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....µg									
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....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0	0.000	5	A	1		0	0	0
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
18:0 ... g	0.960	0.160	5	A	1		0.269	1.075	1.075
20:0 ... g									
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 24 (2011)

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

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	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....µg									
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....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0	0.000	5	A	1		0	0	0
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
18:0 ... g	1.250	0.320	7	A	1		0.354	1.400	1.400
20:0 ... g									
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 24 (2011)

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	µg									
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	µg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	0	0.000	5	A	1		0	0	0
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
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									

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
18:0 g	0.470	0.120	22	A	1		0.132	0.526	0.526
20:0 g									
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 24 (2011)

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....µg									
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....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0	0.000	9	A	1		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
18:0....g	0.360	0.080	9	A	1		0.403		
20:0....g									
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 24 (2011)

NDB No. 10852
HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-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	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 ... µg									
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 ... µg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... mcg_RAE									
Vitamin A, IU ... IU	0	0.000	8	A	1		0		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
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									

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
18:0....g	0.340	0.040	8	A	1		0.381		
20:0....g									
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 24 (2011)

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	µg									
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	µg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	0	0.000	6	A	1		0		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
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									

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
18:0 ... g	0.610	0.130	6	A	1		0.342		
20:0 ... g									
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 24 (2011)

NDB No. 10851
HORMEL, Cure 81 Ham

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	74.25	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....µg									
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....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0	0.000	10	A	1		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
18:0....g	0.400	0.060	10	A	1		0.336		
20:0....g									
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 24 (2011)

NDB No. 10957

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

Gracilis, Leg cap steak, URMIS #3646

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	75.18	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....µg	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....µg	1	1.054	3	A	1		3		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	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....µg	0.64	0.092	4	A	1		1.49		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....µg	0		0	A	1		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.187		0	NC	4		2.742		
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	0.000	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		

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
Threonine....g	0.952		0	A	1		2.198		
Isoleucine....g	1.025		0	A	1		2.367		
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 24 (2011)

NDB No. 10962

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

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

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	66.99	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....µg	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....µg	1	0.833	3	A	1		5		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	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....µg	0.58	0.120	4	A	1		3.53		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	0.791		0	NC	4		4.818		
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	0.000	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		

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
Threonine....g	1.368		0	A	1		8.331		
Isoleucine....g	1.473		0	A	1		8.970		
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 24 (2011)

NDB No. 10963

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

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

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	0.289	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....µg	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....µg	0	0.375	4	A	1		3		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	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....µg	0.53	0.115	4	A	1		4.05		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....µg	0		0	A	1		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	0.524		0	NC	4		4.008		
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	0.000	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		

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
Threonine....g	1.006		0	A	1		7.699		
Isoleucine....g	1.084		0	A	1		8.289		
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 24 (2011)

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....µg	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....µg	2	0.574	4	A	1		7		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	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....µg	0.61	0.074	4	A	1		2.28		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....µg	0		0	A	1		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.325		0	NC	4		4.941		
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	0.002	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		

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
Threonine....g	1.252		0	A	1		4.670		
Isoleucine....g	1.348		0	A	1		5.028		
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 24 (2011)

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 ... µg	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 ... µg	0	0.300	4	A	1		1		
Folic acid ... µg	0		0	Z	7		0		
Folate, food ... µg	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 ... µg	0.87	0.255	4	A	1		3.74		
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... mcg_RAE	0		0	AS	1		0		
Retinol ... µg	0		0	A	1		0		
Carotene, beta ... µg	0		0	Z	7		0		
Carotene, alpha ... µg	0		0	Z	7		0		
Cryptoxanthin, beta ... µg	0		0	Z	7		0		
Vitamin A, IU ... IU	0		0	AS	1		0		
Lycopene ... µg	0		0	Z	7		0		
Lutein + zeaxanthin ... µg	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) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone ... µg	0.0		0	Z	7		0.0		
Menaquinone-4 ... µg									
Lipids:									

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
Fatty acids, total saturated....g	1.074		0	NC	4		4.616		
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	0.000	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		

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
Threonine....g	0.991		0	A	1		4.263		
Isoleucine....g	1.068		0	A	1		4.590		
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 24 (2011)

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						Amount in edible portion 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	74.57	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....µg	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....µg	2	1.180	4	A	1		2		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	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....µg	0.59	0.082	4	A	1		0.62		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....µg	0		0	A	1		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.012		0	NC	4		1.062		
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	0.000	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		

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
Threonine....g	0.952		0	A	1		1.000		
Isoleucine....g	1.025		0	A	1		1.077		
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 24 (2011)

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

bacon drippings
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	0.25		1	A	1		0.21		
Energy....kcal	898		0	NC	4		763		
Energy....kJ	3756		0	NC	4		3193		
Protein (N x 6.25)....g	0.07		1	A	1		0.06		
Total lipid (fat)....g	99.50		1	A	1		84.57		
Ash....g	0.16		1	A	1		0.13		
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	1		1	A	1		1		
Iron, Fe....mg	0.13		1	A	1		0.11		
Magnesium, Mg....mg	0		1	A	1		0		
Phosphorus, P....mg	9		1	A	1		8		
Potassium, K....mg	15		1	A	1		12		
Sodium, Na....mg	27		1	A	1		23		
Zinc, Zn....mg	0.06		1	A	1		0.05		
Copper, Cu....mg	0.022		1	A	1		0.019		
Manganese, Mn....mg	0.006		1	A	1		0.005		
Selenium, Se....µg	5.7		1	A	1		4.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.004		1	A	1		0.003		
Riboflavin....mg	0.015		1	A	1		0.013		
Niacin....mg	0.725		1	A	1		0.616		
Pantothenic acid....mg	0.007		1	A	1		0.006		
Vitamin B-6....mg	0.005		1	A	1		0.004		
Folate, total....µg	0		0	BFNN	4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0	BFNN	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	6.5		0	AS	1		5.5		
Betaine....mg	0.2		1	A	1		0.1		
Vitamin B-12....µg	0.09		1	A	1		0.08		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	11		0	AS	1		10		
Retinol....µg	11		1	A	1		10		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	37		0	AS	1		32		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFNN	4		0.00		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	31.991		0	NC	4		27.192		
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		
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	1.320		1	A	1		1.122		
15:0....g	0.000		1	A	1		0.000		
16:0....g	19.762		1	A	1		16.798		
17:0....g	0.274		1	A	1		0.233		
18:0....g	10.443		1	A	1		8.877		
20:0....g	0.192		1	A	1		0.163		
22:0....g	0.000		1	A	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	41.435		0	NC	4		35.220		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	2.860		1	A	1		2.431		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	37.818		1	A	1		32.145		
20:1....g	0.757		1	A	1		0.643		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	10.535		0	NC	4		8.955		
18:2 undifferentiated....g	9.426		0	AS	1		8.012		
18:2 n-6 c,c....g	9.426		1	A	1		8.012		
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		0.405		
18:3 n-3 c,c,c (ALA)....g	0.476		1	A	1		0.405		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g	0.442		1	A	1		0.376		
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	0.191		1	A	1		0.162		
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	0.000		1	A	1		0.000		
Cholesterol....mg	97		1	A	1		82		
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:

NDB No. 10864

Pork, bacon, rendered fat, cooked

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 24 (2011)

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	µg	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	µg	2		2	A	1		0		
Folic acid	µg	0		0	NR	4		0		
Folate, food	µg	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	µg	1.16	0.047	4	A	1		0.09		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	11		0	AS	1		1		
Retinol	µg	11	0.000	4	A	1		1		
Carotene, beta	µg	0		0	Z	7		0		
Carotene, alpha	µg	0		0	Z	7		0		
Cryptoxanthin, beta	µg	0		0	Z	7		0		
Vitamin A, IU	IU	37		0	AS	1		3		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	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)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg	0.1	0.048	4	A	1		0.0		
Dihydrophylloquinone	µg	0.0	0.000	4	A	1		0.0		
Menaquinone-4	µg									
Lipids:										

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

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
Fatty acids, total saturated....g	14.187		0	NC	4		1.149		
4:0....g	0.000	0.000	4	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	0.010	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		

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
Valine....g	1.901		0	A	1		0.154		
Arginine....g	2.314		0	A	1		0.187		
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 24 (2011)

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	µg	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	µg	2		2	A	1		0		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	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	µg	1.23	0.037	8	A	1		0.10		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	11		0	AS	1		1		
Retinol	µg	11	0.000	8	A	1		1		
Carotene, beta	µg	0		0	Z	7		0		
Carotene, alpha	µg	0		0	Z	7		0		
Cryptoxanthin, beta	µg	0		0	Z	7		0		
Vitamin A, IU	IU	37		0	AS	1		3		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	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)	µg	1.0		0	AS	1		0.1		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	1.0		0	BFNN	4		0.1		
Vitamin D	IU	42		0	BFNN	4		3		
Vitamin K (phylloquinone)	µg	0.1	0.027	8	A	1		0.0		
Dihydrophylloquinone	µg	0.0	0.000	8	A	1		0.0		
Menaquinone-4	µg									

Lipids:

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
Fatty acids, total saturated....g	13.739		0	NC	4		1.099		
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	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		

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
Valine....g	2.040		0	A	1		0.163		
Arginine....g	2.483		0	A	1		0.199		
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 24 (2011)

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: 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	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	µg	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	µg	2		2	A	1		0		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	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	µg	1.23	0.037	8	A	1		0.10		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	11		0	AS	1		1		
Retinol	µg	11	0.000	8	A	1		1		
Carotene, beta	µg	0		0	Z	7		0		
Carotene, alpha	µg	0		0	Z	7		0		
Cryptoxanthin, beta	µg	0		0	Z	7		0		
Vitamin A, IU	IU	37		0	AS	1		3		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	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)	µg	1.0		0	AS	1		0.1		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	1.0		0	BFNN	4		0.1		
Vitamin D	IU	42		0	BFNN	4		3		
Vitamin K (phylloquinone)	µg	0.1	0.027	8	A	1		0.0		
Dihydrophylloquinone	µg	0.0	0.000	8	A	1		0.0		
Menaquinone-4	µg									

Lipids:

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
Fatty acids, total saturated....g	13.739		0	NC	4		1.099		
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	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		

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
Valine....g	1.971		0	A	1		0.158		
Arginine....g	2.398		0	A	1		0.192		
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 24 (2011)

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

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	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....µg	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....µg	2	0.250	6	A	1		0		
Folic acid....µg	0		0	NR	4		0		
Folate, food....µg	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....µg	1.58		4	A	1		0.08		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	11		0	AS	1		1		
Retinol....µg	11		4	A	1		1		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	37		0	AS	1		2		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.1		4	A	1		0.0		
Dihydrophylloquinone....µg	0.0		4	A	1		0.0		
Menaquinone-4....µg									
Lipids:									

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

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
Fatty acids, total saturated....g	12.102		0	NC	4		0.605		
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		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		

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
Valine....g	2.055		0	A	1		0.103		
Arginine....g	2.501		0	A	1		0.125		
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 24 (2011)

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	µg	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	µg	2		2	A	1		0		
Folic acid	µg	0		0	NR	4		0		
Folate, food	µg	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	µg	1.30	0.029	4	A	1		0.10		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	11		0	AS	1		1		
Retinol	µg	11	0.000	4	A	1		1		
Carotene, beta	µg	0		0	Z	7		0		
Carotene, alpha	µg	0		0	Z	7		0		
Cryptoxanthin, beta	µg	0		0	Z	7		0		
Vitamin A, IU	IU	37		0	AS	1		3		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	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)	µg	1.1		0	AS	1		0.1		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	1.1		0	BFNN	4		0.1		
Vitamin D	IU	43		0	BFNN	4		3		
Vitamin K (phylloquinone)	µg	0.0	0.025	4	A	1		0.0		
Dihydrophylloquinone	µg	0.0	0.000	4	A	1		0.0		
Menaquinone-4	µg									
Lipids:										

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
Fatty acids, total saturated....g	13.291		0	NC	4		1.050		
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	0.000	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		

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
Valine....g	2.040		0	A	1		0.161		
Arginine....g	2.483		0	A	1		0.196		
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 24 (2011)

NDB No. 10123
Pork, cured, bacon, 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	40.20	0.795	4	A	1		11.66		
Energy....kcal	458		0	NC	4		133		
Energy....kJ	1918		0	NC	4		556		
Protein (N x 6.25)....g	11.60	0.496	4	A	1		3.36		
Total lipid (fat)....g	45.04	1.317	4	A	1		13.06		
Ash....g	2.51	0.057	4	A	1		0.73		
Carbohydrate, by difference....g	0.66		0	NC	4		0.19		
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	1.318	4	A	1		2		
Iron, Fe....mg	0.48	0.016	4	A	1		0.14		
Magnesium, Mg....mg	12	0.578	4	A	1		3		
Phosphorus, P....mg	188	2.598	4	A	1		54		
Potassium, K....mg	208	9.086	4	A	1		60		
Sodium, Na....mg	833	9.708	4	A	1		241		
Zinc, Zn....mg	1.17	0.060	4	A	1		0.34		
Copper, Cu....mg	0.070	0.011	4	A	1		0.020		
Manganese, Mn....mg	0.022	0.000	4	A	1		0.006		
Selenium, Se....µg	20.2	1.805	4	A	1		5.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.281	0.017	4	A	1		0.082		
Riboflavin....mg	0.113	0.005	4	A	1		0.033		
Niacin....mg	3.828	0.079	4	A	1		1.110		
Pantothenic acid....mg	0.520	0.050	4	A	1		0.151		
Vitamin B-6....mg	0.210	0.016	4	A	1		0.061		
Folate, total....µg	2		4	A	1		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	2		4	A	1		0		
Folate, DFE....mcg_DFE	2		0	NC	4		0		
Choline, total....mg	46.6		0	AS	1		13.5		
Betaine....mg	0.9	0.097	4	A	1		0.3		
Vitamin B-12....µg	0.69	0.008	4	A	1		0.20		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	11		0	AS	1		3		
Retinol....µg	11	0.000	4	A	1		3		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	37		0	AS	1		11		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.27		8	A	1		0.08		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.02		4	A	1		0.00		
Tocopherol, gamma....mg	0.08		6	A	1		0.02		
Tocopherol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....µg	1.6		0	AS	1		0.5		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.6		0	BFNN	4		0.5		
Vitamin D....IU	63		0	BFNN	4		18		
Vitamin K (phylloquinone)....µg	0.0	0.000	4	A	1		0.0		
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	14.993		0	NC	4		4.348		
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	0.010	0.010	4	A	1		0.003		
12:0....g	0.000	0.000	4	A	1		0.000		
13:0....g									
14:0....g	0.573	0.019	4	A	1		0.166		
15:0....g	0.000	0.000	4	A	1		0.000		
16:0....g	9.610	0.384	4	A	1		2.787		
17:0....g	0.114	0.003	4	A	1		0.033		
18:0....g	4.601	0.118	4	A	1		1.334		
20:0....g	0.085	0.002	4	A	1		0.025		
22:0....g	0.000	0.000	4	A	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	20.047		0	NC	4		5.814		
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	1.279	0.023	4	A	1		0.371		
17:1....g	0.095	0.032	4	A	1		0.028		
18:1 undifferentiated....g	18.334	0.677	4	A	1		5.317		
20:1....g	0.340	0.010	4	A	1		0.099		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.821		0	NC	4		1.398		
18:2 undifferentiated....g	4.292		0	AS	1		1.245		
18:2 n-6 c,c....g	4.292	0.015	4	A	1		1.245		
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		0.062		
18:3 n-3 c,c,c (ALA)....g	0.213	0.004	4	A	1		0.062		
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	0.205	0.003	4	A	1		0.059		
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	0.112	0.001	4	A	1		0.032		
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	68	1.310	4	A	1		20		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.097		0	A	1		0.028		
Threonine....g	0.454		0	A	1		0.132		
Isoleucine....g	0.544		0	A	1		0.158		
Leucine....g	0.903		0	A	1		0.262		
Lysine....g	0.962		0	A	1		0.279		
Methionine....g	0.258		0	A	1		0.075		
Cystine....g	0.129		0	A	1		0.037		
Phenylalanine....g	0.460		0	A	1		0.133		
Tyrosine....g	0.363		0	A	1		0.105		

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
Valine....g	0.617		0	A	1		0.179		
Arginine....g	0.751		0	A	1		0.218		
Histidine....g	0.436		0	A	1		0.126		
Alanine....g	0.742		0	A	1		0.215		
Aspartic acid....g	1.091		0	A	1		0.316		
Glutamic acid....g	1.707		0	A	1		0.495		
Glycine....g	0.814		0	A	1		0.236		
Proline....g	0.636		0	A	1		0.184		
Serine....g	0.441		0	A	1		0.128		
Hydroxyproline....g	0.190		1	A	1		0.055		
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 = 29g: 1 slice 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 24 (2011)

NDB No. 10129
Pork, cured, breakfast strips, 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	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	µg	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	µg	4		0		1		7	1	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	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	µg	1.77	0.048	6		1		3.01	0.60	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	µg	0		0	NR	4		0	0	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	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)	µg	0.8		0	AS	1		1.4	0.3	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.8		0	BFNN	4		1.4	0.3	
Vitamin D	IU	33		0	BFNN	4		56	11	
Vitamin K (phylloquinone)	µg	0.0		0	BFSN	4		0.1	0.0	
Dihydrophylloquinone	µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4	µg									
Lipids:										

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
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	
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.

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

Number of Data Points of zero 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 = 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 24 (2011)

NDB No. 10128
Pork, cured, breakfast strips, raw or 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	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....µg	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....µg	3		0		1		10	2	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		0		1		10	2	
Folate, DFE....mcg_DFE	3		0	NC	4		10	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.99	0.015	6		1		3.37	0.67	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....µg	0		0		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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	

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
6:0 ....g	0.000		0		4		0.000	0.000	
8:0 ....g	0.000		0		4		0.000	0.000	
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)

NDB No. 10128

Pork, cured, breakfast strips, raw or unheated

Measure 2 = 68g: 3 slices

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 10131
Pork, cured, canadian-style bacon, 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	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	µg	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	µg	4		0		1		6	2	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	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	µg	0.78		0		1		1.08	0.37	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	µg	0		0	NR	4		0	0	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	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)	µg	1.1		0	AS	1		1.5	0.5	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	1.1		0	BFNN	4		1.5	0.5	
Vitamin D	IU	43		0	BFNN	4		60	20	
Vitamin K (phylloquinone)	µg	0.0		0	BFYN	4		0.0	0.0	
Dihydrophylloquinone	µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4	µg									
Lipids:										

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
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	
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.

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

Number of Data Points of zero 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 = 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 24 (2011)

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....µg	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....µg	4		0		1		7	2	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.67	0.066	10		1		1.14	0.38	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		1		1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	2.8		0	AS	1		4.7	1.6	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	2.8		0	BFNN	4		4.7	1.6	
Vitamin D....IU	111		0	BFNN	4		188	63	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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.

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

Number of Data Points of zero 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 = 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 24 (2011)

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....µg	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....µg	1		1	A	1		0	5	
Folic acid....µg	0		1	Z	7		0	0	
Folate, food....µg	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....µg	0.21		1	A	1		0.06	0.95	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	11		0	AS	1		3	50	
Retinol....µg	11		1	A	1		3	50	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	37		0	AS	1		10	167	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.4		0	AS	1		0.1	1.8	
Vitamin D2 (ergocalciferol)....µg									

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
Vitamin D3 (cholecalciferol)....µg	0.4		0	BFNN	4		0.1	1.8	
Vitamin D....IU	16		0	BFNN	4		4	71	
Vitamin K (phylloquinone)....µg	0.0		1	A	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	10.4		1	A	1		3.0	47.3	
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	

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
Cholesterol....mg	83		1	A	1		24	376	
Phytosterols....mg	0		0		4		0	0	
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 24 (2011)

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						Amount in edible portion 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	67.23		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....µg	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....µg	4		0	PAK	1		110	3	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.35		0	PAK	1		10.54	0.30	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	11		0	PAK	1		333	10	
Retinol....µg	11		0	PAK	1		333	10	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	37		0	PAK	1		1111	32	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									

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)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	PAK	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	2.3		0	PAK	1		66.9	1.9	
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		

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
Hydroxyproline.....g	0.130			PAK	1			0.111	
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 = 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 24 (2011)

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 ... µg	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 ... µg	2		0	PIK	4		1	11	
Folic acid ... µg	0		0	PIK	4		0	0	
Folate, food ... µg	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 ... µg	0.50		0	PAK	1		0.14	2.26	
Vitamin B-12, added ... µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	10		0	PIK	4		3	43	
Retinol ... µg	10		0	PIK	4		3	43	
Carotene, beta ... µg	0		0	PIK	4		0	0	
Carotene, alpha ... µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta ... µg	0		0	PIK	4		0	0	
Vitamin A, IU ... IU	32		0	PIK	4		9	144	
Lycopene ... µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin ... µg	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) ... µg									
Vitamin D2 (ergocalciferol) ... µg									

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)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	0.0		0	PAK	1		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		

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
Hydroxyproline.....g	0.110			PAK	1			0.500	
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 **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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....µg	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....µg	4		1	A	1		119	3	
Folic acid....µg	0		1	Z	7		0	0	
Folate, food....µg	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....µg	0.36		2	A	1		10.69	0.31	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	11		0	AS	1		329	9	
Retinol....µg	11		1	A	1		329	9	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	37		0	AS	1		1096	31	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									

NDB No. 10865

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).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		1	A	1		0.0	0.0	
Dihydrophylloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg	2.5		1	A	1		74.7	2.1	
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	

NDB No. 10865

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
Cholesterol....mg	62	4.062	5	A	1		1847	53	
Phytosterols....mg									
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 24 (2011)

NDB No. 10866

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	µg	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	µg	3		0	BFPN	4		100	13	1
Folic acid	µg	0		0	BFPN	4		0	0	0
Folate, food	µg	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	µg	0.54		1	A	1		18.66	2.45	0.15
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	9		0	NC	4		302	40	2
Retinol	µg	9		0	BFSN	4		302	40	2
Carotene, beta	µg	0		0	Z	7		0	0	0
Carotene, alpha	µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	29		0	NC	4		1008	132	8
Lycopene	µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	µg	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)	µg									
Vitamin D2 (ergocalciferol)	µg									

NDB No. 10866

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)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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				15

NDB No. 10866

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
Cholesterol....mg	53			A	1		1817	239	
Phytosterols....mg									
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 24 (2011)

