pantothenic acid....mg	0.625		0	BFPN	4		8.110	0.177	
Vitamin B-6....mg	0.574		0	BFPN	4		7.441	0.163	
Folate, total....mcg	0		0	BFPN	4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0	BFPN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	59.7		0	BFPN	4		774.4	16.9	
Betaine....mg	2.2		0	BFPN	4		28.8	0.6	
Vitamin B-12....mcg	0.38		0	BFPN	4		4.89	0.11	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.37		0	BFSN	4		4.78	0.10	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	2.3		0	AS	1		29.5	0.6	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	2.3		0	BFFN	4		29.5	0.6	
Vitamin D....IU	91		0	BFFN	4		1178	26	
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	7.529		0	BFFN	4		97.656	2.135	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 10088

Pork, fresh, spareribs, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.000		0	BFFN	4		0.000	0.000	
13:0 g									
14:0 g	0.236		0	BFFN	4		3.057	0.067	
15:0 g	0.000		0	BFFN	4		0.000	0.000	
16:0 g	4.661		0	BFFN	4		60.450	1.321	
17:0 g	0.037		0	BFFN	4		0.477	0.010	
18:0 g	2.596		0	BFFN	4		33.673	0.736	
20:0 g									
22:0 g	0.000		0	BFFN	4		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	8.542		0	BFFN	4		110.791	2.422	
14:1 g	0.000		0	BFFN	4		0.000	0.000	
15:1 g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated g	0.530		0	BFFN	4		6.880	0.150	
17:1 g	0.000		0	BFFN	4		0.000	0.000	
18:1 undifferentiated g	7.889		0	BFFN	4		102.321	2.237	
18:1 c g	7.751		0	BFFN	4		100.531	2.197	
18:1-11c (18:1c n-7) g									
18:1 t g	0.138		0	BFFN	4		1.790	0.039	
18:1-11t (18:1t n-7) g									
20:1 g	0.123		0	BFFN	4		1.590	0.035	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	3.953		0	BFFN	4		51.272	1.121	
18:2 undifferentiated g	3.230		0	BFFN	4		41.896	0.916	
18:2 n-6 c,c g	3.146		0	BFFN	4		40.806	0.892	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.084		0	BFFN	4		1.090	0.024	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.081		0	BFFN	4		1.056	0.023	
18:3 n-3 c,c,c (ALA) g	0.081		0	BFFN	4		1.056	0.023	
18:3 n-6 c,c,c g	0.000		0	BFFN	4		0.000	0.000	
18:3i g									
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g	0.079		0	BFFN	4		1.021	0.022	
20:3 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.563		0	BFFN	4		7.300	0.160	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g	0.222		0	NC	4		2.880	0.063	
Fatty acids, total trans-monoenoic g	0.138		0	NC	4		1.790	0.039	
Fatty acids, total trans-polyenoic g	0.084		0	NC	4		1.090	0.024	
Cholesterol mg	80		0	BFYN	4		1041	23	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.163		0	A	1		2.113	0.046	
Threonine g	0.695		0	A	1		9.010	0.197	
Isoleucine g	0.761		0	A	1		9.875	0.216	
Leucine g	1.318		0	A	1		17.097	0.374	
Lysine g	1.435		0	A	1		18.613	0.407	

NDB No. 10088

Pork, fresh, spareribs, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.426		0	A	1		5.527	0.121	
Cystine....g	0.179		0	A	1		2.316	0.051	
Phenylalanine....g	0.650		0	A	1		8.436	0.184	
Tyrosine....g	0.589		0	A	1		7.637	0.167	
Valine....g	0.809		0	A	1		10.487	0.229	
Arginine....g	1.030		0	A	1		13.354	0.292	
Histidine....g	0.668		0	A	1		8.668	0.189	
Alanine....g	0.908		0	A	1		11.780	0.257	
Aspartic acid....g	1.514		0	A	1		19.632	0.429	
Glutamic acid....g	2.470		0	A	1		32.039	0.700	
Glycine....g	0.697		0	A	1		9.043	0.198	
Proline....g	0.626		0	A	1		8.114	0.177	
Serine....g	0.669		0	A	1		8.677	0.190	
Hydroxyproline....g	0.040		0	A	1		0.515	0.011	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1297g: 1 rack without refuse (Yield from 1 raw rack, with refuse, weighing 1852g)

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10097

Pork, fresh, variety meats and by-products, brain, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.88	0.442	4		1		289.86	64.50	
Energy....kcal	138		0	NC	4		527	117	
Energy....kJ	577				4		2206	491	
Protein (N x 6.25)....g	12.14	0.103	4		1		46.37	10.32	
Total lipid (fat)....g	9.51	0.821	4		1		36.33	8.08	
Ash....g	1.40	0.023	3		1		5.35	1.19	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0		1		34	8	
Iron, Fe....mg	1.82		0		1		6.95	1.55	
Magnesium, Mg....mg	12		0		1		46	10	
Phosphorus, P....mg	220		0		1		840	187	
Potassium, K....mg	195		0		1		745	166	
Sodium, Na....mg	91		0		1		348	77	
Zinc, Zn....mg	1.48		0		1		5.65	1.26	
Copper, Cu....mg	0.263		0		1		1.005	0.224	
Manganese, Mn....mg	0.085		0		4		0.325	0.072	
Selenium, Se....mcg	18.5		0	BFYN	4		70.7	15.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	14.0		0		1		53.5	11.9	
Thiamin....mg	0.078		0		1		0.298	0.066	
Riboflavin....mg	0.223		0		1		0.852	0.190	
Niacin....mg	3.330		0		1		12.721	2.831	
Pantothenic acid....mg	1.823		0		1		6.964	1.550	
Vitamin B-6....mg	0.140		0		1		0.535	0.119	
Folate, total....mcg	4		0		4		15	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		4		15	3	
Folate, DFE....mcg_DFE	4		0	NC	4		15	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.42		0		1		5.42	1.21	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.150		0		1		8.213	1.828	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 10097

Pork, fresh, variety meats and by-products, brain, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.040		0		1		0.153	0.034	
15:0....g									
16:0....g	1.060		0		1		4.049	0.901	
17:0....g									
18:0....g	1.030		0		1		3.935	0.876	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.720		0		1		6.570	1.462	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.130		0		1		0.497	0.111	
17:1....g									
18:1 undifferentiated....g	1.100		0		1		4.202	0.935	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.470		0		1		5.615	1.250	
18:2 undifferentiated....g	0.090		0		1		0.344	0.077	
18:3 undifferentiated....g	0.120		0		1		0.458	0.102	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.490		0		1		1.872	0.417	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g	0.220		0		1		0.840	0.187	
22:6 n-3 (DHA)....g	0.460		0		1		1.757	0.391	
Fatty acids, total trans....g									
Cholesterol....mg	2552		0		1		9749	2169	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.155		0		1		0.592	0.132	
Threonine....g	0.567		0		1		2.166	0.482	
Isoleucine....g	0.561		0		1		2.143	0.477	
Leucine....g	1.058		0		1		4.042	0.899	
Lysine....g	0.954		0		1		3.644	0.811	
Methionine....g	0.241		0		1		0.921	0.205	
Cystine....g	0.214		0		4		0.817	0.182	
Phenylalanine....g	0.618		0		1		2.361	0.525	
Tyrosine....g	0.509		0		1		1.944	0.433	
Valine....g	0.691		0		1		2.640	0.587	
Arginine....g	0.635		0		1		2.426	0.540	
Histidine....g	0.326		0		1		1.245	0.277	
Alanine....g	0.660		0		4		2.521	0.561	
Aspartic acid....g	1.214		0		1		4.637	1.032	
Glutamic acid....g	1.420		0		1		5.424	1.207	
Glycine....g	0.583		0		1		2.227	0.496	
Proline....g	0.660		0		4		2.521	0.561	
Serine....g	0.641		0		4		2.449	0.545	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 382g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

NDB No. 10097

Pork, fresh, variety meats and by-products, brain, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10096
Pork, fresh, variety meats and by-products, brain, raw

Refuse: 2% Blood clots and membrane

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.36	0.152	9		1		22.22	88.55	
Energy....kcal	127		0	NC	4		36	144	
Energy....kJ	531				4		151	600	
Protein (N x 6.25)....g	10.28	0.005	13		1		2.91	11.62	
Total lipid (fat)....g	9.21	0.206	8		1		2.61	10.41	
Ash....g	1.13	0.178	5		1		0.32	1.28	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10	1.445	3		1		3	11	
Iron, Fe....mg	1.60	0.131	5		1		0.45	1.81	
Magnesium, Mg....mg	14	1.350	3		1		4	16	
Phosphorus, P....mg	282	15.567	3		1		80	319	
Potassium, K....mg	258	28.903	6		1		73	292	
Sodium, Na....mg	120	12.242	5		1		34	136	
Zinc, Zn....mg	1.27		0		1		0.36	1.44	
Copper, Cu....mg	0.240		2		1		0.068	0.271	
Manganese, Mn....mg	0.094	0.005	16		1		0.027	0.106	
Selenium, Se....mcg	15.9		0	BFZN	4		4.5	18.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	13.5	0.805	5		1		3.8	15.3	
Thiamin....mg	0.155		2		1		0.044	0.175	
Riboflavin....mg	0.275		2		1		0.078	0.311	
Niacin....mg	4.275		2		1		1.212	4.831	
Pantothenic acid....mg	2.800		2		1		0.794	3.164	
Vitamin B-6....mg	0.190		1		1		0.054	0.215	
Folate, total....mcg	6		0		1		2	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0		1		2	7	
Folate, DFE....mcg_DFE	6		0	NC	4		2	7	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.19	0.407	3		1		0.62	2.47	
Vitamin A, RAE....mcg_RAE	0	0.000	3		1		0	0	
Retinol....mcg	0	0.000	3		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		3		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.079		0		1		0.589	2.349	
4:0....g									
6:0....g									
8:0....g									

NDB No. 10096
Pork, fresh, variety meats and by-products, brain, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.040		2		1		0.011	0.045	
15:0....g									
16:0....g	1.029		2		1		0.292	1.163	
17:0....g									
18:0....g	0.999		4		1		0.283	1.129	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.659		0		1		0.470	1.875	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.120		4		1		0.034	0.136	
17:1....g									
18:1 undifferentiated....g	1.069		4		1		0.303	1.208	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.429		0		1		0.405	1.615	
18:2 undifferentiated....g	0.090		4		1		0.026	0.102	
18:3 undifferentiated....g	0.120		2		1		0.034	0.136	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.470		4		1		0.133	0.531	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g	0.220		1		1		0.062	0.249	
22:6 n-3 (DHA)....g	0.450		1		1		0.128	0.509	
Fatty acids, total trans....g									
Cholesterol....mg	2195	249.128	27		1		622	2480	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.132		3		1		0.037	0.149	
Threonine....g	0.480		4		1		0.136	0.542	
Isoleucine....g	0.475		4		1		0.135	0.537	
Leucine....g	0.896		4		1		0.254	1.012	
Lysine....g	0.808		4		1		0.229	0.913	
Methionine....g	0.204		4		1		0.058	0.231	
Cystine....g									
Phenylalanine....g	0.523		4		1		0.148	0.591	
Tyrosine....g	0.431		1		1		0.122	0.487	
Valine....g	0.586		4		1		0.166	0.662	
Arginine....g	0.538		3		1		0.153	0.608	
Histidine....g	0.276		3		1		0.078	0.312	
Alanine....g									
Aspartic acid....g	1.028		1		1		0.291	1.162	
Glutamic acid....g	1.202		1		1		0.341	1.358	
Glycine....g	0.493		1		1		0.140	0.557	
Proline....g									
Serine....g									
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

NDB No. 10096

Pork, fresh, variety meats and by-products, brain, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10099

Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.87		1	A	1		57.69		
Energy....kcal	233		1	A	1		198		
Energy....kJ	975		0	A	1		829		
Protein (N x 6.25)....g	12.49		1	A	1		10.61		
Total lipid (fat)....g	20.32		1	A	1		17.27		
Ash....g	0.30		1	A	1		0.25		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	25		1	A	1		21		
Iron, Fe....mg	1.47		1	A	1		1.25		
Magnesium, Mg....mg	9		1	A	1		8		
Phosphorus, P....mg	66		1	A	1		56		
Potassium, K....mg	14		1	A	1		12		
Sodium, Na....mg	18		1	A	1		16		
Zinc, Zn....mg	1.85		1	A	1		1.57		
Copper, Cu....mg	0.046		1	A	1		0.039		
Manganese, Mn....mg	0.089		1	A	1		0.076		
Selenium, Se....mcg	27.0		1	A	1		23.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.014		1	A	1		0.012		
Riboflavin....mg	0.046		1	A	1		0.039		
Niacin....mg	0.087		1	A	1		0.074		
Pantothenic acid....mg	0.087		1	A	1		0.074		
Vitamin B-6....mg	0.000		1	A	1		0.000		
Folate, total....mcg	1		1	A	1		1		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	1		1	A	1		1		
Folate, DFE....mcg_DFE	1		0	NC	4		1		
Choline, total....mg	471.0		0	NR	4		400.4		
Betaine....mg									
Vitamin B-12....mcg	0.42		1	A	1		0.36		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		1	A	1		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.23		2	A	1		0.20		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		2	A	1		0.00		
Tocopherol, gamma....mg	0.03		2	A	1		0.03		
Tocopherol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	0.0		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	9.520		1	A	1		8.092		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 10099

Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.020		1	A	1		0.017		
10:0 g	0.000		1	A	1		0.000		
12:0 g	0.000		1	A	1		0.000		
13:0 g									
14:0 g	0.289		1	A	1		0.246		
15:0 g	0.000		1	A	1		0.000		
16:0 g	5.132		1	A	1		4.362		
17:0 g	0.156		1	A	1		0.133		
18:0 g	3.885		1	A	1		3.302		
20:0 g	0.034		1	A	1		0.029		
22:0 g	0.000		1	A	1		0.000		
24:0 g									
Fatty acids, total monounsaturated g	7.073		1	A	1		6.012		
14:1 g	0.000		1	A	1		0.000		
15:1 g	0.000		1	A	1		0.000		
16:1 undifferentiated g	0.368		1	A	1		0.313		
17:1 g									
18:1 undifferentiated g	6.572		1	A	1		5.586		
20:1 g	0.133		1	A	1		0.113		
22:1 undifferentiated g	0.000		0	Z	7		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	1.217		1	A	1		1.034		
18:2 undifferentiated g	0.980		1	A	1		0.833		
18:3 undifferentiated g	0.033		0	AS	1		0.028		
18:3 n-3 c,c,c (ALA) g	0.033		1	A	1		0.028		
18:3 n-6 c,c,c g	0.000		1	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.058		1	A	1		0.049		
20:3 undifferentiated g	0.000		1	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.146		1	A	1		0.124		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000		
Fatty acids, total trans g	0.000		1	A	1		0.000		
Cholesterol mg	277		1	A	1		235		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10098

Pork, fresh, variety meats and by-products, chitterlings, raw

Refuse: 18% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.11		1	A	1		21.58		
Energy....kcal	182		0	NC	4		52		
Energy....kJ	764		0	NC	4		216		
Protein (N x 6.25)....g	7.64		1	A	1		2.17		
Total lipid (fat)....g	16.61		1	A	1		4.71		
Ash....g	0.20		1	A	1		0.06		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	A	1		4		
Iron, Fe....mg	1.02		1	A	1		0.29		
Magnesium, Mg....mg	6		1	A	1		2		
Phosphorus, P....mg	48		1	A	1		14		
Potassium, K....mg	18		1	A	1		5		
Sodium, Na....mg	24		1	A	1		7		
Zinc, Zn....mg	1.02		1	A	1		0.29		
Copper, Cu....mg	0.076		1	A	1		0.022		
Manganese, Mn....mg	0.051		1	A	1		0.014		
Selenium, Se....mcg	15.1		1	A	1		4.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1		1	A	1		0.3		
Thiamin....mg	0.020		1	A	1		0.006		
Riboflavin....mg	0.091		1	A	1		0.026		
Niacin....mg	0.215		1	A	1		0.061		
Pantothenic acid....mg	0.227		1	A	1		0.064		
Vitamin B-6....mg	0.014		1	A	1		0.004		
Folate, total....mcg	3		1	A	1		1		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	3		1	A	1		1		
Folate, DFE....mcg_DFE	3		0	NC	4		1		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.82		1	A	1		0.23		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		1	A	1		0		
Carotene, beta....mcg	0		1	A	1		0		
Carotene, alpha....mcg	0		1	A	1		0		
Cryptoxanthin, beta....mcg	0		1	A	1		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		1	A	1		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.18		2	A	1		0.05		
Tocopherol, beta....mg	0.00		2	A	1		0.00		
Tocopherol, gamma....mg	0.02		2	A	1		0.01		
Tocopherol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	7.619		1	A	1		2.160		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		1	A	1		0.000		

NDB No. 10098

Pork, fresh, variety meats and by-products, chitterlings, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		1	A	1		0.000		
12:0 ... g	0.000		1	A	1		0.000		
13:0 ... g									
14:0 ... g	0.232		1	A	1		0.066		
15:0 ... g	0.020		1	A	1		0.006		
16:0 ... g	4.057		1	A	1		1.150		
17:0 ... g	0.133		1	A	1		0.038		
18:0 ... g	3.152		1	A	1		0.894		
20:0 ... g	0.025		1	A	1		0.007		
22:0 ... g	0.000		1	A	1		0.000		
24:0 ... g									
Fatty acids, total monounsaturated ... g	5.367		1	A	1		1.522		
14:1 ... g	0.000		1	A	1		0.000		
15:1 ... g	0.000		1	A	1		0.000		
16:1 undifferentiated ... g	0.263		1	A	1		0.075		
17:1 ... g									
18:1 undifferentiated ... g	4.994		1	A	1		1.416		
20:1 ... g	0.110		1	A	1		0.031		
22:1 undifferentiated ... g	0.000		0	Z	7		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.968		1	A	1		0.274		
18:2 undifferentiated ... g	0.799		1	A	1		0.227		
18:3 undifferentiated ... g	0.028		0	AS	1		0.008		
18:3 n-3 c,c,c (ALA) ... g	0.028		1	A	1		0.008		
18:3 n-6 c,c,c ... g	0.000		1	A	1		0.000		
18:3i ... g									
18:4 ... g	0.000		0	Z	7		0.000		
20:2 n-6 c,c ... g	0.046		1	A	1		0.013		
20:3 undifferentiated ... g	0.000		1	A	1		0.000		
20:3 n-3 ... g									
20:3 n-6 ... g									
20:4 undifferentiated ... g	0.095		1	A	1		0.027		
20:4 n-3 ... g									
20:4 n-6 ... g									
20:5 n-3 (EPA) ... g	0.000		0	Z	7		0.000		
21:5 ... g									
22:4 ... g									
22:5 n-3 (DPA) ... g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA) ... g	0.000		0	Z	7		0.000		
Fatty acids, total trans ... g	0.000		1	A	1		0.000		
Cholesterol ... mg	154		1	A	1		44		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10101

Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.65		2		1		80.64	306.58	
Energy....kcal	166		0	NC	4		184	701	
Energy....kJ	695				4		771	2931	
Protein (N x 6.25)....g	15.95		2		1		17.70	67.31	
Total lipid (fat)....g	10.80		2		1		11.99	45.58	
Ash....g	0.40		1		1		0.44	1.69	
Carbohydrate, by difference....g	0.20		0	NC	4		0.22	0.84	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	18		1		1		20	76	
Iron, Fe....mg	1.50		1		1		1.67	6.33	
Magnesium, Mg....mg	7		1		1		8	30	
Phosphorus, P....mg	24		1		1		27	101	
Potassium, K....mg	40		1		1		44	169	
Sodium, Na....mg	167		1		1		185	705	
Zinc, Zn....mg	0.20		0		4		0.22	0.84	
Copper, Cu....mg	0.006		0		4		0.007	0.025	
Manganese, Mn....mg	0.010		0		4		0.011	0.042	
Selenium, Se....mcg	4.4		0	BFYN	4		4.9	18.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.020		1		1		0.022	0.084	
Riboflavin....mg	0.070		1		1		0.078	0.295	
Niacin....mg	0.560		1		1		0.622	2.363	
Pantothenic acid....mg	0.037		0		4		0.041	0.156	
Vitamin B-6....mg	0.010		0		4		0.011	0.042	
Folate, total....mcg	0		0		4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.04		0		4		0.04	0.17	
Vitamin A, RAE....mcg_RAE	0		1		1		0	0	
Retinol....mcg	0		1		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		1		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.860		0		4		4.285	16.289	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 10101

Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		4		0.000	0.000	
12:0 ... g	0.010		0		4		0.011	0.042	
13:0 ... g									
14:0 ... g	0.140		0		4		0.155	0.591	
15:0 ... g									
16:0 ... g	2.420		0		4		2.686	10.212	
17:0 ... g									
18:0 ... g	1.290		0		4		1.432	5.444	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.910		0		4		5.450	20.720	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.310		0		4		0.344	1.308	
17:1 ... g									
18:1 undifferentiated ... g	4.600		0		4		5.106	19.412	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.150		0		4		1.277	4.853	
18:2 undifferentiated ... g	1.010		0		4		1.121	4.262	
18:3 undifferentiated ... g	0.090		0		4		0.100	0.380	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.050		0		4		0.056	0.211	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	90		1		1		100	380	
Phytosterols ... mg	0		0		4		0	0	
Amino Acids:									
Tryptophan ... g	0.031		1		1		0.034	0.131	
Threonine ... g	0.477		1		1		0.529	2.013	
Isoleucine ... g	0.365		1		1		0.405	1.540	
Leucine ... g	0.875		1		1		0.971	3.693	
Lysine ... g	0.732		1		1		0.813	3.089	
Methionine ... g	0.128		1		1		0.142	0.540	
Cystine ... g	0.142		0		4		0.158	0.599	
Phenylalanine ... g	0.510		1		1		0.566	2.152	
Tyrosine ... g	0.319		1		1		0.354	1.346	
Valine ... g	0.638		1		1		0.708	2.692	
Arginine ... g	1.276		1		1		1.416	5.385	
Histidine ... g	0.191		1		1		0.212	0.806	
Alanine ... g	1.531		1		1		1.699	6.461	
Aspartic acid ... g	1.179		1		1		1.309	4.975	
Glutamic acid ... g	2.008		1		1		2.229	8.474	
Glycine ... g	3.142		1		1		3.488	13.259	
Proline ... g	1.914		1		1		2.125	8.077	
Serine ... g	0.684		1		1		0.759	2.886	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10101

Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered

Common Measures:

Measure 1 = 111g: 1 ear (yield after cooking)

Measure 2 = 422g: 1 unit, cooked (yield from 1 lb raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10100
Pork, fresh, variety meats and by-products, ears, frozen, raw

Refuse: 5% Thaw juice and trim

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.25		2		1		17.36	69.21	
Energy....kcal	234		0	NC	4		66	264	
Energy....kJ	979				4		278	1106	
Protein (N x 6.25)....g	22.45		2		1		6.36	25.37	
Total lipid (fat)....g	15.10		2		1		4.28	17.06	
Ash....g	0.60		1		1		0.17	0.68	
Carbohydrate, by difference....g	0.60		0	NC	4		0.17	0.68	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	21		1		1		6	24	
Iron, Fe....mg	2.40		1		1		0.68	2.71	
Magnesium, Mg....mg	7		1		1		2	8	
Phosphorus, P....mg	41		1		1		12	46	
Potassium, K....mg	55		1		1		16	62	
Sodium, Na....mg	191		1		1		54	216	
Zinc, Zn....mg	0.19		0		4		0.05	0.21	
Copper, Cu....mg	0.006		0		4		0.002	0.007	
Manganese, Mn....mg	0.012		0		4		0.003	0.014	
Selenium, Se....mcg	4.3		0	BFZN	4		1.2	4.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.080		1		1		0.023	0.090	
Riboflavin....mg	0.110		1		1		0.031	0.124	
Niacin....mg	0.780		1		1		0.221	0.881	
Pantothenic acid....mg	0.068		0		4		0.019	0.077	
Vitamin B-6....mg	0.020		0		4		0.006	0.023	
Folate, total....mcg	0		0		4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.07		0		4		0.02	0.08	
Vitamin A, RAE....mcg_RAE	0		1		1		0	0	
Retinol....mcg	0		1		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		1		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.390		0		4		1.528	6.091	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 10100
Pork, fresh, variety meats and by-products, ears, frozen, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.010		0		4		0.003	0.011	
13:0 g									
14:0 g	0.200		0		4		0.057	0.226	
15:0 g									
16:0 g	3.380		0		4		0.958	3.819	
17:0 g									
18:0 g	1.800		0		4		0.510	2.034	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.860		0		4		1.945	7.752	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.430		0		4		0.122	0.486	
17:1 g									
18:1 undifferentiated g	6.430		0		4		1.823	7.266	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.610		0		4		0.456	1.819	
18:2 undifferentiated g	1.410		0		4		0.400	1.593	
18:3 undifferentiated g	0.130		0		4		0.037	0.147	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070		0		4		0.020	0.079	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	82		1		1		23	93	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.043		1		1		0.012	0.049	
Threonine g	0.629		1		1		0.178	0.711	
Isoleucine g	0.492		1		1		0.139	0.556	
Leucine g	1.167		1		1		0.331	1.319	
Lysine g	1.052		1		1		0.298	1.189	
Methionine g	0.133		1		1		0.038	0.150	
Cystine g	0.200		0		4		0.057	0.226	
Phenylalanine g	0.718		1		1		0.204	0.811	
Tyrosine g	0.402		1		1		0.114	0.454	
Valine g	0.830		1		1		0.235	0.938	
Arginine g	1.861		1		1		0.528	2.103	
Histidine g	0.269		1		1		0.076	0.304	
Alanine g	2.220		1		1		0.629	2.509	
Aspartic acid g	1.660		1		1		0.471	1.876	
Glutamic acid g	2.805		1		1		0.795	3.170	
Glycine g	4.400		1		1		1.247	4.972	
Proline g	2.848		1		1		0.807	3.218	
Serine g	0.941		1		1		0.267	1.063	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10100