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....µg	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....µg	1		0	PAK	1		31	1	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.55		0	PAK	1		16.72	0.47	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	11		0	PAK	1		346	10	
Retinol....µg	11		0	PAK	1		346	10	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	38		0	PAK	1		1154	32	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									

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)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	PAK	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	4.5		0	PAK	1		138.2	3.8	
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		

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
Hydroxyproline.....g	0.121			PAK	1			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 = 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 24 (2011)

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....µg	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....µg	1		0	PIK	4		0	3	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.31		0	PAK	1		0.09	1.41	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	9		0	PIK	4		3	43	
Retinol....µg	9		0	PIK	4		3	43	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	32		0	PIK	4		9	143	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									

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)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	0.0		0	PAK	1		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		

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
Hydroxyproline.....g	0.127			PAK	1			0.577	
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 **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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....µg	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....µg	1		2	A	1		31	1	
Folic acid....µg	0		2	Z	7		0	0	
Folate, food....µg	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....µg	0.60	0.133	3	A	1		18.42	0.51	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	11		0	AS	1		338	9	
Retinol....µg	11		2	A	1		338	9	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	37		0	AS	1		1127	31	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									

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)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		2	A	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4....µg	5.6		2	A	1		170.6	4.7	
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	

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
Cholesterol....mg	65	3.548	6	A	1		1972	55	
Phytosterols....mg									
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 24 (2011)

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....µg	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....µg	1		0	BFPN	4		34	0	4
Folic acid....µg	0		0	BFPN	4		0	0	0
Folate, food....µg	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....µg	0.31		1	A	1		11.92	0.09	1.41
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	9		0	NC	4		333	2	39
Retinol....µg	9		0	BFSN	4		333	2	39
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	29		0	NC	4		1110	8	131
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									

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)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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

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
Cholesterol....mg	50		1	A	1		1935	14	228
Phytosterols....mg									
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 24 (2011)

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						Amount in edible portion 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	65.48		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....µg	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....µg	2		0	PAK	1		7	1	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.56		0	PAK	1		2.43	0.47	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	12		0	PAK	1		51	10	
Retinol....µg	12		0	PAK	1		51	10	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	39		0	PAK	1		169	33	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									

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)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	PAK	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	3.1		0	PAK	1		13.4	2.6	
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		

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
Hydroxyproline.....g	0.135			PAK	1			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 = 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 24 (2011)

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						Amount in edible portion 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	69.88		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....µg	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....µg	1		0	PIK	4		0	5	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.38		0	PAK	1		0.11	1.71	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	9		0	PIK	4		3	42	
Retinol....µg	9		0	PIK	4		3	42	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	31		0	PIK	4		9	141	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									

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)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	0.0		0	PAK	1		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		

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
Hydroxyproline.....g	0.120			PAK	1			0.544	
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 **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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....µg	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....µg	2	0.250	4	A	1		8	1	
Folic acid....µg	0	0.000	4	Z	7		0	0	
Folate, food....µg	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....µg	0.58	0.025	5	A	1		2.54	0.49	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	12		0	AS	1		50	10	
Retinol....µg	12	0.114	4	A	1		50	10	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	38		0	AS	1		168	33	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									

NDB No. 10868

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).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0	0.000	4	A	1		0.0	0.0	
Dihydrophylloquinone.....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4.....µg	3.4	0.751	4	A	1		14.8	2.9	
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	

NDB No. 10868

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
Cholesterol....mg	65	1.912	8	A	1		284	55	
Phytosterols....mg									
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 24 (2011)

NDB No. 10886

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....µg	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....µg	1		0	BFPN	4		8	6	0
Folic acid....µg	0		0	BFPN	4		0	0	0
Folate, food....µg	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....µg	0.39		1	A	1		2.12	1.77	0.11
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	9		0	NC	4		47	39	2
Retinol....µg	9		0	BFSN	4		47	39	2
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	28		0	NC	4		155	129	8
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									

NDB No. 10886

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)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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				15

NDB No. 10886

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
Cholesterol....mg	54			A	1		295	246	
Phytosterols....mg									
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 24 (2011)

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....µg	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....µg	1		0	PAK	1		3	1	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.47		0	PAK	1		0.88	0.40	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	13		0	PAK	1		24	11	
Retinol....µg	13		0	PAK	1		24	11	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	43		0	PAK	1		81	36	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.9		0	PAK	1		1.7	0.7	
Vitamin D2 (ergocalciferol)....µg									

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)....µg	0.9		0	PIK	4		1.7	0.7	
Vitamin D....IU	35		0	PIK	4		67	30	
Vitamin K (phylloquinone)....µg	0.0		0	PAK	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	4.0		0	PAK	1		7.5	3.4	
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	

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
Cholesterol....mg	54		0	PAK	1		102	46	
Phytosterols....mg									
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 24 (2011)

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						Amount in edible portion 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	72.06	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....µg	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....µg	1	0.648	4	A	1		3	1	
Folic acid....µg	0	0.000	4	Z	7		0	0	
Folate, food....µg	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....µg	0.47	0.017	4	A	1		0.89	0.40	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	13		0	AS	1		24	11	
Retinol....µg	13	0.247	4	A	1		24	11	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	43		0	AS	1		81	36	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.9		0	AS	1		1.6	0.7	
Vitamin D2 (ergocalciferol)....µg									

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)....µg	0.9		0	BFNN	4		1.6	0.7	
Vitamin D....IU	34		0	BFNN	4		65	29	
Vitamin K (phylloquinone)....µg	0.0	0.000	4	A	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....µg	4.0	0.733	4	A	1		7.6	3.4	
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	

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
Cholesterol....mg	54	0.796	12	A	1		102	46	
Phytosterols....mg									
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 24 (2011)

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						Amount in edible portion 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	71.72		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....µg	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....µg	1		0	PAK	1		19	1	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.40		0	PAK	1		7.43	0.34	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	13		0	PAK	1		244	11	
Retinol....µg	13		0	PAK	1		244	11	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	44		0	PAK	1		815	37	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.7		0	PAK	1		13.4	0.6	
Vitamin D2 (ergocalciferol)....µg									

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)....µg	0.7		0	PIK	4		13.4	0.6	
Vitamin D....IU	29		0	PIK	4		534	24	
Vitamin K (phylloquinone)....µg	0.0		0	PAK	1		0.5	0.0	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	4.0		0	PAK	1		74.0	3.4	
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	

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
Cholesterol....mg	54		0	PAK	1		1006	46	
Phytosterols....mg									
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 24 (2011)

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						Amount in edible portion 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	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....µg	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....µg	2		0	PAK	1		0	8	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.46		0	PAK	1		0.13	2.10	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	13		0	PAK	1		4	57	
Retinol....µg	13		0	PAK	1		4	57	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	42		0	PAK	1		12	191	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.6		0	PAK	1		0.2	2.5	
Vitamin D2 (ergocalciferol)....µg									

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)....µg	0.6		0	PIK	4		0.2	2.5	
Vitamin D....IU	22		0	PIK	4		6	102	
Vitamin K (phylloquinone)....µg	0.0		0	PAK	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	3.4		0	PAK	1		1.0	15.3	
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	

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
Cholesterol....mg	50		0	PAK	1		14	228	
Phytosterols....mg									
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 24 (2011)

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....µg	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....µg	1	0.000	4	A	1		19		
Folic acid....µg	0	0.000	4	Z	7		0		
Folate, food....µg	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....µg	0.40	0.012	4	A	1		7.47		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	13		0	AS	1		245		
Retinol....µg	13	0.212	4	A	1		245		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	44		0	AS	1		815		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	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)....µg	0.7		0	AS	1		12.8		
Vitamin D2 (ergocalciferol)....µg									

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)....µg	0.7		0	BFNN	4		12.8		
Vitamin D....IU	28		0	BFNN	4		514		
Vitamin K (phylloquinone)....µg	0.0	0.025	4	A	1		0.5		
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0		
Menaquinone-4....µg	4.1	0.696	4	A	1		75.8		
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									

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
Amino Acids:									
Tryptophan....g	0.169		0	A	1		3.151		
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 24 (2011)

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....µg	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....µg	2	0.250	4	A	1		8		
Folic acid....µg	0	0.000	4	Z	7		0		
Folate, food....µg	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....µg	0.47	0.028	4	A	1		2.12		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	13		0	AS	1		57		
Retinol....µg	13	0.558	4	A	1		57		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	42		0	AS	1		191		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	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)....µg	0.6		0	AS	1		2.6		
Vitamin D2 (ergocalciferol)....µg									

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)....µg	0.6		0	BFNN	4		2.6		
Vitamin D....IU	23		0	BFNN	4		105		
Vitamin K (phylloquinone)....µg	0.0	0.000	4	A	1		0.0		
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0		
Menaquinone-4....µg	3.5	0.785	4	A	1		15.8		
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		

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
Cholesterol....mg	50	0.607	12	A	1		226		
Phytosterols....mg									
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 24 (2011)

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....µg	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....µg	2		0	PAK	1		47	2	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.47		0	PAK	1		11.82	0.40	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	12		0	PAK	1		292	10	
Retinol....µg	12		0	PAK	1		292	10	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	38		0	PAK	1		973	33	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									

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)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	PAK	1		1.1	0.0	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	5.2		0	PAK	1		131.4	4.4	
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		

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
Hydroxyproline.....g	0.126			PAK	1			0.107	
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 = 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 24 (2011)

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						Amount in edible portion 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	67.50		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 ... µg	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 ... µg	1		0	PIK	4		0	6	
Folic acid ... µg	0		0	PIK	4		0	0	
Folate, food ... µg	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 ... µg	0.53		0	PAK	1		0.15	2.41	
Vitamin B-12, added ... µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	10		0	PIK	4		3	46	
Retinol ... µg	10		0	PIK	4		3	46	
Carotene, beta ... µg	0		0	PIK	4		0	0	
Carotene, alpha ... µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta ... µg	0		0	PIK	4		0	0	
Vitamin A, IU ... IU	34		0	PIK	4		10	154	
Lycopene ... µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin ... µg	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) ... µg									
Vitamin D2 (ergocalciferol) ... µg									

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)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.2	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	0.0		0	PAK	1		0.0	0.0	
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		

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
Hydroxyproline.....g	0.123			PAK	1			0.559	
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 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 24 (2011)

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....µg	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....µg	2		1	A	1		51	2	
Folic acid....µg	0		1	Z	7		0	0	
Folate, food....µg	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....µg	0.49	0.029	3	A	1		12.50	0.42	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	11		0	AS	1		288	10	
Retinol....µg	11		2	A	1		288	10	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	38		0	AS	1		960	32	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									

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).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.1		2	A	1		1.3	0.0	
Dihydrophylloquinone.....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4.....µg	6.1		2	A	1		153.7	5.2	
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	

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
Cholesterol....mg	66	1.586	5	A	1		1673	56	
Phytosterols....mg									
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 24 (2011)

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....µg	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....µg	2		0	BFPN	4		0	8	
Folic acid....µg	0		0	BFPN	4		0	0	
Folate, food....µg	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....µg	0.58		1	A	1		0.16	2.63	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	10		0	NC	4		3	43	
Retinol....µg	10		0	BFSN	4		3	43	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	32		0	NC	4		9	145	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									

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).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		0	BFSN	4		0.0	0.2	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
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	

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
Cholesterol....mg	58		1	A	1		16	261	
Phytosterols....mg									
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 24 (2011)

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....µg	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....µg	1		0	PAK	1		44	1	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.42		0	PAK	1		13.43	0.36	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	12		0	PAK	1		370	10	
Retinol....µg	12		0	PAK	1		370	10	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	38		0	PAK	1		1232	33	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									

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)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	PAK	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	3.5		0	PAK	1		112.9	3.0	
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		

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
Hydroxyproline.....g	0.118			PAK	1			0.100	
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 = 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 24 (2011)

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						Amount in edible portion 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	61.56		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 ... µg	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 ... µg	1		0	PIK	4		0	4	
Folic acid ... µg	0		0	PIK	4		0	0	
Folate, food ... µg	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 ... µg	0.47		0	PAK	1		0.13	2.14	
Vitamin B-12, added ... µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	11		0	PIK	4		3	48	
Retinol ... µg	11		0	PIK	4		3	48	
Carotene, beta ... µg	0		0	PIK	4		0	0	
Carotene, alpha ... µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta ... µg	0		0	PIK	4		0	0	
Vitamin A, IU ... IU	36		0	PIK	4		10	161	
Lycopene ... µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin ... µg	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) ... µg									
Vitamin D2 (ergocalciferol) ... µg									

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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)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	0.0		0	PAK	1		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		

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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
Hydroxyproline.....g	0.127			PAK	1			0.577	
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 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 24 (2011)

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....µg	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....µg	2		2	A	1		48	1	
Folic acid....µg	0		2	Z	7		0	0	
Folate, food....µg	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....µg	0.46	0.056	3	A	1		14.74	0.39	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	11		0	AS	1		358	10	
Retinol....µg	11		2	A	1		358	10	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	37		0	AS	1		1194	32	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									

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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).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		2	A	1		0.0	0.0	
Dihydrophylloquinone.....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4.....µg	4.8		2	A	1		155.1	4.1	
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	

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
Cholesterol....mg	72	2.403	6	A	1		2316	61	
Phytosterols....mg									
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 24 (2011)

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 ... µg	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 ... µg	1		0	BFPN	4		6	0	
Folic acid ... µg	0		0	BFPN	4		0	0	
Folate, food ... µg	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 ... µg	0.55		1	A	1		2.49	0.16	
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	9		0	NC	4		43	3	
Retinol ... µg	9		0	BFSN	4		43	3	
Carotene, beta ... µg	0		0	Z	7		0	0	
Carotene, alpha ... µg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... µg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	32		0	NC	4		143	9	
Lycopene ... µg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... µg	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) ... µg									
Vitamin D2 (ergocalciferol) ... µg									

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).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
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	

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
Cholesterol....mg	52		1	A	1		238	15	
Phytosterols....mg									
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 24 (2011)

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						Amount in edible portion 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	67.21		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....µg	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....µg	2		0	PAK	1		9	2	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.44		0	PAK	1		1.98	0.38	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	11		0	PAK	1		51	10	
Retinol....µg	11		0	PAK	1		51	10	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	38		0	PAK	1		170	32	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									

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)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	PAK	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	2.9		0	PAK	1		12.9	2.5	
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		

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
Hydroxyproline.....g	0.129			PAK	1			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 = 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 24 (2011)

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	µg	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	µg	1		0	PIK	4		0	6	
Folic acid	µg	0		0	PIK	4		0	0	
Folate, food	µg	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	µg	0.46		0	PAK	1		0.13	2.09	
Vitamin B-12, added	µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	10		0	PIK	4		3	44	
Retinol	µg	10		0	PIK	4		3	44	
Carotene, beta	µg	0		0	PIK	4		0	0	
Carotene, alpha	µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta	µg	0		0	PIK	4		0	0	
Vitamin A, IU	IU	33		0	PIK	4		9	148	
Lycopene	µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin	µg	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)	µg									
Vitamin D2 (ergocalciferol)	µg									

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)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	0.0		0	PAK	1		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		

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
Hydroxyproline.....g	0.101			PAK	1			0.457	
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 **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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....µg	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....µg	2		2	A	1		9	2	
Folic acid....µg	0		2	Z	7		0	0	
Folate, food....µg	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....µg	0.46	0.034	3	A	1		2.04	0.39	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	11		0	AS	1		51	10	
Retinol....µg	11		2	A	1		51	10	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	38		0	AS	1		169	32	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									

NDB No. 10869

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)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		2	A	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4....µg	3.2		2	A	1		14.2	2.7	
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	

NDB No. 10869

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
Cholesterol....mg	64	1.572	5	A	1		283	54	
Phytosterols....mg									
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 24 (2011)

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....µg	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....µg	1		0	BFPN	4		6	6	0
Folic acid....µg	0		0	BFPN	4		0	0	0
Folate, food....µg	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....µg	0.48		1	A	1		2.15	2.18	0.14
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	9		0	NC	4		42	42	3
Retinol....µg	9		0	BFSN	4		42	42	3
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	31		0	NC	4		140	141	9
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									

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
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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				14

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
Cholesterol....mg	49			A	1		219	221	
Phytosterols....mg									
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 24 (2011)

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	µg	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	µg	2		0	PAK	1		3	2	
Folic acid	µg	0		0	PIK	4		0	0	
Folate, food	µg	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	µg	0.44		0	PAK	1		0.60	0.37	
Vitamin B-12, added	µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	13		0	PAK	1		18	11	
Retinol	µg	13		0	PAK	1		18	11	
Carotene, beta	µg	0		0	PIK	4		0	0	
Carotene, alpha	µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta	µg	0		0	PIK	4		0	0	
Vitamin A, IU	IU	44		0	PAK	1		60	37	
Lycopene	µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin	µg	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)	µg	0.9		0	PAK	1		1.2	0.7	
Vitamin D2 (ergocalciferol)	µg									

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)....µg	0.9		0	PIK	4		1.2	0.7	
Vitamin D....IU	34		0	PIK	4		47	29	
Vitamin K (phylloquinone)....µg	0.0		0	PAK	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	4.5		0	PAK	1		6.1	3.8	
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	

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
Cholesterol....mg	45		0	PAK	1		62	39	
Phytosterols....mg									
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 24 (2011)

NDB No. 10870

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

Refuse: 0% 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	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....µg	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....µg	3		2	A	1		3	2	
Folic acid....µg	0		2	Z	7		0	0	
Folate, food....µg	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....µg	0.44		2	A	1		0.61	0.37	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	13		0	AS	1		18	11	
Retinol....µg	13		2	A	1		18	11	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	44		0	AS	1		61	37	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.9		0	AS	1		1.2	0.7	
Vitamin D2 (ergocalciferol)....µg									

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)....µg	0.9		0	BFNN	4		1.2	0.7	
Vitamin D....IU	34		0	BFNN	4		47	29	
Vitamin K (phylloquinone)....µg	0.0		2	A	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4....µg	4.5		2	A	1		6.2	3.8	
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	

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
Cholesterol....mg	45	1.898	4	A	1		63	39	
Phytosterols....mg									
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 24 (2011)

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....µg	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....µg	2		0	PAK	1		40	2	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.37		0	PAK	1		7.48	0.32	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	13		0	PAK	1		264	11	
Retinol....µg	13		0	PAK	1		264	11	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	44		0	PAK	1		879	37	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.7		0	PAK	1		13.4	0.6	
Vitamin D2 (ergocalciferol)....µg									

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)....µg	0.7		0	PIK	4		13.4	0.6	
Vitamin D....IU	27		0	PIK	4		534	23	
Vitamin K (phylloquinone)....µg	0.0		0	PAK	1		0.0	0.0	
Dihydrophylloquinone....µg	0.2		0	PAK	1		4.4	0.2	
Menaquinone-4....µg	4.0		0	PAK	1		80.4	3.4	
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	

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
Cholesterol....mg	43		0	PAK	1		863	37	
Phytosterols....mg									
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 24 (2011)

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....µg	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....µg	3		0	PAK	1		1	16	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.34		0	PAK	1		0.10	1.56	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	13		0	PAK	1		4	61	
Retinol....µg	13		0	PAK	1		4	61	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	45		0	PAK	1		13	203	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.6		0	PAK	1		0.2	2.6	
Vitamin D2 (ergocalciferol)....µg									

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)....µg	0.6		0	PIK	4		0.2	2.6	
Vitamin D....IU	23		0	PIK	4		7	105	
Vitamin K (phylloquinone)....µg	0.0		0	PAK	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	4.3		0	PAK	1		1.2	19.6	
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	

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
Cholesterol....mg	43		0	PAK	1		12	194	
Phytosterols....mg									
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 24 (2011)

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....µg	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....µg	2		2	A	1		40	2	
Folic acid....µg	0		2	Z	7		0	0	
Folate, food....µg	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....µg	0.37		2	A	1		7.48	0.32	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	13		0	AS	1		264	11	
Retinol....µg	13		2	A	1		264	11	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	44		0	AS	1		879	37	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.7		0	AS	1		13.4	0.6	
Vitamin D2 (ergocalciferol)....µg									

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)....µg	0.7		0	BFNN	4		13.4	0.6	
Vitamin D....IU	27		0	BFNN	4		534	23	
Vitamin K (phylloquinone)....µg	0.0		1	A	1		0.0	0.0	
Dihydrophylloquinone....µg	0.2		1	A	1		4.4	0.2	
Menaquinone-4....µg	4.0		1	A	1		80.4	3.4	
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	

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
Cholesterol....mg	43	0.741	4	A	1		863	37	
Phytosterols....mg									
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 24 (2011)

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....µg	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....µg	4		2	A	1		16	1	
Folic acid....µg	0		2	Z	7		0	0	
Folate, food....µg	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....µg	0.34		2	A	1		1.56	0.10	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	13		0	AS	1		61	4	
Retinol....µg	13		2	A	1		61	4	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	45		0	AS	1		203	13	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.6		0	AS	1		2.6	0.2	
Vitamin D2 (ergocalciferol)....µg									

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)....µg	0.6		0	BFNN	4		2.6	0.2	
Vitamin D....IU	23		0	BFNN	4		105	7	
Vitamin K (phylloquinone)....µg	0.0		2	A	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4....µg	4.3		2	A	1		19.6	1.2	
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	

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
Cholesterol....mg	43	0.855	4	A	1		193	12	
Phytosterols....mg									
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 24 (2011)

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						Amount in edible portion 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	64.38		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 ... µg	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 ... µg	1		0	PAK	1		27	1	
Folic acid ... µg	0		0	PIK	4		0	0	
Folate, food ... µg	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 ... µg	0.58		0	PAK	1		15.51	0.49	
Vitamin B-12, added ... µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	11		0	PAK	1		304	10	
Retinol ... µg	11		0	PAK	1		304	10	
Carotene, beta ... µg	0		0	PIK	4		0	0	
Carotene, alpha ... µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta ... µg	0		0	PIK	4		0	0	
Vitamin A, IU ... IU	38		0	PAK	1		1012	32	
Lycopene ... µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin ... µg	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) ... µg									
Vitamin D2 (ergocalciferol) ... µg									

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)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	PAK	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	8.6		0	PAK	1		228.7	7.3	
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		

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
Hydroxyproline.....g	0.146			PAK	1			0.124	
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 = 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 24 (2011)