Pork, fresh, variety meats and by-products, ears, frozen, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 1 ear

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10173

Pork, fresh, variety meats and by-products, feet, cooked, simmered

Refuse: 60% Bone and hard tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.85		1	A	1		53.42		
Energy....kcal	232		1	A	1		197		
Energy....kJ	971		0	A	1		825		
Protein (N x 6.25)....g	21.94		1	A	1		18.65		
Total lipid (fat)....g	16.05		1	A	1		13.64		
Ash....g	0.66		1	A	1		0.56		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	A	1		0		
Iron, Fe....mg	0.98		1	A	1		0.83		
Magnesium, Mg....mg	5		1	A	1		5		
Phosphorus, P....mg	82		1	A	1		70		
Potassium, K....mg	33		1	A	1		28		
Sodium, Na....mg	73		1	A	1		62		
Zinc, Zn....mg	1.05		1	A	1		0.89		
Copper, Cu....mg	0.062		1	A	1		0.053		
Manganese, Mn....mg	0.018		1	A	1		0.015		
Selenium, Se....mcg	23.0		1	A	1		19.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg	0.016		1	A	1		0.014		
Riboflavin....mg	0.057		1	A	1		0.048		
Niacin....mg	0.585		1	A	1		0.497		
Pantothenic acid....mg	0.240		1	A	1		0.204		
Vitamin B-6....mg	0.038		1	A	1		0.032		
Folate, total....mcg	2		1	A	1		2		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	2		1	A	1		2		
Folate, DFE....mcg_DFE	2		0	NC	4		2		
Choline, total....mg	75.4		0	BFPN	4		64.1		
Betaine....mg	2.9		0	BFPN	4		2.5		
Vitamin B-12....mcg	0.41		1	A	1		0.35		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		1	A	1		0		
Carotene, beta....mcg	0		1	A	1		0		
Carotene, alpha....mcg	0		1	A	1		0		
Cryptoxanthin, beta....mcg	0		1	A	1		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		1	A	1		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.09		2	A	1		0.08		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		2	A	1		0.00		
Tocopherol, gamma....mg	0.03		2	A	1		0.03		
Tocopherol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	0.0		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	4.343		1	A	1		3.692		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 10173

Pork, fresh, variety meats and by-products, feet, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.000		1	A	1		0.000		
12:0 g	0.000		1	A	1		0.000		
13:0 g									
14:0 g	0.189		1	A	1		0.161		
15:0 g	0.000		1	A	1		0.000		
16:0 g	3.019		1	A	1		2.566		
17:0 g	0.041		1	A	1		0.035		
18:0 g	1.094		1	A	1		0.930		
20:0 g	0.000		1	A	1		0.000		
22:0 g	0.000		1	A	1		0.000		
24:0 g									
Fatty acids, total monounsaturated g	8.005		1	A	1		6.804		
14:1 g	0.000		1	A	1		0.000		
15:1 g	0.000		1	A	1		0.000		
16:1 undifferentiated g	0.612		1	A	1		0.520		
17:1 g									
18:1 undifferentiated g	7.232		1	A	1		6.147		
20:1 g	0.161		1	A	1		0.137		
22:1 undifferentiated g	0.000		0	Z	7		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	1.540		1	A	1		1.309		
18:2 undifferentiated g	1.319		1	A	1		1.121		
18:3 undifferentiated g	0.064		0	A	1		0.054		
18:3 n-3 c,c,c (ALA) g	0.064		1	A	1		0.054		
18:3 n-6 c,c,c g	0.000		1	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.081		1	A	1		0.069		
20:3 undifferentiated g	0.000		1	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.076		1	A	1		0.065		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000		
Fatty acids, total trans g	0.000		1	A	1		0.000		
Cholesterol mg	107		1	A	1		91		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10102
Pork, fresh, variety meats and by-products, feet, raw

Refuse: 29% Bone and hard tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.99		1	A	1		18.42		
Energy....kcal	212		0	NC	4		60		
Energy....kJ	889		0	NC	4		252		
Protein (N x 6.25)....g	23.16		1	A	1		6.57		
Total lipid (fat)....g	12.59		1	A	1		3.57		
Ash....g	0.68		1	A	1		0.19		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	70		1	A	1		20		
Iron, Fe....mg	0.58		1	A	1		0.16		
Magnesium, Mg....mg	6		1	A	1		2		
Phosphorus, P....mg	75		1	A	1		21		
Potassium, K....mg	63		1	A	1		18		
Sodium, Na....mg	132		1	A	1		37		
Zinc, Zn....mg	0.76		1	A	1		0.22		
Copper, Cu....mg	0.070		1	A	1		0.020		
Manganese, Mn....mg	0.000		1	A	1		0.000		
Selenium, Se....mcg	23.3		1	A	1		6.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg	0.026		1	A	1		0.007		
Riboflavin....mg	0.106		1	A	1		0.030		
Niacin....mg	1.130		1	A	1		0.320		
Pantothenic acid....mg	0.303		1	A	1		0.086		
Vitamin B-6....mg	0.053		1	A	1		0.015		
Folate, total....mcg	10		1	A	1		3		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	10		1	A	1		3		
Folate, DFE....mcg_DFE	10		0	NC	4		3		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.52		1	A	1		0.15		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		1	A	1		0		
Carotene, beta....mcg	0		1	A	1		0		
Carotene, alpha....mcg	0		1	A	1		0		
Cryptoxanthin, beta....mcg	0		1	A	1		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		1	A	1		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.02		2	A	1		0.01		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		2	A	1		0.00		
Tocopherol, gamma....mg	0.00		2	A	1		0.00		
Tocopherol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	3.570		1	A	1		1.012		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 10102

Pork, fresh, variety meats and by-products, feet, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	Z	7		0.000		
8:0 ... g	0.000		1	A	1		0.000		
10:0 ... g	0.011		1	A	1		0.003		
12:0 ... g	0.000		1	A	1		0.000		
13:0 ... g									
14:0 ... g	0.154		1	A	1		0.044		
15:0 ... g	0.000		1	A	1		0.000		
16:0 ... g	2.464		1	A	1		0.699		
17:0 ... g	0.022		1	A	1		0.006		
18:0 ... g	0.905		1	A	1		0.257		
20:0 ... g	0.014		1	A	1		0.004		
22:0 ... g	0.000		1	A	1		0.000		
24:0 ... g									
Fatty acids, total monounsaturated ... g	6.289		1	A	1		1.783		
14:1 ... g	0.000		1	A	1		0.000		
15:1 ... g	0.000		1	A	1		0.000		
16:1 undifferentiated ... g	0.493		1	A	1		0.140		
17:1 ... g									
18:1 undifferentiated ... g	5.682		1	A	1		1.611		
20:1 ... g	0.114		1	A	1		0.032		
22:1 undifferentiated ... g	0.000		0	Z	7		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.092		1	A	1		0.310		
18:2 undifferentiated ... g	0.930		1	A	1		0.264		
18:3 undifferentiated ... g	0.043		0	AS	1		0.012		
18:3 n-3 c,c,c (ALA) ... g	0.043		1	A	1		0.012		
18:3 n-6 c,c,c ... g	0.000		1	A	1		0.000		
18:3i ... g									
18:4 ... g	0.000		0	Z	7		0.000		
20:2 n-6 c,c ... g	0.054		1	A	1		0.015		
20:3 undifferentiated ... g	0.012		1	A	1		0.003		
20:3 n-3 ... g									
20:3 n-6 ... g									
20:4 undifferentiated ... g	0.053		1	A	1		0.015		
20:4 n-3 ... g									
20:4 n-6 ... g									
20:5 n-3 (EPA) ... g	0.000		0	Z	7		0.000		
21:5 ... g									
22:4 ... g									
22:5 n-3 (DPA) ... g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA) ... g	0.000		0	Z	7		0.000		
Fatty acids, total trans ... g	0.000		1	A	1		0.000		
Cholesterol ... mg	88		1	A	1		25		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10104

Pork, fresh, variety meats and by-products, heart, cooked, braised

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.08	0.693	8		1		98.72	87.82	
Energy	kcal	148		0	NC	4		215	191	
Energy	kJ	619				4		898	799	
Protein (N x 6.25)	g	23.60	0.462	3		1		34.22	30.44	
Total lipid (fat)	g	5.05	0.208	8		1		7.32	6.51	
Ash	g	1.00	0.000	3		1		1.45	1.29	
Carbohydrate, by difference	g	0.40		0	NC	4		0.58	0.52	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0		1		10	9	
Iron, Fe	mg	5.83		0		1		8.45	7.52	
Magnesium, Mg	mg	24		0		1		35	31	
Phosphorus, P	mg	178		0		1		258	230	
Potassium, K	mg	206		0		1		299	266	
Sodium, Na	mg	35		0		1		51	45	
Zinc, Zn	mg	3.09		0		1		4.48	3.99	
Copper, Cu	mg	0.508		0		1		0.737	0.655	
Manganese, Mn	mg	0.073		0		1		0.106	0.094	
Selenium, Se	mcg	18.3		0	BFYN	4		26.5	23.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0		1		2.9	2.6	
Thiamin	mg	0.555	0.039	5		1		0.805	0.716	
Riboflavin	mg	1.702	0.093	5		1		2.468	2.196	
Niacin	mg	6.050		0		1		8.773	7.805	
Pantothenic acid	mg	2.470		0		1		3.582	3.186	
Vitamin B-6	mg	0.390		0		1		0.566	0.503	
Folate, total	mcg	4		0		1		6	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		6	5	
Folate, DFE	mcg_DFE	4		0	NC	4		6	5	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	3.79		0		1		5.50	4.89	
Vitamin A, RAE	mcg_RAE	7		0		1		10	9	
Retinol	mcg	7		0		1		10	9	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	22		0		1		32	28	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.340		0		1		1.943	1.729	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	

NDB No. 10104

Pork, fresh, variety meats and by-products, heart, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		1		0.000	0.000	
12:0 ... g	0.010		0		1		0.015	0.013	
13:0 ... g									
14:0 ... g	0.100		0		1		0.145	0.129	
15:0 ... g									
16:0 ... g	0.690		0		1		1.001	0.890	
17:0 ... g									
18:0 ... g	0.520		0		1		0.754	0.671	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.180		0		1		1.711	1.522	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.110		0		1		0.160	0.142	
17:1 ... g									
18:1 undifferentiated ... g	1.050		0		1		1.523	1.355	
20:1 ... g	0.020		0		1		0.029	0.026	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.300		0		1		1.885	1.677	
18:2 undifferentiated ... g	0.890		0		1		1.291	1.148	
18:3 undifferentiated ... g	0.100		0		1		0.145	0.129	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.310		0		1		0.450	0.400	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	221		0		1		320	285	
Phytosterols ... mg	0		0		4		0	0	
Amino Acids:									
Tryptophan ... g	0.272		4		1		0.394	0.351	
Threonine ... g	1.035		11		1		1.501	1.335	
Isoleucine ... g	1.137		9		1		1.649	1.467	
Leucine ... g	2.130		9		1		3.089	2.748	
Lysine ... g	1.952		9		1		2.830	2.518	
Methionine ... g	0.604		9		1		0.876	0.779	
Cystine ... g	0.423		1		1		0.613	0.546	
Phenylalanine ... g	1.042		9		1		1.511	1.344	
Tyrosine ... g	0.808		5		1		1.172	1.042	
Valine ... g	1.250		9		1		1.813	1.613	
Arginine ... g	1.586		9		1		2.300	2.046	
Histidine ... g	0.600		9		1		0.870	0.774	
Alanine ... g	1.514		5		1		2.195	1.953	
Aspartic acid ... g	2.137		6		1		3.099	2.757	
Glutamic acid ... g	3.787		6		1		5.491	4.885	
Glycine ... g	1.284		6		1		1.862	1.656	
Proline ... g	1.087		5		1		1.576	1.402	
Serine ... g	1.110		5		1		1.610	1.432	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 145g: 1 cup

Measure 2 = 129g: 1 heart

NDB No. 10104

Pork, fresh, variety meats and by-products, heart, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10103

Pork, fresh, variety meats and by-products, heart, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.21	0.265	30		1		21.61	172.23	
Energy	kcal	118		0	NC	4		33	267	
Energy	kJ	494		0		4		140	1116	
Protein (N x 6.25)	g	17.27	0.118	23		1		4.90	39.03	
Total lipid (fat)	g	4.36	0.250	35		1		1.24	9.85	
Ash	g	0.84	0.045	7		1		0.24	1.90	
Carbohydrate, by difference	g	1.33		0	NC	4		0.38	3.01	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	5	0.163	8		1		1	11	
Iron, Fe	mg	4.68	0.345	10		1		1.33	10.58	
Magnesium, Mg	mg	19	1.211	10		1		5	43	
Phosphorus, P	mg	169	12.008	7		1		48	382	
Potassium, K	mg	294	8.883	9		1		83	664	
Sodium, Na	mg	56	2.517	3		1		16	127	
Zinc, Zn	mg	2.80	0.256	10		1		0.79	6.33	
Copper, Cu	mg	0.408	0.042	7		1		0.116	0.922	
Manganese, Mn	mg	0.063	0.003	4		1		0.018	0.142	
Selenium, Se	mcg	10.4		0	BFZN	4		2.9	23.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.3	0.650	10		1		1.5	12.0	
Thiamin	mg	0.613	0.069	17		1		0.174	1.385	
Riboflavin	mg	1.185	0.076	15		1		0.336	2.678	
Niacin	mg	6.765	0.439	6		1		1.918	15.289	
Pantothenic acid	mg	2.515		2		1		0.713	5.684	
Vitamin B-6	mg	0.390	0.015	3		1		0.111	0.881	
Folate, total	mcg	4	1.100	4		1		1	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4	1.100	4		1		1	9	
Folate, DFE	mcg_DFE	4		0	NC	4		1	9	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	3.79	0.265	3		1		1.07	8.57	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	8	3.973	3		1		2	17	
Retinol	mcg	8		0	NR	4		2	17	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	25	13.229	3		1		7	57	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.63		0	NR	4		0.18	1.42	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.160		0		1		0.329	2.622	
4:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 10103
Pork, fresh, variety meats and by-products, heart, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		2		1		0.000	0.000	
12:0....g	0.010		2		1		0.003	0.023	
13:0....g									
14:0....g	0.080	0.047	4		1		0.023	0.181	
15:0....g									
16:0....g	0.590	0.100	5		1		0.167	1.333	
17:0....g									
18:0....g	0.450	0.080	5		1		0.128	1.017	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.020		0		1		0.289	2.305	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.100	0.031	5		1		0.028	0.226	
17:1....g									
18:1 undifferentiated....g	0.900	0.227	5		1		0.255	2.034	
20:1....g	0.018		2		1		0.005	0.041	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.120		0		1		0.318	2.531	
18:2 undifferentiated....g	0.770	0.205	5		1		0.218	1.740	
18:3 undifferentiated....g	0.080	0.084	3		1		0.023	0.181	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.270	0.091	4		1		0.077	0.610	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	131	12.852	32		1		37	296	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.199		4		1		0.056	0.450	
Threonine....g	0.757		11		1		0.215	1.711	
Isoleucine....g	0.831		9		1		0.236	1.878	
Leucine....g	1.558		9		1		0.442	3.521	
Lysine....g	1.428		9		1		0.405	3.227	
Methionine....g	0.442		9		1		0.125	0.999	
Cystine....g	0.309		0		4		0.088	0.698	
Phenylalanine....g	0.762		9		1		0.216	1.722	
Tyrosine....g	0.591		5		1		0.168	1.336	
Valine....g	0.914		9		1		0.259	2.066	
Arginine....g	1.160		9		1		0.329	2.622	
Histidine....g	0.439		9		1		0.124	0.992	
Alanine....g	1.108		5		1		0.314	2.504	
Aspartic acid....g	1.563		6		1		0.443	3.532	
Glutamic acid....g	2.770		6		1		0.785	6.260	
Glycine....g	0.939		6		1		0.266	2.122	
Proline....g	0.795		5		1		0.225	1.797	
Serine....g	0.812		5		1		0.230	1.835	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10103

Pork, fresh, variety meats and by-products, heart, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 226g: 1 heart

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10105
Pork, fresh, variety meats and by-products, jowl, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	22.19	1.004	8		1		6.29	25.07	
Energy....kcal	655		0	NC	4		186	740	
Energy....kJ	2741		0		4		777	3097	
Protein (N x 6.25)....g	6.38	0.479	8		1		1.81	7.21	
Total lipid (fat)....g	69.61	1.951	8		1		19.73	78.66	
Ash....g	0.32	0.022	8		1		0.09	0.36	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0		1		1	5	
Iron, Fe....mg	0.42		0		1		0.12	0.47	
Magnesium, Mg....mg	3		0		1		1	3	
Phosphorus, P....mg	86		0		1		24	97	
Potassium, K....mg	148		0		1		42	167	
Sodium, Na....mg	25		0		1		7	28	
Zinc, Zn....mg	0.84		0		4		0.24	0.95	
Copper, Cu....mg	0.040		0		1		0.011	0.045	
Manganese, Mn....mg	0.005		0		1		0.001	0.006	
Selenium, Se....mcg	1.5		0	BFNN	4		0.4	1.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.386		0		1		0.109	0.436	
Riboflavin....mg	0.236		0		1		0.067	0.267	
Niacin....mg	4.535		0		1		1.286	5.125	
Pantothenic acid....mg	0.250		0		1		0.071	0.283	
Vitamin B-6....mg	0.090		0		1		0.026	0.102	
Folate, total....mcg	1		0		1		0	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0		1		0	1	
Folate, DFE....mcg_DFE	1		0	NC	4		0	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.82		0		1		0.23	0.93	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	3		0		1		1	3	
Retinol....mcg	3		0	NR	4		1	3	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	9		0		1		3	10	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.29		0	NR	4		0.08	0.33	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	25.260		0		1		7.161	28.544	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10105
Pork, fresh, variety meats and by-products, jowl, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.050		0		1		0.014	0.057	
12:0 g	0.150		0		1		0.043	0.170	
13:0 g									
14:0 g	0.880		0		1		0.249	0.994	
15:0 g									
16:0 g	15.240		0		1		4.321	17.221	
17:0 g									
18:0 g	8.940		0		1		2.534	10.102	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	32.890		0		1		9.324	37.166	
14:1 g									
15:1 g									
16:1 undifferentiated g	2.160		0		1		0.612	2.441	
17:1 g									
18:1 undifferentiated g	30.170		0		1		8.553	34.092	
20:1 g	0.560		0		1		0.159	0.633	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	8.110		0		1		2.299	9.164	
18:2 undifferentiated g	7.450		0		1		2.112	8.419	
18:3 undifferentiated g	0.580		0		1		0.164	0.655	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		0		1		0.023	0.090	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	90		0		1		26	102	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.021		0		1		0.006	0.024	
Threonine g	0.210		0		1		0.060	0.237	
Isoleucine g	0.168		0		1		0.048	0.190	
Leucine g	0.446		0		1		0.126	0.504	
Lysine g	0.528		0		1		0.150	0.597	
Methionine g	0.095		0		1		0.027	0.107	
Cystine g	0.056		0		1		0.016	0.063	
Phenylalanine g	0.239		0		1		0.068	0.270	
Tyrosine g	0.104		0		1		0.029	0.118	
Valine g	0.305		0		1		0.086	0.345	
Arginine g	0.659		0		1		0.187	0.745	
Histidine g	0.072		0		1		0.020	0.081	
Alanine g	0.378		0		4		0.107	0.427	
Aspartic acid g	0.592		0		4		0.168	0.669	
Glutamic acid g	0.991		0		4		0.281	1.120	
Glycine g	0.291		0		4		0.082	0.329	
Proline g	0.242		0		4		0.069	0.273	
Serine g	0.262		0		4		0.074	0.296	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10105

Pork, fresh, variety meats and by-products, jowl, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10107

Pork, fresh, variety meats and by-products, kidneys, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.70	0.231	3		1		96.18	58.40	
Energy....kcal	151		0	NC	4		211	128	
Energy....kJ	632				4		884	537	
Protein (N x 6.25)....g	25.40	0.173	3		1		35.56	21.59	
Total lipid (fat)....g	4.70	0.289	3		1		6.58	4.00	
Ash....g	1.30	0.023	3		1		1.82	1.11	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0		1		18	11	
Iron, Fe....mg	5.29		0		1		7.41	4.50	
Magnesium, Mg....mg	18		0		1		25	15	
Phosphorus, P....mg	240		0		1		336	204	
Potassium, K....mg	143		0		1		200	122	
Sodium, Na....mg	80		0		1		112	68	
Zinc, Zn....mg	4.15		0		1		5.81	3.53	
Copper, Cu....mg	0.683		0		1		0.956	0.581	
Manganese, Mn....mg	0.149		0		1		0.209	0.127	
Selenium, Se....mcg	311.5		0	BFZN	4		436.1	264.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	10.6		0		1		14.8	9.0	
Thiamin....mg	0.396		0		1		0.554	0.337	
Riboflavin....mg	1.586		0		1		2.220	1.348	
Niacin....mg	5.785		0		4		8.099	4.917	
Pantothenic acid....mg	2.873		0		1		4.022	2.442	
Vitamin B-6....mg	0.460		0		1		0.644	0.391	
Folate, total....mcg	41		0		1		57	35	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	41		0		1		57	35	
Folate, DFE....mcg_DFE	41		0	NC	4		57	35	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	7.79		0		1		10.91	6.62	
Vitamin A, RAE....mcg_RAE	78		0		1		109	66	
Retinol....mcg	78		0		1		109	66	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	260		0		1		364	221	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.510		0		1		2.114	1.284	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 10107

Pork, fresh, variety meats and by-products, kidneys, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		1		0.000	0.000	
12:0 ... g	0.010		0		1		0.014	0.009	
13:0 ... g									
14:0 ... g	0.050		0		1		0.070	0.043	
15:0 ... g									
16:0 ... g	0.850		0		1		1.190	0.723	
17:0 ... g									
18:0 ... g	0.600		0		1		0.840	0.510	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.550		0		1		2.170	1.318	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.120		0		1		0.168	0.102	
17:1 ... g									
18:1 undifferentiated ... g	1.400		0		1		1.960	1.190	
20:1 ... g	0.020		0		1		0.028	0.017	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.380		0		1		0.532	0.323	
18:2 undifferentiated ... g	0.250		0		1		0.350	0.213	
18:3 undifferentiated ... g	0.010		0		1		0.014	0.009	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.120		0		1		0.168	0.102	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	480		0		1		672	408	
Phytosterols ... mg	0		0		4		0	0	
Amino Acids:									
Tryptophan ... g	0.329		0		1		0.461	0.280	
Threonine ... g	1.053		0		1		1.474	0.895	
Isoleucine ... g	1.357		0		1		1.900	1.153	
Leucine ... g	2.280		0		1		3.192	1.938	
Lysine ... g	1.829		0		1		2.561	1.555	
Methionine ... g	0.545		0		1		0.763	0.463	
Cystine ... g	0.557		0		1		0.780	0.473	
Phenylalanine ... g	1.199		0		1		1.679	1.019	
Tyrosine ... g	0.914		0		1		1.280	0.777	
Valine ... g	1.463		0		1		2.048	1.244	
Arginine ... g	1.561		0		1		2.185	1.327	
Histidine ... g	0.610		0		1		0.854	0.519	
Alanine ... g	1.597		0		1		2.236	1.357	
Aspartic acid ... g	2.386		0		1		3.340	2.028	
Glutamic acid ... g	3.032		0		1		4.245	2.577	
Glycine ... g	1.609		0		1		2.253	1.368	
Proline ... g	1.573		0		1		2.202	1.337	
Serine ... g	1.345		0		1		1.883	1.143	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 85g: 3 oz

NDB No. 10107

Pork, fresh, variety meats and by-products, kidneys, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10106