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						Amount in edible portion 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	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 ... µg	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 ... µg	1		0	PIK	4		0	3	
Folic acid ... µg	0		0	PIK	4		0	0	
Folate, food ... µg	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 ... µg	0.47		0	PAK	1		0.13	2.13	
Vitamin B-12, added ... µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	11		0	PIK	4		3	49	
Retinol ... µg	11		0	PIK	4		3	49	
Carotene, beta ... µg	0		0	PIK	4		0	0	
Carotene, alpha ... µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta ... µg	0		0	PIK	4		0	0	
Vitamin A, IU ... IU	36		0	PIK	4		10	163	
Lycopene ... µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin ... µg	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) ... µg									
Vitamin D2 (ergocalciferol) ... µg									

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)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	0.0		0	PAK	1		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		

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
Hydroxyproline.....g	0.149			PAK	1			0.675	
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 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 24 (2011)

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....µg	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....µg	1		2	A	1		27	1	
Folic acid....µg	0		2	Z	7		0	0	
Folate, food....µg	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....µg	0.61	0.043	3	A	1		16.39	0.52	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	11		0	AS	1		300	10	
Retinol....µg	11		2	A	1		300	10	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	37		0	AS	1		1000	32	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									

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).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		2	A	1		0.0	0.0	
Dihydrophylloquinone.....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4.....µg	9.6		2	A	1		256.5	8.2	
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	

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
Cholesterol....mg	72	2.082	8	A	1		1930	61	
Phytosterols....mg									
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 24 (2011)

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 ... µg	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 ... µg	1		0	BFPN	4		4	0	
Folic acid ... µg	0		0	BFPN	4		0	0	
Folate, food ... µg	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 ... µg	0.51		1	A	1		2.31	0.14	
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	10		0	NC	4		46	3	
Retinol ... µg	10		0	BFSN	4		46	3	
Carotene, beta ... µg	0		0	Z	7		0	0	
Carotene, alpha ... µg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... µg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	34		0	NC	4		154	10	
Lycopene ... µg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... µg	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) ... µg									
Vitamin D2 (ergocalciferol) ... µg									

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).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
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	

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
Cholesterol....mg	68		1	A	1		309	19	
Phytosterols....mg									
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 24 (2011)

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....µg	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....µg	3		0	PAK	1		87	2	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.64		0	PAK	1		20.33	0.55	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	11		0	PAK	1		357	10	
Retinol....µg	11		0	PAK	1		357	10	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	38		0	PAK	1		1189	32	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									

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)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	PAK	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	6.2		0	PAK	1		195.4	5.2	
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		

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
Hydroxyproline.....g	0.148			PAK	1			0.126	
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 = 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 24 (2011)

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						Amount in edible portion 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	65.04		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 ... µg	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 ... µg	3		0	PIK	4		1	12	
Folic acid ... µg	0		0	PIK	4		0	0	
Folate, food ... µg	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 ... µg	0.36		0	PAK	1		0.10	1.64	
Vitamin B-12, added ... µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	10		0	PIK	4		3	47	
Retinol ... µg	10		0	PIK	4		3	47	
Carotene, beta ... µg	0		0	PIK	4		0	0	
Carotene, alpha ... µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta ... µg	0		0	PIK	4		0	0	
Vitamin A, IU ... IU	35		0	PIK	4		10	157	
Lycopene ... µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin ... µg	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) ... µg									
Vitamin D2 (ergocalciferol) ... µg									

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)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	0.0		0	PAK	1		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		

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
Hydroxyproline.....g	0.162			PAK	1			0.733	
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 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 24 (2011)

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....µg	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....µg	3		2	A	1		95	3	
Folic acid....µg	0		2	Z	7		0	0	
Folate, food....µg	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....µg	0.69	0.130	3	A	1		21.87	0.59	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	11		0	AS	1		351	9	
Retinol....µg	11		2	A	1		351	9	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	37		0	AS	1		1170	31	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									

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)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		2	A	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4....µg	7.1		2	A	1		224.1	6.0	
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	

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
Cholesterol....mg	74	3.092	7	A	1		2361	63	
Phytosterols....mg									
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 24 (2011)

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 ... µg	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 ... µg	3		0	BFPN	4		14	1	
Folic acid ... µg	0		0	BFPN	4		0	0	
Folate, food ... µg	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 ... µg	0.37		1	A	1		1.68	0.10	
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	10		0	NC	4		45	3	
Retinol ... µg	10		0	BFSN	4		45	3	
Carotene, beta ... µg	0		0	Z	7		0	0	
Carotene, alpha ... µg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... µg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	33		0	NC	4		150	9	
Lycopene ... µg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... µg	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) ... µg									
Vitamin D2 (ergocalciferol) ... µg									

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).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
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	

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
Cholesterol....mg	63		1	A	1		284	18	
Phytosterols....mg									
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 24 (2011)

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						Amount in edible portion 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	63.36		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....µg	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....µg	1		0	PAK	1		4	1	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.58		0	PAK	1		2.58	0.49	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	13		0	PAK	1		59	11	
Retinol....µg	13		0	PAK	1		59	11	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	44		0	PAK	1		197	38	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									

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)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	PAK	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	5.1		0	PAK	1		22.6	4.3	
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		

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
Hydroxyproline.....g	0.170			PAK	1			0.144	
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 = 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 24 (2011)

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....µg	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....µg	1		0	PIK	4		3	4	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.57		0	PAK	1		2.47	2.69	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	12		0	PIK	4		51	55	
Retinol....µg	12		0	PIK	4		51	55	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	39		0	PIK	4		169	184	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg									

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)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	0.0		0	PAK	1		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	

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
Proline....g	0.984		0	PAK	1		4.230	4.604	
Serine....g	0.892		0	PAK	1		3.836	4.175	
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 24 (2011)

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....µg	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....µg	1		1	A	1		4	1	
Folic acid....µg	0		1	Z	7		0	0	
Folate, food....µg	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....µg	0.60		2	A	1		2.69	0.51	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	13		0	AS	1		59	11	
Retinol....µg	13		1	A	1		59	11	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	45		0	AS	1		198	38	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									

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).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		1	A	1		0.0	0.0	
Dihydrophylloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg	5.5		1	A	1		24.6	4.7	
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	

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
Cholesterol....mg	80		2	A	1		357	68	
Phytosterols....mg									
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 24 (2011)

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....µg	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....µg	1		0	BFPN	4		4	4	
Folic acid....µg	0		0	BFPN	4		0	0	
Folate, food....µg	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....µg	0.60		1	A	1		2.58	2.81	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	12		0	NC	4		50	54	
Retinol....µg	12		0	BFSN	4		50	54	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	39		0	NC	4		167	181	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									

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)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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				

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
Cholesterol....mg	63			A	1		272	296	
Phytosterols....mg									
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 24 (2011)

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: 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	70.93		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	µg	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	µg	1		0	PAK	1		3	1	
Folic acid	µg	0		0	PIK	4		0	0	
Folate, food	µg	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	µg	0.42		0	PAK	1		1.18	0.36	
Vitamin B-12, added	µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	13		0	PAK	1		37	11	
Retinol	µg	13		0	PAK	1		37	11	
Carotene, beta	µg	0		0	PIK	4		0	0	
Carotene, alpha	µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta	µg	0		0	PIK	4		0	0	
Vitamin A, IU	IU	44		0	PAK	1		122	37	
Lycopene	µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin	µg	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)	µg	0.9		0	PAK	1		2.6	0.8	
Vitamin D2 (ergocalciferol)	µg									

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)....µg	0.9		0	PIK	4		2.6	0.8	
Vitamin D....IU	37		0	PIK	4		104	32	
Vitamin K (phylloquinone)....µg	0.0		0	PAK	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	3.2		0	PAK	1		8.9	2.7	
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	

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
Cholesterol....mg	58		0	PAK	1		159	49	
Phytosterols....mg									
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 24 (2011)

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						Amount in edible portion 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	71.10	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....µg	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....µg	1	0.337	4	A	1		3	1	
Folic acid....µg	0	0.000	4	Z	7		0	0	
Folate, food....µg	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....µg	0.42	0.033	4	A	1		1.18	0.36	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	13		0	AS	1		37	11	
Retinol....µg	13	0.076	4	A	1		37	11	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	44		0	AS	1		122	37	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.9		0	AS	1		2.6	0.8	
Vitamin D2 (ergocalciferol)....µg									

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)....µg	0.9		0	BFNN	4		2.6	0.8	
Vitamin D....IU	37		0	BFNN	4		103	32	
Vitamin K (phylloquinone)....µg	0.0	0.000	4	A	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....µg	3.2	0.809	4	A	1		9.0	2.7	
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	

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
Cholesterol....mg	57	0.997	11	A	1		159	49	
Phytosterols....mg									
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 24 (2011)

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....µg	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....µg	1		0	PAK	1		1	9	1
Folic acid....µg	0		0	PIK	4		0	0	0
Folate, food....µg	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....µg	0.50		0	PAK	1		0.73	4.64	0.43
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	13		0	PAK	1		19	119	11
Retinol....µg	13		0	PAK	1		19	119	11
Carotene, beta....µg	0		0	PIK	4		0	0	0
Carotene, alpha....µg	0		0	PIK	4		0	0	0
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	0
Vitamin A, IU....IU	43		0	PAK	1		62	396	37
Lycopene....µg	0		0	PIK	4		0	0	0
Lutein + zeaxanthin....µg	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)....µg	0.8		0	PAK	1		1.2	7.6	0.7
Vitamin D2 (ergocalciferol)....µg									

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)....µg	0.8		0	PIK	4		1.2	7.6	0.7
Vitamin D....IU	33		0	PIK	4		48	305	28
Vitamin K (phylloquinone)....µg	0.0		0	PAK	1		0.0	0.0	0.0
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	0.0
Menaquinone-4....µg	3.5		0	PAK	1		5.1	32.6	3.0
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

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
Cholesterol....mg	64		0	PAK	1		92	585	54
Phytosterols....mg									
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 24 (2011)

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	µg	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	µg	1		0	PIK	4		0	4	
Folic acid	µg	0		0	PIK	4		0	0	
Folate, food	µg	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	µg	0.43		0	PIK	4		0.12	1.94	
Vitamin B-12, added	µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	12		0	PIK	4		3	53	
Retinol	µg	12		0	PIK	4		3	53	
Carotene, beta	µg	0		0	PIK	4		0	0	
Carotene, alpha	µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta	µg	0		0	PIK	4		0	0	
Vitamin A, IU	IU	39		0	PIK	4		11	177	
Lycopene	µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin	µg	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)....µg	0.7		0	PAK	1		0.2	3.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.7		0	PIK	4		0.2	3.0	
Vitamin D....IU	27		0	PIK	4		8	120	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	0.0		0	PAK	1		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									

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
22:4 ... 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	0.042		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 24 (2011)

NDB No. 10893

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

Refuse: 5% 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	72.46		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....µg	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....µg	1		0	BFPN	4		0	4	
Folic acid....µg	0		0	BFPN	4		0	0	
Folate, food....µg	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....µg	0.44		0	BFPN	4		0.12	1.97	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	12		0	NC	4		3	53	
Retinol....µg	12		0	BFSN	4		3	53	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	39		0	NC	4		11	176	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.6		0	AS	1		0.2	2.9	
Vitamin D2 (ergocalciferol)....µg									

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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)....µg	0.6		0	BFNN	4		0.2	2.9	
Vitamin D....IU	25		0	BFNN	4		7	115	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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	

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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
Cholesterol....mg	57		1	A	1		16	257	
Phytosterols....mg									
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 24 (2011)

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....µg	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....µg	1		1	A	1		1	9	1
Folic acid....µg	0		1	Z	7		0	0	0
Folate, food....µg	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....µg	0.51		1	A	1		0.74	4.69	0.43
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	13		0	AS	1		19	119	11
Retinol....µg	13		1	A	1		19	119	11
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	43		0	AS	1		62	396	37
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	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)....µg	0.8		0	AS	1		1.2	7.3	0.7
Vitamin D2 (ergocalciferol)....µg									

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)....µg	0.8		0	BFNN	4		1.2	7.3	0.7
Vitamin D....IU	32		0	BFNN	4		46	294	27
Vitamin K (phylloquinone)....µg	0.0		1	A	1		0.0	0.0	0.0
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	0.0
Menaquinone-4....µg	3.6		1	A	1		5.3	33.5	3.1
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

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
Cholesterol....mg	63	2.902	3	A	1		92	582	54
Phytosterols....mg									
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 24 (2011)

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....µg	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....µg	2		0	PAK	1		27	2	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.42		0	PAK	1		6.23	0.35	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	13		0	PAK	1		196	11	
Retinol....µg	13		0	PAK	1		196	11	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	44		0	PAK	1		654	37	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.8		0	PAK	1		11.3	0.6	
Vitamin D2 (ergocalciferol)....µg									

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)....µg	0.8		0	PIK	4		11.3	0.6	
Vitamin D....IU	30		0	PIK	4		454	26	
Vitamin K (phylloquinone)....µg	0.0		0	PAK	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	2.4		0	PAK	1		36.0	2.0	
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	

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
Cholesterol....mg	56		0	PAK	1		833	47	
Phytosterols....mg									
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 24 (2011)

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						Amount in edible portion 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	72.68		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....µg	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....µg	1		0	PAK	1		0	3	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.41		0	PAK	1		0.12	1.87	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	13		0	PAK	1		4	60	
Retinol....µg	13		0	PAK	1		4	60	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	44		0	PAK	1		12	200	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.6		0	PAK	1		0.2	2.9	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 10900

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)....µg	0.6		0	PIK	4		0.2	2.9	
Vitamin D....IU	25		0	PIK	4		7	114	
Vitamin K (phylloquinone)....µg	0.0		0	PAK	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	3.2		0	PAK	1		0.9	14.7	
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	

NDB No. 10900

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
Cholesterol....mg	53		0	PAK	1		15	241	
Phytosterols....mg									
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 24 (2011)

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....µg	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....µg	2	0.767	3	A	1		27	2	
Folic acid....µg	0	0.000	3	Z	7		0	0	
Folate, food....µg	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....µg	0.42	0.054	3	A	1		6.24	0.35	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	13		0	AS	1		196	11	
Retinol....µg	13	0.284	3	A	1		196	11	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	44		0	AS	1		654	37	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.8		0	AS	1		11.3	0.6	
Vitamin D2 (ergocalciferol)....µg									

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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)....µg	0.8		0	BFNN	4		11.3	0.6	
Vitamin D....IU	30		0	BFNN	4		452	26	
Vitamin K (phylloquinone)....µg	0.0	0.000	3	A	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4....µg	2.4	0.770	3	A	1		36.1	2.0	
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	

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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
Cholesterol....mg	56	1.605	9	A	1		832	47	
Phytosterols....mg									
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 24 (2011)

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....µg	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....µg	1	0.250	4	A	1		0	3	
Folic acid....µg	0	0.000	4	Z	7		0	0	
Folate, food....µg	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....µg	0.41	0.011	4	A	1		0.12	1.87	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	13		0	AS	1		4	60	
Retinol....µg	13	0.239	4	A	1		4	60	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	44		0	AS	1		12	200	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.6		0	AS	1		0.2	2.8	
Vitamin D2 (ergocalciferol)....µg									

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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)....µg	0.6		0	BFNN	4		0.2	2.8	
Vitamin D....IU	25		0	BFNN	4		7	114	
Vitamin K (phylloquinone)....µg	0.0	0.000	4	A	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....µg	3.3	0.659	4	A	1		0.9	14.8	
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	

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
Cholesterol....mg	53	1.013	11	A	1		15	241	
Phytosterols....mg									
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 24 (2011)

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	µg	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	µg	3		0		1		4	3	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	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	µg	0.65		0		1		0.91	0.55	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	µg	0		0	NR	4		0	0	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	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)	µg	0.8		0	AS	1		1.1	0.7	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.8		0	BFNN	4		1.1	0.7	
Vitamin D	IU	32		0	BFNN	4		45	27	
Vitamin K (phylloquinone)	µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone	µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4	µg									
Lipids:										

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
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	
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.

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

Number of Data Points of zero 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

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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....µg	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....µg	3		0		1		4	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.68		0		1		0.95	0.58	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.8		0	AS	1		1.1	0.7	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.8		0	BFNN	4		1.1	0.7	
Vitamin D....IU	32		0	BFNN	4		44	27	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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.

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

Number of Data Points of zero 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

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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....µg	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....µg	3		0		1		4	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.80	0.054	26		1		1.12	0.22	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.6		0	AS	1		0.9	0.2	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.6		0	BFNN	4		0.9	0.2	
Vitamin D....IU	26		0	BFNN	4		36	7	
Vitamin K (phylloquinone)....µg	0.0		0	BFYN	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
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	
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.

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

Number of Data Points of zero 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 = 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 24 (2011)

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						Amount in edible portion 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	67.70		0		1		19.19	306.68	
Energy....kcal	145		0		1		41	657	
Energy....kJ	607		0		1		172	2748	
Protein (N x 6.25)....g	20.90		0		1		5.93	94.68	
Total lipid (fat)....g	5.50		0		1		1.56	24.92	
Ash....g	4.40		0	NC	4		1.25	19.92	
Carbohydrate, by difference....g	1.50		0	NC	4		0.43	6.80	
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		2	36	
Iron, Fe....mg	1.48		0		1		0.42	6.70	
Magnesium, Mg....mg	14		0		1		4	63	
Phosphorus, P....mg	196		0		1		56	888	
Potassium, K....mg	287		0		1		81	1300	
Sodium, Na....mg	969		0		1		275	4390	
Zinc, Zn....mg	2.88		0		1		0.82	13.05	
Copper, Cu....mg	0.079		0		1		0.022	0.358	
Manganese, Mn....mg									
Selenium, Se....µg	19.5		0	BFZN	4		5.5	88.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.750		0		1		0.213	3.398	
Riboflavin....mg	0.200		0		1		0.057	0.906	
Niacin....mg	4.020		0		1		1.140	18.211	
Pantothenic acid....mg									
Vitamin B-6....mg	0.400		0		1		0.113	1.812	
Folate, total....µg	3		0		1		1	14	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		0		1		1	14	
Folate, DFE....mcg_DFE	3		0	NC	4		1	14	
Choline, total....mg	85.0		0	BFPN	4		24.1	385.1	
Betaine....mg	5.7		0	BFPN	4		1.6	25.9	
Vitamin B-12....µg	0.65		0		1		0.18	2.94	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.25		0	BFSN	4		0.07	1.11	
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)....µg	0.8		0	AS	1		0.2	3.6	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.8		0	BFNN	4		0.2	3.6	
Vitamin D....IU	32		0	BFNN	4		9	145	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.801		0		4		0.511	8.159	
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		4		0.000	0.000	
10:0....g	0.020		0		4		0.006	0.091	
12:0....g	0.020		0		4		0.006	0.091	
13:0....g									
14:0....g	0.090		0		4		0.026	0.408	
15:0....g									
16:0....g	1.114		0		4		0.316	5.046	
17:0....g									
18:0....g	0.567		0		4		0.161	2.569	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.607		0		4		0.739	11.810	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.239		0		4		0.068	1.083	
17:1....g									
18:1 undifferentiated....g	2.368		0		4		0.671	10.727	
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	0.537		0		4		0.152	2.433	
18:2 undifferentiated....g	0.478		0		4		0.136	2.165	
18:3 undifferentiated....g	0.060		0		4		0.017	0.272	
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	53		0		1		15	240	
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 = 453.0g: 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 24 (2011)

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: 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	65.80		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	µg	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	µg	3		0		1			1	
Folic acid	µg	0		0	Z	7			0	
Folate, food	µg	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	µg	0.68		0		1			0.19	
Vitamin B-12, added	µg	0.00		0	Z	7			0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1			0	
Retinol	µg	0		0	NR	4			0	
Carotene, beta	µg	0		0	Z	7			0	
Carotene, alpha	µg	0		0	Z	7			0	
Cryptoxanthin, beta	µg	0		0	Z	7			0	
Vitamin A, IU	IU	0		0	AS	1			0	
Lycopene	µg	0		0	Z	7			0	
Lutein + zeaxanthin	µg	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)	µg	0.8		0	AS	1			0.2	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.8		0	BFNN	4			0.2	
Vitamin D	IU	32		0	BFNN	4			9	
Vitamin K (phylloquinone)	µg	0.0		0	BFSN	4			0.0	
Dihydrophylloquinone	µg	0.0		0	Z	7			0.0	
Menaquinone-4	µg									
Lipids:										

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
Fatty acids, total saturated....g	2.624		0		4			0.744	
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		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 24 (2011)

NDB No. 10136

Pork, cured, ham, boneless, regular (approximately 11% 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	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....µg	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....µg	3		0		4		4	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.70	0.113	9		1		0.98	0.60	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.8		0	AS	1		1.1	0.7	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.8		0	BFNN	4		1.1	0.7	
Vitamin D....IU	32		0	BFNN	4		44	27	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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.

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

Number of Data Points of zero 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

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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....µg	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....µg	5		0		4		1	6	
Folic acid....µg	0		1	Z	7		0	0	
Folate, food....µg	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....µg	0.88		0		4		0.25	0.99	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.9		0	AS	1		0.3	1.1	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.9		0	BFNN	4		0.3	1.1	
Vitamin D....IU	37		0	BFNN	4		11	42	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.780		0		1		0.788	3.141	
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	
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.

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

Number of Data Points of zero 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 24 (2011)

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	µg	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	µg	4		0		1		1	5	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	4		0		1		1	5	
Folate, DFE	mcg_DFE	4		0	NC	4		1	5	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.80		0		1		0.23	0.90	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	µg	0		0		1		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	4.572		0		1		1.296	5.166	
4:0	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
6:0 g									
8:0 g									
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

NDB No. 10142

Pork, cured, ham, center slice, separable lean and fat, unheated

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 24 (2011)

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	µg	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	µg	5		0		1		7	4	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	5		0		1		7	4	
Folate, DFE	mcg_DFE	5		0	NC	4		7	4	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.71	0.013	4		1		0.99	0.60	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	µg	0		0		1		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
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	

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
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		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 24 (2011)

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: 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	73.52	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	µg	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	µg	6		0		1		8	2	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	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	µg	0.82	0.057	21		1		1.15	0.23	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	µg	0		0	NR	4		0	0	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	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)	µg	2.3		0	AS	1		3.3	0.7	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	2.3		0	BFNN	4		3.3	0.7	
Vitamin D	IU	93		0	BFNN	4		130	26	
Vitamin K (phylloquinone)	µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone	µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4	µg									
Lipids:										

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
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	
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.

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

Number of Data Points of zero 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 = 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 24 (2011)

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....µg	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....µg	5		2		1		7	4	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.83	0.032	8		1		1.16	0.71	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.7		0	AS	1		1.0	0.6	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.7		0	BFNN	4		1.0	0.6	
Vitamin D....IU	30		0	BFNN	4		42	25	
Vitamin K (phylloquinone)....µg	0.0		0	BFYN	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.810		0		1		3.934	2.389	
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	
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.

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

Number of Data Points of zero 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

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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....µg	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....µg	6		0		1		8	2	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.80	0.057	32		1		1.12	0.23	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.6		0	AS	1		0.8	0.2	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.6		0	BFNN	4		0.8	0.2	
Vitamin D....IU	22		0	BFNN	4		31	6	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.450		0		1		3.430	0.695	
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	
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.

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

Number of Data Points of zero 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 = 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 24 (2011)

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	µg	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	µg	3		0		1			1	
Folic acid	µg	0		0	Z	7			0	
Folate, food	µg	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	µg	0.69		0		1			0.20	
Vitamin B-12, added	µg	0.00		0	Z	7			0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4			0	
Retinol	µg	0		0	NR	4			0	
Carotene, beta	µg	0		0	Z	7			0	
Carotene, alpha	µg	0		0	Z	7			0	
Cryptoxanthin, beta	µg	0		0	Z	7			0	
Vitamin A, IU	IU	0		0		1			0	
Lycopene	µg	0		0	Z	7			0	
Lutein + zeaxanthin	µg	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)	µg	0.8		0	AS	1			0.2	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.8		0	BFNN	4			0.2	
Vitamin D	IU	33		0	BFNN	4			9	
Vitamin K (phylloquinone)	µg	0.0		0	BFSN	4			0.0	
Dihydrophylloquinone	µg	0.0		0	Z	7			0.0	
Menaquinone-4	µg									
Lipids:										

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
Fatty acids, total saturated....g	2.781		0		4			0.788	
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		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 24 (2011)

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	µg	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	µg	3		0		4		2	12	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	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	µg	0.70		1		1		0.42	2.89	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	µg	0		0	NR	4		0	0	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		1		1		0	0	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	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)	µg	0.6		0	AS	1		0.4	2.7	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.6		0	BFNN	4		0.4	2.7	
Vitamin D	IU	26		0	BFNN	4		15	106	
Vitamin K (phylloquinone)	µg	0.0		0	BFYN	4		0.0	0.0	
Dihydrophylloquinone	µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4	µg									
Lipids:										

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
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	
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.

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

Number of Data Points of zero 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 = 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 24 (2011)

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....µg	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....µg	3		0		4		1	2	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		0		4		1	2	
Folate, DFE....mcg_DFE	3		0	NC	4		1	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.08	0.199	3		1		0.31	0.70	
Vitamin A, RAE....mcg_RAE	0		1		1		0	0	
Retinol....µg	0		1		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		1		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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	

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
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
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

NDB No. 10146

Pork, cured, ham, patties, unheated

Measure 2 = 65g: 1 patty

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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....µg	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....µg	5		0		1		7	4	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		1		7	4	
Folate, DFE....mcg_DFE	5		0	NC	4		7	4	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.06	0.090	4		1		1.48	0.90	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....µg	0		0		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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	

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
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		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	0.160	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

NDB No. 10140

Pork, cured, ham, regular (approximately 13% fat), canned, roasted

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 24 (2011)

NDB No. 10139

Pork, cured, ham, regular (approximately 13% 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	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....µg	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....µg	5	2.333	3		1		7	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.78	0.124	11		1		1.09	0.22	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.5		0	AS	1		0.7	0.2	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	BFNN	4		0.7	0.2	
Vitamin D....IU	21		0	BFNN	4		30	6	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
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	
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.

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

Number of Data Points of zero 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 = 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 24 (2011)

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....µg	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....µg	0		0	PAK	1		3	0	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.61		0	PAK	1		17.42	0.52	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	PAK	1		43	1	
Retinol....µg	1		0	PIK	4		43	1	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	5		0	PAK	1		143	4	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.8		0	AS	1		23.4	0.7	
Vitamin D2 (ergocalciferol)....µg									

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)....µg	0.8		0	BFNN	4		23.4	0.7	
Vitamin D....IU	33		0	BFNN	4		937	28	
Vitamin K (phylloquinone)....µg	0.0		0	PAK	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	1.5		0	PAK	1		43.0	1.3	
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	

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
Cholesterol....mg	71		0	PAK	1		2042	60	
Phytosterols....mg									
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 24 (2011)

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....µg	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....µg	1		0	RA	4		4	0	
Folic acid....µg	0		0	RA	4		0	0	
Folate, food....µg	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....µg	0.53		0	RA	4		2.41	0.15	
Vitamin B-12, added....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	RA	4		8	0	
Retinol....µg	2		0	RA	4		8	0	
Carotene, beta....µg	0		0	RA	4		0	0	
Carotene, alpha....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta....µg	0		0	RA	4		0	0	
Vitamin A, IU....IU	6		0	RA	4		26	2	
Lycopene....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									

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)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	RA	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4....µg	1.2		0	RA	4		5.4	0.3	
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		

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
Hydroxyproline.....g	0.158			RA	4			0.045	
Others:									
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 24 (2011)

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....µg	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....µg	0		1	A	1		0	0	
Folic acid....µg	0		1	Z	7		0	0	
Folate, food....µg	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....µg	0.65	0.132	3	A	1		18.58	0.55	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									

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).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		1	A	1		0.0	0.0	
Dihydrophylloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg	1.7		1	A	1		48.9	1.4	
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	

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
Cholesterol....mg	71	2.757	3	A	1		2039	60	
Phytosterols....mg									
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 24 (2011)

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....µg	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....µg	1		1	A	1		0	5	
Folic acid....µg	0		1	Z	7		0	0	
Folate, food....µg	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....µg	0.56	0.127	3	A	1		0.16	2.56	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....µg	0		0	BFSN	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									

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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).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		1	A	1		0.0	0.0	
Dihydrophylloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg	1.4		1	A	1		0.4	6.2	
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	

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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
Cholesterol....mg	63	3.587	3	A	1		18	284	
Phytosterols....mg									
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 24 (2011)

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		30.15		
Energy	kcal	507		0	NC	4		431		
Energy	kJ	2122		0	NC	4		1804		
Protein (N x 6.25)	g	8.77		1	A	1		7.45		
Total lipid (fat)	g	51.57		1	A	1		43.83		
Ash	g	2.19		1	A	1		1.86		
Carbohydrate, by difference	g	2.00		0	NC	4		1.70		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.28		1	A	1		0.24		
Sucrose	g	0.00		1	A	1		0.00		
Glucose (dextrose)	g	0.28		1	A	1		0.24		
Fructose	g	0.00		1	A	1		0.00		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	0.00		1	A	1		0.00		
Galactose	g	0.00		1	A	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	6		1	A	1		5		
Iron, Fe	mg	0.53		1	A	1		0.45		
Magnesium, Mg	mg	16		1	A	1		13		
Phosphorus, P	mg	169		1	A	1		144		
Potassium, K	mg	195		1	A	1		166		
Sodium, Na	mg	677		1	A	1		575		
Zinc, Zn	mg	1.14		1	A	1		0.97		
Copper, Cu	mg	0.330		1	A	1		0.281		
Manganese, Mn	mg	0.022		1	A	1		0.019		
Selenium, Se	µg	16.0		1	A	1		13.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.278		1	A	1		0.236		
Riboflavin	mg	0.096		1	A	1		0.081		
Niacin	mg	3.080		1	A	1		2.618		
Pantothenic acid	mg	0.413		1	A	1		0.351		
Vitamin B-6	mg	0.201		1	A	1		0.171		
Folate, total	µg	1		1	A	1		1		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	1		1	NR	4		1		
Folate, DFE	mcg_DFE	1		0	NC	4		1		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.31		1	A	1		0.26		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	12		0	AS	1		11		
Retinol	µg	12		1	A	1		11		
Carotene, beta	µg	0		0	Z	7		0		
Carotene, alpha	µg	0		0	Z	7		0		
Cryptoxanthin, beta	µg	0		0	Z	7		0		
Vitamin A, IU	IU	42		0	AS	1		35		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.35		1	A	1		0.30		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.01		1	A	1		0.01		
Tocopherol, gamma	mg	0.12		1	A	1		0.10		
Tocopherol, delta	mg	0.02		1	A	1		0.02		
Vitamin D (D2 + D3)	µg	1.9		0	AS	1		1.6		
Vitamin D2 (ergocalciferol)	µg									

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
Vitamin D3 (cholecalciferol)....µg	1.9		0	BFNN	4		1.6		
Vitamin D....IU	75		0	BFNN	4		64		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	17.048		0	NC	4		14.491		
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		
10:0....g	0.047		1	A	1		0.040		
12:0....g	0.051		1	A	1		0.043		
13:0....g									
14:0....g	0.629		1	A	1		0.535		
15:0....g	0.000		1	A	1		0.000		
16:0....g	10.939		1	A	1		9.298		
17:0....g	0.138		1	A	1		0.117		
18:0....g	5.108		1	A	1		4.342		
20:0....g	0.088		1	A	1		0.075		
22:0....g	0.049		1	A	1		0.042		
24:0....g									
Fatty acids, total monounsaturated....g	23.798		0	NC	4		20.228		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	1.281		1	A	1		1.089		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	22.115		0	AS	1		18.798		
18:1 c....g	21.881		1	A	1		18.599		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.234		1	A	1		0.199		
18:1-11t (18:1t n-7)....g									
20:1....g	0.402		1	A	1		0.342		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	6.470		0	NC	4		5.499		
18:2 undifferentiated....g	5.819		0	AS	1		4.946		
18:2 n-6 c,c....g	5.531		1	A	1		4.701		
18:2 CLAs....g	0.151		1	A	1		0.128		
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.137		1	A	1		0.116		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.269		0	AS	1		0.229		
18:3 n-3 c,c,c (ALA)....g	0.269		1	A	1		0.229		
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	0.259		1	A	1		0.220		
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	0.123		1	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	0.371		0	NC	4		0.315		
Fatty acids, total trans-monoenoic....g	0.234		0	NC	4		0.199		
Fatty acids, total trans-polyenoic....g	0.137		0	NC	4		0.116		

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
Cholesterol....mg	72		1	A	1		61		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.063		0	A	1		0.054		
Threonine....g	0.341		0	A	1		0.290		
Isoleucine....g	0.354		0	A	1		0.301		
Leucine....g	0.631		0	A	1		0.537		
Lysine....g	0.625		0	A	1		0.532		
Methionine....g	0.176		0	A	1		0.150		
Cystine....g	0.101		0	A	1		0.085		
Phenylalanine....g	0.324		0	A	1		0.275		
Tyrosine....g	0.237		0	A	1		0.202		
Valine....g	0.417		0	A	1		0.355		
Arginine....g	0.532		0	A	1		0.452		
Histidine....g	0.383		0	A	1		0.326		
Alanine....g	0.542		0	A	1		0.461		
Aspartic acid....g	0.746		0	A	1		0.634		
Glutamic acid....g	1.165		0	A	1		0.991		
Glycine....g	0.672		0	A	1		0.571		
Proline....g	0.431		0	A	1		0.367		
Serine....g	0.327		0	A	1		0.278		
Hydroxyproline....g	0.057		0	A	1		0.048		
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 **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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		41.71		
Energy	kcal	515		0	NC	4		602		
Energy	kJ	2153		0	NC	4		2519		
Protein (N x 6.25)	g	7.50		1	A	1		8.78		
Total lipid (fat)	g	53.00		1	A	1		62.01		
Ash	g	1.98		1	A	1		2.31		
Carbohydrate, by difference	g	1.87		0	NC	4		2.19		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.44		1	A	1		0.51		
Sucrose	g	0.00		1	A	1		0.00		
Glucose (dextrose)	g	0.44		1	A	1		0.51		
Fructose	g	0.00		1	A	1		0.00		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	0.00		1	A	1		0.00		
Galactose	g	0.00		1	A	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	4		1	A	1		4		
Iron, Fe	mg	0.50		1	A	1		0.59		
Magnesium, Mg	mg	11		1	A	1		13		
Phosphorus, P	mg	143		1	A	1		167		
Potassium, K	mg	174		1	A	1		204		
Sodium, Na	mg	616		1	A	1		721		
Zinc, Zn	mg	1.14		1	A	1		1.33		
Copper, Cu	mg	0.097		1	A	1		0.113		
Manganese, Mn	mg	0.022		1	A	1		0.026		
Selenium, Se	µg	15.8		1	A	1		18.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.233		1	A	1		0.272		
Riboflavin	mg	0.021		1	A	1		0.024		
Niacin	mg	2.570		1	A	1		3.007		
Pantothenic acid	mg	0.345		1	A	1		0.404		
Vitamin B-6	mg	0.187		1	A	1		0.219		
Folate, total	µg	0		1	A	1		0		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	0		1	NR	4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Choline, total	mg	30.7		0	AS	1		35.9		
Betaine	mg	1.9		1	A	1		2.3		
Vitamin B-12	µg	0.31		1	A	1		0.36		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	13		0	AS	1		15		
Retinol	µg	13		1	A	1		15		
Carotene, beta	µg	0		0	Z	7		0		
Carotene, alpha	µg	0		0	Z	7		0		
Cryptoxanthin, beta	µg	0		0	Z	7		0		
Vitamin A, IU	IU	44		0	AS	1		51		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.76		1	A	1		0.89		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.01		1	A	1		0.02		
Tocopherol, gamma	mg	0.18		1	A	1		0.21		
Tocopherol, delta	mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)	µg	1.2		0	AS	1		1.4		
Vitamin D2 (ergocalciferol)	µg									

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)....µg	1.2		0	BFNN	4		1.4		
Vitamin D....IU	48		0	BFNN	4		56		
Vitamin K (phylloquinone)....µg	0.0		1	A	1		0.0		
Dihydrophylloquinone....µg	0.0		1	A	1		0.0		
Menaquinone-4....µg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	17.433		0	NC	4		20.396		
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		
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	0.637		1	A	1		0.745		
15:0....g	0.000		1	A	1		0.000		
16:0....g	11.100		1	A	1		12.987		
17:0....g	0.151		1	A	1		0.177		
18:0....g	5.408		1	A	1		6.327		
20:0....g	0.086		1	A	1		0.101		
22:0....g	0.051		1	A	1		0.060		
24:0....g									
Fatty acids, total monounsaturated....g	23.902		0	NC	4		27.965		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	1.167		1	A	1		1.365		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	22.354		0	AS	1		26.154		
18:1 c....g	22.105		1	A	1		25.863		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.249		1	A	1		0.291		
18:1-11t (18:1t n-7)....g									
20:1....g	0.381		1	A	1		0.446		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	6.901		0	NC	4		8.074		
18:2 undifferentiated....g	6.218		0	AS	1		7.275		
18:2 n-6 c,c....g	6.055		1	A	1		7.084		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.163		1	A	1		0.191		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.290		0	AS	1		0.339		
18:3 n-3 c,c,c (ALA)....g	0.290		1	A	1		0.339		
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	0.272		1	A	1		0.318		
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	0.121		1	A	1		0.141		
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	0.412		0	NC	4		0.482		
Fatty acids, total trans-monoenoic....g	0.249		0	NC	4		0.291		
Fatty acids, total trans-polyenoic....g	0.163		0	NC	4		0.191		

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
Cholesterol....mg	61		1	A	1		72		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.054		0	A	1		0.063		
Threonine....g	0.292		0	A	1		0.342		
Isoleucine....g	0.303		0	A	1		0.355		
Leucine....g	0.540		0	A	1		0.632		
Lysine....g	0.535		0	A	1		0.626		
Methionine....g	0.151		0	A	1		0.177		
Cystine....g	0.086		0	A	1		0.101		
Phenylalanine....g	0.277		0	A	1		0.324		
Tyrosine....g	0.203		0	A	1		0.237		
Valine....g	0.357		0	A	1		0.418		
Arginine....g	0.455		0	A	1		0.532		
Histidine....g	0.328		0	A	1		0.384		
Alanine....g	0.464		0	A	1		0.543		
Aspartic acid....g	0.638		0	A	1		0.746		
Glutamic acid....g	0.997		0	A	1		1.166		
Glycine....g	0.575		0	A	1		0.673		
Proline....g	0.369		0	A	1		0.432		
Serine....g	0.280		0	A	1		0.328		
Hydroxyproline....g	0.156		1	A	1		0.183		
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 = 117g: 4 oz

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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 ... µg	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 ... µg	1		0	PAK	1		28	1	
Folic acid ... µg	0		0	PIK	4		0	0	
Folate, food ... µg	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 ... µg	0.58		0	PAK	1		16.16	0.49	
Vitamin B-12, added ... µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	1		0	PAK	1		41	1	
Retinol ... µg	1		0	PIK	4		41	1	
Carotene, beta ... µg	0		0	PIK	4		0	0	
Carotene, alpha ... µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta ... µg	0		0	PIK	4		0	0	
Vitamin A, IU ... IU	5		0	PAK	1		138	4	
Lycopene ... µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin ... µg	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) ... µg	0.8		0	PAK	1		21.3	0.6	
Vitamin D2 (ergocalciferol) ... µg									

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)....µg	0.8		0	PIK	4		21.3	0.6	
Vitamin D....IU	30		0	PIK	4		851	26	
Vitamin K (phylloquinone)....µg	0.0		0	PAK	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	1.4		0	PAK	1		40.6	1.2	
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	

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
Cholesterol....mg	70		0	PAK	1		1962	60	
Phytosterols....mg									
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 24 (2011)

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 ... µg	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 ... µg	0		0	PAK	1		0	0	
Folic acid ... µg	0		0	PIK	4		0	0	
Folate, food ... µg	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 ... µg	0.54		0	PAK	1		0.15	2.45	
Vitamin B-12, added ... µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	2		0	PAK	1		0	8	
Retinol ... µg	2		0	PIK	4		0	8	
Carotene, beta ... µg	0		0	PIK	4		0	0	
Carotene, alpha ... µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta ... µg	0		0	PIK	4		0	0	
Vitamin A, IU ... IU	6		0	PAK	1		2	27	
Lycopene ... µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin ... µg	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) ... µg									
Vitamin D2 (ergocalciferol) ... µg									

NDB No. 10936

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)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	PAK	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	1.2		0	PAK	1		0.3	5.2	
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		

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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
Hydroxyproline.....g	0.154			PAK	1			0.700	
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 **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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....µg	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....µg	1		1	A	1		28	1	
Folic acid....µg	0		1	Z	7		0	0	
Folate, food....µg	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....µg	0.61	0.145	3	A	1		17.17	0.52	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.9		0	AS	1		24.1	0.7	
Vitamin D2 (ergocalciferol)....µg									

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).....µg	0.9		0	BFNN	4		24.1	0.7	
Vitamin D.....IU	34		0	BFNN	4		965	29	
Vitamin K (phylloquinone).....µg	0.0		1	A	1		0.0	0.0	
Dihydrophylloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg	1.6		1	A	1		46.0	1.4	
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	

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
Cholesterol....mg	70	2.887	3	A	1		1955	59	
Phytosterols....mg									
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

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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....µg	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....µg	0		1	A	1		0	0	
Folic acid....µg	0		1	Z	7		0	0	
Folate, food....µg	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....µg	0.58	0.057	3	A	1		0.16	2.62	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									

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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).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		1	A	1		0.0	0.0	
Dihydrophylloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg	1.3		1	A	1		0.4	6.0	
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	

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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
Cholesterol....mg	61	2.292	3	A	1		17	277	
Phytosterols....mg									
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 24 (2011)

NDB No. 10937

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						Amount in edible portion 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	62.57		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 ... µg	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 ... µg	2		0	PAK	1		7	2	
Folic acid ... µg	0		0	PIK	4		0	0	
Folate, food ... µg	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 ... µg	0.63		0	PAK	1		2.31	0.54	
Vitamin B-12, added ... µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	1		0	PAK	1		4	1	
Retinol ... µg	1		0	PIK	4		4	1	
Carotene, beta ... µg	0		0	PIK	4		0	0	
Carotene, alpha ... µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta ... µg	0		0	PIK	4		0	0	
Vitamin A, IU ... IU	4		0	PAK	1		14	3	
Lycopene ... µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin ... µg	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) ... µg	1.0		0	PAK	1		3.7	0.9	
Vitamin D2 (ergocalciferol) ... µg									

NDB No. 10937

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)....µg	1.0		0	PIK	4		3.7	0.9	
Vitamin D....IU	40		0	PIK	4		147	34	
Vitamin K (phylloquinone)....µg	0.0		0	PAK	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	1.8		0	PAK	1		6.6	1.5	
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	

NDB No. 10937

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
Cholesterol....mg	73		0	PAK	1		268	62	
Phytosterols....mg									
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 24 (2011)

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	µg	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	µg	1		0	PAK	1		4	1	
Folic acid	µg	0		0	PIK	4		0	0	
Folate, food	µg	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	µg	0.57		0	PAK	1		2.42	0.48	
Vitamin B-12, added	µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	1		0	PAK	1		6	1	
Retinol	µg	1		0	PIK	4		6	1	
Carotene, beta	µg	0		0	PIK	4		0	0	
Carotene, alpha	µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta	µg	0		0	PIK	4		0	0	
Vitamin A, IU	IU	5		0	PAK	1		21	4	
Lycopene	µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin	µg	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)	µg									
Vitamin D2 (ergocalciferol)	µg									

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)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.3		0	PAK	1		1.1	0.2	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	1.4		0	PAK	1		5.9	1.2	
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		

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
Hydroxyproline.....g	0.018			PAK	1			0.015	
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 = 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 24 (2011)

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....µg	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....µg	2		1	A	1		7	2	
Folic acid....µg	0		1	Z	7		0	0	
Folate, food....µg	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....µg	0.66	0.081	3	A	1		2.43	0.56	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	1.1		0	AS	1		4.0	0.9	
Vitamin D2 (ergocalciferol)....µg									

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)....µg	1.1		0	BFNN	4		4.0	0.9	
Vitamin D....IU	44		0	BFNN	4		162	38	
Vitamin K (phylloquinone)....µg	0.0		1	A	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	2.0		1	A	1		7.3	1.7	
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	

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
Cholesterol....mg	73	1.464	3	A	1		269	62	
Phytosterols....mg									
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 24 (2011)

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....µg	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....µg	1		1	A	1		4	1	
Folic acid....µg	0		1	Z	7		0	0	
Folate, food....µg	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....µg	0.60	0.128	3	A	1		2.56	0.51	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									

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)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.3		1	A	1		1.3	0.3	
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	1.6		1	A	1		6.7	1.3	
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	

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
Cholesterol....mg	65	2.652	3	A	1		276	55	
Phytosterols....mg									
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 24 (2011)

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....µg	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....µg	4		0		4		1	2	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0		4		1	2	
Folate, DFE....mcg_DFE	4		0	NC	4		1	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.79	0.031	46		1		0.22	0.45	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....µg	0		0		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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	

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
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
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

NDB No. 10149

Pork, cured, ham, steak, boneless, extra lean, unheated

Measure 2 = 57g: 1 slice

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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	µg	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	µg	3		0		1		4	3	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	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	µg	0.64		0		1		0.90	0.54	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	µg	0		0	NR	4		0	0	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	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)	µg	0.7		0	AS	1		1.0	0.6	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.7		0	BFNN	4		1.0	0.6	
Vitamin D	IU	30		0	BFNN	4		42	25	
Vitamin K (phylloquinone)	µg	0.0		0	BFYN	4		0.0	0.0	
Dihydrophylloquinone	µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4	µg									
Lipids:										

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
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	
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.