Pork, fresh, variety meats and by-products, kidneys, raw

Refuse: 7% Fat, veins, and membranes

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.06	0.181	87		1		22.70	186.54	
Energy	kcal	100		0	NC	4		28	233	
Energy	kJ	418				4		119	975	
Protein (N x 6.25)	g	16.46	0.372	9		1		4.67	38.35	
Total lipid (fat)	g	3.25	0.298	10		1		0.92	7.57	
Ash	g	1.17	0.029	10		1		0.33	2.73	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9	0.552	12		1		3	21	
Iron, Fe	mg	4.89	0.184	83		1		1.39	11.39	
Magnesium, Mg	mg	17	0.213	11		1		5	40	
Phosphorus, P	mg	204	7.975	8		1		58	475	
Potassium, K	mg	229	8.971	12		1		65	534	
Sodium, Na	mg	121	12.756	4		1		34	282	
Zinc, Zn	mg	2.75	0.076	52		1		0.78	6.41	
Copper, Cu	mg	0.622	0.014	447		1		0.176	1.449	
Manganese, Mn	mg	0.123	0.014	3		1		0.035	0.287	
Selenium, Se	mcg	190.0		1	A	1		53.9	442.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	13.3	1.750	9		1		3.8	31.0	
Thiamin	mg	0.340	0.033	9		1		0.096	0.792	
Riboflavin	mg	1.697	0.159	8		1		0.481	3.954	
Niacin	mg	8.207	0.281	12		1		2.327	19.122	
Pantothenic acid	mg	3.130		2		1		0.887	7.293	
Vitamin B-6	mg	0.440	0.036	5		1		0.125	1.025	
Folate, total	mcg	42		1		1		12	98	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	42		1		1		12	98	
Folate, DFE	mcg_DFE	42		0	NC	4		12	98	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	8.49	1.858	3		1		2.41	19.78	
Vitamin A, RAE	mcg_RAE	59	16.967	4		1		17	139	
Retinol	mcg	59	16.967	4		1		17	139	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	198	56.500	4		1		56	461	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.040		0		1		0.295	2.423	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	

NDB No. 10106

Pork, fresh, variety meats and by-products, kidneys, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		1		1		0.000	0.000	
12:0 ... g	0.010		2		1		0.003	0.023	
13:0 ... g									
14:0 ... g	0.040		2		1		0.011	0.093	
15:0 ... g									
16:0 ... g	0.580		2		1		0.164	1.351	
17:0 ... g									
18:0 ... g	0.410		2		1		0.116	0.955	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.070		0		1		0.303	2.493	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.090		2		1		0.026	0.210	
17:1 ... g									
18:1 undifferentiated ... g	0.970		2		1		0.275	2.260	
20:1 ... g	0.020		1		1		0.006	0.047	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.260		0		1		0.074	0.606	
18:2 undifferentiated ... g	0.170		2		1		0.048	0.396	
18:3 undifferentiated ... g	0.010		1		1		0.003	0.023	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.080		1		1		0.023	0.186	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	319	18.568	30		1		90	743	
Phytosterols ... mg	0		0		4		0	0	
Amino Acids:									
Tryptophan ... g	0.213		5		1		0.060	0.496	
Threonine ... g	0.682		8		1		0.193	1.589	
Isoleucine ... g	0.879		6		1		0.249	2.048	
Leucine ... g	1.477		6		1		0.419	3.441	
Lysine ... g	1.185		6		1		0.336	2.761	
Methionine ... g	0.353		6		1		0.100	0.822	
Cystine ... g	0.361		1		1		0.102	0.841	
Phenylalanine ... g	0.777		6		1		0.220	1.810	
Tyrosine ... g	0.592		2		1		0.168	1.379	
Valine ... g	0.948		6		1		0.269	2.209	
Arginine ... g	1.011		5		1		0.287	2.356	
Histidine ... g	0.395		5		1		0.112	0.920	
Alanine ... g	1.035		1		1		0.293	2.412	
Aspartic acid ... g	1.546		2		1		0.438	3.602	
Glutamic acid ... g	1.964		2		1		0.557	4.576	
Glycine ... g	1.043		2		1		0.296	2.430	
Proline ... g	1.019		1		1		0.289	2.374	
Serine ... g	0.872		1		1		0.247	2.032	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 233g: 1 kidney

NDB No. 10106

Pork, fresh, variety meats and by-products, kidneys, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10109

Pork, fresh, variety meats and by-products, leaf fat, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.09	0.192	24		1		1.16	4.62	
Energy	kcal	857		0	NC	4		243	968	
Energy	kJ	3586				4		1017	4052	
Protein (N x 6.25)	g	1.76	0.112	24		1		0.50	1.99	
Total lipid (fat)	g	94.16	0.298	24		1		26.69	106.40	
Ash	g	0.10		0		1		0.03	0.11	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	1		0		1		0	1	
Iron, Fe	mg	0.09		0		1		0.03	0.10	
Magnesium, Mg	mg	1		0		1		0	1	
Phosphorus, P	mg	19		0		4		5	21	
Potassium, K	mg	31		0		4		9	35	
Sodium, Na	mg	5		0		1		1	6	
Zinc, Zn	mg	0.18		0		4		0.05	0.20	
Copper, Cu	mg	0.009		0		1		0.003	0.010	
Manganese, Mn	mg	0.001		0		4		0.000	0.001	
Selenium, Se	mcg	8.0		0	BFZN	4		2.3	9.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.106		0		1		0.030	0.120	
Riboflavin	mg	0.065		0		1		0.018	0.073	
Niacin	mg	1.249		0		1		0.354	1.411	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.030		0		1		0.009	0.034	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.23		0		1		0.07	0.26	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	45.230		0		1		12.823	51.110	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	

NDB No. 10109

Pork, fresh, variety meats and by-products, leaf fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									
14:0 g	1.370	0.037	21		1		0.388	1.548	
15:0 g									
16:0 g	26.770	0.371	22		1		7.589	30.250	
17:0 g									
18:0 g	17.090	0.375	22		1		4.845	19.312	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	37.220		0		1		10.552	42.059	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.970	0.116	22		1		0.558	2.226	
17:1 g									
18:1 undifferentiated g	35.250	0.301	22		1		9.993	39.833	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	7.280		0		1		2.064	8.226	
18:2 undifferentiated g	6.340	0.269	22		1		1.797	7.164	
18:3 undifferentiated g	0.940	0.029	21		1		0.266	1.062	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	110		0		1		31	124	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.006		1		1		0.002	0.007	
Threonine g	0.058		1		1		0.016	0.066	
Isoleucine g	0.046		1		1		0.013	0.052	
Leucine g	0.123		1		1		0.035	0.139	
Lysine g	0.146		1		1		0.041	0.165	
Methionine g	0.026		1		1		0.007	0.029	
Cystine g	0.015		1		1		0.004	0.017	
Phenylalanine g	0.066		1		1		0.019	0.075	
Tyrosine g	0.029		1		1		0.008	0.033	
Valine g	0.084		1		1		0.024	0.095	
Arginine g	0.182		1		1		0.052	0.206	
Histidine g	0.020		1		1		0.006	0.023	
Alanine g	0.104		0		4		0.029	0.118	
Aspartic acid g	0.163		0		4		0.046	0.184	
Glutamic acid g	0.273		0		4		0.077	0.308	
Glycine g	0.080		0		4		0.023	0.090	
Proline g	0.067		0		4		0.019	0.076	
Serine g	0.072		0		4		0.020	0.081	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

NDB No. 10109

Pork, fresh, variety meats and by-products, leaf fat, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10111

Pork, fresh, variety meats and by-products, liver, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.32		0		1		227.69	54.67	
Energy....kcal	165		0	NC	4		584	140	
Energy....kJ	690				4		2444	587	
Protein (N x 6.25)....g	26.02		0		1		92.11	22.12	
Total lipid (fat)....g	4.40		0		1		15.58	3.74	
Ash....g	1.50		0		1		5.31	1.28	
Carbohydrate, by difference....g	3.76		0	NC	4		13.31	3.20	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0		1		35	9	
Iron, Fe....mg	17.92		0		1		63.44	15.23	
Magnesium, Mg....mg	14		0		1		50	12	
Phosphorus, P....mg	241		0		1		853	205	
Potassium, K....mg	150		0		1		531	128	
Sodium, Na....mg	49		0		1		173	42	
Zinc, Zn....mg	6.72		0		1		23.79	5.71	
Copper, Cu....mg	0.634		0		1		2.244	0.539	
Manganese, Mn....mg	0.300		0		1		1.062	0.255	
Selenium, Se....mcg	67.5		0	BFYN	4		239.0	57.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	23.6	2.916	6		1		83.5	20.1	
Thiamin....mg	0.258		0		1		0.913	0.219	
Riboflavin....mg	2.196		0		1		7.774	1.867	
Niacin....mg	8.435		0		4		29.860	7.170	
Pantothenic acid....mg	4.774		0		1		16.900	4.058	
Vitamin B-6....mg	0.570		0		1		2.018	0.485	
Folate, total....mcg	163		0		1		577	139	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	163		0		1		577	139	
Folate, DFE....mcg_DFE	163		0	NC	4		577	139	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	18.67		0		1		66.09	15.87	
Vitamin A, RAE....mcg_RAE	5405	865.822	6		1		19132	4594	
Retinol....mcg	5405	865.822	6		1		19132	4594	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	17997	2883.188	6		1		63709	15297	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.410		0		1		4.991	1.199	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	

NDB No. 10111

Pork, fresh, variety meats and by-products, liver, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		1		0.000	0.000	
12:0 ... g	0.000		0		1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.020		0		1		0.071	0.017	
15:0 ... g									
16:0 ... g	0.530		0		1		1.876	0.451	
17:0 ... g									
18:0 ... g	0.840		0		1		2.974	0.714	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.630		0		1		2.230	0.536	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.030		0		1		0.106	0.026	
17:1 ... g									
18:1 undifferentiated ... g	0.560		0		1		1.982	0.476	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.040		0		1		0.142	0.034	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.050		0		1		3.717	0.893	
18:2 undifferentiated ... g	0.420		0		1		1.487	0.357	
18:3 undifferentiated ... g	0.040		0		1		0.142	0.034	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.530		0		1		1.876	0.451	
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.040		0		1		0.142	0.034	
22:6 n-3 (DHA) ... g	0.030		0		1		0.106	0.026	
Fatty acids, total trans ... g									
Cholesterol ... mg	355		0		1		1257	302	
Phytosterols ... mg	0		0		4		0	0	
Amino Acids:									
Tryptophan ... g	0.366		7		1		1.296	0.311	
Threonine ... g	1.107		15		1		3.919	0.941	
Isoleucine ... g	1.320		13		1		4.673	1.122	
Leucine ... g	2.319		13		1		8.209	1.971	
Lysine ... g	2.007		13		1		7.105	1.706	
Methionine ... g	0.645		14		1		2.283	0.548	
Cystine ... g	0.491		1		1		1.738	0.417	
Phenylalanine ... g	1.274		13		1		4.510	1.083	
Tyrosine ... g	0.887		6		1		3.140	0.754	
Valine ... g	1.607		13		1		5.689	1.366	
Arginine ... g	1.603		13		1		5.675	1.363	
Histidine ... g	0.708		13		1		2.506	0.602	
Alanine ... g	1.553		6		1		5.498	1.320	
Aspartic acid ... g	2.356		8		1		8.340	2.003	
Glutamic acid ... g	3.385		8		1		11.983	2.877	
Glycine ... g	1.507		8		1		5.335	1.281	
Proline ... g	1.395		6		1		4.938	1.186	
Serine ... g	1.407		6		1		4.981	1.196	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10111

Pork, fresh, variety meats and by-products, liver, cooked, braised

Common Measures:

Measure 1 = 354g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10110

Pork, fresh, variety meats and by-products, liver, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.06	0.451	42		1		20.15	80.30	
Energy	kcal	134		0	NC	4		38	151	
Energy	kJ	561				4		159	634	
Protein (N x 6.25)	g	21.39	0.304	8		1		6.06	24.17	
Total lipid (fat)	g	3.65	0.177	30		1		1.03	4.12	
Ash	g	1.44	0.028	6		1		0.41	1.63	
Carbohydrate, by difference	g	2.47		0	NC	4		0.70	2.79	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9	0.800	10		1		3	10	
Iron, Fe	mg	23.30	1.553	30		1		6.61	26.33	
Magnesium, Mg	mg	18	0.601	11		1		5	20	
Phosphorus, P	mg	288	21.397	8		1		82	325	
Potassium, K	mg	273	10.980	11		1		77	308	
Sodium, Na	mg	87	15.502	3		1		25	98	
Zinc, Zn	mg	5.76	0.269	22		1		1.63	6.51	
Copper, Cu	mg	0.677	0.026	446		1		0.192	0.765	
Manganese, Mn	mg	0.344	0.015	6		1		0.098	0.389	
Selenium, Se	mcg	52.7		0	BFZN	4		14.9	59.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	25.3	1.743	14		1		7.2	28.6	
Thiamin	mg	0.283	0.014	24		1		0.080	0.320	
Riboflavin	mg	3.005	0.102	26		1		0.852	3.396	
Niacin	mg	15.301	0.467	31		1		4.338	17.290	
Pantothenic acid	mg	6.650	0.198	6		1		1.885	7.515	
Vitamin B-6	mg	0.690	0.031	8		1		0.196	0.780	
Folate, total	mcg	212	36.770	7		1		60	240	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	212	36.770	7		1		60	240	
Folate, DFE	mcg_DFE	212		0	NC	4		60	240	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	26.00	2.881	5		1		7.37	29.38	
Vitamin A, RAE	mcg_RAE	6502	1001.388	13		1		1843	7347	
Retinol	mcg	6502	1001.388	13		1		1843	7347	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	21650	3334.623	13		1		6138	24465	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.170		0		1		0.332	1.322	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	

NDB No. 10110
Pork, fresh, variety meats and by-products, liver, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		1		1		0.000	0.000	
12:0 ... g	0.000		1		1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.020	0.003	42		1		0.006	0.023	
15:0 ... g									
16:0 ... g	0.440	0.017	59		1		0.125	0.497	
17:0 ... g									
18:0 ... g	0.700	0.026	59		1		0.198	0.791	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.520		0		1		0.147	0.588	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.030	0.002	43		1		0.009	0.034	
17:1 ... g									
18:1 undifferentiated ... g	0.460	0.021	59		1		0.130	0.520	
20:1 ... g	0.000		1		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.870		0		1		0.247	0.983	
18:2 undifferentiated ... g	0.350	0.013	59		1		0.099	0.396	
18:3 undifferentiated ... g	0.030		2		1		0.009	0.034	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.440	0.021	57		1		0.125	0.497	
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.030		1		1		0.009	0.034	
22:6 n-3 (DHA) ... g	0.020		1		1		0.006	0.023	
Fatty acids, total trans ... g									
Cholesterol ... mg	301	5.687	109		1		85	340	
Phytosterols ... mg	0		0		4		0	0	
Amino Acids:									
Tryptophan ... g	0.301		7		1		0.085	0.340	
Threonine ... g	0.910		15		1		0.258	1.028	
Isoleucine ... g	1.085		13		1		0.308	1.226	
Leucine ... g	1.906		13		1		0.540	2.154	
Lysine ... g	1.649		13		1		0.467	1.863	
Methionine ... g	0.530		14		1		0.150	0.599	
Cystine ... g	0.404		1		1		0.115	0.457	
Phenylalanine ... g	1.047		13		1		0.297	1.183	
Tyrosine ... g	0.729		6		1		0.207	0.824	
Valine ... g	1.321		13		1		0.375	1.493	
Arginine ... g	1.317		13		1		0.373	1.488	
Histidine ... g	0.582		13		1		0.165	0.658	
Alanine ... g	1.276		6		1		0.362	1.442	
Aspartic acid ... g	1.937		8		1		0.549	2.189	
Glutamic acid ... g	2.782		8		1		0.789	3.144	
Glycine ... g	1.239		8		1		0.351	1.400	
Proline ... g	1.146		6		1		0.325	1.295	
Serine ... g	1.157		6		1		0.328	1.307	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10110

Pork, fresh, variety meats and by-products, liver, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10113

Pork, fresh, variety meats and by-products, lungs, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.00	0.635	3		1		240.00	68.00	
Energy....kcal	99		0	NC	4		297	84	
Energy....kJ	414				4		1243	352	
Protein (N x 6.25)....g	16.60	0.577	3		1		49.80	14.11	
Total lipid (fat)....g	3.10	0.173	3		1		9.30	2.64	
Ash....g	0.90	0.023	3		1		2.70	0.77	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0		1		24	7	
Iron, Fe....mg	16.41		0		1		49.23	13.95	
Magnesium, Mg....mg	12		0		1		36	10	
Phosphorus, P....mg	186		0		1		558	158	
Potassium, K....mg	151		0		1		453	128	
Sodium, Na....mg	81		0		1		243	69	
Zinc, Zn....mg	2.45		0		1		7.35	2.08	
Copper, Cu....mg	0.080		0		4		0.240	0.068	
Manganese, Mn....mg	0.015		0		4		0.045	0.013	
Selenium, Se....mcg	23.4		0	BFYN	4		70.2	19.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.9		0		1		23.7	6.7	
Thiamin....mg	0.079		0		1		0.237	0.067	
Riboflavin....mg	0.322		0		1		0.966	0.274	
Niacin....mg	1.364		0		1		4.092	1.159	
Pantothenic acid....mg	0.663		0		1		1.989	0.564	
Vitamin B-6....mg	0.080		0		1		0.240	0.068	
Folate, total....mcg	2		0		4		6	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	2		0		4		6	2	
Folate, DFE....mcg_DFE	2		0	NC	4		6	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.03		0		1		6.09	1.73	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.090		0		1		3.270	0.927	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	

NDB No. 10113

Pork, fresh, variety meats and by-products, lungs, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.030		0		1		0.090	0.026	
15:0 g									
16:0 g	0.720		0		1		2.160	0.612	
17:0 g									
18:0 g	0.330		0		1		0.990	0.281	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.700		0		1		2.100	0.595	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.060		0		1		0.180	0.051	
17:1 g									
18:1 undifferentiated g	0.630		0		1		1.890	0.536	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.380		0		1		1.140	0.323	
18:2 undifferentiated g	0.130		0		1		0.390	0.111	
18:3 undifferentiated g	0.000		0		1		0.000	0.000	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.200		0		1		0.600	0.170	
20:5 n-3 (EPA) g	0.010		0		1		0.030	0.009	
22:5 n-3 (DPA) g	0.030		0		1		0.090	0.026	
22:6 n-3 (DHA) g	0.010		0		1		0.030	0.009	
Fatty acids, total trans g									
Cholesterol mg	387		0		1		1161	329	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.146		2		1		0.438	0.124	
Threonine g	0.584		3		1		1.752	0.496	
Isoleucine g	0.664		3		1		1.992	0.564	
Leucine g	1.288		3		1		3.864	1.095	
Lysine g	1.211		3		1		3.633	1.029	
Methionine g	0.268		3		1		0.804	0.228	
Cystine g	0.261		0		4		0.783	0.222	
Phenylalanine g	0.691		3		1		2.073	0.587	
Tyrosine g	0.470		0		4		1.410	0.400	
Valine g	0.988		3		1		2.964	0.840	
Arginine g	0.863		3		1		2.589	0.734	
Histidine g	0.420		3		1		1.260	0.357	
Alanine g	1.049		0		4		3.147	0.892	
Aspartic acid g	1.493		1		1		4.479	1.269	
Glutamic acid g	1.726		1		1		5.178	1.467	
Glycine g	1.211		1		1		3.633	1.029	
Proline g	1.062		0		4		3.186	0.903	
Serine g	0.732		0		4		2.196	0.622	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10113

Pork, fresh, variety meats and by-products, lungs, cooked, braised

Common Measures:

Measure 1 = 300g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10112
Pork, fresh, variety meats and by-products, lungs, raw

Refuse: 13% Blood clots and membranes

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.52	0.600	19		1		22.54	360.70	
Energy	kcal	85		0	NC	4		24	386	
Energy	kJ	356				4		101	1613	
Protein (N x 6.25)	g	14.08	0.623	5		1		3.99	63.87	
Total lipid (fat)	g	2.72	0.350	6		1		0.77	12.34	
Ash	g	0.80	0.000	3		1		0.23	3.63	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7	0.374	14		1		2	32	
Iron, Fe	mg	18.90	0.115	3		1		5.36	85.73	
Magnesium, Mg	mg	14	0.638	13		1		4	64	
Phosphorus, P	mg	196	8.579	14		1		56	889	
Potassium, K	mg	303	16.281	16		1		86	1374	
Sodium, Na	mg	153	9.373	15		1		43	694	
Zinc, Zn	mg	2.03		2		1		0.58	9.21	
Copper, Cu	mg	0.083		0		4		0.024	0.376	
Manganese, Mn	mg	0.017		0		4		0.005	0.077	
Selenium, Se	mcg	17.8		0	BFZN	4		5.0	80.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	12.3	0.956	6		1		3.5	55.8	
Thiamin	mg	0.085		2		1		0.024	0.386	
Riboflavin	mg	0.430	0.046	7		1		0.122	1.950	
Niacin	mg	3.345		2		1		0.948	15.173	
Pantothenic acid	mg	0.900		2		1		0.255	4.082	
Vitamin B-6	mg	0.100	0.029	4		1		0.028	0.454	
Folate, total	mcg	3		0		4		1	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		0		4		1	14	
Folate, DFE	mcg_DFE	3		0	NC	4		1	14	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.75		2		1		0.78	12.47	
Vitamin A, RAE	mcg_RAE	0	0.000	3		1		0	0	
Retinol	mcg	0	0.000	3		1		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		3		1		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.960		0		1		0.272	4.355	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	

NDB No. 10112

Pork, fresh, variety meats and by-products, lungs, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000	0.001	3		1		0.000	0.000	
12:0 ... g	0.000	0.001	3		1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.020	0.005	4		1		0.006	0.091	
15:0 ... g									
16:0 ... g	0.630	0.100	4		1		0.179	2.858	
17:0 ... g									
18:0 ... g	0.290	0.046	4		1		0.082	1.315	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.610		0		1		0.173	2.767	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.050	0.009	4		1		0.014	0.227	
17:1 ... g									
18:1 undifferentiated ... g	0.560	0.090	4		1		0.159	2.540	
20:1 ... g	0.010	0.001	4		1		0.003	0.045	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.340		0		1		0.096	1.542	
18:2 undifferentiated ... g	0.120	0.018	4		1		0.034	0.544	
18:3 undifferentiated ... g	0.000	0.001	4		1		0.000	0.000	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.180	0.032	4		1		0.051	0.816	
20:5 n-3 (EPA) ... g	0.010		1		1		0.003	0.045	
22:5 n-3 (DPA) ... g	0.030		1		1		0.009	0.136	
22:6 n-3 (DHA) ... g	0.010		1		1		0.003	0.045	
Fatty acids, total trans ... g									
Cholesterol ... mg	320	20.546	28		1		91	1452	
Phytosterols ... mg	0		0		4		0	0	
Amino Acids:									
Tryptophan ... g	0.124		2		1		0.035	0.562	
Threonine ... g	0.496		3		1		0.141	2.250	
Isoleucine ... g	0.563		3		1		0.160	2.554	
Leucine ... g	1.093		3		1		0.310	4.958	
Lysine ... g	1.027		3		1		0.291	4.658	
Methionine ... g	0.228		3		1		0.065	1.034	
Cystine ... g	0.221		0		4		0.063	1.002	
Phenylalanine ... g	0.586		3		1		0.166	2.658	
Tyrosine ... g	0.398		0		4		0.113	1.805	
Valine ... g	0.838		3		1		0.238	3.801	
Arginine ... g	0.732		3		1		0.208	3.320	
Histidine ... g	0.356		3		1		0.101	1.615	
Alanine ... g	0.890		0		4		0.252	4.037	
Aspartic acid ... g	1.266		1		1		0.359	5.743	
Glutamic acid ... g	1.464		1		1		0.415	6.641	
Glycine ... g	1.027		1		1		0.291	4.658	
Proline ... g	0.901		0		4		0.255	4.087	
Serine ... g	0.621		0		4		0.176	2.817	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 10112

Pork, fresh, variety meats and by-products, lungs, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10114

Pork, fresh, variety meats and by-products, mechanically separated, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.87	0.943	9		1		16.12	257.96	
Energy	kcal	304		0	NC	4		86	1379	
Energy	kJ	1272				4		361	5770	
Protein (N x 6.25)	g	15.03	0.284	9		1		4.26	68.18	
Total lipid (fat)	g	26.54	0.637	16		1		7.52	120.39	
Ash	g	1.56	0.112	9		1		0.44	7.08	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	315	22.889	23		1		89	1429	
Iron, Fe	mg	4.25		2		1		1.20	19.28	
Magnesium, Mg	mg	16		0		4		5	73	
Phosphorus, P	mg	200		1		1		57	907	
Potassium, K	mg	298		0		4		84	1352	
Sodium, Na	mg	50		0		4		14	227	
Zinc, Zn	mg	2.44	0.073	7		1		0.69	11.07	
Copper, Cu	mg	0.082	0.000	8		1		0.023	0.372	
Manganese, Mn	mg	0.011		0		4		0.003	0.050	
Selenium, Se	mcg	32.9		0	BFZN	4		9.3	149.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		4		0.2	3.2	
Thiamin	mg	0.697		0		4		0.198	3.162	
Riboflavin	mg	0.201		0		4		0.057	0.912	
Niacin	mg	3.171		0		4		0.899	14.384	
Pantothenic acid	mg	0.590		0		4		0.167	2.676	
Vitamin B-6	mg	0.370		0		4		0.105	1.678	
Folate, total	mcg	3		0		4		1	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		0		4		1	14	
Folate, DFE	mcg_DFE	3		0	NC	4		1	14	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.58		0		4		0.16	2.63	
Vitamin A, RAE	mcg_RAE	3		0		4		1	14	
Retinol	mcg	3		0		4		1	14	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	10		0		4		3	45	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	9.820		0		1		2.784	44.544	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	