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

Number of Data Points of zero 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

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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	µg	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	µg	1		0	BFZN	4		1	0	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	1		0	BFZN	4		1	0	
Folate, DFE	mcg_DFE	1		0	NC	4		1	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.74		0		1		1.04	0.21	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	µg	0		0	NR	4		0	0	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	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)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone	µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4	µg									
Lipids:										

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
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	
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.

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

Number of Data Points of zero 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 = 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 24 (2011)

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....µg	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....µg	4		0		1		6	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.70	0.031	5		1		0.98	0.60	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.9		0	AS	1		1.2	0.7	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.9		0	BFNN	4		1.2	0.7	
Vitamin D....IU	34		0	BFNN	4		48	29	
Vitamin K (phylloquinone)....µg	0.0		0	BFYN	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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.

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

Number of Data Points of zero 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

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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....µg	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....µg	4		0		1		6	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.87		0		1		1.22	0.25	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.7		0	AS	1		1.0	0.2	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.7		0	BFNN	4		1.0	0.2	
Vitamin D....IU	27		0	BFNN	4		38	8	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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.

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

Number of Data Points of zero 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 = 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 24 (2011)

NDB No. 10165
Pork, cured, salt pork, 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	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....µg	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....µg	1		0		1		0	2	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.29		0		1		0.08	0.66	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.2		0	AS	1		0.1	0.5	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.2		0	BFNN	4		0.1	0.5	
Vitamin D....IU	9		0	BFNN	4		3	20	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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.

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

Number of Data Points of zero 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 = 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 24 (2011)

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						Amount in edible portion 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	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....µg	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....µg	2		0		1		1	2	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2		0		1		1	2	
Folate, DFE....mcg_DFE	2		0	NC	4		1	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.42		0		1		0.12	0.36	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....µg	0		0		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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	

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
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
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

NDB No. 10167

Pork, cured, separable fat (from ham and arm picnic), roasted

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 24 (2011)

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	µg	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	µg	1		0		1		0	1	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	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	µg	0.33		0		1		0.09	0.28	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	µg	0		0	NR	4		0	0	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	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)	µg	0.2		0	AS	1		0.1	0.2	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.2		0	BFNN	4		0.1	0.2	
Vitamin D	IU	8		0	BFNN	4		2	7	
Vitamin K (phylloquinone)	µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone	µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4	µg									
Lipids:										

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
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	
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.

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

Number of Data Points of zero 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

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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 ... µg	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 ... µg	3		0		1		4	3	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	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 ... µg	0.93		0		1		1.30	0.79	
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0	0	
Retinol ... µg	0		0	NR	4		0	0	
Carotene, beta ... µg	0		0	Z	7		0	0	
Carotene, alpha ... µg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... µg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0		4		0	0	
Lycopene ... µg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... µg	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) ... µg	0.7		0	AS	1		1.0	0.6	
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg	0.7		0	BFNN	4		1.0	0.6	
Vitamin D ... IU	29		0	BFNN	4		40	24	
Vitamin K (phylloquinone) ... µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone ... µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 ... µg									
Lipids:									

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
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	
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.

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

Number of Data Points of zero 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

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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....µg	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....µg	4		0		1		6	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	1.11		0		1		1.55	0.94	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.9		0	AS	1		1.2	0.7	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.9		0	BFNN	4		1.2	0.7	
Vitamin D....IU	35		0	BFNN	4		49	30	
Vitamin K (phylloquinone)....µg	0.0		0	BFYN	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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.

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

Number of Data Points of zero 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

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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....µg	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....µg	3		0		1		11	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		0		1		11	3	
Folate, DFE....mcg_DFE	3		0	NC	4		11	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.05	0.182	4		1		3.95	0.89	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....µg	0		0		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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	

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
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	0.050	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 24 (2011)

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						Amount in edible portion 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	59.13	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	µg	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	µg	3		1		1		1	3	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	3		1		1		1	3	
Folate, DFE	mcg_DFE	3		0	NC	4		1	3	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	1.30	0.185	4		1		0.37	1.47	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	µg	0		0		1		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	7.939		0		1		2.251	8.971	
4:0	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
6:0 g									
8:0 g									
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

NDB No. 10170

Pork, cured, shoulder, blade roll, separable lean and fat, unheated

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 24 (2011)

NDB No. 10004
Pork, fresh, backfat, raw

Refuse: 11% 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	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	µg	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	µg	1		0		1		0	5	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	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	µg	0.18		0		1		0.05	0.82	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	5		0	NC	4		1	20	
Retinol	µg	5		0	NR	4		1	20	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	15		0		1		4	68	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	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)	µg	3.1		0	AS	1		0.9	13.8	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	3.1		0	BFFN	4		0.9	13.8	
Vitamin D	IU	122		0	BFFN	4		35	554	
Vitamin K (phylloquinone)	µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone	µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4	µg									
Lipids:										

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
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	
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.

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

Number of Data Points of zero 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 24 (2011)

NDB No. 10193

Pork, fresh, backribs, separable lean and fat, cooked, roasted

Refuse: 43% 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	54.82		0	PAK	1		481.33		
Energy	kcal	286		0	PIK	4		2511		
Energy	kJ	1197		0	PIK	4		10505		
Protein (N x 6.25)	g	23.01		0	PAK	1		202.01		
Total lipid (fat)	g	21.51		0	PAK	1		188.84		
Ash	g	1.04		0	PAK	1		9.14		
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	46		0	PAK	1		405		
Iron, Fe	mg	0.92		0	PAK	1		8.08		
Magnesium, Mg	mg	17		0	PAK	1		145		
Phosphorus, P	mg	165		0	PAK	1		1453		
Potassium, K	mg	240		0	PAK	1		2107		
Sodium, Na	mg	94		0	PAK	1		824		
Zinc, Zn	mg	3.07		0	PAK	1		26.97		
Copper, Cu	mg	0.107		0	PAK	1		0.939		
Manganese, Mn	mg	0.010		0	PAK	1		0.088		
Selenium, Se	µg	32.2		0	PAK	1		282.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0		
Thiamin	mg	0.460		0	PAK	1		4.041		
Riboflavin	mg	0.331		0	PAK	1		2.907		
Niacin	mg	7.636		0	PAK	1		67.048		
Pantothenic acid	mg	1.260		0	PIK	4		11.064		
Vitamin B-6	mg	0.413		0	PIK	4		3.629		
Folate, total	µg	0		0	PIK	4		0		
Folic acid	µg	0		0	PIK	4		0		
Folate, food	µg	0		0	PIK	4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Choline, total	mg	78.6		0	PIK	4		690.3		
Betaine	mg	3.1		0	PIK	4		27.2		
Vitamin B-12	µg	0.74		0	PIK	4		6.53		
Vitamin B-12, added	µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE	mcg_RAE	6		0	PIK	4		54		
Retinol	µg	6		0	PIK	4		54		
Carotene, beta	µg	0		0	PIK	4		0		
Carotene, alpha	µg	0		0	PIK	4		0		
Cryptoxanthin, beta	µg	0		0	PIK	4		0		
Vitamin A, IU	IU	20		0	NC	4		179		
Lycopene	µg	0		0	PIK	4		0		
Lutein + zeaxanthin	µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)	mg	0.25		0	PIK	4		2.20		
Vitamin E, added	mg	0.00		0	PIK	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	1.2		0	PAK	1		10.6		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	1.2		0	PIK	4		10.6		
Vitamin D	IU	48		0	PIK	4		426		
Vitamin K (phylloquinone)	µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone	µg	0.0		0	PIK	4		0.0		
Menaquinone-4	µg									
Lipids:										

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
Fatty acids, total saturated....g	7.800		0	PIK	4		68.485		
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		
10:0....g	0.022		0	PAK	1		0.197		
12:0....g	0.018		0	PAK	1		0.159		
13:0....g									
14:0....g	0.281		0	PAK	1		2.463		
15:0....g	0.012		0	PAK	1		0.110		
16:0....g	4.775		0	PAK	1		41.923		
17:0....g	0.075		0	PAK	1		0.662		
18:0....g	2.580		0	PAK	1		22.656		
20:0....g	0.035		0	PAK	1		0.310		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.001		0	PAK	1		0.005		
Fatty acids, total monounsaturated....g	9.290		0	PIK	4		81.566		
14:1....g	0.001		0	PAK	1		0.009		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.447		0	PAK	1		3.925		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	8.695		0	PAK	1		76.343		
18:1 c....g	8.558		0	PAK	1		75.143		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.137		0	PAK	1		1.200		
18:1-11t (18:1t n-7)....g									
20:1....g	0.147		0	PAK	1		1.289		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.529		0	PIK	4		30.984		
18:2 undifferentiated....g	3.141		0	PAK	1		27.578		
18:2 n-6 c,c....g	3.105		0	PAK	1		27.262		
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	0.036		0	PAK	1		0.316		
18:3 undifferentiated....g	0.147		0	PAK	1		1.290		
18:3 n-3 c,c,c (ALA)....g	0.131		0	PAK	1		1.152		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g	0.016		0	PAK	1		0.138		
18:4....g	0.000		0	PAK	1		0.000		
20:2 n-6 c,c....g	0.124		0	PAK	1		1.086		
20:3 undifferentiated....g	0.015		0	PAK	1		0.134		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.085		0	PAK	1		0.748		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		0	PAK	1		0.139		
22:6 n-3 (DHA)....g	0.001		0	PAK	1		0.008		
Fatty acids, total trans....g	0.188		0	PIK	4		1.654		
Fatty acids, total trans-monoenoic....g	0.137		0	PIK	4		1.200		
Fatty acids, total trans-polyenoic....g	0.052		0	PIK	4		0.454		
Cholesterol....mg	84		0	PAK	1		737		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.274		0	PAK	1		2.404		

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
Threonine....g	1.012		0	PAK	1		8.884		
Isoleucine....g	1.089		0	PAK	1		9.566		
Leucine....g	1.894		0	PAK	1		16.627		
Lysine....g	2.046		0	PAK	1		17.966		
Methionine....g	0.631		0	PAK	1		5.537		
Cystine....g	0.259		0	PAK	1		2.278		
Phenylalanine....g	0.956		0	PAK	1		8.394		
Tyrosine....g	0.912		0	PAK	1		8.004		
Valine....g	1.164		0	PAK	1		10.218		
Arginine....g	1.483		0	PAK	1		13.017		
Histidine....g	0.936		0	PAK	1		8.217		
Alanine....g	1.318		0	PAK	1		11.571		
Aspartic acid....g	2.152		0	PAK	1		18.897		
Glutamic acid....g	3.515		0	PAK	1		30.861		
Glycine....g	1.040		0	PAK	1		9.130		
Proline....g	0.930		0	PAK	1		8.168		
Serine....g	0.961		0	PAK	1		8.437		
Hydroxyproline....g	0.080		0	PAK	1		0.705		
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 = 878g: 1 rack (Approx length 12 inches, width 4 inches)

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 10192
Pork, fresh, backribs, separable lean and fat, raw

Refuse: 37% Bone 30%, Connective tissue 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	63.47		0	PAK	1		679.78		
Energy	kcal	224		0	PIK	4		2397		
Energy	kJ	936		0	PIK	4		10030		
Protein (N x 6.25)	g	19.07		0	PAK	1		204.29		
Total lipid (fat)	g	16.33		0	PAK	1		174.93		
Ash	g	1.03		0	PAK	1		11.00		
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	31		0	PAK	1		330		
Iron, Fe	mg	0.76		0	PAK	1		8.16		
Magnesium, Mg	mg	16		0	PAK	1		172		
Phosphorus, P	mg	154		0	PAK	1		1652		
Potassium, K	mg	247		0	PAK	1		2646		
Sodium, Na	mg	87		0	PAK	1		930		
Zinc, Zn	mg	2.54		0	PAK	1		27.20		
Copper, Cu	mg	0.091		0	PAK	1		0.972		
Manganese, Mn	mg	0.008		0	PAK	1		0.082		
Selenium, Se	µg	30.7		0	PAK	1		328.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0		
Thiamin	mg	0.457		0	PAK	1		4.893		
Riboflavin	mg	0.305		0	PAK	1		3.269		
Niacin	mg	6.776		0	PAK	1		72.570		
Pantothenic acid	mg	0.818		0	PAK	1		8.760		
Vitamin B-6	mg	0.422		0	PAK	1		4.519		
Folate, total	µg	0		0	PIK	4		0		
Folic acid	µg	0		0	PIK	4		0		
Folate, food	µg	0		0	PIK	4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Choline, total	mg	65.5		0	PIK	4		702.0		
Betaine	mg	2.5		0	PIK	4		27.1		
Vitamin B-12	µg	0.56		0	PAK	1		6.00		
Vitamin B-12, added	µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE	mcg_RAE	7		0	PIK	4		71		
Retinol	µg	7		0	PIK	4		71		
Carotene, beta	µg	0		0	PIK	4		0		
Carotene, alpha	µg	0		0	PIK	4		0		
Cryptoxanthin, beta	µg	0		0	PIK	4		0		
Vitamin A, IU	IU	22		0	PIK	4		237		
Lycopene	µg	0		0	PIK	4		0		
Lutein + zeaxanthin	µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)	mg	0.24		0	PIK	4		2.53		
Vitamin E, added	mg	0.00		0	PIK	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	1.1		0	PAK	1		11.4		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	1.1		0	PIK	4		11.4		
Vitamin D	IU	42		0	PIK	4		455		
Vitamin K (phylloquinone)	µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone	µg	0.0		0	PIK	4		0.0		
Menaquinone-4	µg									
Lipids:										

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
Fatty acids, total saturated....g	5.783		0	PIK	4		61.936		
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		
10:0....g	0.016		0	PAK	1		0.169		
12:0....g	0.014		0	PAK	1		0.149		
13:0....g									
14:0....g	0.210		0	PAK	1		2.252		
15:0....g	0.009		0	PAK	1		0.100		
16:0....g	3.549		0	PAK	1		38.011		
17:0....g	0.055		0	PAK	1		0.594		
18:0....g	1.903		0	PAK	1		20.377		
20:0....g	0.026		0	PAK	1		0.275		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.001		0	PAK	1		0.008		
Fatty acids, total monounsaturated....g	6.861		0	PIK	4		73.484		
14:1....g	0.002		0	PAK	1		0.017		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.342		0	PAK	1		3.666		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	6.410		0	PAK	1		68.656		
18:1 c....g	6.309		0	PAK	1		67.570		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.101		0	PAK	1		1.086		
18:1-11t (18:1t n-7)....g									
20:1....g	0.107		0	PAK	1		1.145		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.676		0	PIK	4		28.657		
18:2 undifferentiated....g	2.368		0	PAK	1		25.357		
18:2 n-6 c,c....g	2.341		0	PAK	1		25.068		
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	0.027		0	PAK	1		0.289		
18:3 undifferentiated....g	0.110		0	PAK	1		1.183		
18:3 n-3 c,c,c (ALA)....g	0.098		0	PAK	1		1.053		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g	0.012		0	PAK	1		0.130		
18:4....g	0.000		0	PAK	1		0.000		
20:2 n-6 c,c....g	0.092		0	PAK	1		0.983		
20:3 undifferentiated....g	0.011		0	PAK	1		0.116		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.080		0	PAK	1		0.855		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013		0	PAK	1		0.144		
22:6 n-3 (DHA)....g	0.002		0	PAK	1		0.019		
Fatty acids, total trans....g	0.141		0	PIK	4		1.505		
Fatty acids, total trans-monoenoic....g	0.101		0	PIK	4		1.086		
Fatty acids, total trans-polyenoic....g	0.039		0	PIK	4		0.419		
Cholesterol....mg	69		0	PAK	1		736		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.221		0	PAK	1		2.370		

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
Threonine....g	0.818		0	PAK	1		8.757		
Isoleucine....g	0.880		0	PAK	1		9.429		
Leucine....g	1.530		0	PAK	1		16.390		
Lysine....g	1.654		0	PAK	1		17.710		
Methionine....g	0.510		0	PAK	1		5.458		
Cystine....g	0.210		0	PAK	1		2.245		
Phenylalanine....g	0.773		0	PAK	1		8.274		
Tyrosine....g	0.737		0	PAK	1		7.890		
Valine....g	0.940		0	PAK	1		10.072		
Arginine....g	1.198		0	PAK	1		12.831		
Histidine....g	0.756		0	PAK	1		8.100		
Alanine....g	1.065		0	PAK	1		11.406		
Aspartic acid....g	1.739		0	PAK	1		18.627		
Glutamic acid....g	2.840		0	PAK	1		30.420		
Glycine....g	0.840		0	PAK	1		9.000		
Proline....g	0.752		0	PAK	1		8.051		
Serine....g	0.776		0	PAK	1		8.316		
Hydroxyproline....g	0.065		0	PAK	1		0.695		
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 = 1071g: 1 rack (Approx length 16 inches, width 4 inches)

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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....µg	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....µg	1		0	BFZN	4		0	5	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0	BFZN	4		0	5	
Folate, DFE....mcg_DFE	1		0	NC	4		0	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.84		0		1		0.24	3.81	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	3		0		1		1	14	
Retinol....µg	3		0	NR	4		1	14	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	10		0		1		3	45	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	19.330		0		1		5.480	87.681	
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	
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 24 (2011)

NDB No. 10988

Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled

Refuse: 6% Connective tissue 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	62.14		0	PAK	1		81.40		
Energy	kcal	202		0	NC	4		265		
Energy	kJ	847		0	NC	4		1110		
Protein	g	24.73		0	PAK	1		32.40		
Total lipid (fat)	g	11.13		0	PAK	1		14.58		
Ash	g	1.16		0	PAK	1		1.53		
Carbohydrate, by difference	g	0.83		0	PIK	4		1.08		
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	8		0	PAK	1		11		
Iron, Fe	mg	0.89		0	PAK	1		1.16		
Magnesium, Mg	mg	24		0	PAK	1		32		
Phosphorus, P	mg	271		0	PAK	1		355		
Potassium, K	mg	407		0	PAK	1		533		
Sodium, Na	mg	58		0	PAK	1		76		
Zinc, Zn	mg	2.32		0	PAK	1		3.04		
Copper, Cu	mg	0.070		0	PAK	1		0.092		
Manganese, Mn	mg	0.009		0	PAK	1		0.012		
Selenium, Se	µg	44.6		0	PAK	1		58.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0		
Thiamin	mg	0.637		0	PAK	1		0.834		
Riboflavin	mg	0.252		0	PAK	1		0.330		
Niacin	mg	7.698		0	PAK	1		10.084		
Pantothenic acid	mg	1.146		0	PIK	4		1.502		
Vitamin B-6	mg	0.515		0	PIK	4		0.674		
Folate, total	µg	0		0	PIK	4		0		
Folic acid	µg	0		0	PIK	4		0		
Folate, food	µg	0		0	PIK	4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Choline, total	mg	71.2		0	PIK	4		93.3		
Betaine	mg	2.6		0	PIK	4		3.5		
Vitamin B-12	µg	0.68		0	PIK	4		0.89		
Vitamin B-12, added	µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE	mcg_RAE	4		0	PIK	4		5		
Retinol	µg	4		0	PIK	4		5		
Carotene, beta	µg	0		0	PIK	4		0		
Carotene, alpha	µg	0		0	PIK	4		0		
Cryptoxanthin, beta	µg	0		0	PIK	4		0		
Vitamin A, IU	IU	13		0	PIK	4		17		
Lycopene	µg	0		0	PIK	4		0		
Lutein + zeaxanthin	µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)	mg	0.21		0	PIK	4		0.28		
Vitamin E, added	mg	0.00		0	PIK	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.7		0	PAK	1		1.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.7		0	PIK	4		1.0		
Vitamin D	IU	29		0	PIK	4		38		
Vitamin K (phylloquinone)	µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone	µg	0.0		0	PIK	4		0.0		
Menaquinone-4	µg									
Lipids:										

NDB No. 10988

Pork, fresh, blade, (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
Fatty acids, total saturated....g	3.280		0	PIK	4		4.297		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.001		0	PIK	4		0.001		
10:0....g	0.009		0	PIK	4		0.011		
12:0....g	0.008		0	PIK	4		0.010		
13:0....g									
14:0....g	0.119		0	PIK	4		0.156		
15:0....g	0.003		0	PAK	1		0.004		
16:0....g	2.030		0	PIK	4		2.659		
17:0....g	0.017		0	PAK	1		0.023		
18:0....g	1.063		0	PIK	4		1.392		
20:0....g	0.009		0	PAK	1		0.012		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	3.911		0	PIK	4		5.124		
14:1....g	0.001		0	PAK	1		0.001		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.204		0	PIK	4		0.268		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	3.641		0	PIK	4		4.770		
18:1 c....g	1.973		0	PAK	1		2.585		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.028		0	PAK	1		0.037		
18:1-11t (18:1t n-7)....g									
20:1....g	0.064		0	PIK	4		0.084		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.471		0	PIK	4		1.927		
18:2 undifferentiated....g	1.285		0	PIK	4		1.684		
18:2 n-6 c,c....g	0.761		0	PAK	1		0.997		
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	0.007		0	PAK	1		0.009		
18:3 undifferentiated....g	0.054		0	PIK	4		0.071		
18:3 n-3 c,c,c (ALA)....g	0.031		0	PAK	1		0.040		
18:3 n-6 c,c,c....g	0.002		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	0.031		0	PAK	1		0.040		
20:3 undifferentiated....g	0.004		0	PAK	1		0.006		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.064		0	PIK	4		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		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.008		0	PIK	4		0.011		
22:6 n-3 (DHA)....g	0.001		0	PIK	4		0.002		
Fatty acids, total trans....g	0.035		0	PIK	4		0.046		
Fatty acids, total trans-monoenoic....g	0.028		0	PIK	4		0.037		
Fatty acids, total trans-polyenoic....g	0.007		0	PIK	4		0.009		
Cholesterol....mg	77		0	PAK	1		100		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.294		0	PAK	1		0.386		

NDB No. 10988

Pork, fresh, blade, (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
Threonine....g	1.088		0	PAK	1		1.425		
Isoleucine....g	1.171		0	PAK	1		1.534		
Leucine....g	2.036		0	PAK	1		2.667		
Lysine....g	2.199		0	PAK	1		2.881		
Methionine....g	0.678		0	PAK	1		0.888		
Cystine....g	0.279		0	PAK	1		0.365		
Phenylalanine....g	1.028		0	PAK	1		1.346		
Tyrosine....g	0.980		0	PAK	1		1.284		
Valine....g	1.251		0	PAK	1		1.639		
Arginine....g	1.594		0	PAK	1		2.088		
Histidine....g	1.006		0	PAK	1		1.318		
Alanine....g	1.417		0	PAK	1		1.856		
Aspartic acid....g	2.313		0	PAK	1		3.030		
Glutamic acid....g	3.778		0	PAK	1		4.949		
Glycine....g	1.118		0	PAK	1		1.464		
Proline....g	1.000		0	PAK	1		1.310		
Serine....g	1.033		0	PAK	1		1.353		
Hydroxyproline....g	0.086		0	PAK	1		0.113		
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 = 131g: 1 chop

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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	µg	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	µg	4		0		1		1	18	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	4		0		1		1	18	
Folate, DFE	mcg_DFE	4		0	NC	4		1	18	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.61		0		1		0.17	2.77	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	2		0		1		1	11	
Retinol	µg	2		0	NR	4		1	11	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	8		0		1		2	36	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	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)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

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
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	
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.