NDB No. 10114

Pork, fresh, variety meats and by-products, mechanically separated, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									
14:0 g	0.220		2		1		0.062	0.998	
15:0 g									
16:0 g	6.130		2		1		1.738	27.806	
17:0 g									
18:0 g	3.370		2		1		0.955	15.286	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	12.260		0		1		3.476	55.611	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.440		2		1		0.125	1.996	
17:1 g									
18:1 undifferentiated g	11.410		2		1		3.235	51.756	
20:1 g	0.320		1		1		0.091	1.452	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.440		0		1		0.692	11.068	
18:2 undifferentiated g	2.140		2		1		0.607	9.707	
18:3 undifferentiated g	0.160		2		1		0.045	0.726	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.050		1		1		0.014	0.227	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	77	11.227	6		1		22	349	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.202		0		4		0.057	0.916	
Threonine g	0.617		0		1		0.175	2.799	
Isoleucine g	0.689		0		1		0.195	3.125	
Leucine g	1.099		0		1		0.312	4.985	
Lysine g	1.180		0		1		0.335	5.352	
Methionine g	0.313		0		1		0.089	1.420	
Cystine g	0.169		0		1		0.048	0.767	
Phenylalanine g	0.648		0		1		0.184	2.939	
Tyrosine g	0.518		0		1		0.147	2.350	
Valine g	0.913		0		1		0.259	4.141	
Arginine g	1.074		0		1		0.304	4.872	
Histidine g	0.540		0		1		0.153	2.449	
Alanine g	0.874		0		1		0.248	3.964	
Aspartic acid g	1.152		0		1		0.327	5.225	
Glutamic acid g	1.983		0		1		0.562	8.995	
Glycine g	0.862		0		1		0.244	3.910	
Proline g	0.718		0		1		0.204	3.257	
Serine g	0.600		0		1		0.170	2.722	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 10114

Pork, fresh, variety meats and by-products, mechanically separated, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10116

Pork, fresh, variety meats and by-products, pancreas, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.30	1.212	3		1		147.74	51.26	
Energy....kcal	219		0	NC	4		537	186	
Energy....kJ	916				4		2245	779	
Protein (N x 6.25)....g	28.50	0.693	3		1		69.83	24.23	
Total lipid (fat)....g	10.80	0.635	3		1		26.46	9.18	
Ash....g	1.20	0.023	3		1		2.94	1.02	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0		1		39	14	
Iron, Fe....mg	2.69		0		1		6.59	2.29	
Magnesium, Mg....mg	23		0		1		56	20	
Phosphorus, P....mg	291		0		1		713	247	
Potassium, K....mg	168		0		1		412	143	
Sodium, Na....mg	42		0		1		103	36	
Zinc, Zn....mg	4.29		0		1		10.51	3.65	
Copper, Cu....mg	0.110		0		1		0.270	0.094	
Manganese, Mn....mg	0.198		0		1		0.485	0.168	
Selenium, Se....mcg	72.8		0	BFYN	4		178.4	61.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.7		0		1		14.0	4.8	
Thiamin....mg	0.092		0		1		0.225	0.078	
Riboflavin....mg	0.658		0		1		1.612	0.559	
Niacin....mg	3.206		0		1		7.855	2.725	
Pantothenic acid....mg	4.741		0		1		11.615	4.030	
Vitamin B-6....mg	0.440		0		4		1.078	0.374	
Folate, total....mcg	5		0		4		12	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		4		12	4	
Folate, DFE....mcg_DFE	5		0	NC	4		12	4	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	17.07		0		1		41.82	14.51	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.730		0		4		9.139	3.171	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 10116

Pork, fresh, variety meats and by-products, pancreas, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		4		0.000	0.000	
12:0 ... g	0.000		0		4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.090		0		4		0.221	0.077	
15:0 ... g									
16:0 ... g	2.000		0		4		4.900	1.700	
17:0 ... g									
18:0 ... g	1.400		0		4		3.430	1.190	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.750		0		4		9.188	3.188	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.650		0		4		1.593	0.553	
17:1 ... g									
18:1 undifferentiated ... g	3.110		0		4		7.620	2.644	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.030		0		4		4.974	1.726	
18:2 undifferentiated ... g	1.180		0		4		2.891	1.003	
18:3 undifferentiated ... g	0.080		0		4		0.196	0.068	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.470		0		4		1.152	0.400	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	315		0		1		772	268	
Phytosterols ... mg	0		0		4		0	0	
Amino Acids:									
Tryptophan ... g	0.625		0		1		1.531	0.531	
Threonine ... g	1.281		0		1		3.138	1.089	
Isoleucine ... g	1.496		0		1		3.665	1.272	
Leucine ... g	2.130		0		1		5.219	1.811	
Lysine ... g	1.965		0		1		4.814	1.670	
Methionine ... g	0.470		0		1		1.152	0.400	
Cystine ... g	0.365		0		4		0.894	0.310	
Phenylalanine ... g	1.222		0		1		2.994	1.039	
Tyrosine ... g	1.195		0		1		2.928	1.016	
Valine ... g	1.537		0		1		3.766	1.306	
Arginine ... g	1.642		0		1		4.023	1.396	
Histidine ... g	0.552		0		1		1.352	0.469	
Alanine ... g	1.459		0		4		3.575	1.240	
Aspartic acid ... g	2.736		0		1		6.703	2.326	
Glutamic acid ... g	2.348		0		1		5.753	1.996	
Glycine ... g	1.737		0		1		4.256	1.476	
Proline ... g	1.459		0		4		3.575	1.240	
Serine ... g	1.140		0		4		2.793	0.969	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

NDB No. 10116

Pork, fresh, variety meats and by-products, pancreas, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10115
Pork, fresh, variety meats and by-products, pancreas, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.18	0.831	5		1		19.05	75.91	
Energy....kcal	199		0	NC	4		56	225	
Energy....kJ	833				4		236	941	
Protein (N x 6.25)....g	18.56	1.008	5		1		5.26	20.97	
Total lipid (fat)....g	13.24	1.007	5		1		3.75	14.96	
Ash....g	1.12	0.091	3		1		0.32	1.27	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11		1		1		3	12	
Iron, Fe....mg	2.13	0.384	4		1		0.60	2.41	
Magnesium, Mg....mg	17		1		1		5	19	
Phosphorus, P....mg	234		1		1		66	264	
Potassium, K....mg	197		2		1		56	223	
Sodium, Na....mg	44		2		1		12	50	
Zinc, Zn....mg	2.62	0.156	26		1		0.74	2.96	
Copper, Cu....mg	0.090		1		1		0.026	0.102	
Manganese, Mn....mg	0.157	0.006	5		1		0.045	0.177	
Selenium, Se....mcg	40.8		0	BFNN	4		11.6	46.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	15.3	0.671	5		1		4.3	17.3	
Thiamin....mg	0.105		2		1		0.030	0.119	
Riboflavin....mg	0.460		2		1		0.130	0.520	
Niacin....mg	3.450		2		1		0.978	3.899	
Pantothenic acid....mg	4.555		2		1		1.291	5.147	
Vitamin B-6....mg	0.460		0		4		0.130	0.520	
Folate, total....mcg	3		0		4		1	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		0		4		1	3	
Folate, DFE....mcg_DFE	3		0	NC	4		1	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	16.40		2		1		4.65	18.53	
Vitamin A, RAE....mcg_RAE	0	0.000	3		1		0	0	
Retinol....mcg	0	0.000	3		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		3		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.580		0		4		1.298	5.175	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 10115

Pork, fresh, variety meats and by-products, pancreas, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									
14:0 g	0.110		0		4		0.031	0.124	
15:0 g									
16:0 g	2.450		0		4		0.695	2.769	
17:0 g									
18:0 g	1.720		0		4		0.488	1.944	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.600		0		4		1.304	5.198	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.790		0		4		0.224	0.893	
17:1 g									
18:1 undifferentiated g	3.810		0		4		1.080	4.305	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.480		0		4		0.703	2.802	
18:2 undifferentiated g	1.450		0		4		0.411	1.639	
18:3 undifferentiated g	0.090		0		4		0.026	0.102	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.570		0		4		0.162	0.644	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	193	10.043	6		1		55	218	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.407		2		1		0.115	0.460	
Threonine g	0.835		4		1		0.237	0.944	
Isoleucine g	0.974		4		1		0.276	1.101	
Leucine g	1.387		4		1		0.393	1.567	
Lysine g	1.280		4		1		0.363	1.446	
Methionine g	0.306		3		1		0.087	0.346	
Cystine g	0.238		0		4		0.067	0.269	
Phenylalanine g	0.796		4		1		0.226	0.899	
Tyrosine g	0.778		1		1		0.221	0.879	
Valine g	1.001		4		1		0.284	1.131	
Arginine g	1.069		4		1		0.303	1.208	
Histidine g	0.359		4		1		0.102	0.406	
Alanine g	0.950		0		4		0.269	1.074	
Aspartic acid g	1.782		1		1		0.505	2.014	
Glutamic acid g	1.530		2		1		0.434	1.729	
Glycine g	1.132		1		1		0.321	1.279	
Proline g	0.950		0		4		0.269	1.074	
Serine g	0.742		0		4		0.210	0.838	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

NDB No. 10115

Pork, fresh, variety meats and by-products, pancreas, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10118

Pork, fresh, variety meats and by-products, spleen, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.70	0.981	3		1		199.43	56.70	
Energy....kcal	149		0	NC	4		446	127	
Energy....kJ	623				4		1864	530	
Protein (N x 6.25)....g	28.20	0.981	3		1		84.32	23.97	
Total lipid (fat)....g	3.20	0.058	3		1		9.57	2.72	
Ash....g	1.70	0.023	3		1		5.08	1.45	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0		1		39	11	
Iron, Fe....mg	22.23		0		1		66.47	18.90	
Magnesium, Mg....mg	15		0		4		45	13	
Phosphorus, P....mg	283		0		1		846	241	
Potassium, K....mg	227		0		1		679	193	
Sodium, Na....mg	107		0		4		320	91	
Zinc, Zn....mg	3.54		0		1		10.58	3.01	
Copper, Cu....mg	0.133		0		1		0.398	0.113	
Manganese, Mn....mg	0.045		0		1		0.135	0.038	
Selenium, Se....mcg	49.6		0	BFYN	4		148.3	42.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	11.6		0		1		34.7	9.9	
Thiamin....mg	0.139		0		1		0.416	0.118	
Riboflavin....mg	0.258		0		1		0.771	0.219	
Niacin....mg	5.938		0		1		17.755	5.047	
Pantothenic acid....mg	0.892		0		1		2.667	0.758	
Vitamin B-6....mg	0.060		0		1		0.179	0.051	
Folate, total....mcg	4		0		4		12	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		4		12	3	
Folate, DFE....mcg_DFE	4		0	NC	4		12	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.76		0		1		8.25	2.35	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.060		0		1		3.169	0.901	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 10118

Pork, fresh, variety meats and by-products, spleen, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		4		0.000	0.000	
12:0 ... g	0.010		0		1		0.030	0.009	
13:0 ... g									
14:0 ... g	0.070		0		1		0.209	0.060	
15:0 ... g									
16:0 ... g	0.570		0		1		1.704	0.485	
17:0 ... g									
18:0 ... g	0.400		0		1		1.196	0.340	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.860		0		1		2.571	0.731	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.120		0		1		0.359	0.102	
17:1 ... g									
18:1 undifferentiated ... g	0.730		0		1		2.183	0.621	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.230		0		1		0.688	0.196	
18:2 undifferentiated ... g	0.230		0		1		0.688	0.196	
18:3 undifferentiated ... g	0.000		0		4		0.000	0.000	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	504		0		1		1507	428	
Phytosterols ... mg	0		0		4		0	0	
Amino Acids:									
Tryptophan ... g	0.289		0		1		0.864	0.246	
Threonine ... g	1.128		0		1		3.373	0.959	
Isoleucine ... g	1.259		0		1		3.764	1.070	
Leucine ... g	2.306		0		1		6.895	1.960	
Lysine ... g	2.107		0		1		6.300	1.791	
Methionine ... g	0.523		0		1		1.564	0.445	
Cystine ... g	0.361		0		4		1.079	0.307	
Phenylalanine ... g	1.205		0		1		3.603	1.024	
Tyrosine ... g	0.790		0		1		2.362	0.672	
Valine ... g	1.534		0		1		4.587	1.304	
Arginine ... g	1.539		0		1		4.602	1.308	
Histidine ... g	0.672		0		1		2.009	0.571	
Alanine ... g	1.822		0		4		5.448	1.549	
Aspartic acid ... g	2.482		0		1		7.421	2.110	
Glutamic acid ... g	3.240		0		1		9.688	2.754	
Glycine ... g	1.805		0		1		5.397	1.534	
Proline ... g	1.571		0		4		4.697	1.335	
Serine ... g	1.232		0		4		3.684	1.047	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 299g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

NDB No. 10118

Pork, fresh, variety meats and by-products, spleen, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10117

Pork, fresh, variety meats and by-products, spleen, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.43	0.182	16		1		22.23	88.63	
Energy....kcal	100		0	NC	4		28	113	
Energy....kJ	418				4		119	473	
Protein (N x 6.25)....g	17.86	0.166	15		1		5.06	20.18	
Total lipid (fat)....g	2.59	0.160	14		1		0.73	2.93	
Ash....g	1.53	0.073	13		1		0.43	1.73	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10		1		1		3	11	
Iron, Fe....mg	22.32	1.919	17		1		6.33	25.22	
Magnesium, Mg....mg	13		0		4		4	15	
Phosphorus, P....mg	260	3.083	10		1		74	294	
Potassium, K....mg	396		2		1		112	447	
Sodium, Na....mg	98		0		4		28	111	
Zinc, Zn....mg	2.54	0.085	8		1		0.72	2.87	
Copper, Cu....mg	0.131	0.006	15		1		0.037	0.148	
Manganese, Mn....mg	0.072	0.008	16		1		0.020	0.081	
Selenium, Se....mcg	32.8		0	BFZN	4		9.3	37.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	28.5	1.753	8		1		8.1	32.2	
Thiamin....mg	0.130		2		1		0.037	0.147	
Riboflavin....mg	0.300		2		1		0.085	0.339	
Niacin....mg	5.867	1.567	3		1		1.663	6.630	
Pantothenic acid....mg	1.055		2		1		0.299	1.192	
Vitamin B-6....mg	0.060		1		1		0.017	0.068	
Folate, total....mcg	4		0		4		1	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		4		1	5	
Folate, DFE....mcg_DFE	4		0	NC	4		1	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.26	1.156	3		1		0.92	3.68	
Vitamin A, RAE....mcg_RAE	0	0.000	3		1		0	0	
Retinol....mcg	0	0.000	3		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		3		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.860		0		1		0.244	0.972	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 10117
Pork, fresh, variety meats and by-products, spleen, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		4		0.000	0.000	
12:0 ... g	0.010		1		1		0.003	0.011	
13:0 ... g									
14:0 ... g	0.060		1		1		0.017	0.068	
15:0 ... g									
16:0 ... g	0.460		1		1		0.130	0.520	
17:0 ... g									
18:0 ... g	0.330		1		1		0.094	0.373	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.690		0		1		0.196	0.780	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.100		1		1		0.028	0.113	
17:1 ... g									
18:1 undifferentiated ... g	0.590		1		1		0.167	0.667	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.190		0		1		0.054	0.215	
18:2 undifferentiated ... g	0.190		1		1		0.054	0.215	
18:3 undifferentiated ... g	0.000		0		4		0.000	0.000	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	363	32.912	8		1		103	410	
Phytosterols ... mg	0		0		4		0	0	
Amino Acids:									
Tryptophan ... g	0.183		3		1		0.052	0.207	
Threonine ... g	0.714		4		1		0.202	0.807	
Isoleucine ... g	0.797		4		1		0.226	0.901	
Leucine ... g	1.460		4		1		0.414	1.650	
Lysine ... g	1.334		4		1		0.378	1.507	
Methionine ... g	0.331		4		1		0.094	0.374	
Cystine ... g	0.229		0		4		0.065	0.259	
Phenylalanine ... g	0.763		4		1		0.216	0.862	
Tyrosine ... g	0.500		1		1		0.142	0.565	
Valine ... g	0.971		4		1		0.275	1.097	
Arginine ... g	0.974		3		1		0.276	1.101	
Histidine ... g	0.426		3		1		0.121	0.481	
Alanine ... g	1.154		0		4		0.327	1.304	
Aspartic acid ... g	1.571		1		1		0.445	1.775	
Glutamic acid ... g	2.051		1		1		0.581	2.318	
Glycine ... g	1.143		1		1		0.324	1.292	
Proline ... g	0.995		0		4		0.282	1.124	
Serine ... g	0.780		0		4		0.221	0.881	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

NDB No. 10117
Pork, fresh, variety meats and by-products, spleen, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10863

Pork, fresh, variety meats and by-products, stomach, cooked, simmered

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.72		1	A	1				
Energy	kcal	157		0	NC	4				
Energy	kJ	658		0	NC	4				
Protein (N x 6.25)	g	21.40		1	A	1				
Total lipid (fat)	g	7.26		1	A	1				
Ash	g	0.52		1	A	1				
Carbohydrate, by difference	g	0.09		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	15		1	A	1				
Iron, Fe	mg	1.23		1	A	1				
Magnesium, Mg	mg	15		1	A	1				
Phosphorus, P	mg	129		1	A	1				
Potassium, K	mg	85		1	A	1				
Sodium, Na	mg	40		1	A	1				
Zinc, Zn	mg	2.92		1	A	1				
Copper, Cu	mg	0.239		1	A	1				
Manganese, Mn	mg	0.071		1	A	1				
Selenium, Se	mcg	40.3		1	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1				
Thiamin	mg	0.040		1	A	1				
Riboflavin	mg	0.188		1	A	1				
Niacin	mg	1.380		1	A	1				
Pantothenic acid	mg	0.566		1	A	1				
Vitamin B-6	mg	0.021		1	A	1				
Folate, total	mcg	3		1	A	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	3		1	A	1				
Folate, DFE	mcg_DFE	3		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.48		1	A	1				
Vitamin A, RAE	mcg_RAE	0		0	AS	1				
Retinol	mcg	0		1	A	1				
Carotene, beta	mcg	0		1	A	1				
Carotene, alpha	mcg	0		1	A	1				
Cryptoxanthin, beta	mcg	0		1	A	1				
Vitamin A, IU	IU	0		0	AS	1				
Lycopene	mcg	0		1	A	1				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.09		2	A	1				
Tocopherol, beta	mg	0.00		2	A	1				
Tocopherol, gamma	mg	0.02		2	A	1				
Tocopherol, delta	mg	0.00		2	A	1				
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		2	A	1				
Lipids:										
Fatty acids, total saturated	g	2.990		1	A	1				
4:0	g	0.000		0	Z	7				
6:0	g	0.000		0	Z	7				
8:0	g	0.000		1	A	1				

NDB No. 10863

Pork, fresh, variety meats and by-products, stomach, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0....g	0.000		1	A	1				
12:0....g	0.000		1	A	1				
13:0....g									
14:0....g	0.085		1	A	1				
15:0....g	0.000		1	A	1				
16:0....g	1.548		1	A	1				
17:0....g	0.022		1	A	1				
18:0....g	1.304		1	A	1				
20:0....g	0.020		1	A	1				
22:0....g	0.011		1	A	1				
24:0....g									
Fatty acids, total monounsaturated....g	2.126		1	A	1				
14:1....g	0.000		1	A	1				
15:1....g	0.000		1	A	1				
16:1 undifferentiated....g	0.094		1	A	1				
17:1....g									
18:1 undifferentiated....g	1.991		1	A	1				
20:1....g	0.041		1	A	1				
22:1 undifferentiated....g	0.000		0	Z	7				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.738		1	A	1				
18:2 undifferentiated....g	0.547		1	A	1				
18:3 undifferentiated....g	0.016		0	AS	1				
18:3 n-3 c,c,c (ALA)....g	0.016		1	A	1				
18:3 n-6 c,c,c....g	0.000		1	A	1				
18:3i....g									
18:4....g	0.000		0	Z	7				
20:2 n-6 c,c....g	0.029		1	A	1				
20:3 undifferentiated....g	0.000		1	A	1				
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.146		1	A	1				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7				
22:6 n-3 (DHA)....g	0.000		0	Z	7				
Fatty acids, total trans....g	0.110		1	A	1				
Cholesterol....mg	316		1	A	1				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10119
Pork, fresh, variety meats and by-products, stomach, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.50		1	A	1		20.84	83.05	
Energy	kcal	159		1	A	1		45	180	
Energy	kJ	665		0	A	1		189	752	
Protein (N x 6.25)	g	16.85		1	A	1		4.78	19.04	
Total lipid (fat)	g	10.14		1	A	1		2.88	11.46	
Ash	g	0.63		1	A	1		0.18	0.71	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	11		1	A	1		3	12	
Iron, Fe	mg	1.01		1	A	1		0.29	1.14	
Magnesium, Mg	mg	11		1	A	1		3	13	
Phosphorus, P	mg	130		1	A	1		37	147	
Potassium, K	mg	140		1	A	1		40	158	
Sodium, Na	mg	75		1	A	1		21	84	
Zinc, Zn	mg	1.85		1	A	1		0.52	2.09	
Copper, Cu	mg	0.169		1	A	1		0.048	0.191	
Manganese, Mn	mg	0.038		1	A	1		0.011	0.043	
Selenium, Se	mcg	31.1		1	A	1		8.8	35.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.051		1	A	1		0.015	0.058	
Riboflavin	mg	0.201		1	A	1		0.057	0.227	
Niacin	mg	2.480		1	A	1		0.703	2.802	
Pantothenic acid	mg	1.220		1	A	1		0.346	1.379	
Vitamin B-6	mg	0.034		1	A	1		0.010	0.039	
Folate, total	mcg	3		1	A	1		1	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		1	A	1		1	3	
Folate, DFE	mcg_DFE	3		0	NC	4		1	3	
Choline, total	mg	194.8		0	NR	4		55.2	220.1	
Betaine	mg									
Vitamin B-12	mcg	0.30		1	A	1		0.09	0.34	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		1	A	1		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	AS	1		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.04		2	A	1		0.01	0.05	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma	mg	0.00		2	A	1		0.00	0.00	
Tocopherol, delta	mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	0.0		2	A	1		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	4.025		1	A	1		1.141	4.548	
4:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 10119

Pork, fresh, variety meats and by-products, stomach, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		1	A	1		0.000	0.000	
10:0 g	0.000		1	A	1		0.000	0.000	
12:0 g	0.000		1	A	1		0.000	0.000	
13:0 g									
14:0 g	0.125		1	A	1		0.035	0.141	
15:0 g	0.000		1	A	1		0.000	0.000	
16:0 g	2.264		1	A	1		0.642	2.558	
17:0 g	0.025		1	A	1		0.007	0.028	
18:0 g	1.591		1	A	1		0.451	1.798	
20:0 g	0.020		1	A	1		0.006	0.023	
22:0 g	0.000		1	A	1		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	3.590		1	A	1		1.018	4.057	
14:1 g	0.000		1	A	1		0.000	0.000	
15:1 g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated g	0.202		1	A	1		0.057	0.228	
17:1 g									
18:1 undifferentiated g	3.320		1	A	1		0.941	3.752	
20:1 g	0.068		1	A	1		0.019	0.077	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.892		1	A	1		0.253	1.008	
18:2 undifferentiated g	0.724		1	A	1		0.205	0.818	
18:3 undifferentiated g	0.021		0	AS	1		0.006	0.024	
18:3 n-3 c,c,c (ALA) g	0.021		1	A	1		0.006	0.024	
18:3 n-6 c,c,c g	0.000		1	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.037		1	A	1		0.010	0.042	
20:3 undifferentiated g	0.000		1	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.110		1	A	1		0.031	0.124	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g	0.130		1	A	1		0.037	0.147	
Cholesterol mg	223		1	A	1		63	252	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

NDB No. 10119

Pork, fresh, variety meats and by-products, stomach, raw

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10175

Pork, fresh, variety meats and by-products, tail, cooked, simmered

Refuse: 32% Bone and hard tissue

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	46.70		1		1		128.43	39.70	
Energy	kcal	396		0	NC	4		1089	337	
Energy	kJ	1657				4		4556	1408	
Protein (N x 6.25)	g	17.00		1		1		46.75	14.45	
Total lipid (fat)	g	35.80		1		1		98.45	30.43	
Ash	g	0.40		1		1		1.10	0.34	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		1		1		39	12	
Iron, Fe	mg	0.79		0		4		2.17	0.67	
Magnesium, Mg	mg	7		1		1		19	6	
Phosphorus, P	mg	47		1		1		129	40	
Potassium, K	mg	157		0		4		432	133	
Sodium, Na	mg	25		0		4		69	21	
Zinc, Zn	mg	1.64		0		4		4.51	1.39	
Copper, Cu	mg	0.067		0		4		0.184	0.057	
Manganese, Mn	mg	0.006		0		4		0.017	0.005	
Selenium, Se	mcg	3.1		0	BFZN	4		8.5	2.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	
Thiamin	mg	0.070		1		1		0.193	0.060	
Riboflavin	mg	0.070		1		1		0.193	0.060	
Niacin	mg	1.120		1		1		3.080	0.952	
Pantothenic acid	mg	0.423		0		4		1.163	0.360	
Vitamin B-6	mg	0.270		0		4		0.743	0.230	
Folate, total	mcg	4		0		4		11	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		4		11	3	
Folate, DFE	mcg_DFE	4		0	NC	4		11	3	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.55		0		4		1.51	0.47	
Vitamin A, RAE	mcg_RAE	0		1		1		0	0	
Retinol	mcg	0		1		1		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		1		1		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	12.450		0		1		34.238	10.583	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	