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

Number of Data Points of zero 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 24 (2011)

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....µg	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....µg	3		0	PIK	4		1	14	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.67		0	PIK	4		0.19	3.02	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	PIK	4		0	3	
Retinol....µg	1		0	PIK	4		0	4	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	6		0	PAK	1		2	26	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.7		0	PAK	1		0.2	3.2	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.7		0	PIK	4		0.2	3.2	
Vitamin D....IU	29		0	PIK	4		8	130	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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	

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
Leucine....g	1.498		0	PAK	1		0.425	6.797	
Lysine....g	1.657		0	PAK	1		0.470	7.518	
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 24 (2011)

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....µg	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....µg	3		0	PIK	4		7	3	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.68		0	PIK	4		1.56	0.57	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	PIK	4		1	0	
Retinol....µg	1		0	PIK	4		1	0	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	4		0	PAK	1		9	3	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.8		0	PAK	1		1.8	0.7	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.8		0	PIK	4		1.8	0.7	
Vitamin D....IU	31		0	PIK	4		71	26	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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	

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
Leucine....g	2.278		0	PAK	1		5.261	1.936	
Lysine....g	2.514		0	PAK	1		5.807	2.137	
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 24 (2011)

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....µg	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....µg	2		0	PIK	4		1	8	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.64		0	PIK	4		0.18	2.89	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	PIK	4		0	3	
Retinol....µg	1		0	PIK	4		0	3	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	2		0	PAK	1		1	9	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.5		0	PAK	1		0.1	2.1	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	PIK	4		0.1	2.1	
Vitamin D....IU	19		0	PIK	4		5	85	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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	

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
Leucine....g	1.773		0	PAK	1		0.503	8.044	
Lysine....g	1.947		0	PAK	1		0.552	8.834	
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 24 (2011)

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....µg	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....µg	2		0	PIK	4		5	2	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.70		0	PIK	4		1.73	0.60	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	PIK	4		4	2	
Retinol....µg	2		0	PIK	4		4	2	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	7		0	PAK	1		17	6	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.9		0	PAK	1		2.3	0.8	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.9		0	PIK	4		2.3	0.8	
Vitamin D....IU	38		0	PIK	4		93	32	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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	

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
Leucine....g	2.199		0	PAK	1		5.432	1.869	
Lysine....g	2.418		0	PAK	1		5.972	2.055	
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 24 (2011)

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 ... µg	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 ... µg	5		0		1		1	23	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	5		0		1		1	23	
Folate, DFE ... mcg_DFE	5		0	NC	4		1	23	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.66		0		1		0.19	2.99	
Vitamin A, RAE ... mcg_RAE	2		0		1		1	10	
Retinol ... µg	2		0		1		1	10	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	7		0		1		2	32	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	5.280		0		1		1.497	23.950	
4:0 ... 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
6:0 g									
8:0 g									
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

NDB No. 10187

Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw

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 24 (2011)

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....µg	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....µg	2		0	PIK	4		6	2	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.68		0	PIK	4		1.78	0.58	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	PIK	4		4	1	
Retinol....µg	2		0	PIK	4		4	1	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	7		0	PAK	1		19	6	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.9		0	PAK	1		2.5	0.8	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.9		0	PIK	4		2.5	0.8	
Vitamin D....IU	38		0	PIK	4		98	32	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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	

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
Leucine....g	2.164		0	PAK	1		5.649	1.840	
Lysine....g	2.386		0	PAK	1		6.226	2.028	
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 24 (2011)

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....µg	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....µg	1		0	PIK	4		0	5	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.64		0	PIK	4		0.18	2.90	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	PIK	4		0	7	
Retinol....µg	2		0	PIK	4		1	9	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	7		0	PAK	1		2	30	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.5		0	PAK	1		0.2	2.4	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	PIK	4		0.2	2.4	
Vitamin D....IU	22		0	PIK	4		6	98	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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	

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
Leucine....g	1.687		0	PAK	1		0.478	7.650	
Lysine....g	1.848		0	PAK	1		0.524	8.384	
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 24 (2011)

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....µg	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....µg	6		0		1		14	5	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	6		0		1		14	5	
Folate, DFE....mcg_DFE	6		0	NC	4		14	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.75		0		1		1.77	0.64	
Vitamin A, RAE....mcg_RAE	2		0		1		5	2	
Retinol....µg	2		0		1		5	2	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	7		0		1		17	6	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.340		0		1		7.882	2.839	
4:0....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
6:0....g									
8:0....g									
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)

NDB No. 10229

Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked

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 24 (2011)

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....µg	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....µg	5		0		1		1	23	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		1		1	23	
Folate, DFE....mcg_DFE	5		0	NC	4		1	23	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.66		0		1		0.19	2.99	
Vitamin A, RAE....mcg_RAE	2		0		1		1	10	
Retinol....µg	2		0		1		1	10	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	7		0		1		2	32	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.030		0		1		0.576	9.208	
4:0....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
6:0....g									
8:0....g									
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

NDB No. 10228

Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw

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 24 (2011)

NDB No. 10000
Pork, fresh, enhanced, composite of separable 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	28.28	1.220	4	A	1		24.04		
Energy....kcal	585		0	NC	4		497		
Energy....kJ	2449		0	NC	4		2081		
Protein....g	10.06	0.372	4	A	1		8.55		
Total lipid (fat)....g	60.42	0.987	4	A	1		51.36		
Ash....g	0.93	0.092	4	A	1		0.79		
Carbohydrate, by difference....g	0.32		0	NC	4		0.27		
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	36	7.841	4	A	1		30		
Iron, Fe....mg	0.82	0.101	4	A	1		0.70		
Magnesium, Mg....mg	12	0.424	4	A	1		10		
Phosphorus, P....mg	160	7.728	4	A	1		136		
Potassium, K....mg	214	17.935	4	A	1		182		
Sodium, Na....mg	125	23.505	4	A	1		106		
Zinc, Zn....mg	1.13	0.035	4	A	1		0.96		
Copper, Cu....mg	0.045	0.001	4	A	1		0.039		
Manganese, Mn....mg	0.007	0.001	4	A	1		0.006		
Selenium, Se....µg	15.1	0.826	4	A	1		12.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.246		1	A	1		0.209		
Riboflavin....mg	0.139		1	A	1		0.118		
Niacin....mg	3.930		1	A	1		3.341		
Pantothenic acid....mg	0.513		0	BFPN	4		0.436		
Vitamin B-6....mg	0.234		0	BFPN	4		0.199		
Folate, total....µg	0		0	BFPN	4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0	BFPN	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	46.0	6.424	4	AS	1		39.1		
Betaine....mg	2.0	0.287	4	A	1		1.7		
Vitamin B-12....µg	1.40		0	BFPN	4		1.19		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.24		0	BFSN	4		0.20		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	1.5		0	AS	1		1.3		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.5		0	BFFN	4		1.3		
Vitamin D....IU	61		0	BFFN	4		52		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	21.382		0	BFFN	4		18.175		
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	0.044		0	BFFN	4		0.038		
12:0....g	0.044		0	BFFN	4		0.038		
13:0....g									
14:0....g	0.745		0	BFFN	4		0.633		
15:0....g	0.036		0	BFFN	4		0.030		
16:0....g	12.889		0	BFFN	4		10.955		
17:0....g	0.224		0	BFFN	4		0.190		
18:0....g	7.289		0	BFFN	4		6.195		
20:0....g									
22:0....g	0.005		0	BFFN	4		0.005		
24:0....g									
Fatty acids, total monounsaturated....g	24.900		0	BFFN	4		21.165		
14:1....g	0.013		0	BFFN	4		0.011		
15:1....g	0.000		0	BFFN	4		0.000		
16:1 undifferentiated....g	1.115		0	BFFN	4		0.948		
17:1....g	0.088		0	BFFN	4		0.075		
18:1 undifferentiated....g	23.268		0	BFFN	4		19.777		
18:1 c....g	22.822		0	BFFN	4		19.399		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.445		0	BFFN	4		0.379		
18:1-11t (18:1t n-7)....g									
20:1....g	0.416		0	BFFN	4		0.353		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	8.490		0	BFFN	4		7.216		
18:2 undifferentiated....g	7.624		0	BFFN	4		6.480		
18:2 n-6 c,c....g	7.413		0	BFFN	4		6.301		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.211		0	BFFN	4		0.179		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.380		0	BFFN	4		0.323		
18:3 n-3 c,c,c (ALA)....g	0.362		0	BFFN	4		0.308		
18:3 n-6 c,c,c....g	0.018		0	BFFN	4		0.015		
18:3i....g									
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g	0.297		0	BFFN	4		0.252		
20:3 undifferentiated....g	0.051		0	BFFN	4		0.043		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.138		0	BFFN	4		0.118		
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	0.656		0	BFFN	4		0.558		
Fatty acids, total trans-monoenoic....g	0.445		0	BFFN	4		0.379		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	81	8.998	4	A	1		69		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.106		0	A	1		0.090		
Threonine....g	0.451		0	A	1		0.384		
Isoleucine....g	0.495		0	A	1		0.421		

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
Leucine....g	0.857		0	A	1		0.728		
Lysine....g	0.933		0	A	1		0.793		
Methionine....g	0.277		0	A	1		0.235		
Cystine....g	0.116		0	A	1		0.099		
Phenylalanine....g	0.423		0	A	1		0.359		
Tyrosine....g	0.383		0	A	1		0.325		
Valine....g	0.525		0	A	1		0.447		
Arginine....g	0.669		0	A	1		0.569		
Histidine....g	0.434		0	A	1		0.369		
Alanine....g	0.590		0	A	1		0.502		
Aspartic acid....g	0.984		0	A	1		0.836		
Glutamic acid....g	1.605		0	A	1		1.365		
Glycine....g	0.453		0	A	1		0.385		
Proline....g	0.407		0	A	1		0.346		
Serine....g	0.435		0	A	1		0.370		
Hydroxyproline....g	0.026		0	BFPN	4		0.022		
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 **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 10942

Pork, fresh, enhanced, composite of separable fat, 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	38.32	2.387	4	A	1		10.86	173.58	
Energy....kcal	508		0	NC	4		144	2301	
Energy....kJ	2126		0	NC	4		603	9629	
Protein....g	9.27	1.169	4	A	1		2.63	41.97	
Total lipid (fat)....g	52.33	3.230	4	A	1		14.84	237.06	
Ash....g	0.72	0.092	4	A	1		0.20	3.27	
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	
Starch....g									
Minerals:									
Calcium, Ca....mg	22	3.941	4	A	1		6	99	
Iron, Fe....mg	0.47	0.023	4	A	1		0.13	2.12	
Magnesium, Mg....mg	9	0.363	4	A	1		3	40	
Phosphorus, P....mg	121	7.594	4	A	1		34	548	
Potassium, K....mg	191	33.328	4	A	1		54	866	
Sodium, Na....mg	81	11.522	4	A	1		23	369	
Zinc, Zn....mg	0.90	0.048	4	A	1		0.26	4.10	
Copper, Cu....mg	0.055	0.013	4	A	1		0.016	0.251	
Manganese, Mn....mg	0.006	0.000	4	A	1		0.002	0.027	
Selenium, Se....µg	11.1	1.344	4	A	1		3.2	50.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.204		1	A	1		0.058	0.924	
Riboflavin....mg	0.103		1	A	1		0.029	0.467	
Niacin....mg	3.230		1	A	1		0.916	14.632	
Pantothenic acid....mg	0.611		0	BFPN	4		0.173	2.766	
Vitamin B-6....mg	0.275		0	BFPN	4		0.078	1.248	
Folate, total....µg	0		0	BFPN	4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0	BFPN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	34.3	1.881	4	AS	1		9.7	155.3	
Betaine....mg	1.7	0.250	4	A	1		0.5	7.7	
Vitamin B-12....µg	1.47		0	BFPN	4		0.42	6.65	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.04		0	BFSN	4		0.01	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)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	18.488		0	BFFN	4		5.241	83.751	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.001		0	BFFN	4		0.000	0.006	
10:0....g	0.039		0	BFFN	4		0.011	0.179	
12:0....g	0.038		0	BFFN	4		0.011	0.173	
13:0....g									
14:0....g	0.646		0	BFFN	4		0.183	2.926	
15:0....g	0.029		0	BFFN	4		0.008	0.130	
16:0....g	11.205		0	BFFN	4		3.177	50.758	
17:0....g	0.183		0	BFFN	4		0.052	0.830	
18:0....g	6.252		0	BFFN	4		1.772	28.320	
20:0....g									
22:0....g	0.001		0	BFFN	4		0.000	0.007	
24:0....g									
Fatty acids, total monounsaturated....g	21.538		0	BFFN	4		6.106	97.567	
14:1....g	0.011		0	BFFN	4		0.003	0.050	
15:1....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated....g	0.985		0	BFFN	4		0.279	4.463	
17:1....g	0.000		0	BFFN	4		0.000	0.000	
18:1 undifferentiated....g	20.184		0	BFFN	4		5.722	91.432	
18:1 c....g	19.797		0	BFFN	4		5.612	89.680	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.387		0	BFFN	4		0.110	1.752	
18:1-11t (18:1t n-7)....g									
20:1....g	0.358		0	BFFN	4		0.101	1.622	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	7.532		0	BFFN	4		2.135	34.120	
18:2 undifferentiated....g	6.785		0	BFFN	4		1.923	30.734	
18:2 n-6 c,c....g	6.592		0	BFFN	4		1.869	29.861	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.193		0	BFFN	4		0.055	0.873	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.328		0	BFFN	4		0.093	1.488	
18:3 n-3 c,c,c (ALA)....g	0.315		0	BFFN	4		0.089	1.425	
18:3 n-6 c,c,c....g	0.014		0	BFFN	4		0.004	0.063	
18:3i....g									
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g	0.259		0	BFFN	4		0.073	1.172	
20:3 undifferentiated....g	0.043		0	BFFN	4		0.012	0.194	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.118		0	BFFN	4		0.033	0.532	
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	0.579		0	BFFN	4		0.164	2.625	
Fatty acids, total trans-monoenoic....g	0.387		0	BFFN	4		0.110	1.752	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	83	5.973	4	A	1		24	378	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.098		0	A	1		0.028	0.442	
Threonine....g	0.416		0	A	1		0.118	1.884	
Isoleucine....g	0.456		0	A	1		0.129	2.065	

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
Leucine....g	0.789		0	A	1		0.224	3.576	
Lysine....g	0.859		0	A	1		0.244	3.893	
Methionine....g	0.255		0	A	1		0.072	1.156	
Cystine....g	0.107		0	A	1		0.030	0.484	
Phenylalanine....g	0.389		0	A	1		0.110	1.764	
Tyrosine....g	0.353		0	A	1		0.100	1.597	
Valine....g	0.484		0	A	1		0.137	2.193	
Arginine....g	0.617		0	A	1		0.175	2.793	
Histidine....g	0.400		0	A	1		0.113	1.813	
Alanine....g	0.544		0	A	1		0.154	2.464	
Aspartic acid....g	0.906		0	A	1		0.257	4.106	
Glutamic acid....g	1.479		0	A	1		0.419	6.701	
Glycine....g	0.417		0	A	1		0.118	1.891	
Proline....g	0.375		0	A	1		0.106	1.697	
Serine....g	0.401		0	A	1		0.114	1.815	
Hydroxyproline....g	0.024		0	A	1		0.007	0.108	
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 = 453.0g: 1 lb

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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						Amount in edible portion 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	72.64		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....µg	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....µg	0		0	PIK	4		0		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	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....µg	0.48		0	PIK	4		2.44		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	0		0	PAK	1		0		
Retinol....µg	0		0	PIK	4		0		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	0		0	PAK	1		0		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	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)....µg	0.2		0	PAK	1		1.2		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.2		0	PIK	4		1.2		
Vitamin D....IU	9		0	PIK	4		48		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.270		0	PIK	4		6.450		
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	0.000		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		

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
Leucine....g	1.831		0	PAK	1		9.304		
Lysine....g	1.994		0	PAK	1		10.129		
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 24 (2011)

NDB No. 10951

Pork, fresh, enhanced, loin, tenderloin, separable lean and fat, raw

Refuse: 3% 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	76.10		0	PAK	1		408.66		
Energy	kcal	114		0	PIK	4		614		
Energy	kJ	478		0	PIK	4		2569		
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	µg	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	µg	0		0	PIK	4		0		
Folic acid	µg	0		0	PIK	4		0		
Folate, food	µg	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	µg	0.52		0	PIK	4		2.78		
Vitamin B-12, added	µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE	mcg_RAE	0		0	PAK	1		0		
Retinol	µg	0		0	PIK	4		0		
Carotene, beta	µg	0		0	PIK	4		0		
Carotene, alpha	µg	0		0	PIK	4		0		
Cryptoxanthin, beta	µg	0		0	PIK	4		0		
Vitamin A, IU	IU	0		0	PAK	1		0		
Lycopene	µg	0		0	PIK	4		0		
Lutein + zeaxanthin	µg	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)	µg	0.2		0	PAK	1		1.1		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.2		0	PIK	4		1.1		
Vitamin D	IU	8		0	PIK	4		43		
Vitamin K (phylloquinone)	µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone	µg	0.0		0	PIK	4		0.0		
Menaquinone-4	µg									
Lipids:										

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
Fatty acids, total saturated....g	1.045		0	PIK	4		5.614		
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	0.001		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	0.011		0	PAK	1		0.061		
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		

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
Leucine....g	1.717		0	PAK	1		9.221		
Lysine....g	1.869		0	PAK	1		10.038		
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 24 (2011)

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						Amount in edible portion 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	73.07	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....µg	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....µg	0		0	BFPN	4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	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....µg	0.47		0	BFPN	4		2.39		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	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)....µg	0.2		0	AS	1		1.1		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.2		0	BFFN	4		1.1		
Vitamin D....IU	9		0	BFFN	4		46		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.077		0	BFFN	4		5.471		
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	0.000		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		

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
Leucine....g	1.841		0	A	1		9.351		
Lysine....g	2.004		0	A	1		10.181		
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 24 (2011)

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	µg	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	µg	0		0	BFPN	4		0		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	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	µg	0.50		0	BFPN	4		2.67		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	µg	0		0	Z	7		0		
Carotene, beta	µg	0		0	Z	7		0		
Carotene, alpha	µg	0		0	Z	7		0		
Cryptoxanthin, beta	µg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0	AS	1		0		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	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)	µg	0.2		0	AS	1		1.1		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.2		0	BFFN	4		1.1		
Vitamin D	IU	8		0	BFFN	4		43		
Vitamin K (phylloquinone)	µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone	µg	0.0		0	Z	7		0.0		
Menaquinone-4	µg									
Lipids:										

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
Fatty acids, total saturated....g	0.671		0	BFFN	4		3.604		
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	0.000		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		

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
Leucine....g	1.737		0	A	1		9.328		
Lysine....g	1.891		0	A	1		10.155		
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 24 (2011)

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....µg	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....µg	0		0	PIK	4		0		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	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....µg	0.52		0	PIK	4		0.70		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	0		0	PAK	1		0		
Retinol....µg	0		0	PIK	4		0		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	0		0	PAK	1		0		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	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)....µg	0.4		0	PAK	1		0.5		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.4		0	PIK	4		0.5		
Vitamin D....IU	15		0	PIK	4		19		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	1.678		0	PIK	4		2.249		
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		

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
Threonine....g	1.098		0	PAK	1		1.472		
Isoleucine....g	1.204		0	PAK	1		1.613		
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 24 (2011)

NDB No. 10949

Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean and fat, raw

Refuse: 10% 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	73.63		0	PAK	1		116.34		
Energy....kcal	123		0	PIK	4		195		
Energy....kJ	516		0	PIK	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....µg	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....µg	0		0	PIK	4		0		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	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....µg	0.53		0	PIK	4		0.84		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	0		0	PAK	1		0		
Retinol....µg	0		0	PIK	4		0		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	0		0	PAK	1		0		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	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)....µg	0.2		0	PAK	1		0.4		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.2		0	PIK	4		0.4		
Vitamin D....IU	9		0	PIK	4		15		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.486		0	PIK	4		2.349		
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	0.002		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	0.012		0	PAK	1		0.018		
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		

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
Leucine....g	1.819		0	PAK	1		2.874		
Lysine....g	1.981		0	PAK	1		3.129		
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 24 (2011)

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....µg	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....µg	0		0	BFPN	4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	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....µg	0.50		0	BFPN	4		0.67		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	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)....µg	0.3		0	AS	1		0.4		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.3		0	BFFN	4		0.4		
Vitamin D....IU	13		0	BFFN	4		18		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.206		0	BFFN	4		1.616		
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	0.002		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		

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
Leucine....g	2.114		0	A	1		2.832		
Lysine....g	2.301		0	A	1		3.083		
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 24 (2011)

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....µg	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....µg	0		0	BFPN	4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	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....µg	0.50		0	BFPN	4		0.78		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	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)....µg	0.2		0	AS	1		0.4		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.2		0	BFFN	4		0.4		
Vitamin D....IU	10		0	BFFN	4		15		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	0.886		0	BFFN	4		1.400		
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		

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
Threonine.....g	0.978		0	A	1		1.545		
Isoleucine.....g	1.072		0	A	1		1.693		
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 24 (2011)

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....µg	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....µg	0		0	PIK	4		0		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	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....µg	0.98		0	PIK	4		2.60		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	0		0	PAK	1		0		
Retinol....µg	0		0	PIK	4		0		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	0		0	PAK	1		0		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	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)....µg	1.1		0	PAK	1		2.9		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.1		0	PIK	4		2.9		
Vitamin D....IU	44		0	PIK	4		115		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	6.288		0	PIK	4		16.601		
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	0.016		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		

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
Leucine....g	2.201		0	PAK	1		5.811		
Lysine....g	2.396		0	PAK	1		6.326		
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 24 (2011)

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	PIK	4		666		
Energy....kJ	709		0	PIK	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....µg	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....µg	0		0	PIK	4		0		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	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....µg	0.96		0	PIK	4		3.78		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	0		0	PAK	1		0		
Retinol....µg	0		0	PIK	4		0		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	0		0	PAK	1		0		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	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)....µg	0.5		0	PAK	1		1.8		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	PIK	4		1.8		
Vitamin D....IU	18		0	PIK	4		72		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	3.912		0	PIK	4		15.374		
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		0.001		
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	0.036		0	PIK	4		0.141		
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		

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
Leucine....g	1.464		0	PAK	1		5.754		
Lysine....g	1.594		0	PAK	1		6.264		
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 24 (2011)

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						Amount in edible portion 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	0.607	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....µg	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....µg	0		0	BFPN	4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	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....µg	0.94		0	BFPN	4		2.47		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	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)....µg	1.0		0	AS	1		2.7		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.0		0	BFFN	4		2.7		
Vitamin D....IU	42		0	BFFN	4		110		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	4.620		0	BFFN	4		12.198		
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	0.013		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		

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
Leucine....g	2.350		0	A	1		6.203		
Lysine....g	2.558		0	A	1		6.753		
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 24 (2011)

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....µg	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....µg	0		0	BFPN	4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	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....µg	0.89		0	BFPN	4		3.50		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	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)....µg	0.5		0	AS	1		2.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	BFFN	4		2.0		
Vitamin D....IU	21		0	BFFN	4		82		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.873		0	BFFN	4		7.361		
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	0.002		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		

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
Leucine.....g	1.558		0	A	1		6.125		
Lysine.....g	1.697		0	A	1		6.668		
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 24 (2011)

NDB No. 10220
Pork, fresh, ground, 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	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....µg	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....µg	6		0		1		19	5	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.54		0		1		1.69	0.46	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		6	2	
Retinol....µg	2		0	NR	4		6	2	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	8		0		1		25	7	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.5		0	AS	1		1.6	0.4	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	BFFN	4		1.6	0.4	
Vitamin D....IU	21		0	BFFN	4		65	18	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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.