NDB No. 10175

Pork, fresh, variety meats and by-products, tail, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		1		0.000	0.000	
12:0 ... g	0.000		0		1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.570		0		1		1.568	0.485	
15:0 ... g									
16:0 ... g	8.130		0		1		22.358	6.911	
17:0 ... g									
18:0 ... g	3.750		0		1		10.313	3.188	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	16.890		0		1		46.448	14.357	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.310		0		1		3.603	1.114	
17:1 ... g									
18:1 undifferentiated ... g	15.580		0		1		42.845	13.243	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.940		0		1		10.835	3.349	
18:2 undifferentiated ... g	3.410		0		1		9.378	2.899	
18:3 undifferentiated ... g	0.300		0		1		0.825	0.255	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.230		0		1		0.633	0.196	
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	129		1		1		355	110	
Phytosterols ... mg	0		0		4		0	0	
Amino Acids:									
Tryptophan ... g	0.102		1		1		0.281	0.087	
Threonine ... g	0.595		1		1		1.636	0.506	
Isoleucine ... g	0.391		1		1		1.075	0.332	
Leucine ... g	0.952		1		1		2.618	0.809	
Lysine ... g	1.020		1		1		2.805	0.867	
Methionine ... g	0.306		1		1		0.842	0.260	
Cystine ... g	0.220		0		4		0.605	0.187	
Phenylalanine ... g	0.510		1		1		1.403	0.434	
Tyrosine ... g	0.340		1		1		0.935	0.289	
Valine ... g	0.510		1		1		1.403	0.434	
Arginine ... g	1.173		1		1		3.226	0.997	
Histidine ... g	0.306		1		1		0.842	0.260	
Alanine ... g	1.258		1		1		3.460	1.069	
Aspartic acid ... g	1.428		1		1		3.927	1.214	
Glutamic acid ... g	2.193		1		1		6.031	1.864	
Glycine ... g	2.261		1		1		6.218	1.922	
Proline ... g	1.428		1		1		3.927	1.214	
Serine ... g	0.731		1		1		2.010	0.621	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10175

Pork, fresh, variety meats and by-products, tail, cooked, simmered

Common Measures:

Measure 1 = 275g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10174
Pork, fresh, variety meats and by-products, tail, raw

Refuse: 30% Bone and hard tissue

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	46.05		2		1		13.06	52.04	
Energy	kcal	378		0	NC	4		107	427	
Energy	kJ	1582				4		448	1787	
Protein (N x 6.25)	g	17.75		2		1		5.03	20.06	
Total lipid (fat)	g	33.50		2		1		9.50	37.86	
Ash	g	0.50		1		1		0.14	0.57	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		1		1		5	20	
Iron, Fe	mg	0.99		0		4		0.28	1.12	
Magnesium, Mg	mg	8		1		1		2	9	
Phosphorus, P	mg	50		1		1		14	57	
Potassium, K	mg	349		0		4		99	394	
Sodium, Na	mg	63		0		4		18	71	
Zinc, Zn	mg	2.31		0		4		0.65	2.61	
Copper, Cu	mg	0.084		0		4		0.024	0.095	
Manganese, Mn	mg	0.011		0		4		0.003	0.012	
Selenium, Se	mcg	2.7		0	BFYN	4		0.8	3.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	
Thiamin	mg	0.210		1		1		0.060	0.237	
Riboflavin	mg	0.110		1		1		0.031	0.124	
Niacin	mg	2.060		1		1		0.584	2.328	
Pantothenic acid	mg	0.673		0		4		0.191	0.760	
Vitamin B-6	mg	0.370		0		4		0.105	0.418	
Folate, total	mcg	5		0		4		1	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		4		1	6	
Folate, DFE	mcg_DFE	5		0	NC	4		1	6	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.88		0		4		0.25	0.99	
Vitamin A, RAE	mcg_RAE	0		1		1		0	0	
Retinol	mcg	0		1		1		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		1		1		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	11.640		0		1		3.300	13.153	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	

NDB No. 10174
Pork, fresh, variety meats and by-products, tail, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		4		0.000	0.000	
12:0 ... g	0.000		0		4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.530		0		1		0.150	0.599	
15:0 ... g									
16:0 ... g	7.600		0		1		2.155	8.588	
17:0 ... g									
18:0 ... g	3.510		0		1		0.995	3.966	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	15.800		0		1		4.479	17.854	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.220		0		1		0.346	1.379	
17:1 ... g									
18:1 undifferentiated ... g	14.580		0		1		4.133	16.475	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.680		0		1		1.043	4.158	
18:2 undifferentiated ... g	3.190		0		1		0.904	3.605	
18:3 undifferentiated ... g	0.280		0		1		0.079	0.316	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.210		0		1		0.060	0.237	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	97		1		1		27	110	
Phytosterols ... mg	0		0		4		0	0	
Amino Acids:									
Tryptophan ... g	0.089		1		1		0.025	0.101	
Threonine ... g	0.550		1		1		0.156	0.622	
Isoleucine ... g	0.408		1		1		0.116	0.461	
Leucine ... g	0.905		1		1		0.257	1.023	
Lysine ... g	1.012		1		1		0.287	1.144	
Methionine ... g	0.320		1		1		0.091	0.362	
Cystine ... g	0.230		0		4		0.065	0.260	
Phenylalanine ... g	0.479		1		1		0.136	0.541	
Tyrosine ... g	0.320		1		1		0.091	0.362	
Valine ... g	0.515		1		1		0.146	0.582	
Arginine ... g	1.189		1		1		0.337	1.344	
Histidine ... g	0.302		1		1		0.086	0.341	
Alanine ... g	1.278		1		1		0.362	1.444	
Aspartic acid ... g	1.384		1		1		0.392	1.564	
Glutamic acid ... g	2.130		1		1		0.604	2.407	
Glycine ... g	2.361		1		1		0.669	2.668	
Proline ... g	1.509		1		1		0.428	1.705	
Serine ... g	0.692		1		1		0.196	0.782	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

NDB No. 10174
Pork, fresh, variety meats and by-products, tail, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10122

Pork, fresh, variety meats and by-products, tongue, cooked, braised

Refuse: 24% Skin and trimmings

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.90	1.039	3		1		131.44	48.37	
Energy....kcal	271		0	NC	4		626	230	
Energy....kJ	1134				4		2619	964	
Protein (N x 6.25)....g	24.10	0.289	3		1		55.67	20.49	
Total lipid (fat)....g	18.60	1.270	3		1		42.97	15.81	
Ash....g	0.80	0.023	3		1		1.85	0.68	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0		1		44	16	
Iron, Fe....mg	4.99		0		1		11.53	4.24	
Magnesium, Mg....mg	20		0		1		46	17	
Phosphorus, P....mg	174		0		1		402	148	
Potassium, K....mg	237		0		1		547	201	
Sodium, Na....mg	109		0		1		252	93	
Zinc, Zn....mg	4.53		0		1		10.46	3.85	
Copper, Cu....mg	0.110		0		4		0.254	0.094	
Manganese, Mn....mg	0.010		0		4		0.023	0.009	
Selenium, Se....mcg	15.5		0	BFYN	4		35.8	13.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7		0		1		3.9	1.4	
Thiamin....mg	0.317		0		1		0.732	0.269	
Riboflavin....mg	0.510		0		1		1.178	0.434	
Niacin....mg	5.340		0		1		12.335	4.539	
Pantothenic acid....mg	0.507		0		4		1.171	0.431	
Vitamin B-6....mg	0.230		0		1		0.531	0.196	
Folate, total....mcg	4		0		4		9	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		4		9	3	
Folate, DFE....mcg_DFE	4		0	NC	4		9	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.39		0		1		5.52	2.03	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.449		0		1		14.897	5.482	
4:0....g									
6:0....g									
8:0....g									

NDB No. 10122

Pork, fresh, variety meats and by-products, tongue, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.020		0		1		0.046	0.017	
12:0 g	0.090		0		1		0.208	0.077	
13:0 g									
14:0 g	0.340		0		1		0.785	0.289	
15:0 g									
16:0 g	4.129		0		1		9.538	3.510	
17:0 g									
18:0 g	1.870		0		1		4.320	1.590	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.759		0		1		20.233	7.445	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.700		0		1		1.617	0.595	
17:1 g									
18:1 undifferentiated g	7.889		0		1		18.224	6.706	
20:1 g	0.170		0		1		0.393	0.145	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.930		0		1		4.458	1.641	
18:2 undifferentiated g	1.840		0		1		4.250	1.564	
18:3 undifferentiated g	0.090		0		1		0.208	0.077	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	146		0		1		337	124	
Phytosterols mg	0		0		1		0	0	
Amino Acids:									
Tryptophan g	0.278		0		1		0.642	0.236	
Threonine g	1.018		0		1		2.352	0.865	
Isoleucine g	1.099		0		1		2.539	0.934	
Leucine g	1.932		0		1		4.463	1.642	
Lysine g	1.970		0		1		4.551	1.675	
Methionine g	0.540		0		1		1.247	0.459	
Cystine g									
Phenylalanine g	0.999		0		1		2.308	0.849	
Tyrosine g									
Valine g	1.253		0		1		2.894	1.065	
Arginine g	1.488		0		1		3.437	1.265	
Histidine g	0.605		0		1		1.398	0.514	
Alanine g									
Aspartic acid g	2.240		0		1		5.174	1.904	
Glutamic acid g	3.035		0		1		7.011	2.580	
Glycine g	1.781		0		1		4.114	1.514	
Proline g									
Serine g									
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 231g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 10122

Pork, fresh, variety meats and by-products, tongue, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10121

Pork, fresh, variety meats and by-products, tongue, raw

Refuse: 16% Cartilage and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.90	0.462	3		1		18.68	74.47	
Energy....kcal	225		0	NC	4		64	254	
Energy....kJ	941		0		4		267	1064	
Protein (N x 6.25)....g	16.30	0.115	3		1		4.62	18.42	
Total lipid (fat)....g	17.20	0.462	3		1		4.88	19.44	
Ash....g	0.90		1		1		0.26	1.02	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16	3.184	6		1		5	18	
Iron, Fe....mg	3.35	0.569	4		1		0.95	3.79	
Magnesium, Mg....mg	18		2		1		5	20	
Phosphorus, P....mg	193		2		1		55	218	
Potassium, K....mg	243	20.138	5		1		69	275	
Sodium, Na....mg	110	17.603	3		1		31	124	
Zinc, Zn....mg	3.01		2		1		0.85	3.40	
Copper, Cu....mg	0.070		0		4		0.020	0.079	
Manganese, Mn....mg	0.011		0		4		0.003	0.012	
Selenium, Se....mcg	10.4		0	BFZN	4		2.9	11.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.4	0.313	5		1		1.2	5.0	
Thiamin....mg	0.490	0.167	4		1		0.139	0.554	
Riboflavin....mg	0.485		2		1		0.137	0.548	
Niacin....mg	5.300	0.409	3		1		1.503	5.989	
Pantothenic acid....mg	0.641		0		4		0.182	0.724	
Vitamin B-6....mg	0.240	0.047	3		1		0.068	0.271	
Folate, total....mcg	4		0		4		1	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		4		1	5	
Folate, DFE....mcg_DFE	4		0	NC	4		1	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.84		1		1		0.81	3.21	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.29		0	NR	4		0.08	0.33	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.960		0		1		1.690	6.735	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 10121
Pork, fresh, variety meats and by-products, tongue, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.020		1		1		0.006	0.023	
12:0....g	0.090	0.048	3		1		0.026	0.102	
13:0....g									
14:0....g	0.310	0.077	3		1		0.088	0.350	
15:0....g									
16:0....g	3.820	0.150	3		1		1.083	4.317	
17:0....g									
18:0....g	1.730	0.523	3		1		0.490	1.955	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.130		0		1		2.305	9.187	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.640	0.113	3		1		0.181	0.723	
17:1....g									
18:1 undifferentiated....g	7.300	0.316	3		1		2.070	8.249	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.780		0		1		0.505	2.011	
18:2 undifferentiated....g	1.700	0.277	3		1		0.482	1.921	
18:3 undifferentiated....g	0.080		2		1		0.023	0.090	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	101		1		1		29	114	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.188		1		1		0.053	0.212	
Threonine....g	0.689		2		1		0.195	0.779	
Isoleucine....g	0.743		2		1		0.211	0.840	
Leucine....g	1.307		2		1		0.371	1.477	
Lysine....g	1.333		2		1		0.378	1.506	
Methionine....g	0.365		2		1		0.103	0.412	
Cystine....g	0.235		0		4		0.067	0.266	
Phenylalanine....g	0.675		2		1		0.191	0.763	
Tyrosine....g	0.496		0		4		0.141	0.560	
Valine....g	0.848		2		1		0.240	0.958	
Arginine....g	1.007		2		1		0.285	1.138	
Histidine....g	0.409		2		1		0.116	0.462	
Alanine....g	0.861		0		4		0.244	0.973	
Aspartic acid....g	1.515		1		1		0.430	1.712	
Glutamic acid....g	2.052		1		1		0.582	2.319	
Glycine....g	1.205		1		1		0.342	1.362	
Proline....g	0.861		0		4		0.244	0.973	
Serine....g	0.678		0		4		0.192	0.766	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10121

Pork, fresh, variety meats and by-products, tongue, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10974
Pork, ground, 72% lean / 28% fat, cooked, crumbles

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	41.67	2.577	16	AR	1				
Energy....kcal	393		0	NC	4				
Energy....kJ	1645		0	NC	4				
Protein....g	22.83	1.513	16	AR	1				
Total lipid (fat)....g	32.93	4.100	16	AR	1				
Ash....g	1.18	0.088	16	AR	1				
Carbohydrate, by difference....g	1.39		0	NC	4				
Fiber, total dietary....g	0.0		0	Z	7				
Sugars, total....g	0.00		0	Z	7				
Starch....g									
Minerals:									
Calcium, Ca....mg	20	0.723	8	AR	1				
Iron, Fe....mg	1.15	0.072	8	AR	1				
Magnesium, Mg....mg	19	1.140	8	AR	1				
Phosphorus, P....mg	192	16.299	8	AR	1				
Potassium, K....mg	280	19.208	8	AR	1				
Sodium, Na....mg	94	4.473	8	AR	1				
Zinc, Zn....mg	2.58	0.140	8	AR	1				
Copper, Cu....mg	0.038	0.004	8	AR	1				
Manganese, Mn....mg	0.013	0.001	8	AR	1				
Selenium, Se....mcg	38.0	6.240	8	AR	1				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7				
Thiamin....mg	0.341	0.067	4	AR	1				
Riboflavin....mg	0.488	0.073	4	AR	1				
Niacin....mg	7.522	0.897	4	AR	1				
Pantothenic acid....mg	0.984		1	AR	1				
Vitamin B-6....mg	0.508		1	AR	1				
Folate, total....mcg	2		1	AR	1				
Folic acid....mcg	0		0	Z	7				
Folate, food....mcg	2		1	AR	1				
Folate, DFE....mcg_DFE	2		0	NC	4				
Choline, total....mg	79.9		1	AR	1				
Betaine....mg	7.3		1	AR	1				
Vitamin B-12....mcg	1.17		1	AR	1				
Vitamin B-12, added....mcg	0.00		0	Z	7				
Vitamin A, RAE....mcg_RAE	0		0	AS	1				
Retinol....mcg	0		0	Z	7				
Carotene, beta....mcg	0		0	Z	7				
Carotene, alpha....mcg	0		0	Z	7				
Cryptoxanthin, beta....mcg	0		0	Z	7				
Vitamin A, IU....IU	0		0	AS	1				
Lycopene....mcg	0		0	Z	7				
Lutein + zeaxanthin....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)....mg	0.35		1	AR	1				
Vitamin E, added....mg	0.00		0	Z	7				
Tocopherol, beta....mg	0.01		1	AR	1				
Tocopherol, gamma....mg	0.04		1	AR	1				
Tocopherol, delta....mg	0.00		1	AR	1				
Vitamin D (D2 + D3)....mcg	0.8		0	AS	1				
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.8		0	BFFN	4				
Vitamin D....IU	34		0	BFFN	4				
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7				
Lipids:									
Fatty acids, total saturated....g	11.311	0.326	8	AR	1				
4:0....g	0.000		0	Z	7				

NDB No. 10974
Pork, ground, 72% lean / 28% fat, cooked, crumbles

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7				
8:0....g	0.000		8	AR	1				
10:0....g	0.025	0.002	8	AR	1				
12:0....g	0.024	0.002	8	AR	1				
13:0....g									
14:0....g	0.423	0.010	8	AR	1				
15:0....g	0.018	0.001	8	AR	1				
16:0....g	7.138	0.218	8	AR	1				
17:0....g	0.106	0.007	8	AR	1				
18:0....g	3.544	0.111	8	AR	1				
20:0....g	0.067	0.007	8	AR	1				
22:0....g	0.000		8	AR	1				
24:0....g	0.000		8	AR	1				
Fatty acids, total monounsaturated....g	15.326	0.579	8	AR	1				
14:1....g	0.000		8	AR	1				
15:1....g	0.000		8	AR	1				
16:1 undifferentiated....g	0.789	0.020	8	AR	1				
17:1....g	0.000		8	AR	1				
18:1 undifferentiated....g	14.256		0	AS	1				
18:1 c....g	14.076	0.460	8	AR	1				
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.180	0.025	8	AR	1				
18:1-11t (18:1t n-7)....g									
20:1....g	0.311	0.029	8	AR	1				
22:1 undifferentiated....g	0.000		0	AS	1				
22:1 c....g	0.000		8	AR	1				
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.323	0.356	8	AR	1				
18:2 undifferentiated....g	3.769		0	AS	1				
18:2 n-6 c,c....g	3.720	0.333	8	AR	1				
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.049	0.007	8	AR	1				
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.210		0	AS	1				
18:3 n-3 c,c,c (ALA)....g	0.210	0.017	8	AR	1				
18:3 n-6 c,c,c....g	0.000		8	AR	1				
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.180	0.015	8	AR	1				
20:3 undifferentiated....g	0.034	0.006	8	AR	1				
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.117	0.010	8	AR	1				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.007		1	AR	1				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.026		1	AR	1				
22:6 n-3 (DHA)....g	0.007		1	AR	1				
Fatty acids, total trans....g	0.256	0.029	8	AR	1				
Fatty acids, total trans-monoenoic....g	0.180		0	NC	4				
Fatty acids, total trans-polyenoic....g	0.049		0	NC	4				
Cholesterol....mg	100	4.799	16	AR	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.295		0	AR	1				
Threonine....g	0.968		0	AR	1				
Isoleucine....g	1.043		0	AR	1				

NDB No. 10974
Pork, ground, 72% lean / 28% fat, cooked, crumbles

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	1.821		0	AR	1				
Lysine....g	1.964		0	AR	1				
Methionine....g	0.610		0	AR	1				
Cystine....g	0.264		0	AR	1				
Phenylalanine....g	0.972		0	AR	1				
Tyrosine....g	0.967		0	AR	1				
Valine....g	1.149		0	AR	1				
Arginine....g	1.489		0	AR	1				
Histidine....g	0.902		0	AR	1				
Alanine....g	1.346		0	AR	1				
Aspartic acid....g	2.056		0	AR	1				
Glutamic acid....g	3.374		0	AR	1				
Glycine....g	1.276		0	AR	1				
Proline....g	1.120		0	AR	1				
Serine....g	0.916		0	AR	1				
Hydroxyproline....g	0.214		0	AR	1				
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10977
Pork, ground, 72% lean / 28% fat, cooked, pan-broiled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.85	0.997	16	AR	1				
Energy....kcal	377		0	NC	4				
Energy....kJ	1579		0	NC	4				
Protein....g	22.59	0.465	16	AR	1				
Total lipid (fat)....g	31.42	1.300	16	AR	1				
Ash....g	1.05	0.025	16	AR	1				
Carbohydrate, by difference....g	1.08		0	NC	4				
Fiber, total dietary....g	0.0		0	Z	7				
Sugars, total....g	0.00		0	Z	7				
Starch....g									
Minerals:									
Calcium, Ca....mg	20	0.973	8	AR	1				
Iron, Fe....mg	1.21	0.064	8	AR	1				
Magnesium, Mg....mg	18	0.652	8	AR	1				
Phosphorus, P....mg	181	7.575	8	AR	1				
Potassium, K....mg	275	25.593	8	AR	1				
Sodium, Na....mg	91	4.736	8	AR	1				
Zinc, Zn....mg	2.48	0.220	8	AR	1				
Copper, Cu....mg	0.038	0.003	8	AR	1				
Manganese, Mn....mg	0.013	0.001	8	AR	1				
Selenium, Se....mcg	37.9	7.256	8	AR	1				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7				
Thiamin....mg	0.271	0.061	4	AR	1				
Riboflavin....mg	0.488	0.030	4	AR	1				
Niacin....mg	6.852	0.924	4	AR	1				
Pantothenic acid....mg	0.815		1	AR	1				
Vitamin B-6....mg	0.443		1	AR	1				
Folate, total....mcg	4		1	AR	1				
Folic acid....mcg	0		0	Z	7				
Folate, food....mcg	4		1	AR	1				
Folate, DFE....mcg_DFE	4		0	NC	4				
Choline, total....mg	76.1		1	AR	1				
Betaine....mg	5.4		1	AR	1				
Vitamin B-12....mcg	1.11		1	AR	1				
Vitamin B-12, added....mcg	0.00		0	Z	7				
Vitamin A, RAE....mcg_RAE	0		0	AS	1				
Retinol....mcg	0		0	Z	7				
Carotene, beta....mcg	0		0	Z	7				
Carotene, alpha....mcg	0		0	Z	7				
Cryptoxanthin, beta....mcg	0		0	Z	7				
Vitamin A, IU....IU	0		0	AS	1				
Lycopene....mcg	0		0	Z	7				
Lutein + zeaxanthin....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)....mg	0.47		1	AR	1				
Vitamin E, added....mg	0.00		0	Z	7				
Tocopherol, beta....mg	0.00		1	AR	1				
Tocopherol, gamma....mg	0.04		1	AR	1				
Tocopherol, delta....mg	0.00		1	AR	1				
Vitamin D (D2 + D3)....mcg	0.8		0	AS	1				
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.8		0	BFFN	4				
Vitamin D....IU	32		0	BFFN	4				
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7				
Lipids:									
Fatty acids, total saturated....g	10.804	0.252	8	AR	1				
4:0....g	0.000		0	Z	7				

NDB No. 10977
Pork, ground, 72% lean / 28% fat, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	Z	7				
8:0 ... g	0.000		8	AR	1				
10:0 ... g	0.024	0.002	8	AR	1				
12:0 ... g	0.023	0.001	8	AR	1				
13:0 ... g									
14:0 ... g	0.401	0.010	8	AR	1				
15:0 ... g	0.017	0.001	8	AR	1				
16:0 ... g	6.749	0.157	8	AR	1				
17:0 ... g	0.097	0.007	8	AR	1				
18:0 ... g	3.397	0.084	8	AR	1				
20:0 ... g	0.061	0.008	8	AR	1				
22:0 ... g	0.000		8	AR	1				
24:0 ... g	0.000		8	AR	1				
Fatty acids, total monounsaturated ... g	14.356	0.477	8	AR	1				
14:1 ... g	0.000		8	AR	1				
15:1 ... g	0.000		8	AR	1				
16:1 undifferentiated ... g	0.692	0.013	8	AR	1				
17:1 ... g	0.000		8	AR	1				
18:1 undifferentiated ... g	13.510		0	AS	1				
18:1 c ... g	13.350	0.390	8	AR	1				
18:1-11c (18:1c n-7) ... g									
18:1 t ... g	0.160	0.023	8	AR	1				
18:1-11t (18:1t n-7) ... g									
20:1 ... g	0.275	0.038	8	AR	1				
22:1 undifferentiated ... g	0.000		0	AS	1				
22:1 c ... g	0.000		8	AR	1				
22:1 t ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	4.222	0.201	8	AR	1				
18:2 undifferentiated ... g	3.750		0	AS	1				
18:2 n-6 c,c ... g	3.711	0.202	8	AR	1				
18:2 CLAs ... g									
18:2 c,t ... g									
18:2 t,c ... g									
18:2 t,t ... g	0.040	0.008	8	AR	1				
18:2 i ... g									
18:2 t not further defined ... g									
18:3 undifferentiated ... g	0.202		0	AS	1				
18:3 n-3 c,c,c (ALA) ... g	0.202	0.024	8	AR	1				
18:3 n-6 c,c,c ... g	0.000		8	AR	1				
18:3i ... g									
18:4 ... g									
20:2 n-6 c,c ... g	0.172	0.010	8	AR	1				
20:3 undifferentiated ... g	0.033	0.008	8	AR	1				
20:3 n-3 ... g									
20:3 n-6 ... g									
20:4 undifferentiated ... g	0.122	0.004	8	AR	1				
20:4 n-3 ... g									
20:4 n-6 ... g									
20:5 n-3 (EPA) ... g	0.006		0	BFFN	4				
21:5 ... g									
22:4 ... g									
22:5 n-3 (DPA) ... g	0.025		0	BFFN	4				
22:6 n-3 (DHA) ... g	0.007		0	BFFN	4				
Fatty acids, total trans ... g	0.229	0.028	8	AR	1				
Fatty acids, total trans-monoenoic ... g	0.160		0	NC	4				
Fatty acids, total trans-polyenoic ... g	0.040		0	NC	4				
Cholesterol ... mg	99	4.885	16	AR	1				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.292		0	AR	1				
Threonine ... g	0.958		0	AR	1				
Isoleucine ... g	1.033		0	AR	1				