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

Number of Data Points of zero 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 = 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 24 (2011)

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....µg	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....µg	5		1		1		1	6	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		1		1		1	6	
Folate, DFE....mcg_DFE	5		0	NC	4		1	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.70		1		1		0.20	0.79	
Vitamin A, RAE....mcg_RAE	2		1		1		1	2	
Retinol....µg	2		1		1		1	2	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	7		1		1		2	8	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	7.870		0		1		2.231	8.893	
4:0....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
6:0 g									
8:0 g									
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

NDB No. 10219
Pork, fresh, ground, raw
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 24 (2011)

NDB No. 10013

Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted

Refuse: 18% Connective tissue 7%, Bone 9%, Skin 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	61.92		0	PAK	1		83.59	52.63	
Energy....kcal	209		0	PIK	4		282	177	
Energy....kJ	873		0	PIK	4		1178	742	
Protein (N x 6.25)....g	27.03		0	PAK	1		36.49	22.98	
Total lipid (fat)....g	10.32		0	PAK	1		13.94	8.77	
Ash....g	1.17		0	PAK	1		1.58	1.00	
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		21	13	
Iron, Fe....mg	0.90		0	PAK	1		1.22	0.77	
Magnesium, Mg....mg	25		0	PAK	1		33	21	
Phosphorus, P....mg	255		0	PAK	1		345	217	
Potassium, K....mg	416		0	PAK	1		562	354	
Sodium, Na....mg	77		0	PAK	1		104	66	
Zinc, Zn....mg	2.31		0	PAK	1		3.11	1.96	
Copper, Cu....mg	0.112		0	PAK	1		0.151	0.095	
Manganese, Mn....mg	0.016		0	PAK	1		0.022	0.014	
Selenium, Se....µg	25.0		0	PAK	1		33.7	21.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.489		0	PAK	1		0.661	0.416	
Riboflavin....mg	0.379		0	PAK	1		0.511	0.322	
Niacin....mg	7.444		0	PAK	1		10.049	6.327	
Pantothenic acid....mg	0.859		0	PAK	1		1.160	0.730	
Vitamin B-6....mg	0.501		0	PAK	1		0.676	0.426	
Folate, total....µg	0		0	PIK	4		0	0	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	0		0	PIK	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	92.8		0	PIK	4		125.3	78.9	
Betaine....mg	3.6		0	PIK	4		4.8	3.1	
Vitamin B-12....µg	0.67		0	PAK	1		0.90	0.57	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	3		0	PIK	4		4	2	
Retinol....µg	3		0	PIK	4		4	2	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	10		0	PIK	4		13	8	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.27		0	PIK	4		0.37	0.23	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.4		0	PAK	1		0.6	0.4	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.4		0	PIK	4		0.6	0.4	
Vitamin D....IU	17		0	PIK	4		24	15	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	3.369		0	PIK	4		4.548	2.863	
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		0.006	0.004	
12:0....g	0.005		0	PAK	1		0.006	0.004	
13:0....g									
14:0....g	0.120		0	PAK	1		0.161	0.102	
15:0....g	0.004		0	PAK	1		0.005	0.003	
16:0....g	2.100		0	PAK	1		2.835	1.785	
17:0....g	0.033		0	PAK	1		0.045	0.028	
18:0....g	1.092		0	PAK	1		1.474	0.928	
20:0....g	0.011		0	PAK	1		0.015	0.009	
22:0....g	0.000		0	PAK	1		0.000	0.000	
24:0....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total monounsaturated....g	4.322		0	PIK	4		5.834	3.673	
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	0.209		0	PAK	1		0.282	0.177	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	4.041		0	PAK	1		5.456	3.435	
18:1 c....g	3.968		0	PAK	1		5.357	3.373	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.073		0	PAK	1		0.099	0.062	
18:1-11t (18:1t n-7)....g									
20:1....g	0.070		0	PAK	1		0.095	0.060	
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
22:1 c....g	0.000		0	PAK	1		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.198		0	PIK	4		2.967	1.868	
18:2 undifferentiated....g	1.941		0	PAK	1		2.620	1.650	
18:2 n-6 c,c....g	1.927		0	PAK	1		2.601	1.638	
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	0.014		0	PAK	1		0.019	0.012	
18:3 undifferentiated....g	0.082		0	PAK	1		0.110	0.069	
18:3 n-3 c,c,c (ALA)....g	0.079		0	PAK	1		0.107	0.067	
18:3 n-6 c,c,c....g	0.002		0	PAK	1		0.003	0.002	
18:3i....g	0.000		0	PAK	1		0.000	0.000	
18:4....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c....g	0.069		0	PAK	1		0.093	0.059	
20:3 undifferentiated....g	0.007		0	PAK	1		0.009	0.006	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.090		0	PAK	1		0.121	0.076	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		0	PAK	1		0.012	0.007	
22:6 n-3 (DHA)....g	0.002		0	PAK	1		0.003	0.002	
Fatty acids, total trans....g	0.087		0	PIK	4		0.118	0.074	
Fatty acids, total trans-monoenoic....g	0.073		0	PIK	4		0.099	0.062	
Fatty acids, total trans-polyenoic....g	0.014		0	PIK	4		0.019	0.012	
Cholesterol....mg	85		0	PAK	1		115	72	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.322		0	PAK	1		0.434	0.273	

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
Threonine....g	1.189		0	PAK	1		1.605	1.010	
Isoleucine....g	1.280		0	PAK	1		1.728	1.088	
Leucine....g	2.225		0	PAK	1		3.004	1.891	
Lysine....g	2.404		0	PAK	1		3.246	2.044	
Methionine....g	0.741		0	PAK	1		1.000	0.630	
Cystine....g	0.305		0	PAK	1		0.411	0.259	
Phenylalanine....g	1.123		0	PAK	1		1.516	0.955	
Tyrosine....g	1.071		0	PAK	1		1.446	0.910	
Valine....g	1.367		0	PAK	1		1.846	1.162	
Arginine....g	1.742		0	PAK	1		2.352	1.481	
Histidine....g	1.100		0	PAK	1		1.484	0.935	
Alanine....g	1.548		0	PAK	1		2.090	1.316	
Aspartic acid....g	2.529		0	PAK	1		3.414	2.149	
Glutamic acid....g	4.130		0	PAK	1		5.575	3.510	
Glycine....g	1.222		0	PAK	1		1.649	1.039	
Proline....g	1.093		0	PAK	1		1.476	0.929	
Serine....g	1.129		0	PAK	1		1.524	0.960	
Hydroxyproline....g	0.094		0	PAK	1		0.127	0.080	
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 = 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 24 (2011)

NDB No. 10012
Pork, fresh, leg (ham), rump half, separable lean and fat, raw

Refuse: 17% Connective tissue 6%, Bone 9%, Skin 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	68.64		0	PAK	1		19.46	311.37	
Energy....kcal	182		0	PIK	4		52	828	
Energy....kJ	763		0	PIK	4		216	3462	
Protein (N x 6.25)....g	20.27		0	PAK	1		5.75	91.95	
Total lipid (fat)....g	10.63		0	PAK	1		3.01	48.21	
Ash....g	1.05		0	PAK	1		0.30	4.75	
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	12		0	PAK	1		3	55	
Iron, Fe....mg	0.62		0	PAK	1		0.18	2.82	
Magnesium, Mg....mg	20		0	PAK	1		6	90	
Phosphorus, P....mg	216		0	PAK	1		61	981	
Potassium, K....mg	356		0	PAK	1		101	1614	
Sodium, Na....mg	73		0	PAK	1		21	330	
Zinc, Zn....mg	1.70		0	PAK	1		0.48	7.70	
Copper, Cu....mg	0.079		0	PAK	1		0.022	0.357	
Manganese, Mn....mg	0.009		0	PAK	1		0.003	0.040	
Selenium, Se....µg	19.7		0	PAK	1		5.6	89.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.498		0	PAK	1		0.141	2.258	
Riboflavin....mg	0.309		0	PAK	1		0.088	1.403	
Niacin....mg	5.623		0	PAK	1		1.594	25.508	
Pantothenic acid....mg	0.630		0	PAK	1		0.179	2.859	
Vitamin B-6....mg	0.506		0	PAK	1		0.143	2.294	
Folate, total....µg	0		0	PIK	4		0	0	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	0		0	PIK	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	69.6		0	PIK	4		19.7	315.6	
Betaine....mg	2.7		0	PIK	4		0.8	12.2	
Vitamin B-12....µg	0.40		0	PAK	1		0.11	1.80	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	5		0	PIK	4		1	22	
Retinol....µg	5		0	PIK	4		1	22	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	16		0	PIK	4		5	74	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.20		0	PIK	4		0.06	0.89	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	PAK	1		0.1	2.1	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	PIK	4		0.1	2.1	
Vitamin D....IU	18		0	PIK	4		5	83	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	3.526		0	PIK	4		1.000	15.992	
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		0.002	0.028	
12:0....g	0.006		0	PAK	1		0.002	0.028	
13:0....g									
14:0....g	0.132		0	PAK	1		0.037	0.599	
15:0....g	0.005		0	PAK	1		0.001	0.024	
16:0....g	2.186		0	PAK	1		0.620	9.914	
17:0....g	0.034		0	PAK	1		0.010	0.153	
18:0....g	1.142		0	PAK	1		0.324	5.180	
20:0....g	0.015		0	PAK	1		0.004	0.066	
22:0....g	0.000		0	PAK	1		0.000	0.000	
24:0....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total monounsaturated....g	4.445		0	PIK	4		1.260	20.164	
14:1....g	0.002		0	PAK	1		0.001	0.009	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.212		0	PAK	1		0.060	0.961	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	4.157		0	PAK	1		1.178	18.856	
18:1 c....g	4.083		0	PAK	1		1.157	18.519	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.074		0	PAK	1		0.021	0.337	
18:1-11t (18:1t n-7)....g									
20:1....g	0.075		0	PAK	1		0.021	0.338	
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
22:1 c....g	0.000		0	PAK	1		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.156		0	PIK	4		0.611	9.779	
18:2 undifferentiated....g	1.901		0	PAK	1		0.539	8.623	
18:2 n-6 c,c....g	1.885		0	PAK	1		0.534	8.549	
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	0.016		0	PAK	1		0.005	0.073	
18:3 undifferentiated....g	0.085		0	PAK	1		0.024	0.385	
18:3 n-3 c,c,c (ALA)....g	0.082		0	PAK	1		0.023	0.371	
18:3 n-6 c,c,c....g	0.003		0	PAK	1		0.001	0.013	
18:3i....g	0.000		0	PAK	1		0.000	0.000	
18:4....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c....g	0.070		0	PAK	1		0.020	0.318	
20:3 undifferentiated....g	0.009		0	PAK	1		0.002	0.039	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.081		0	PAK	1		0.023	0.369	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.007		0	PAK	1		0.002	0.034	
22:6 n-3 (DHA)....g	0.003		0	PAK	1		0.001	0.012	
Fatty acids, total trans....g	0.091		0	PIK	4		0.026	0.411	
Fatty acids, total trans-monoenoic....g	0.074		0	PIK	4		0.021	0.337	
Fatty acids, total trans-polyenoic....g	0.016		0	PIK	4		0.005	0.073	
Cholesterol....mg	63		0	PAK	1		18	285	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.241		0	PAK	1		0.068	1.094	

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
Threonine....g	0.892		0	PAK	1		0.253	4.044	
Isoleucine....g	0.960		0	PAK	1		0.272	4.354	
Leucine....g	1.669		0	PAK	1		0.473	7.569	
Lysine....g	1.803		0	PAK	1		0.511	8.178	
Methionine....g	0.556		0	PAK	1		0.158	2.520	
Cystine....g	0.229		0	PAK	1		0.065	1.037	
Phenylalanine....g	0.842		0	PAK	1		0.239	3.821	
Tyrosine....g	0.803		0	PAK	1		0.228	3.643	
Valine....g	1.025		0	PAK	1		0.291	4.651	
Arginine....g	1.306		0	PAK	1		0.370	5.925	
Histidine....g	0.825		0	PAK	1		0.234	3.740	
Alanine....g	1.161		0	PAK	1		0.329	5.267	
Aspartic acid....g	1.896		0	PAK	1		0.538	8.602	
Glutamic acid....g	3.097		0	PAK	1		0.878	14.048	
Glycine....g	0.916		0	PAK	1		0.260	4.156	
Proline....g	0.820		0	PAK	1		0.232	3.718	
Serine....g	0.847		0	PAK	1		0.240	3.840	
Hydroxyproline....g	0.071		0	PAK	1		0.020	0.321	
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 24 (2011)

NDB No. 10015

Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted

Refuse: 23% Connective tissue 7%, Bone 9%, 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	65.75	0.785	6	A	1		1990.24		
Energy....kcal	165		0	NC	4		4991		
Energy....kJ	690		0	NC	4		20886		
Protein (N x 6.25)....g	28.86	0.685	6	A	1		873.73		
Total lipid (fat)....g	4.62	0.528	6	A	1		139.75		
Ash....g	1.24	0.038	6	A	1		37.58		
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	0.933	6	A	1		486		
Iron, Fe....mg	0.97	0.045	6	A	1		29.35		
Magnesium, Mg....mg	27	0.887	6	A	1		807		
Phosphorus, P....mg	273	6.962	6	A	1		8268		
Potassium, K....mg	425	15.894	6	A	1		12852		
Sodium, Na....mg	80	2.546	6	A	1		2427		
Zinc, Zn....mg	2.48	0.101	6	A	1		75.09		
Copper, Cu....mg	0.116	0.007	6	A	1		3.514		
Manganese, Mn....mg	0.018	0.001	6	A	1		0.533		
Selenium, Se....µg	26.6	6.138	6	A	1		805.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.523	0.064	6	A	1		15.841		
Riboflavin....mg	0.408	0.033	6	A	1		12.360		
Niacin....mg	7.940	0.614	6	A	1		240.344		
Pantothenic acid....mg	0.903	0.066	6	A	1		27.344		
Vitamin B-6....mg	0.538	0.037	6	A	1		16.275		
Folate, total....µg	0		0	BFPN	4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0	NR	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	99.2		0	BFPN	4		3002.5		
Betaine....mg	3.8		0	BFPN	4		116.1		
Vitamin B-12....µg	0.67	0.078	6	A	1		20.18		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	1		0	NC	4		16		
Retinol....µg	1		0	BFFN	4		16		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	2		0	NC	4		52		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.26		0	BFSN	4		7.77		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.3		0	AS	1		9.2		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.3		0	BFFN	4		9.2		
Vitamin D....IU	12		0	BFFN	4		367		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.451		0	NC	4		43.932		
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	6	A	1		0.000		
10:0....g	0.000	0.000	6	A	1		0.000		
12:0....g	0.000	0.000	6	A	1		0.000		
13:0....g									
14:0....g	0.047	0.008	6	A	1		1.408		
15:0....g	0.000	0.000	6	A	1		0.000		
16:0....g	0.915	0.127	6	A	1		27.702		
17:0....g	0.014	0.003	6	A	1		0.424		
18:0....g	0.476	0.059	6	A	1		14.398		
20:0....g	0.000	0.000	6	A	1		0.000		
22:0....g	0.000	0.000	6	A	1		0.000		
24:0....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total monounsaturated....g	1.878		0	NC	4		56.837		
14:1....g	0.000	0.000	6	A	1		0.000		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.098	0.018	6	A	1		2.972		
17:1....g	0.000	0.000	6	A	1		0.000		
18:1 undifferentiated....g	1.751	0.255	6	AS	1		53.008		
18:1 c....g	1.719	0.254	6	A	1		52.024		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.033	0.009	6	A	1		0.984		
18:1-11t (18:1t n-7)....g									
20:1....g	0.028	0.005	6	A	1		0.858		
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000		
22:1 c....g	0.000	0.000	6	A	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.066		0	NC	4		32.268		
18:2 undifferentiated....g	0.922	0.109	6	AS	1		27.894		
18:2 n-6 c,c....g	0.920	0.108	6	A	1		27.838		
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	0.002	0.002	6	A	1		0.055		
18:3 undifferentiated....g	0.029	0.004	6	AS	1		0.888		
18:3 n-3 c,c,c (ALA)....g	0.029	0.004	6	A	1		0.888		
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000		
18:3i....g	0.000		1	A	1		0.000		
18:4....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c....g	0.031	0.004	6	A	1		0.923		
20:3 undifferentiated....g	0.000	0.000	6	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.080	0.005	6	A	1		2.417		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.005	0.002	6	A	1		0.146		
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total trans....g	0.034		0	NC	4		1.039		
Fatty acids, total trans-monoenoic....g	0.033		0	NC	4		0.984		
Fatty acids, total trans-polyenoic....g	0.002		0	NC	4		0.055		
Cholesterol....mg	86	3.488	6	A	1		2616		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.344		0	A	1		10.399		

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
Threonine....g	1.269		0	A	1		38.424		
Isoleucine....g	1.367		0	A	1		41.373		
Leucine....g	2.376		0	A	1		71.915		
Lysine....g	2.567		0	A	1		77.707		
Methionine....g	0.791		0	A	1		23.949		
Cystine....g	0.325		0	A	1		9.851		
Phenylalanine....g	1.199		0	A	1		36.304		
Tyrosine....g	1.144		0	A	1		34.619		
Valine....g	1.460		0	A	1		44.195		
Arginine....g	1.860		0	A	1		56.301		
Histidine....g	1.174		0	A	1		35.541		
Alanine....g	1.653		0	A	1		50.047		
Aspartic acid....g	2.700		0	A	1		81.731		
Glutamic acid....g	4.410		0	A	1		133.478		
Glycine....g	1.305		0	A	1		39.490		
Proline....g	1.167		0	A	1		35.328		
Serine....g	1.205		0	A	1		36.489		
Hydroxyproline....g	0.101		0	A	1		3.049		
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 = 3027g: 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 24 (2011)