NDB No. 10977
Pork, ground, 72% lean / 28% fat, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	1.802		0	AR	1				
Lysine....g	1.943		0	AR	1				
Methionine....g	0.603		0	AR	1				
Cystine....g	0.261		0	AR	1				
Phenylalanine....g	0.962		0	AR	1				
Tyrosine....g	0.957		0	AR	1				
Valine....g	1.137		0	AR	1				
Arginine....g	1.473		0	AR	1				
Histidine....g	0.893		0	AR	1				
Alanine....g	1.332		0	AR	1				
Aspartic acid....g	2.035		0	AR	1				
Glutamic acid....g	3.339		0	AR	1				
Glycine....g	1.263		0	AR	1				
Proline....g	1.109		0	AR	1				
Serine....g	0.906		0	AR	1				
Hydroxyproline....g	0.211		0	AR	1				
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10971
Pork, ground, 72% lean / 28% fat, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.71	0.321	16	AR	1				
Energy	kcal	314		0	NC	4				
Energy	kJ	1314		0	NC	4				
Protein	g	14.87	0.225	16	AR	1				
Total lipid (fat)	g	28.00		16	AR	1				
Ash	g	0.75	0.010	16	AR	1				
Carbohydrate, by difference	g	0.66		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	16	0.479	8	AR	1				
Iron, Fe	mg	0.90	0.053	8	AR	1				
Magnesium, Mg	mg	13	0.335	8	AR	1				
Phosphorus, P	mg	132	3.051	8	AR	1				
Potassium, K	mg	178	8.996	8	AR	1				
Sodium, Na	mg	69	5.715	8	AR	1				
Zinc, Zn	mg	1.89	0.160	8	AR	1				
Copper, Cu	mg	0.031	0.003	8	AR	1				
Manganese, Mn	mg	0.010	0.000	8	AR	1				
Selenium, Se	mcg	25.6	5.595	8	AR	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.250	0.061	4	AR	1				
Riboflavin	mg	0.309	0.025	4	AR	1				
Niacin	mg	4.919	0.738	4	AR	1				
Pantothenic acid	mg	0.631		1	AR	1				
Vitamin B-6	mg	0.435		1	AR	1				
Folate, total	mcg	2		1	AR	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	2		1	AR	1				
Folate, DFE	mcg_DFE	2		0	NC	4				
Choline, total	mg	51.3		1	AR	1				
Betaine	mg	4.5		1	AR	1				
Vitamin B-12	mcg	0.82		1	AR	1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	AS	1				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	0		0	AS	1				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.61		1	AR	1				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg	0.01		1	AR	1				
Tocopherol, gamma	mg	0.07		1	AR	1				
Tocopherol, delta	mg	0.00		1	AR	1				
Vitamin D (D2 + D3)	mcg	0.7		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.7		0	BFFN	4				
Vitamin D	IU	29		0	BFFN	4				
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7				
Lipids:										
Fatty acids, total saturated	g	9.422		0	NC	4				
4:0	g	0.000		0	Z	7				

NDB No. 10971
Pork, ground, 72% lean / 28% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7				
8:0 g	0.000		8	AR	1				
10:0 g	0.021	0.001	8	AR	1				
12:0 g	0.021	0.001	8	AR	1				
13:0 g									
14:0 g	0.356	0.356	8	AR	1				
15:0 g	0.015	0.001	8	AR	1				
16:0 g	5.895	0.069	8	AR	1				
17:0 g	0.092	0.006	8	AR	1				
18:0 g	2.967	0.046	8	AR	1				
20:0 g	0.057	0.006	8	AR	1				
22:0 g	0.000		8	AR	1				
24:0 g	0.000		8	AR	1				
Fatty acids, total monounsaturated g	13.009		0	NC	4				
14:1 g	0.000		8	AR	1				
15:1 g	0.000		8	AR	1				
16:1 undifferentiated g	0.658	0.017	8	AR	1				
17:1 g	0.000		8	AR	1				
18:1 undifferentiated g	12.079		0	AS	1				
18:1 c g	11.887	0.150	8	AR	1				
18:1-11c (18:1c n-7) g									
18:1 t g	0.192	0.018	8	AR	1				
18:1-11t (18:1t n-7) g									
20:1 g	0.272	0.028	8	AR	1				
22:1 undifferentiated g	0.000		0	AS	1				
22:1 c g	0.000		8	AR	1				
22:1 t g									
24:1 c g									
Fatty acids, total polyunsaturated g	3.882		0	NC	4				
18:2 undifferentiated g	3.385		0	AS	1				
18:2 n-6 c,c g	3.336	0.189	8	AR	1				
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.048	0.008	8	AR	1				
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.163		0	AS	1				
18:3 n-3 c,c,c (ALA) g	0.163	0.013	8	AR	1				
18:3 n-6 c,c,c g	0.000		8	AR	1				
18:3i g									
18:4 g									
20:2 n-6 c,c g	0.160	0.008	8	AR	1				
20:3 undifferentiated g	0.030	0.006	8	AR	1				
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.102	0.003	8	AR	1				
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.007		1	AR	1				
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.027		1	AR	1				
22:6 n-3 (DHA) g	0.007		1	AR	1				
Fatty acids, total trans g	0.240		0	NC	4				
Fatty acids, total trans-monoenoic g	0.192		0	NC	4				
Fatty acids, total trans-polyenoic g	0.048		0	NC	4				
Cholesterol mg	76	2.762	16	AR	1				
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.192		0	AR	1				
Threonine g	0.631		0	AR	1				
Isoleucine g	0.680		0	AR	1				

NDB No. 10971
Pork, ground, 72% lean / 28% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	1.187		0	AR	1				
Lysine....g	1.280		0	AR	1				
Methionine....g	0.397		0	AR	1				
Cystine....g	0.172		0	AR	1				
Phenylalanine....g	0.633		0	AR	1				
Tyrosine....g	0.630		0	AR	1				
Valine....g	0.748		0	AR	1				
Arginine....g	0.970		0	AR	1				
Histidine....g	0.588		0	AR	1				
Alanine....g	0.877		0	AR	1				
Aspartic acid....g	1.340		0	AR	1				
Glutamic acid....g	2.198		0	AR	1				
Glycine....g	0.831		0	AR	1				
Proline....g	0.730		0	AR	1				
Serine....g	0.597		0	AR	1				
Hydroxyproline....g	0.139		0	AR	1				
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10975
Pork, ground, 84% lean / 16% fat, cooked, crumbles

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.35	2.484	16	AR	1				
Energy	kcal	289		0	NC	4				
Energy	kJ	1211		0	NC	4				
Protein	g	26.69	1.513	16	AR	1				
Total lipid (fat)	g	20.04	2.200	16	AR	1				
Ash	g	1.34	0.086	16	AR	1				
Carbohydrate, by difference	g	0.58		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	20	0.605	8	AR	1				
Iron, Fe	mg	1.10	0.039	8	AR	1				
Magnesium, Mg	mg	23	0.970	8	AR	1				
Phosphorus, P	mg	226	14.779	8	AR	1				
Potassium, K	mg	354	14.673	8	AR	1				
Sodium, Na	mg	89	4.064	8	AR	1				
Zinc, Zn	mg	2.57	0.118	8	AR	1				
Copper, Cu	mg	0.040	0.004	8	AR	1				
Manganese, Mn	mg	0.013	0.000	8	AR	1				
Selenium, Se	mcg	42.4	6.327	8	AR	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.421	0.060	4	AR	1				
Riboflavin	mg	0.486	0.071	4	AR	1				
Niacin	mg	9.286	0.789	4	AR	1				
Pantothenic acid	mg	0.915		1	AR	1				
Vitamin B-6	mg	0.613		1	AR	1				
Folate, total	mcg	1		1	AR	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	1		1	AR	1				
Folate, DFE	mcg_DFE	1		0	NC	4				
Choline, total	mg	89.7		1	AR	1				
Betaine	mg	8.5		1	AR	1				
Vitamin B-12	mcg	1.02		1	AR	1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	AS	1				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	0		0	AS	1				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.31		1	AR	1				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg	0.00		1	AR	1				
Tocopherol, gamma	mg	0.04		1	AR	1				
Tocopherol, delta	mg	0.00		1	AR	1				
Vitamin D (D2 + D3)	mcg	0.5		2	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.5		1	A	1				
Vitamin D	IU	20		1	A	1				
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7				
Lipids:										
Fatty acids, total saturated	g	6.631	0.233	8	AR	1				
4:0	g	0.000		0	Z	7				

NDB No. 10975
Pork, ground, 84% lean / 16% fat, cooked, crumbles

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7				
8:0....g	0.000		8	AR	1				
10:0....g	0.017	0.002	8	AR	1				
12:0....g	0.016	0.002	8	AR	1				
13:0....g									
14:0....g	0.243	0.008	8	AR	1				
15:0....g	0.012	0.001	8	AR	1				
16:0....g	4.150	0.188	8	AR	1				
17:0....g	0.062	0.004	8	AR	1				
18:0....g	2.072	0.076	8	AR	1				
20:0....g	0.040	0.007	8	AR	1				
22:0....g	0.000		8	AR	1				
24:0....g	0.000		8	AR	1				
Fatty acids, total monounsaturated....g	9.021	0.524	8	AR	1				
14:1....g	0.000		8	AR	1				
15:1....g	0.000		8	AR	1				
16:1 undifferentiated....g	0.467	0.012	8	AR	1				
17:1....g	0.000		8	AR	1				
18:1 undifferentiated....g	8.292		0	AS	1				
18:1 c....g	8.174	0.320	8	AR	1				
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.118	0.022	8	AR	1				
18:1-11t (18:1t n-7)....g									
20:1....g	0.177	0.026	8	AR	1				
22:1 undifferentiated....g	0.000		0	AS	1				
22:1 c....g	0.000		8	AR	1				
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.549	0.215	8	AR	1				
18:2 undifferentiated....g	2.214		0	AS	1				
18:2 n-6 c,c....g	2.182	0.198	8	AR	1				
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.032	0.007	8	AR	1				
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.118		0	AS	1				
18:3 n-3 c,c,c (ALA)....g	0.118	0.013	8	AR	1				
18:3 n-6 c,c,c....g	0.000		8	AR	1				
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.104	0.009	8	AR	1				
20:3 undifferentiated....g	0.019	0.006	8	AR	1				
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.093	0.010	8	AR	1				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005		1	AR	1				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.018		1	AR	1				
22:6 n-3 (DHA)....g	0.006		1	AR	1				
Fatty acids, total trans....g	0.143	0.016	8	AR	1				
Fatty acids, total trans-monoenoic....g	0.118		0	NC	4				
Fatty acids, total trans-polyenoic....g	0.032		0	NC	4				
Cholesterol....mg	89	3.553	16	AR	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.344		0	AR	1				
Threonine....g	1.132		0	AR	1				
Isoleucine....g	1.220		0	AR	1				

NDB No. 10975
Pork, ground, 84% lean / 16% fat, cooked, crumbles

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	2.129		0	AR	1				
Lysine....g	2.296		0	AR	1				
Methionine....g	0.713		0	AR	1				
Cystine....g	0.308		0	AR	1				
Phenylalanine....g	1.136		0	AR	1				
Tyrosine....g	1.130		0	AR	1				
Valine....g	1.343		0	AR	1				
Arginine....g	1.741		0	AR	1				
Histidine....g	1.055		0	AR	1				
Alanine....g	1.573		0	AR	1				
Aspartic acid....g	2.404		0	AR	1				
Glutamic acid....g	3.944		0	AR	1				
Glycine....g	1.492		0	AR	1				
Proline....g	1.310		0	AR	1				
Serine....g	1.071		0	AR	1				
Hydroxyproline....g	0.250		0	BFPN	4				
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10978
Pork, ground, 84% lean / 16% fat, cooked, pan-broiled

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.97	0.919	16	AR	1				
Energy	kcal	301		0	NC	4				
Energy	kJ	1260		0	NC	4				
Protein	g	27.14	0.447	16	AR	1				
Total lipid (fat)	g	21.39	1.200	16	AR	1				
Ash	g	1.26	0.019	16	AR	1				
Carbohydrate, by difference	g	0.00		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	20	0.785	8	AR	1				
Iron, Fe	mg	1.16	0.060	8	AR	1				
Magnesium, Mg	mg	22	0.564	8	AR	1				
Phosphorus, P	mg	221	6.358	8	AR	1				
Potassium, K	mg	345	24.040	8	AR	1				
Sodium, Na	mg	89	4.347	8	AR	1				
Zinc, Zn	mg	2.54	0.206	8	AR	1				
Copper, Cu	mg	0.038	0.003	8	AR	1				
Manganese, Mn	mg	0.013	0.001	8	AR	1				
Selenium, Se	mcg	43.5	7.288	8	AR	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.352	0.051	4	AR	1				
Riboflavin	mg	0.462	0.025	4	AR	1				
Niacin	mg	8.573	0.858	4	AR	1				
Pantothenic acid	mg	0.830		1	AR	1				
Vitamin B-6	mg	0.535		1	AR	1				
Folate, total	mcg	4		1	AR	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	4		1	AR	1				
Folate, DFE	mcg_DFE	4		0	NC	4				
Choline, total	mg	85.6		1	AR	1				
Betaine	mg	7.4		1	AR	1				
Vitamin B-12	mcg	0.97		1	AR	1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	AS	1				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	0		0	AS	1				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.44		1	AR	1				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg	0.00		1	AR	1				
Tocopherol, gamma	mg	0.04		1	AR	1				
Tocopherol, delta	mg	0.00		1	AR	1				
Vitamin D (D2 + D3)	mcg	0.5		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.5		0	BFFN	4				
Vitamin D	IU	22		0	BFFN	4				
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7				
Lipids:										
Fatty acids, total saturated	g	7.453	0.219	8	AR	1				
4:0	g	0.000		0	Z	7				

NDB No. 10978
Pork, ground, 84% lean / 16% fat, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7				
8:0 g	0.000		9	AR	1				
10:0 g	0.016	0.002	8	AR	1				
12:0 g	0.015	0.001	8	AR	1				
13:0 g									
14:0 g	0.272	0.009	8	AR	1				
15:0 g	0.012	0.001	8	AR	1				
16:0 g	4.646	0.136	9	AR	1				
17:0 g	0.081	0.007	8	AR	1				
18:0 g	2.337	0.069	9	AR	1				
20:0 g	0.036	0.004	8	AR	1				
22:0 g	0.000		8	AR	1				
24:0 g	0.000		8	AR	1				
Fatty acids, total monounsaturated g	10.032	0.437	8	AR	1				
14:1 g	0.000		8	AR	1				
15:1 g	0.000		8	AR	1				
16:1 undifferentiated g	0.519	0.025	8	AR	1				
17:1 g	0.000		8	AR	1				
18:1 undifferentiated g	9.428		0	AS	1				
18:1 c g	9.295	0.372	8	AR	1				
18:1-11c (18:1c n-7) g									
18:1 t g	0.132	0.023	8	AR	1				
18:1-11t (18:1t n-7) g									
20:1 g	0.193	0.037	8	AR	1				
22:1 undifferentiated g	0.000		0	AS	1				
22:1 c g	0.000		8	AR	1				
22:1 t g									
24:1 c g									
Fatty acids, total polyunsaturated g	3.061	0.114	8	AR	1				
18:2 undifferentiated g	2.606		0	AS	1				
18:2 n-6 c,c g	2.569	0.110	8	AR	1				
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.037	0.006	8	AR	1				
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.144		0	AS	1				
18:3 n-3 c,c,c (ALA) g	0.144	0.025	8	AR	1				
18:3 n-6 c,c,c g	0.000		8	AR	1				
18:3i g									
18:4 g									
20:2 n-6 c,c g	0.125	0.009	8	AR	1				
20:3 undifferentiated g	0.024	0.008	8	AR	1				
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.111	0.004	8	AR	1				
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.005		0	BFFN	4				
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.019		0	BFFN	4				
22:6 n-3 (DHA) g	0.006		0	BFFN	4				
Fatty acids, total trans g	0.192	0.029	8	AR	1				
Fatty acids, total trans-monoenoic g	0.132		0	NC	4				
Fatty acids, total trans-polyenoic g	0.037		0	NC	4				
Cholesterol mg	97	4.964	16	AR	1				
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.350		0	AR	1				
Threonine g	1.151		0	AR	1				
Isoleucine g	1.241		0	AR	1				

NDB No. 10978

Pork, ground, 84% lean / 16% fat, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	2.165		0	AR	1				
Lysine....g	2.335		0	AR	1				
Methionine....g	0.725		0	AR	1				
Cystine....g	0.313		0	AR	1				
Phenylalanine....g	1.155		0	AR	1				
Tyrosine....g	1.149		0	AR	1				
Valine....g	1.366		0	AR	1				
Arginine....g	1.770		0	AR	1				
Histidine....g	1.072		0	AR	1				
Alanine....g	1.600		0	AR	1				
Aspartic acid....g	2.444		0	AR	1				
Glutamic acid....g	4.011		0	AR	1				
Glycine....g	1.517		0	AR	1				
Proline....g	1.332		0	AR	1				
Serine....g	1.089		0	AR	1				
Hydroxyproline....g	0.254		0	AR	1				
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10972
Pork, ground, 84% lean / 16% fat, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.67	0.266	16	AR	1				
Energy	kcal	218		0	NC	4				
Energy	kJ	911		0	NC	4				
Protein	g	17.99	0.155	16	AR	1				
Total lipid (fat)	g	16.00		16	AR	1				
Ash	g	0.91	0.006	16	AR	1				
Carbohydrate, by difference	g	0.44		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	15	0.319	8	AR	1				
Iron, Fe	mg	0.88	0.047	8	AR	1				
Magnesium, Mg	mg	16	0.335	8	AR	1				
Phosphorus, P	mg	161	2.340	8	AR	1				
Potassium, K	mg	244	5.332	8	AR	1				
Sodium, Na	mg	68	5.230	8	AR	1				
Zinc, Zn	mg	1.91	0.145	8	AR	1				
Copper, Cu	mg	0.032	0.003	8	AR	1				
Manganese, Mn	mg	0.010	0.000	8	AR	1				
Selenium, Se	mcg	30.2	5.424	8	AR	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.332	0.053	4	AR	1				
Riboflavin	mg	0.338	0.018	4	AR	1				
Niacin	mg	6.416	0.688	4	AR	1				
Pantothenic acid	mg	0.639		1	AR	1				
Vitamin B-6	mg	0.551		1	AR	1				
Folate, total	mcg	2		1	AR	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	2		1	AR	1				
Folate, DFE	mcg_DFE	2		0	NC	4				
Choline, total	mg	61.5		1	AR	1				
Betaine	mg	5.5		1	AR	1				
Vitamin B-12	mcg	0.73		1	AR	1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	AS	1				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	0		0	AS	1				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.45		1	AR	1				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg	0.00		1	AR	1				
Tocopherol, gamma	mg	0.05		1	AR	1				
Tocopherol, delta	mg	0.00		1	AR	1				
Vitamin D (D2 + D3)	mcg	0.4		2	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.4		1	A	1				
Vitamin D	IU	17		1	A	1				
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7				
Lipids:										
Fatty acids, total saturated	g	5.362	0.055	8	AR	1				
4:0	g	0.000		0	Z	7				

NDB No. 10972
Pork, ground, 84% lean / 16% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7				
8:0 g	0.000		8	AR	1				
10:0 g	0.013	0.001	8	AR	1				
12:0 g	0.012	0.001	8	AR	1				
13:0 g									
14:0 g	0.202	0.202	8	AR	1				
15:0 g	0.009	0.001	8	AR	1				
16:0 g	3.358	0.035	8	AR	1				
17:0 g	0.052	0.003	8	AR	1				
18:0 g	1.695	0.024	8	AR	1				
20:0 g	0.030	0.006	8	AR	1				
22:0 g	0.000		8	AR	1				
24:0 g	0.000		8	AR	1				
Fatty acids, total monounsaturated g	7.280	0.094	8	AR	1				
14:1 g	0.000		8	AR	1				
15:1 g	0.000		8	AR	1				
16:1 undifferentiated g	0.382	0.009	8	AR	1				
17:1 g	0.000		8	AR	1				
18:1 undifferentiated g	6.855		0	AS	1				
18:1 c g	6.749	0.077	8	AR	1				
18:1-11c (18:1c n-7) g									
18:1 t g	0.105	0.009	8	AR	1				
18:1-11t (18:1t n-7) g									
20:1 g	0.145	0.025	8	AR	1				
22:1 undifferentiated g	0.000		0	AS	1				
22:1 c g	0.000		8	AR	1				
22:1 t g									
24:1 c g									
Fatty acids, total polyunsaturated g	2.235	0.099	8	AR	1				
18:2 undifferentiated g	1.948		0	AS	1				
18:2 n-6 c,c g	1.918	0.099	8	AR	1				
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.030	0.008	8	AR	1				
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.094		0	AS	1				
18:3 n-3 c,c,c (ALA) g	0.094	0.007	8	AR	1				
18:3 n-6 c,c,c g	0.000		8	AR	1				
18:3i g									
18:4 g									
20:2 n-6 c,c g	0.091	0.004	8	AR	1				
20:3 undifferentiated g	0.016	0.006	8	AR	1				
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.083	0.002	8	AR	1				
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.005		1	AR	1				
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.017		1	AR	1				
22:6 n-3 (DHA) g	0.007		1	AR	1				
Fatty acids, total trans g	0.111	0.013	8	AR	1				
Fatty acids, total trans-monoenoic g	0.105		0	NC	4				
Fatty acids, total trans-polyenoic g	0.030		0	NC	4				
Cholesterol mg	68	2.047	16	AR	1				
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.232		0	AR	1				
Threonine g	0.763		0	AR	1				
Isoleucine g	0.822		0	AR	1				

NDB No. 10972
Pork, ground, 84% lean / 16% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	1.435		0	AR	1				
Lysine....g	1.547		0	AR	1				
Methionine....g	0.480		0	AR	1				
Cystine....g	0.208		0	AR	1				
Phenylalanine....g	0.766		0	AR	1				
Tyrosine....g	0.762		0	AR	1				
Valine....g	0.905		0	AR	1				
Arginine....g	1.173		0	AR	1				
Histidine....g	0.711		0	AR	1				
Alanine....g	1.060		0	AR	1				
Aspartic acid....g	1.620		0	AR	1				
Glutamic acid....g	2.658		0	AR	1				
Glycine....g	1.005		0	AR	1				
Proline....g	0.883		0	AR	1				
Serine....g	0.722		0	AR	1				
Hydroxyproline....g	0.168		0	AR	1				
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10976
Pork, ground, 96% lean / 4% fat, cooked, crumbles

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.03	2.555	14	AR	1				
Energy	kcal	187		0	NC	4				
Energy	kJ	781		0	NC	4				
Protein	g	30.55	1.513	14	AR	1				
Total lipid (fat)	g	7.15	1.300	14	AR	1				
Ash	g	1.49	0.089	14	AR	1				
Carbohydrate, by difference	g	0.00		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	19	0.868	7	AR	1				
Iron, Fe	mg	1.05	0.026	7	AR	1				
Magnesium, Mg	mg	27	1.145	7	AR	1				
Phosphorus, P	mg	261	16.441	7	AR	1				
Potassium, K	mg	428	15.306	7	AR	1				
Sodium, Na	mg	84	4.524	7	AR	1				
Zinc, Zn	mg	2.56	0.143	7	AR	1				
Copper, Cu	mg	0.041	0.004	7	AR	1				
Manganese, Mn	mg	0.013	0.001	7	AR	1				
Selenium, Se	mcg	46.7	6.636	7	AR	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.500	0.071	3	AR	1				
Riboflavin	mg	0.484	0.074	3	AR	1				
Niacin	mg	11.050	0.966	3	AR	1				
Pantothenic acid	mg	0.846		1	AR	1				
Vitamin B-6	mg	0.717		1	AR	1				
Folate, total	mcg	0		1	AR	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	0		1	AR	1				
Folate, DFE	mcg_DFE	0		0	NC	4				
Choline, total	mg	99.4		1	AR	1				
Betaine	mg	9.8		1	AR	1				
Vitamin B-12	mcg	0.86		1	AR	1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	AS	1				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	0		0	AS	1				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.26		1	AR	1				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg	0.00		1	AR	1				
Tocopherol, gamma	mg	0.04		1	AR	1				
Tocopherol, delta	mg	0.00		1	AR	1				
Vitamin D (D2 + D3)	mcg	0.2		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.2		0	BFFN	4				
Vitamin D	IU	7		0	BFFN	4				
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7				
Lipids:										
Fatty acids, total saturated	g	1.951	0.235	8	AR	1				
4:0	g	0.000		0	Z	7				

NDB No. 10976
Pork, ground, 96% lean / 4% fat, cooked, crumbles

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7				
8:0....g	0.000		7	AR	1				
10:0....g	0.009		7	AR	1				
12:0....g	0.008		7	AR	1				
13:0....g									
14:0....g	0.063	0.008	7	AR	1				
15:0....g	0.013		7	AR	1				
16:0....g	1.162	0.196	7	AR	1				
17:0....g	0.017	0.002	7	AR	1				
18:0....g	0.601	0.072	7	AR	1				
20:0....g	0.013		7	AR	1				
22:0....g	0.000		7	AR	1				
24:0....g	0.000		7	AR	1				
Fatty acids, total monounsaturated....g	2.714	0.584	8	AR	1				
14:1....g	0.000		7	AR	1				
15:1....g	0.000		7	AR	1				
16:1 undifferentiated....g	0.145	0.008	7	AR	1				
17:1....g	0.000		7	AR	1				
18:1 undifferentiated....g	2.327		0	AS	1				
18:1 c....g	2.271	0.308	7	AR	1				
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.056	0.025	7	AR	1				
18:1-11t (18:1t n-7)....g									
20:1....g	0.043	0.029	7	AR	1				
22:1 undifferentiated....g	0.000		0	AS	1				
22:1 c....g	0.000		7	AR	1				
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.776	0.154	8	AR	1				
18:2 undifferentiated....g	0.659		0	AS	1				
18:2 n-6 c,c....g	0.645	0.135	7	AR	1				
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.014		7	AR	1				
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.026		0	AS	1				
18:3 n-3 c,c,c (ALA)....g	0.026	0.014	7	AR	1				
18:3 n-6 c,c,c....g	0.000		7	AR	1				
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.027	0.006	7	AR	1				
20:3 undifferentiated....g	0.004		7	AR	1				
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.070	0.010	7	AR	1				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		1	AR	1				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		1	AR	1				
22:6 n-3 (DHA)....g	0.004		1	AR	1				
Fatty acids, total trans....g	0.030	0.009	8	AR	1				
Fatty acids, total trans-monoenoic....g	0.056		0	NC	4				
Fatty acids, total trans-polyenoic....g	0.014		0	NC	4				
Cholesterol....mg	78	4.867	14	AR	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.394		0	AR	1				
Threonine....g	1.296		0	AR	1				
Isoleucine....g	1.396		0	AR	1				

NDB No. 10976
Pork, ground, 96% lean / 4% fat, cooked, crumbles

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine.....g	2.437		0	AR	1				
Lysine.....g	2.628		0	AR	1				
Methionine.....g	0.816		0	AR	1				
Cystine.....g	0.353		0	AR	1				
Phenylalanine.....g	1.300		0	AR	1				
Tyrosine.....g	1.293		0	AR	1				
Valine.....g	1.537		0	AR	1				
Arginine.....g	1.992		0	AR	1				
Histidine.....g	1.207		0	AR	1				
Alanine.....g	1.800		0	AR	1				
Aspartic acid.....g	2.751		0	AR	1				
Glutamic acid.....g	4.514		0	AR	1				
Glycine.....g	1.707		0	AR	1				
Proline.....g	1.499		0	AR	1				
Serine.....g	1.226		0	AR	1				
Hydroxyproline.....g	0.286		0	AR	1				
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10979
Pork, ground, 96% lean / 4% fat, cooked, pan-broiled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	60.08	1.020	14	AR	1				
Energy ... kcal	185		0	NC	4				
Energy ... kJ	773		0	NC	4				
Protein ... g	31.69	0.524	14	AR	1				
Total lipid (fat) ... g	6.20	1.300	14	AR	1				
Ash ... g	1.47	0.027	14	AR	1				
Carbohydrate, by difference ... g	0.57		0	NC	4				
Fiber, total dietary ... g	0.0		0	Z	7				
Sugars, total ... g	0.00		0	Z	7				
Starch ... g									
Minerals:									
Calcium, Ca ... mg	20	1.166	7	AR	1				
Iron, Fe ... mg	1.11	0.065	7	AR	1				
Magnesium, Mg ... mg	25	0.954	7	AR	1				
Phosphorus, P ... mg	261	7.667	7	AR	1				
Potassium, K ... mg	415	25.864	7	AR	1				
Sodium, Na ... mg	88	4.808	7	AR	1				
Zinc, Zn ... mg	2.59	0.222	7	AR	1				
Copper, Cu ... mg	0.039	0.003	7	AR	1				
Manganese, Mn ... mg	0.013	0.001	7	AR	1				
Selenium, Se ... mcg	49.1	7.568	7	AR	1				
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7				
Thiamin ... mg	0.433	0.066	3	AR	1				
Riboflavin ... mg	0.435	0.033	3	AR	1				
Niacin ... mg	10.293	0.971	3	AR	1				
Pantothenic acid ... mg	0.846		1	AR	1				
Vitamin B-6 ... mg	0.627		1	AR	1				
Folate, total ... mcg	3		1	AR	1				
Folic acid ... mcg	0		0	Z	7				
Folate, food ... mcg	3		1	AR	1				
Folate, DFE ... mcg_DFE	3		0	NC	4				
Choline, total ... mg	95.2		1	AR	1				
Betaine ... mg	9.5		1	AR	1				
Vitamin B-12 ... mcg	0.83		1	AR	1				
Vitamin B-12, added ... mcg	0.00		0	Z	7				
Vitamin A, RAE ... mcg_RAE	0		0	AS	1				
Retinol ... mcg	0		0	Z	7				
Carotene, beta ... mcg	0		0	Z	7				
Carotene, alpha ... mcg	0		0	Z	7				
Cryptoxanthin, beta ... mcg	0		0	Z	7				
Vitamin A, IU ... IU	0		0	AS	1				
Lycopene ... mcg	0		0	Z	7				
Lutein + zeaxanthin ... mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol) ... mg	0.40		1	AR	1				
Vitamin E, added ... mg	0.00		0	Z	7				
Tocopherol, beta ... mg	0.00		1	AR	1				
Tocopherol, gamma ... mg	0.03		1	AR	1				
Tocopherol, delta ... mg	0.00		1	AR	1				
Vitamin D (D2 + D3) ... mcg	0.2		0	AS	1				
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	0.2		0	BFFN	4				
Vitamin D ... IU	6		0	BFFN	4				
Vitamin K (phylloquinone) ... mcg	0.0		0	Z	7				
Lipids:									
Fatty acids, total saturated ... g	2.076	0.135	8	AR	1				
4:0 ... g	0.000		0	Z	7				

NDB No. 10979
Pork, ground, 96% lean / 4% fat, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7				
8:0 g	0.000		7	AR	1				
10:0 g	0.015		7	AR	1				
12:0 g	0.011		7	AR	1				
13:0 g									
14:0 g	0.073	0.005	7	AR	1				
15:0 g	0.007		7	AR	1				
16:0 g	1.296	0.082	7	AR	1				
17:0 g	0.018	0.007	7	AR	1				
18:0 g	0.657	0.045	7	AR	1				
20:0 g	0.044		7	AR	1				
22:0 g	0.000		7	AR	1				
24:0 g	0.000		7	AR	1				
Fatty acids, total monounsaturated g	2.621	0.440	8	AR	1				
14:1 g	0.000		7	AR	1				
15:1 g	0.000		7	AR	1				
16:1 undifferentiated g	0.167	0.012	7	AR	1				
17:1 g	0.000		7	AR	1				
18:1 undifferentiated g	2.498		0	AS	1				
18:1 c g	2.444	0.357	7	AR	1				
18:1-11c (18:1c n-7) g									
18:1 t g	0.053	0.023	7	AR	1				
18:1-11t (18:1t n-7) g									
20:1 g	0.070	0.039	7	AR	1				
22:1 undifferentiated g	0.000		0	AS	1				
22:1 c g	0.000		7	AR	1				
22:1 t g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.906	0.078	8	AR	1				
18:2 undifferentiated g	0.759		0	AS	1				
18:2 n-6 c,c g	0.734	0.070	7	AR	1				
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.025		7	AR	1				
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.027		0	AS	1				
18:3 n-3 c,c,c (ALA) g	0.027	0.024	7	AR	1				
18:3 n-6 c,c,c g	0.000		7	AR	1				
18:3i g									
18:4 g									
20:2 n-6 c,c g	0.032	0.009	7	AR	1				
20:3 undifferentiated g	0.000		7	AR	1				
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.091	0.005	7	AR	1				
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002		0	BFFN	4				
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.009		0	BFFN	4				
22:6 n-3 (DHA) g	0.004		0	BFFN	4				
Fatty acids, total trans g	0.030	0.030	8	AR	1				
Fatty acids, total trans-monoenoic g	0.053		0	NC	4				
Fatty acids, total trans-polyenoic g	0.025		0	NC	4				
Cholesterol mg	85	5.234	14	AR	1				
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.409		0	AR	1				
Threonine g	1.344		0	AR	1				
Isoleucine g	1.448		0	AR	1				

NDB No. 10979
Pork, ground, 96% lean / 4% fat, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	2.528		0	AR	1				
Lysine....g	2.726		0	AR	1				
Methionine....g	0.846		0	AR	1				
Cystine....g	0.366		0	AR	1				
Phenylalanine....g	1.349		0	AR	1				
Tyrosine....g	1.342		0	AR	1				
Valine....g	1.594		0	AR	1				
Arginine....g	2.067		0	AR	1				
Histidine....g	1.252		0	AR	1				
Alanine....g	1.868		0	AR	1				
Aspartic acid....g	2.854		0	AR	1				
Glutamic acid....g	4.683		0	AR	1				
Glycine....g	1.771		0	AR	1				
Proline....g	1.555		0	AR	1				
Serine....g	1.271		0	AR	1				
Hydroxyproline....g	0.297		0	AR	1				
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10973
Pork, ground, 96% lean / 4% fat, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.62	0.299	14	AR	1				
Energy	kcal	121		0	NC	4				
Energy	kJ	507		0	NC	4				
Protein	g	21.10	0.235	14	AR	1				
Total lipid (fat)	g	4.00		14	AR	1				
Ash	g	1.07	0.006	14	AR	1				
Carbohydrate, by difference	g	0.21		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	15	0.495	7	AR	1				
Iron, Fe	mg	0.86	0.053	7	AR	1				
Magnesium, Mg	mg	19	0.463	7	AR	1				
Phosphorus, P	mg	190	2.749	7	AR	1				
Potassium, K	mg	310	6.728	7	AR	1				
Sodium, Na	mg	67	5.763	7	AR	1				
Zinc, Zn	mg	1.93	0.161	7	AR	1				
Copper, Cu	mg	0.033	0.003	7	AR	1				
Manganese, Mn	mg	0.010	0.000	7	AR	1				
Selenium, Se	mcg	34.8	5.600	7	AR	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.414	0.066	3	AR	1				
Riboflavin	mg	0.368	0.028	3	AR	1				
Niacin	mg	7.914	0.774	3	AR	1				
Pantothenic acid	mg	0.646		1	AR	1				
Vitamin B-6	mg	0.668		1	AR	1				
Folate, total	mcg	2		1	AR	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	2		1	AR	1				
Folate, DFE	mcg_DFE	2		0	NC	4				
Choline, total	mg	71.7		1	AR	1				
Betaine	mg	6.4		1	AR	1				
Vitamin B-12	mcg	0.64		1	AR	1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	AS	1				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	0		0	AS	1				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.29		1	AR	1				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg	0.00		1	AR	1				
Tocopherol, gamma	mg	0.04		1	AR	1				
Tocopherol, delta	mg	0.00		1	AR	1				
Vitamin D (D2 + D3)	mcg	0.1		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.1		0	BFFN	4				
Vitamin D	IU	4		0	BFFN	4				
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7				
Lipids:										
Fatty acids, total saturated	g	1.314	0.064	8	AR	1				
4:0	g	0.000		0	Z	7				

NDB No. 10973
Pork, ground, 96% lean / 4% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	Z	7				
8:0 ... g	0.000		7	AR	1				
10:0 ... g	0.006		7	AR	1				
12:0 ... g	0.003		7	AR	1				
13:0 ... g									
14:0 ... g	0.049	0.049	7	AR	1				
15:0 ... g	0.004		7	AR	1				
16:0 ... g	0.821	0.041	7	AR	1				
17:0 ... g	0.012	0.002	7	AR	1				
18:0 ... g	0.423	0.020	7	AR	1				
20:0 ... g	0.004		7	AR	1				
22:0 ... g	0.000		7	AR	1				
24:0 ... g	0.000		7	AR	1				
Fatty acids, total monounsaturated ... g	1.744	0.099	8	AR	1				
14:1 ... g	0.000		7	AR	1				
15:1 ... g	0.000		7	AR	1				
16:1 undifferentiated ... g	0.106	0.005	7	AR	1				
17:1 ... g	0.000		7	AR	1				
18:1 undifferentiated ... g	1.630		0	AS	1				
18:1 c ... g	1.612	0.086	7	AR	1				
18:1-11c (18:1c n-7) ... g									
18:1 t ... g	0.018	0.005	7	AR	1				
18:1-11t (18:1t n-7) ... g									
20:1 ... g	0.019	0.028	7	AR	1				
22:1 undifferentiated ... g	0.000		0	AS	1				
22:1 c ... g	0.000		7	AR	1				
22:1 t ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.611	0.057	8	AR	1				
18:2 undifferentiated ... g	0.511		0	AS	1				
18:2 n-6 c,c ... g	0.499	0.053	7	AR	1				
18:2 CLAs ... g									
18:2 c,t ... g									
18:2 t,c ... g									
18:2 t,t ... g	0.012		7	AR	1				
18:2 i ... g									
18:2 t not further defined ... g									
18:3 undifferentiated ... g	0.025		0	AS	1				
18:3 n-3 c,c,c (ALA) ... g	0.025	0.007	7	AR	1				
18:3 n-6 c,c,c ... g	0.000		7	AR	1				
18:3i ... g									
18:4 ... g									
20:2 n-6 c,c ... g	0.021	0.002	7	AR	1				
20:3 undifferentiated ... g	0.002		7	AR	1				
20:3 n-3 ... g									
20:3 n-6 ... g									
20:4 undifferentiated ... g	0.063	0.003	7	AR	1				
20:4 n-3 ... g									
20:4 n-6 ... g									
20:5 n-3 (EPA) ... g	0.003		1	AR	1				
21:5 ... g									
22:4 ... g									
22:5 n-3 (DPA) ... g	0.007		1	AR	1				
22:6 n-3 (DHA) ... g	0.006		1	AR	1				
Fatty acids, total trans ... g	0.020	0.007	8	AR	1				
Fatty acids, total trans-monoenoic ... g	0.018		0	NC	4				
Fatty acids, total trans-polyenoic ... g	0.012		0	NC	4				
Cholesterol ... mg	59	2.825	14	AR	1				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.272		0	AR	1				
Threonine ... g	0.895		0	AR	1				
Isoleucine ... g	0.964		0	AR	1				

NDB No. 10973
Pork, ground, 96% lean / 4% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	1.683		0	AR	1				
Lysine....g	1.815		0	AR	1				
Methionine....g	0.564		0	AR	1				
Cystine....g	0.244		0	AR	1				
Phenylalanine....g	0.898		0	AR	1				
Tyrosine....g	0.893		0	AR	1				
Valine....g	1.061		0	AR	1				
Arginine....g	1.376		0	AR	1				
Histidine....g	0.834		0	AR	1				
Alanine....g	1.243		0	AR	1				
Aspartic acid....g	1.900		0	AR	1				
Glutamic acid....g	3.118		0	AR	1				
Glycine....g	1.179		0	AR	1				
Proline....g	1.035		0	AR	1				
Serine....g	0.846		0	AR	1				
Hydroxyproline....g	0.197		0	AR	1				
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10956

Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled

Gracilis, URMIS #3646, Leg cap steak

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.72	0.512	12	A	1		133.31		
Energy....kcal	158		0	NC	4		306		
Energy....kJ	659		0	NC	4		1279		
Protein (N x 6.25)....g	27.57	0.418	12	A	1		53.49		
Total lipid (fat)....g	4.41	0.560	12	A	1		8.56		
Ash....g	1.07	0.017	12	A	1		2.07		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	7	0.305	6	A	1		14		
Iron, Fe....mg	0.97	0.019	6	A	1		1.87		
Magnesium, Mg....mg	23	0.350	6	A	1		45		
Phosphorus, P....mg	221	3.211	6	A	1		428		
Potassium, K....mg	366	7.350	6	A	1		710		
Sodium, Na....mg	76	4.985	6	A	1		147		
Zinc, Zn....mg	4.11	0.127	6	A	1		7.97		
Copper, Cu....mg	0.073	0.003	6	A	1		0.141		
Manganese, Mn....mg	0.010	0.000	6	A	1		0.019		
Selenium, Se....mcg	32.1	6.202	6	A	1		62.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.481	0.043	6	A	1		0.933		
Riboflavin....mg	0.387	0.053	6	A	1		0.750		
Niacin....mg	8.205	0.266	6	A	1		15.918		
Pantothenic acid....mg	0.772	0.085	4	A	1		1.499		
Vitamin B-6....mg	0.430	0.025	4	A	1		0.834		
Folate, total....mcg	1	0.594	4	A	1		2		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	1	0.594	4	A	1		2		
Folate, DFE....mcg_DFE	1		0	NC	4		2		
Choline, total....mg	88.4	4.374	4	AS	1		171.6		
Betaine....mg	7.1	2.356	4	A	1		13.9		
Vitamin B-12....mcg	0.69	0.120	4	A	1		1.35		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	A	1		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.10		0	BFPN	4		0.19		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0		
Lipids:									
Fatty acids, total saturated....g	1.358		0	NC	4		2.635		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 10956

Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000	0.000	4	A	1		0.000		
10:0 g	0.000	0.000	4	A	1		0.000		
12:0 g	0.000	0.000	4	A	1		0.000		
13:0 g									
14:0 g	0.045	0.002	4	A	1		0.087		
15:0 g	0.000	0.000	4	A	1		0.000		
16:0 g	0.875	0.063	4	A	1		1.698		
17:0 g	0.011	0.002	4	A	1		0.022		
18:0 g	0.425	0.031	4	A	1		0.825		
20:0 g	0.002	0.002	4	A	1		0.004		
22:0 g	0.000	0.000	4	A	1		0.000		
24:0 g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated g	1.928		0	NC	4		3.741		
14:1 g	0.000	0.000	4	A	1		0.000		
15:1 g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated g	0.128	0.011	4	A	1		0.249		
17:1 g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated g	1.776	0.180	4	AS	1		3.445		
18:1 c g	1.757	0.177	4	A	1		3.409		
18:1-11c (18:1c n-7) g									
18:1 t g	0.019	0.003	4	A	1		0.036		
18:1-11t (18:1t n-7) g									
20:1 g	0.024	0.002	4	A	1		0.047		
22:1 undifferentiated g	0.000	0.000	4	AS	1		0.000		
22:1 c g	0.000	0.000	4	A	1		0.000		
22:1 t g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.578		0	NC	4		1.122		
18:2 undifferentiated g	0.486	0.044	4	AS	1		0.944		
18:2 n-6 c,c g	0.483	0.043	4	A	1		0.937		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.004	0.004	4	A	1		0.007		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.015	0.002	4	AS	1		0.029		
18:3 n-3 c,c,c (ALA) g	0.015	0.002	4	A	1		0.029		
18:3 n-6 c,c,c g	0.000	0.000	4	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.016	0.001	4	A	1		0.031		
20:3 undifferentiated g	0.000	0.000	4	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.061	0.007	4	A	1		0.118		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000		
Fatty acids, total trans g	0.022		0	NC	4		0.043		
Fatty acids, total trans-monoenoic g	0.019		0	NC	4		0.036		
Fatty acids, total trans-polyenoic g	0.004		0	NC	4		0.007		
Cholesterol mg	81	1.669	12	A	1		157		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.328		0	A	1		0.637		
Threonine g	1.212		0	A	1		2.352		
Isoleucine g	1.306		0	A	1		2.533		

NDB No. 10956

Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	2.269		0	A	1		4.402		
Lysine....g	2.452		0	A	1		4.757		
Methionine....g	0.756		0	A	1		1.466		
Cystine....g	0.311		0	A	1		0.603		
Phenylalanine....g	1.146		0	A	1		2.222		
Tyrosine....g	1.092		0	A	1		2.119		
Valine....g	1.395		0	A	1		2.705		
Arginine....g	1.777		0	A	1		3.447		
Histidine....g	1.121		0	A	1		2.176		
Alanine....g	1.579		0	A	1		3.064		
Aspartic acid....g	2.579		0	A	1		5.003		
Glutamic acid....g	4.212		0	A	1		8.171		
Glycine....g	1.246		0	A	1		2.417		
Proline....g	1.115		0	A	1		2.163		
Serine....g	1.151		0	A	1		2.234		
Hydroxyproline....g	0.096		0	A	1		0.187		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 194g: 1 piece

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43297
Pork, oriental style, dehydrated

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	21.80				4		4.80		
Energy	kcal	615				4		135		
Energy	kJ	2573				4		566		
Protein	g	11.80				4		2.60		
Total lipid (fat)	g	62.40				4		13.73		
Ash	g	2.60		0	NC	4		0.57		
Carbohydrate, by difference	g	1.40				4		0.31		
Fiber, total dietary	g	0.0				7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	10				4		2		
Iron, Fe	mg	0.50				4		0.11		
Magnesium, Mg	mg	11				4		2		
Phosphorus, P	mg	128				4		28		
Potassium, K	mg	139				4		31		
Sodium, Na	mg	685				4		151		
Zinc, Zn	mg	1.15				4		0.25		
Copper, Cu	mg	0.064				4		0.014		
Manganese, Mn	mg									
Selenium, Se	mcg	36.3		0	BFNN	4		8.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0			Z	7		0.0		
Thiamin	mg	0.450				4		0.099		
Riboflavin	mg	0.140				4		0.031		
Niacin	mg	2.100				4		0.462		
Pantothenic acid	mg									
Vitamin B-6	mg	0.200				4		0.044		
Folate, total	mcg	2				4		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	2				4		0		
Folate, DFE	mcg_DFE	2		0	NC	4		0		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.30				4		0.07		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	NR	4		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0				4		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.36		0	BFSN	4		0.08		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0		
Lipids:										
Fatty acids, total saturated	g	23.056				4		5.072		
4:0	g	0.000				4		0.000		

NDB No. 43297
Pork, oriental style, dehydrated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000				4		0.000		
8:0....g	0.000				4		0.000		
10:0....g	0.250				4		0.055		
12:0....g	0.239				4		0.053		
13:0....g									
14:0....g	0.954				4		0.210		
15:0....g									
16:0....g	14.348				4		3.157		
17:0....g									
18:0....g	7.266				4		1.599		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	28.555				4		6.282		
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.963				4		0.432		
17:1....g									
18:1 undifferentiated....g	26.581				4		5.848		
20:1....g	0.000				4		0.000		
22:1 undifferentiated....g	0.000				4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	7.320				4		1.610		
18:2 undifferentiated....g	6.507				4		1.432		
18:3 undifferentiated....g	0.813				4		0.179		
18:4....g	0.000				4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000				4		0.000		
20:5 n-3 (EPA)....g	0.000				4		0.000		
22:5 n-3 (DPA)....g	0.000				4		0.000		
22:6 n-3 (DHA)....g	0.000				4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	67				4		15		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.106		0	NR	4		0.023		
Threonine....g	0.495		0	NR	4		0.109		
Isoleucine....g	0.593		0	NR	4		0.131		
Leucine....g	0.985		0	NR	4		0.217		
Lysine....g	1.049		0	NR	4		0.231		
Methionine....g	0.281		0	NR	4		0.062		
Cystine....g	0.141		0	NR	4		0.031		
Phenylalanine....g	0.502		0	NR	4		0.110		
Tyrosine....g	0.396		0	NR	4		0.087		
Valine....g	0.673		0	NR	4		0.148		
Arginine....g	0.819		0	NR	4		0.180		
Histidine....g	0.476		0	NR	4		0.105		
Alanine....g	0.809		0	NR	4		0.178		
Aspartic acid....g	1.190		0	NR	4		0.262		
Glutamic acid....g	1.862		0	NR	4		0.410		
Glycine....g	0.888		0	NR	4		0.195		
Proline....g	0.694		0	NR	4		0.153		
Serine....g	0.481		0	NR	4		0.106		
Hydroxyproline....g	0.207		0	BFPN	4		0.046		
Others:									
Alcohol, ethyl....g	0.0				7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 43297

Pork, oriental style, dehydrated

Common Measures:

Measure 1 = 22g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10898
Pork, pickled pork hocks

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.02		1	A	1				
Energy	kcal	171		0	NC	4				
Energy	kJ	716		0	NC	4				
Protein (N x 6.25)	g	19.11		1	A	1				
Total lipid (fat)	g	10.54		1	A	1				
Ash	g	2.76		1	A	1				
Carbohydrate, by difference	g	0.00		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		1	A	1				
Sucrose	g	0.00		1	A	1				
Glucose (dextrose)	g	0.00		1	A	1				
Fructose	g	0.00		1	A	1				
Lactose	g	0.00		1	A	1				
Maltose	g	0.00		1	A	1				
Galactose	g	0.00		1	A	1				
Starch	g									
Minerals:										
Calcium, Ca	mg	19		1	A	1				
Iron, Fe	mg	1.14		1	A	1				
Magnesium, Mg	mg	6		1	A	1				
Phosphorus, P	mg	60		1	A	1				
Potassium, K	mg	47		1	A	1				
Sodium, Na	mg	1050		1	A	1				
Zinc, Zn	mg	2.38		1	A	1				
Copper, Cu	mg	0.082		1	A	1				
Manganese, Mn	mg	0.022		1	A	1				
Selenium, Se	mcg	26.3		1	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.080		1	A	1				
Riboflavin	mg	0.068		1	A	1				
Niacin	mg	1.100		1	A	1				
Pantothenic acid	mg	0.344		1	A	1				
Vitamin B-6	mg	0.064		1	A	1				
Folate, total	mcg	1		1	A	1				
Folic acid	mcg	0		1	Z	7				
Folate, food	mcg	1		1	NR	4				
Folate, DFE	mcg_DFE	1		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.51		1	A	1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	23		0	AS	1				
Retinol	mcg	23		1	A	1				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	76		0	AS	1				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.17		1	A	1				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg	0.01		1	A	1				
Tocopherol, gamma	mg	0.02		1	A	1				
Tocopherol, delta	mg	0.00		1	A	1				
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 10898
Pork, pickled pork hocks

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		1	A	1				
Lipids:									
Fatty acids, total saturated....g	3.231		0	NC	4				
4:0....g	0.000		0	Z	7				
6:0....g	0.000		0	Z	7				
8:0....g	0.000		1	A	1				
10:0....g	0.000		1	A	1				
12:0....g	0.000		1	A	1				
13:0....g									
14:0....g	0.121		1	A	1				
15:0....g	0.000		1	A	1				
16:0....g	2.128		1	A	1				
17:0....g	0.021		1	A	1				
18:0....g	0.931		1	A	1				
20:0....g	0.013		1	A	1				
22:0....g	0.017		1	A	1				
24:0....g									
Fatty acids, total monounsaturated....g	5.134		0	NC	4				
14:1....g	0.000		1	A	1				
15:1....g	0.000		1	A	1				
16:1 undifferentiated....g	0.298		1	A	1				
17:1....g	0.000		1	A	1				
18:1 undifferentiated....g	4.764		0	AS	1				
18:1 c....g	4.700		1	A	1				
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.064		1	A	1				
18:1-11t (18:1t n-7)....g									
20:1....g	0.072		1	A	1				
22:1 undifferentiated....g	0.000		0	Z	7				
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.198		0	NC	4				
18:2 undifferentiated....g	1.035		0	AS	1				
18:2 n-6 c,c....g	0.986		1	A	1				
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.049		1	A	1				
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.042		0	AS	1				
18:3 n-3 c,c,c (ALA)....g	0.042		1	A	1				
18:3 n-6 c,c,c....g	0.000		1	A	1				
18:3i....g									
18:4....g	0.000		0	Z	7				
20:2 n-6 c,c....g	0.045		1	A	1				
20:3 undifferentiated....g	0.000		1	A	1				
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.076		1	A	1				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7				
22:6 n-3 (DHA)....g	0.000		0	Z	7				
Fatty acids, total trans....g	0.113		0	NC	4				
Fatty acids, total trans-monoenoic....g	0.064		0	NC	4				
Fatty acids, total trans-polyenoic....g	0.049		0	NC	4				
Cholesterol....mg	89		1	A	1				
Phytosterols....mg									

NDB No. 10898
Pork, pickled pork hocks

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.038		0	BFPN	4				
Threonine....g	0.516		0	BFPN	4				
Isoleucine....g	0.325		0	BFPN	4				
Leucine....g	0.841		0	BFPN	4				
Lysine....g	0.822		0	BFPN	4				
Methionine....g	0.211		0	BFPN	4				
Cystine....g	0.168		0	BFPN	4				
Phenylalanine....g	0.554		0	BFPN	4				
Tyrosine....g	0.305		0	BFPN	4				
Valine....g	0.478		0	BFPN	4				
Arginine....g	1.433		0	BFPN	4				
Histidine....g	0.211		0	BFPN	4				
Alanine....g	1.566		0	BFPN	4				
Aspartic acid....g	1.375		0	BFPN	4				
Glutamic acid....g	2.101		0	BFPN	4				
Glycine....g	3.343		0	BFPN	4				
Proline....g	2.005		0	BFPN	4				
Serine....g	0.765		0	BFPN	4				
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10960

Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled

Shoulder petite tender, Teres major, URMIS #3605

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.70	0.383	12	A	1		63.20		
Energy....kcal	155		0	NC	4		143		
Energy....kJ	650		0	NC	4		598		
Protein (N x 6.25)....g	27.47	0.291	12	A	1		25.27		
Total lipid (fat)....g	4.23	0.495	12	A	1		3.89		
Ash....g	1.21	0.023	12	A	1		1.11		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8	0.725	4	A	1		7		
Iron, Fe....mg	1.25	0.047	4	A	1		1.15		
Magnesium, Mg....mg	27	0.542	4	A	1		25		
Phosphorus, P....mg	254	1.708	4	A	1		233		
Potassium, K....mg	415	9.169	4	A	1		382		
Sodium, Na....mg	53	2.481	4	A	1		49		
Zinc, Zn....mg	2.74	0.258	4	A	1		2.52		
Copper, Cu....mg	0.099	0.009	4	A	1		0.091		
Manganese, Mn....mg	0.012	0.001	4	A	1		0.011		
Selenium, Se....mcg	27.0	8.455	4	A	1		24.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.733	0.077	4	A	1		0.675		
Riboflavin....mg	0.465	0.034	4	A	1		0.428		
Niacin....mg	6.345	0.434	4	A	1		5.837		
Pantothenic acid....mg	0.977	0.044	4	A	1		0.899		
Vitamin B-6....mg	0.594	0.061	4	A	1		0.547		
Folate, total....mcg	1	0.687	4	A	1		1		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	1	0.687	4	A	1		1		
Folate, DFE....mcg_DFE	1		0	NC	4		1		
Choline, total....mg	111.9	4.932	4	AS	1		102.9		
Betaine....mg	5.1	1.540	4	A	1		4.7		
Vitamin B-12....mcg	0.76	0.103	4	A	1		0.70		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	A	1		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.10		0	BFPN	4		0.09		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0		
Lipids:									
Fatty acids, total saturated....g	1.322		0	NC	4		1.216		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 10960

Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000	0.000	4	A	1		0.000		
10:0 g	0.000	0.000	4	A	1		0.000		
12:0 g	0.000	0.000	4	A	1		0.000		
13:0 g									
14:0 g	0.043	0.005	4	A	1		0.039		
15:0 g	0.000	0.000	4	A	1		0.000		
16:0 g	0.832	0.089	4	A	1		0.765		
17:0 g	0.012	0.002	4	A	1		0.011		
18:0 g	0.435	0.038	4	A	1		0.400		
20:0 g	0.000	0.000	4	A	1		0.000		
22:0 g	0.000	0.000	4	A	1		0.000		
24:0 g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated g	1.724		0	NC	4		1.586		
14:1 g	0.000	0.000	4	A	1		0.000		
15:1 g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated g	0.114	0.017	4	A	1		0.105		
17:1 g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated g	1.588	0.199	4	AS	1		1.461		
18:1 c g	1.569	0.199	4	A	1		1.444		
18:1-11c (18:1c n-7) g									
18:1 t g	0.019	0.003	4	A	1		0.017		
18:1-11t (18:1t n-7) g									
20:1 g	0.021	0.003	4	A	1		0.020		
22:1 undifferentiated g	0.000	0.000	4	AS	1		0.000		
22:1 c g	0.000	0.000	4	A	1		0.000		
22:1 t g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.616		0	NC	4		0.567		
18:2 undifferentiated g	0.516	0.021	4	AS	1		0.475		
18:2 n-6 c,c g	0.514	0.019	4	A	1		0.473		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.003	0.003	4	A	1		0.003		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.014	0.001	4	AS	1		0.013		
18:3 n-3 c,c,c (ALA) g	0.014	0.001	4	A	1		0.013		
18:3 n-6 c,c,c g	0.000	0.000	4	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.016	0.001	4	A	1		0.015		
20:3 undifferentiated g	0.000	0.000	4	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.069	0.004	4	A	1		0.063		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000		
Fatty acids, total trans g	0.022		0	NC	4		0.020		
Fatty acids, total trans-monoenoic g	0.019		0	NC	4		0.017		
Fatty acids, total trans-polyenoic g	0.003		0	NC	4		0.003		
Cholesterol mg	82	1.134	12	A	1		75		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.327		0	A	1		0.301		
Threonine g	1.208		0	A	1		1.111		
Isoleucine g	1.301		0	A	1		1.197		

NDB No. 10960

Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	2.261		0	A	1		2.080		
Lysine....g	2.443		0	A	1		2.248		
Methionine....g	0.753		0	A	1		0.693		
Cystine....g	0.310		0	A	1		0.285		
Phenylalanine....g	1.141		0	A	1		1.050		
Tyrosine....g	1.088		0	A	1		1.001		
Valine....g	1.390		0	A	1		1.278		
Arginine....g	1.770		0	A	1		1.629		
Histidine....g	1.117		0	A	1		1.028		
Alanine....g	1.574		0	A	1		1.448		
Aspartic acid....g	2.570		0	A	1		2.364		
Glutamic acid....g	4.197		0	A	1		3.861		
Glycine....g	1.242		0	A	1		1.142		
Proline....g	1.111		0	A	1		1.022		
Serine....g	1.147		0	A	1		1.056		
Hydroxyproline....g	0.096		0	A	1		0.088		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 92g: 1 piece

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10158
USDA Commodity, pork, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.82	2.357	3	A	1		536.46		
Energy....kcal	196		0	NC	4		1601		
Energy....kJ	822		0	NC	4		6700		
Protein....g	19.40	1.903	3	A	1		158.08		
Total lipid (fat)....g	12.95	0.644	3	A	1		105.54		
Ash....g	1.24	0.050	3	A	1		10.11		
Carbohydrate, by difference....g	0.59		0	NC	4		4.82		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.265	3	A	1		43		
Iron, Fe....mg	1.05	0.130	3	A	1		8.53		
Magnesium, Mg....mg	20	0.333	3	A	1		166		
Phosphorus, P....mg	173	6.667	3	A	1		1413		
Potassium, K....mg	243	37.118	3	A	1		1983		
Sodium, Na....mg	213	6.667	3	A	1		1739		
Zinc, Zn....mg	2.77	0.371	3	A	1		22.55		
Copper, Cu....mg	0.030	0.000	3	A	1		0.244		
Manganese, Mn....mg	0.037	0.000	3	A	1		0.300		
Selenium, Se....mcg	46.0		2	A	1		374.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.052	0.006	3	A	1		0.423		
Riboflavin....mg	0.180	0.035	3	A	1		1.466		
Niacin....mg	5.767	0.398	3	A	1		46.998		
Pantothenic acid....mg	0.452		2	A	1		3.680		
Vitamin B-6....mg	0.311	0.007	3	A	1		2.534		
Folate, total....mcg	1		2	A	1		8		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	1		2	A	1		8		
Folate, DFE....mcg_DFE	1		0	NC	4		8		
Choline, total....mg	101.9		0	AS	1		830.5		
Betaine....mg	2.4		1	A	1		19.3		
Vitamin B-12....mcg	0.93	0.070	3	A	1		7.57		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.28		2	A	1		2.28		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		2	A	1		0.00		
Tocopherol, gamma....mg	0.04		2	A	1		0.37		
Tocopherol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0		
Lipids:									
Fatty acids, total saturated....g	4.225		0	NC	4		34.430		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 10158
USDA Commodity, pork, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		2	A	1		0.000		
10:0 g	0.010		2	A	1		0.081		
12:0 g	0.005		2	A	1		0.040		
13:0 g									
14:0 g	0.165		2	A	1		1.345		
15:0 g	0.000		2	A	1		0.000		
16:0 g	2.750		2	A	1		22.412		
17:0 g	0.035		2	A	1		0.284		
18:0 g	1.255		2	A	1		10.228		
20:0 g	0.005		2	A	1		0.040		
22:0 g	0.000		2	A	1		0.000		
24:0 g	0.000		2	A	1		0.000		
Fatty acids, total monounsaturated g	5.935		0	NC	4		48.368		
14:1 g	0.000		2	A	1		0.000		
15:1 g	0.000		2	A	1		0.000		
16:1 undifferentiated g	0.380		2	A	1		3.097		
17:1 g	0.035		2	A	1		0.284		
18:1 undifferentiated g	5.405		2	A	1		44.050		
20:1 g	0.115		2	A	1		0.936		
22:1 undifferentiated g	0.000		2	A	1		0.000		
24:1 c g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated g	1.790		0	NC	4		14.584		
18:2 undifferentiated g	1.505		2	A	1		12.265		
18:3 undifferentiated g	0.075		2	A	1		0.611		
18:4 g	0.025		2	A	1		0.203		
20:2 n-6 c,c g	0.065		2	A	1		0.529		
20:3 undifferentiated g	0.010		2	A	1		0.081		
20:4 undifferentiated g	0.085		2	A	1		0.693		
20:5 n-3 (EPA) g	0.000		2	A	1		0.000		
22:5 n-3 (DPA) g	0.005		2	A	1		0.040		
22:6 n-3 (DHA) g	0.000		2	A	1		0.000		
Fatty acids, total trans g									
Cholesterol mg	75	9.677	3	A	1		610		
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									
Hydroxyproline g	0.225		2	A	1		1.834		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 10158
USDA Commodity, pork, canned

Common Measures:

Measure 1 = 815g: 1 can

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10802
USDA Commodity, pork, cured, ham, boneless, cooked, heated

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.80		1	A	1				
Energy	kcal	149		0	NC	4				
Energy	kJ	623		0	NC	4				
Protein (N x 6.25)	g	18.84		1	A	1				
Total lipid (fat)	g	7.62		1	A	1				
Ash	g	3.50		1	A	1				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	6		1	A	1				
Iron, Fe	mg	0.85		1	A	1				
Magnesium, Mg	mg	21		1	A	1				
Phosphorus, P	mg	292		1	A	1				
Potassium, K	mg	281		1	A	1				
Sodium, Na	mg	1155		1	A	1				
Zinc, Zn	mg	2.23		1	A	1				
Copper, Cu	mg	0.114		1	A	1				
Manganese, Mn	mg	0.047		0	BFSN	4				
Selenium, Se	mcg	19.8		0	BFZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	23.3		1	A	1				
Thiamin	mg	0.530		1	A	1				
Riboflavin	mg	0.238		1	A	1				
Niacin	mg	3.553		1	A	1				
Pantothenic acid	mg	0.873		1	A	1				
Vitamin B-6	mg	0.256		1	A	1				
Folate, total	mcg	3		0	BFSN	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	3		0	BFSN	4				
Folate, DFE	mcg_DFE	3		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.41		1	A	1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		1	A	1				
Retinol	mcg	0		1	A	1				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		1	A	1				
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.701		1	A	1				
4:0	g	0.000		1	A	1				
6:0	g	0.000		1	A	1				

NDB No. 10802
USDA Commodity, pork, cured, ham, boneless, cooked, heated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 ... g	0.004		1	A	1				
10:0 ... g	0.010		1	A	1				
12:0 ... g	0.006		1	A	1				
13:0 ... g									
14:0 ... g	0.055		1	A	1				
15:0 ... g									
16:0 ... g	1.112		1	A	1				
17:0 ... g									
18:0 ... g	0.451		1	A	1				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.864		1	A	1				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.190		1	A	1				
17:1 ... g									
18:1 undifferentiated ... g	2.625		1	A	1				
20:1 ... g	0.046		1	A	1				
22:1 undifferentiated ... g	0.000		1	A	1				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.747		1	A	1				
18:2 undifferentiated ... g	0.595		1	A	1				
18:3 undifferentiated ... g	0.034		1	A	1				
18:4 ... g	0.000		1	A	1				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.077		1	A	1				
20:5 n-3 (EPA) ... g	0.000		1	A	1				
22:5 n-3 (DPA) ... g	0.000		1	A	1				
22:6 n-3 (DHA) ... g	0.005		1	A	1				
Fatty acids, total trans ... g									
Cholesterol ... mg	73		1	A	1				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg	0		0	Z	7				
Theobromine ... mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10804
USDA Commodity, pork, cured, ham, boneless, cooked, unheated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.42		1	A	1				
Energy....kcal	133		0	NC	4				
Energy....kJ	556				4				
Protein (N x 6.25)....g	17.44		1	A	1				
Total lipid (fat)....g	6.16		1	A	1				
Ash....g	3.29		1	A	1				
Carbohydrate, by difference....g	0.69		0	NC	4				
Fiber, total dietary....g	0.0		0	Z	7				
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	7		1	A	1				
Iron, Fe....mg	1.07		1	A	1				
Magnesium, Mg....mg	20		1	A	1				
Phosphorus, P....mg	278		1	A	1				
Potassium, K....mg	272		1	A	1				
Sodium, Na....mg	1210		1	A	1				
Zinc, Zn....mg	2.30		1	A	1				
Copper, Cu....mg	0.111		1	A	1				
Manganese, Mn....mg	0.031		0	BFNN	4				
Selenium, Se....mcg	16.4		0	BFZN	4				
Vitamins:									
Vitamin C, total ascorbic acid....mg	22.7		1	A	1				
Thiamin....mg	0.534		1	A	1				
Riboflavin....mg	0.187		1	A	1				
Niacin....mg	2.525		1	A	1				
Pantothenic acid....mg	0.659		1	A	1				
Vitamin B-6....mg	0.229		1	A	1				
Folate, total....mcg	4		0	BFZN	4				
Folic acid....mcg	0		0	Z	7				
Folate, food....mcg	4		0	BFZN	4				
Folate, DFE....mcg_DFE	4		0	NC	4				
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.68		1	A	1				
Vitamin A, RAE....mcg_RAE	2		1	A	1				
Retinol....mcg	2		1	A	1				
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	5		1	A	1				
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.673		1	A	1				
4:0....g	0.000		1	A	1				
6:0....g	0.000		1	A	1				
8:0....g	0.000		1	A	1				

NDB No. 10804
USDA Commodity, pork, cured, ham, boneless, cooked, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.011		1	A	1				
12:0 ... g	0.006		1	A	1				
13:0 ... g									
14:0 ... g	0.057		1	A	1				
15:0 ... g									
16:0 ... g	1.068		1	A	1				
17:0 ... g									
18:0 ... g	0.444		1	A	1				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.655		1	A	1				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.174		1	A	1				
17:1 ... g									
18:1 undifferentiated ... g	2.437		1	A	1				
20:1 ... g	0.040		1	A	1				
22:1 undifferentiated ... g	0.000		1	A	1				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.777		1	A	1				
18:2 undifferentiated ... g	0.595		1	A	1				
18:3 undifferentiated ... g	0.029		1	A	1				
18:4 ... g	0.082		1	A	1				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.004		1	A	1				
20:5 n-3 (EPA) ... g	0.000		1	A	1				
22:5 n-3 (DPA) ... g	0.011		1	A	1				
22:6 n-3 (DHA) ... g	0.011		1	A	1				
Fatty acids, total trans ... g									
Cholesterol ... mg	71		1	A	1				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10803
USDA Commodity, pork, ground, fine/coarse, frozen, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	57.08		1	A	1				
Energy	kcal	265		0	NC	4				
Energy	kJ	1109				4				
Protein (N x 6.25)	g	23.55		1	A	1				
Total lipid (fat)	g	18.19		1	A	1				
Ash	g	1.19		1	A	1				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		1	A	1				
Iron, Fe	mg	1.51		1	A	1				
Magnesium, Mg	mg	23		1	A	1				
Phosphorus, P	mg	231		1	A	1				
Potassium, K	mg	311		1	A	1				
Sodium, Na	mg	76		1	A	1				
Zinc, Zn	mg	3.59		1	A	1				
Copper, Cu	mg	0.131		1	A	1				
Manganese, Mn	mg	0.010		0	BFNN	4				
Selenium, Se	mcg	35.4		0	BFZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.3		1	A	1				
Thiamin	mg	0.598		1	A	1				
Riboflavin	mg	0.247		1	A	1				
Niacin	mg	3.597		1	A	1				
Pantothenic acid	mg	0.923		1	A	1				
Vitamin B-6	mg	0.167		1	A	1				
Folate, total	mcg	6		0	BFPN	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	6		0	BFPN	4				
Folate, DFE	mcg_DFE	6		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.30		1	A	1				
Vitamin A, RAE	mcg_RAE	5		1	A	1				
Retinol	mcg	5		1	A	1				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	15		1	A	1				
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.515		1	A	1				
4:0	g	0.000		1	A	1				
6:0	g	0.000		1	A	1				
8:0	g	0.005		1	A	1				

NDB No. 10803
USDA Commodity, pork, ground, fine/coarse, frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.025		1	A	1				
12:0 ... g	0.014		1	A	1				
13:0 ... g									
14:0 ... g	0.181		1	A	1				
15:0 ... g									
16:0 ... g	3.623		1	A	1				
17:0 ... g									
18:0 ... g	1.505		1	A	1				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	9.141		1	A	1				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.556		1	A	1				
17:1 ... g									
18:1 undifferentiated ... g	8.435		1	A	1				
20:1 ... g	0.139		1	A	1				
22:1 undifferentiated ... g	0.002		1	A	1				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.337		1	A	1				
18:2 undifferentiated ... g	2.034		1	A	1				
18:3 undifferentiated ... g	0.089		1	A	1				
18:4 ... g	0.000		1	A	1				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.110		1	A	1				
20:5 n-3 (EPA) ... g	0.003		1	A	1				
22:5 n-3 (DPA) ... g	0.000		1	A	1				
22:6 n-3 (DHA) ... g	0.008		1	A	1				
Fatty acids, total trans ... g									
Cholesterol ... mg	105		1	A	1				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg	0		0	Z	7				
Theobromine ... mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 10805
USDA Commodity, pork, ground, fine/coarse, frozen, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.46		1	A	1				
Energy	kcal	221		0	NC	4				
Energy	kJ	925				4				
Protein	g	15.41		0	BFSN	4				
Total lipid (fat)	g	17.18		1	A	1				
Ash	g	0.79		0	BFSN	4				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0	BFNN	4				
Iron, Fe	mg	0.91		0	BFNN	4				
Magnesium, Mg	mg	20		0	BFNN	4				
Phosphorus, P	mg	181		0	BFNN	4				
Potassium, K	mg	297		0	BFNN	4				
Sodium, Na	mg	58		0	BFNN	4				
Zinc, Zn	mg	2.28		0	BFNN	4				
Copper, Cu	mg	0.047		0	BFNN	4				
Manganese, Mn	mg	0.010		0	BFNN	4				
Selenium, Se	mcg	24.6		0	BFZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0	BFSN	4				
Thiamin	mg	0.668		0	BFSN	4				
Riboflavin	mg	0.214		0	BFSN	4				
Niacin	mg	3.959		0	BFSN	4				
Pantothenic acid	mg	0.610		0	BFSN	4				
Vitamin B-6	mg	0.350		0	BFSN	4				
Folate, total	mcg	5		0	BFSN	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	5		0	BFSN	4				
Folate, DFE	mcg_DFE	5		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.64		0	BFSN	4				
Vitamin A, RAE	mcg_RAE	2		0	BFSN	4				
Retinol	mcg	2		0	BFSN	4				
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	6		0	BFSN	4				
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.379		0	BFFN	4				
4:0	g	0.000		0	BFFN	4				
6:0	g	0.000		0	BFFN	4				
8:0	g	0.008		0	BFFN	4				

NDB No. 10805
USDA Commodity, pork, ground, fine/coarse, frozen, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.008		0	BFFN	4				
12:0 ... g	0.016		0	BFFN	4				
13:0 ... g									
14:0 ... g	0.267		0	BFFN	4				
15:0 ... g									
16:0 ... g	3.866		0	BFFN	4				
17:0 ... g									
18:0 ... g	2.067		0	BFFN	4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.651		0	BFFN	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.527		0	BFFN	4				
17:1 ... g									
18:1 undifferentiated ... g	6.889		0	BFFN	4				
20:1 ... g	0.130		0	BFFN	4				
22:1 undifferentiated ... g	0.000		0	BFFN	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.548		0	BFFN	4				
18:2 undifferentiated ... g	1.354		0	BFFN	4				
18:3 undifferentiated ... g	0.057		0	BFFN	4				
18:4 ... g	0.000		0	BFFN	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.065		0	BFFN	4				
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4				
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4				
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	58		0	BFFN	4				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)