NDB No. 10014

Pork, fresh, leg (ham), rump half, separable lean only, raw

Refuse: 25% Connective tissue 6%, Bone 9%, 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	74.78	0.328	6	A	1		2955.19		
Energy....kcal	120		0	NC	4		4727		
Energy....kJ	500		0	NC	4		19760		
Protein (N x 6.25)....g	21.81	0.228	6	A	1		862.03		
Total lipid (fat)....g	2.93	0.272	6	A	1		115.93		
Ash....g	1.12	0.011	6	A	1		44.36		
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	12	0.752	6	A	1		474		
Iron, Fe....mg	0.67	0.038	6	A	1		26.59		
Magnesium, Mg....mg	22	0.648	6	A	1		861		
Phosphorus, P....mg	235	4.387	6	A	1		9280		
Potassium, K....mg	359	14.544	6	A	1		14191		
Sodium, Na....mg	76	2.205	6	A	1		3018		
Zinc, Zn....mg	1.85	0.139	6	A	1		73.10		
Copper, Cu....mg	0.080	0.005	6	A	1		3.173		
Manganese, Mn....mg	0.010	0.000	6	A	1		0.400		
Selenium, Se....µg	21.2	4.924	6	A	1		837.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.545	0.070	6	A	1		21.538		
Riboflavin....mg	0.340	0.033	6	A	1		13.437		
Niacin....mg	6.042	0.296	6	A	1		238.767		
Pantothenic acid....mg	0.658	0.072	6	A	1		26.017		
Vitamin B-6....mg	0.557	0.038	6	A	1		21.993		
Folate, total....µg	0		0	BFSN	4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0	NR	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	75.0		0	BFPN	4		2962.3		
Betaine....mg	2.9		0	BFPN	4		114.6		
Vitamin B-12....µg	0.36	0.022	6	A	1		14.16		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	2		0	NC	4		79		
Retinol....µg	2		0	NR	4		79		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	7		0	NC	4		263		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.16		0	BFSN	4		6.46		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.3		0	AS	1		11.1		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.3		0	BFFN	4		11.1		
Vitamin D....IU	11		0	BFFN	4		445		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	0.947		0	NC	4		37.419		
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	6	A	1		0.000		
10:0....g	0.000	0.000	6	A	1		0.000		
12:0....g	0.000	0.000	6	A	1		0.000		
13:0....g									
14:0....g	0.035	0.004	6	A	1		1.370		
15:0....g	0.000	0.000	6	A	1		0.000		
16:0....g	0.591	0.054	6	A	1		23.337		
17:0....g	0.008	0.003	6	A	1		0.316		
18:0....g	0.314	0.023	6	A	1		12.396		
20:0....g	0.000	0.000	6	A	1		0.000		
22:0....g	0.000	0.000	6	A	1		0.000		
24:0....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total monounsaturated....g	1.148		0	NC	4		45.362		
14:1....g	0.000	0.000	6	A	1		0.000		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.063	0.006	6	A	1		2.470		
17:1....g	0.000	0.000	6	A	1		0.000		
18:1 undifferentiated....g	1.067	0.079	6	AS	1		42.168		
18:1 c....g	1.048	0.078	6	A	1		41.404		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.019	0.004	6	A	1		0.764		
18:1-11t (18:1t n-7)....g									
20:1....g	0.018	0.002	6	A	1		0.725		
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000		
22:1 c....g	0.000	0.000	6	A	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.615		0	NC	4		24.285		
18:2 undifferentiated....g	0.513	0.053	6	AS	1		20.280		
18:2 n-6 c,c....g	0.513	0.053	6	A	1		20.280		
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	0.000	0.000	6	A	1		0.000		
18:3 undifferentiated....g	0.015	0.003	6	AS	1		0.573		
18:3 n-3 c,c,c (ALA)....g	0.015	0.003	6	A	1		0.573		
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000		
18:3i....g	0.000		2	A	1		0.000		
18:4....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c....g	0.018	0.002	6	A	1		0.705		
20:3 undifferentiated....g	0.000	0.000	6	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.067	0.003	6	A	1		2.648		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.002	0.002	6	A	1		0.079		
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total trans....g	0.019		0	NC	4		0.764		
Fatty acids, total trans-monoenoic....g	0.019		0	NC	4		0.764		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	62	1.158	6	A	1		2431		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.260		0	A	1		10.260		

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
Threonine.....g	0.959		0	A	1		37.910		
Isoleucine.....g	1.033		0	A	1		40.819		
Leucine.....g	1.795		0	A	1		70.951		
Lysine.....g	1.940		0	A	1		76.667		
Methionine.....g	0.598		0	A	1		23.628		
Cystine.....g	0.246		0	A	1		9.719		
Phenylalanine.....g	0.906		0	A	1		35.818		
Tyrosine.....g	0.864		0	A	1		34.155		
Valine.....g	1.103		0	A	1		43.603		
Arginine.....g	1.406		0	A	1		55.547		
Histidine.....g	0.887		0	A	1		35.065		
Alanine.....g	1.249		0	A	1		49.376		
Aspartic acid.....g	2.040		0	A	1		80.636		
Glutamic acid.....g	3.332		0	A	1		131.691		
Glycine.....g	0.986		0	A	1		38.961		
Proline.....g	0.882		0	A	1		34.855		
Serine.....g	0.911		0	A	1		36.001		
Hydroxyproline.....g	0.076		0	A	1		3.008		
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 = 3952g: 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 24 (2011)

NDB No. 10017

Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted

Refuse: 22% Connective tissue 7%, Bone 11%, Skin 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	60.37		0	PAK	1		1750.66		
Energy....kcal	232		0	PIK	4		6726		
Energy....kJ	970		0	PIK	4		28142		
Protein (N x 6.25)....g	25.96		0	PAK	1		752.97		
Total lipid (fat)....g	13.42		0	PAK	1		389.23		
Ash....g	1.10		0	PAK	1		32.04		
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	15		0	PAK	1		437		
Iron, Fe....mg	0.87		0	PAK	1		25.13		
Magnesium, Mg....mg	22		0	PAK	1		642		
Phosphorus, P....mg	242		0	PAK	1		7004		
Potassium, K....mg	345		0	PAK	1		9991		
Sodium, Na....mg	81		0	PAK	1		2347		
Zinc, Zn....mg	2.42		0	PAK	1		70.32		
Copper, Cu....mg	0.119		0	PAK	1		3.438		
Manganese, Mn....mg	0.017		0	PAK	1		0.500		
Selenium, Se....µg	26.4		0	PAK	1		766.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.411		0	PAK	1		11.920		
Riboflavin....mg	0.352		0	PAK	1		10.194		
Niacin....mg	7.457		0	PAK	1		216.251		
Pantothenic acid....mg	0.830		0	PAK	1		24.084		
Vitamin B-6....mg	0.442		0	PAK	1		12.805		
Folate, total....µg	0		0	PIK	4		0		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	0		0	PIK	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	90.3		0	PIK	4		2619.0		
Betaine....mg	3.6		0	PIK	4		103.7		
Vitamin B-12....µg	0.50		0	PAK	1		14.56		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	4		0	PIK	4		119		
Retinol....µg	4		0	PIK	4		119		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	14		0	PIK	4		397		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.23		0	PIK	4		6.59		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	PAK	1		16.2		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.6		0	PIK	4		16.2		
Vitamin D....IU	22		0	PIK	4		649		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	4.609		0	PIK	4		133.666		
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		
10:0....g	0.008		0	PAK	1		0.239		
12:0....g	0.007		0	PAK	1		0.194		
13:0....g									
14:0....g	0.165		0	PAK	1		4.773		
15:0....g	0.006		0	PAK	1		0.188		
16:0....g	2.873		0	PAK	1		83.304		
17:0....g	0.047		0	PAK	1		1.349		
18:0....g	1.484		0	PAK	1		43.025		
20:0....g	0.020		0	PAK	1		0.594		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	5.819		0	PIK	4		168.752		
14:1....g	0.002		0	PAK	1		0.047		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.285		0	PAK	1		8.257		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	5.436		0	PAK	1		157.637		
18:1 c....g	5.358		0	PAK	1		155.373		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.078		0	PAK	1		2.263		
18:1-11t (18:1t n-7)....g									
20:1....g	0.097		0	PAK	1		2.811		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.440		0	PIK	4		70.762		
18:2 undifferentiated....g	2.160		0	PAK	1		62.645		
18:2 n-6 c,c....g	2.145		0	PAK	1		62.215		
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	0.015		0	PAK	1		0.430		
18:3 undifferentiated....g	0.084		0	PAK	1		2.449		
18:3 n-3 c,c,c (ALA)....g	0.082		0	PAK	1		2.368		
18:3 n-6 c,c,c....g	0.003		0	PAK	1		0.080		
18:3i....g	0.000		0	PAK	1		0.000		
18:4....g	0.000		0	PAK	1		0.000		
20:2 n-6 c,c....g	0.083		0	PAK	1		2.409		
20:3 undifferentiated....g	0.007		0	PAK	1		0.215		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.091		0	PAK	1		2.632		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012		0	PAK	1		0.353		
22:6 n-3 (DHA)....g	0.002		0	PAK	1		0.058		
Fatty acids, total trans....g	0.093		0	PIK	4		2.693		
Fatty acids, total trans-monoenoic....g	0.078		0	PIK	4		2.263		
Fatty acids, total trans-polyenoic....g	0.015		0	PIK	4		0.430		
Cholesterol....mg	91		0	PAK	1		2649		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.309		0	PAK	1		8.962		

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
Threonine....g	1.142		0	PAK	1		33.114		
Isoleucine....g	1.229		0	PAK	1		35.655		
Leucine....g	2.137		0	PAK	1		61.975		
Lysine....g	2.309		0	PAK	1		66.968		
Methionine....g	0.712		0	PAK	1		20.639		
Cystine....g	0.293		0	PAK	1		8.490		
Phenylalanine....g	1.079		0	PAK	1		31.286		
Tyrosine....g	1.029		0	PAK	1		29.834		
Valine....g	1.313		0	PAK	1		38.087		
Arginine....g	1.673		0	PAK	1		48.520		
Histidine....g	1.056		0	PAK	1		30.629		
Alanine....g	1.487		0	PAK	1		43.130		
Aspartic acid....g	2.429		0	PAK	1		70.435		
Glutamic acid....g	3.967		0	PAK	1		115.031		
Glycine....g	1.174		0	PAK	1		34.032		
Proline....g	1.050		0	PAK	1		30.446		
Serine....g	1.084		0	PAK	1		31.446		
Hydroxyproline....g	0.091		0	PAK	1		2.627		
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 = 2900g: 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 24 (2011)

NDB No. 10016

Pork, fresh, leg (ham), shank half, separable lean and fat, raw

Refuse: 28% Connective tissue 9%, Bone 13%, Skin 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	67.69		0	PAK	1		2618.09		
Energy....kcal	193		0	PIK	4		7456		
Energy....kJ	807		0	PIK	4		31196		
Protein (N x 6.25)....g	19.87		0	PAK	1		768.75		
Total lipid (fat)....g	11.96		0	PAK	1		462.68		
Ash....g	1.03		0	PAK	1		39.66		
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	12		0	PAK	1		462		
Iron, Fe....mg	0.69		0	PAK	1		26.81		
Magnesium, Mg....mg	19		0	PAK	1		725		
Phosphorus, P....mg	204		0	PAK	1		7894		
Potassium, K....mg	329		0	PAK	1		12741		
Sodium, Na....mg	84		0	PAK	1		3258		
Zinc, Zn....mg	2.02		0	PAK	1		77.97		
Copper, Cu....mg	0.131		0	PAK	1		5.079		
Manganese, Mn....mg	0.022		0	PAK	1		0.850		
Selenium, Se....µg	19.5		0	PAK	1		755.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.470		0	PAK	1		18.169		
Riboflavin....mg	0.307		0	PAK	1		11.873		
Niacin....mg	5.750		0	PAK	1		222.414		
Pantothenic acid....mg	0.594		0	PAK	1		22.981		
Vitamin B-6....mg	0.475		0	PAK	1		18.384		
Folate, total....µg	0		0	PIK	4		0		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	0		0	PIK	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	68.2		0	PIK	4		2637.6		
Betaine....mg	2.6		0	PIK	4		102.0		
Vitamin B-12....µg	0.54		0	PAK	1		20.73		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	6		0	PIK	4		229		
Retinol....µg	6		0	PIK	4		229		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	20		0	PIK	4		764		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.31		0	PIK	4		11.96		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	PAK	1		19.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	PIK	4		19.0		
Vitamin D....IU	20		0	PIK	4		759		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	3.942		0	PIK	4		152.458		
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		
10:0....g	0.007		0	PAK	1		0.278		
12:0....g	0.007		0	PAK	1		0.278		
13:0....g									
14:0....g	0.144		0	PAK	1		5.555		
15:0....g	0.006		0	PAK	1		0.239		
16:0....g	2.452		0	PAK	1		94.860		
17:0....g	0.036		0	PAK	1		1.399		
18:0....g	1.272		0	PAK	1		49.189		
20:0....g	0.017		0	PAK	1		0.661		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	5.067		0	PIK	4		195.982		
14:1....g	0.002		0	PAK	1		0.089		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.243		0	PAK	1		9.402		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	4.736		0	PAK	1		183.190		
18:1 c....g	4.660		0	PAK	1		180.231		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.076		0	PAK	1		2.959		
18:1-11t (18:1t n-7)....g									
20:1....g	0.085		0	PAK	1		3.301		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.412		0	PIK	4		93.289		
18:2 undifferentiated....g	2.130		0	PAK	1		82.372		
18:2 n-6 c,c....g	2.111		0	PAK	1		81.639		
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	0.019		0	PAK	1		0.733		
18:3 undifferentiated....g	0.097		0	PAK	1		3.741		
18:3 n-3 c,c,c (ALA)....g	0.093		0	PAK	1		3.608		
18:3 n-6 c,c,c....g	0.003		0	PAK	1		0.133		
18:3i....g	0.000		0	PAK	1		0.000		
18:4....g	0.000		0	PAK	1		0.000		
20:2 n-6 c,c....g	0.079		0	PAK	1		3.068		
20:3 undifferentiated....g	0.010		0	PAK	1		0.389		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.084		0	PAK	1		3.236		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		0	PAK	1		0.366		
22:6 n-3 (DHA)....g	0.003		0	PAK	1		0.117		
Fatty acids, total trans....g	0.095		0	PIK	4		3.692		
Fatty acids, total trans-monoenoic....g	0.076		0	PIK	4		2.959		
Fatty acids, total trans-polyenoic....g	0.019		0	PIK	4		0.733		
Cholesterol....mg	67		0	PAK	1		2577		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.237		0	PAK	1		9.150		

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
Threonine....g	0.874		0	PAK	1		33.807		
Isoleucine....g	0.941		0	PAK	1		36.402		
Leucine....g	1.636		0	PAK	1		63.274		
Lysine....g	1.768		0	PAK	1		68.370		
Methionine....g	0.545		0	PAK	1		21.071		
Cystine....g	0.224		0	PAK	1		8.668		
Phenylalanine....g	0.826		0	PAK	1		31.942		
Tyrosine....g	0.787		0	PAK	1		30.459		
Valine....g	1.005		0	PAK	1		38.885		
Arginine....g	1.281		0	PAK	1		49.536		
Histidine....g	0.808		0	PAK	1		31.270		
Alanine....g	1.138		0	PAK	1		44.033		
Aspartic acid....g	1.859		0	PAK	1		71.910		
Glutamic acid....g	3.036		0	PAK	1		117.440		
Glycine....g	0.898		0	PAK	1		34.745		
Proline....g	0.804		0	PAK	1		31.083		
Serine....g	0.830		0	PAK	1		32.105		
Hydroxyproline....g	0.069		0	PAK	1		2.682		
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 = 3868g: 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 24 (2011)

NDB No. 10019

Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted

Refuse: 27% Connective tissue 7%, Bone 11%, 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	65.28	0.779	6	A	1		1893.14		
Energy....kcal	175		0	NC	4		5078		
Energy....kJ	733		0	NC	4		21257		
Protein (N x 6.25)....g	28.69	0.835	6	A	1		831.94		
Total lipid (fat)....g	5.83	0.438	6	A	1		169.17		
Ash....g	1.20	0.025	6	A	1		34.91		
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	14	0.605	6	A	1		406		
Iron, Fe....mg	0.92	0.057	6	A	1		26.81		
Magnesium, Mg....mg	24	0.719	6	A	1		696		
Phosphorus, P....mg	261	4.548	6	A	1		7556		
Potassium, K....mg	376	5.582	6	A	1		10910		
Sodium, Na....mg	84	4.211	6	A	1		2450		
Zinc, Zn....mg	2.67	0.089	6	A	1		77.31		
Copper, Cu....mg	0.123	0.004	6	A	1		3.557		
Manganese, Mn....mg	0.019	0.002	6	A	1		0.560		
Selenium, Se....µg	28.6	5.225	6	A	1		828.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.440	0.051	6	A	1		12.760		
Riboflavin....mg	0.373	0.021	6	A	1		10.827		
Niacin....mg	8.082	0.550	6	A	1		234.368		
Pantothenic acid....mg	0.877	0.069	6	A	1		25.423		
Vitamin B-6....mg	0.478	0.046	6	A	1		13.848		
Folate, total....µg	0		0	BFPN	4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0	NR	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	98.6		0	BFPN	4		2858.9		
Betaine....mg	3.8		0	BFPN	4		110.6		
Vitamin B-12....µg	0.50	0.033	6	A	1		14.40		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	1		0	NC	4		35		
Retinol....µg	1		0	BFSN	4		35		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	4		0	NC	4		118		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.26		0	NR	4		7.54		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.4		0	AS	1		11.1		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.4		0	BFFN	4		11.1		
Vitamin D....IU	15		0	BFFN	4		444		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.837		0	NC	4		53.263		
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	6	A	1		0.000		
10:0....g	0.002	0.002	6	A	1		0.044		
12:0....g	0.000	0.000	6	A	1		0.000		
13:0....g									
14:0....g	0.060	0.009	6	A	1		1.730		
15:0....g	0.002	0.002	6	A	1		0.048		
16:0....g	1.140	0.129	6	A	1		33.060		
17:0....g	0.020	0.003	6	A	1		0.566		
18:0....g	0.608	0.067	6	A	1		17.642		
20:0....g	0.006	0.003	6	A	1		0.174		
22:0....g	0.000	0.000	6	A	1		0.000		
24:0....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total monounsaturated....g	2.482		0	NC	4		71.968		
14:1....g	0.000	0.000	6	A	1		0.000		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.126	0.023	6	A	1		3.640		
17:1....g	0.000	0.000	6	A	1		0.000		
18:1 undifferentiated....g	2.317	0.246	6	AS	1		67.198		
18:1 c....g	2.283	0.252	6	A	1		66.217		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.034	0.013	6	A	1		0.981		
18:1-11t (18:1t n-7)....g									
20:1....g	0.039	0.004	6	A	1		1.131		
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000		
22:1 c....g	0.000	0.000	6	A	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.130		0	NC	4		32.756		
18:2 undifferentiated....g	0.975	0.145	6	AS	1		28.265		
18:2 n-6 c,c....g	0.971	0.143	6	A	1		28.149		
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	0.004	0.003	6	A	1		0.116		
18:3 undifferentiated....g	0.034	0.006	6	AS	1		0.972		
18:3 n-3 c,c,c (ALA)....g	0.034	0.006	6	A	1		0.972		
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000		
18:3i....g	0.000	0.000	3	A	1		0.000		
18:4....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c....g	0.035	0.004	6	A	1		1.010		
20:3 undifferentiated....g	0.000	0.000	6	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.078	0.005	6	A	1		2.272		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.008	0.002	6	A	1		0.237		
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total trans....g	0.038		0	NC	4		1.097		
Fatty acids, total trans-monoenoic....g	0.034		0	NC	4		0.981		
Fatty acids, total trans-polyenoic....g	0.004		0	NC	4		0.116		
Cholesterol....mg	93	4.152	6	A	1		2702		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.341		0	A	1		9.902		

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
Threonine....g	1.262		0	A	1		36.586		
Isoleucine....g	1.358		0	A	1		39.394		
Leucine....g	2.361		0	A	1		68.475		
Lysine....g	2.551		0	A	1		73.990		
Methionine....g	0.786		0	A	1		22.804		
Cystine....g	0.323		0	A	1		9.380		
Phenylalanine....g	1.192		0	A	1		34.567		
Tyrosine....g	1.137		0	A	1		32.963		
Valine....g	1.451		0	A	1		42.081		
Arginine....g	1.849		0	A	1		53.608		
Histidine....g	1.167		0	A	1		33.841		
Alanine....g	1.643		0	A	1		47.653		
Aspartic acid....g	2.683		0	A	1		77.821		
Glutamic acid....g	4.383		0	A	1		127.094		
Glycine....g	1.297		0	A	1		37.601		
Proline....g	1.160		0	A	1		33.638		
Serine....g	1.198		0	A	1		34.744		
Hydroxyproline....g	0.100		0	A	1		2.903		
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 = 2900g: 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 24 (2011)

NDB No. 10018

Pork, fresh, leg (ham), shank half, separable lean only, raw

Refuse: 32% Connective tissue 9%, 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	74.88	0.187	6	A	1		2896.54		
Energy....kcal	119		0	NC	4		4606		
Energy....kJ	498		0	NC	4		19263		
Protein (N x 6.25)....g	21.66	0.159	6	A	1		837.66		
Total lipid (fat)....g	2.95	0.128	6	A	1		114.11		
Ash....g	1.11	0.016	6	A	1		42.98		
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	12	0.819	6	A	1		450		
Iron, Fe....mg	0.77	0.043	6	A	1		29.65		
Magnesium, Mg....mg	21	0.831	6	A	1		806		
Phosphorus, P....mg	224	4.716	6	A	1		8671		
Potassium, K....mg	329	3.260	6	A	1		12716		
Sodium, Na....mg	90	4.482	6	A	1		3499		
Zinc, Zn....mg	2.25	0.086	6	A	1		87.15		
Copper, Cu....mg	0.142	0.005	6	A	1		5.494		
Manganese, Mn....mg	0.026	0.015	6	A	1		0.992		
Selenium, Se....µg	21.3	4.523	6	A	1		823.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.522	0.075	6	A	1		20.178		
Riboflavin....mg	0.343	0.022	6	A	1		13.280		
Niacin....mg	6.273	0.420	6	A	1		242.653		
Pantothenic acid....mg	0.622	0.060	6	A	1		24.046		
Vitamin B-6....mg	0.531	0.033	6	A	1		20.539		
Folate, total....µg	0		0	BFPN	4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0	NR	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	74.4		0	BFPN	4		2878.6		
Betaine....mg	2.9		0	BFPN	4		111.3		
Vitamin B-12....µg	0.51	0.052	6	A	1		19.86		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	3		0	NC	4		101		
Retinol....µg	3		0	BFSN	4		101		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	9		0	NC	4		335		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.29		0	NR	4		11.22		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.3		0	AS	1		10.9		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.3		0	BFFN	4		10.9		
Vitamin D....IU	11		0	BFFN	4		438		
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	0.917		0	NC	4		35.457		
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	6	A	1		0.000		
10:0....g	0.000	0.000	6	A	1		0.000		
12:0....g	0.000	0.000	6	A	1		0.000		
13:0....g									
14:0....g	0.029	0.002	6	A	1		1.109		
15:0....g	0.000	0.000	6	A	1		0.000		
16:0....g	0.583	0.038	6	A	1		22.550		
17:0....g	0.006	0.004	6	A	1		0.219		
18:0....g	0.299	0.022	6	A	1		11.578		
20:0....g	0.000	0.000	6	A	1		0.000		
22:0....g	0.000	0.000	6	A	1		0.000		
24:0....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total monounsaturated....g	1.214		0	NC	4		46.958		
14:1....g	0.000	0.000	6	A	1		0.000		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.069	0.008	6	A	1		2.675		
17:1....g	0.000	0.000	6	A	1		0.000		
18:1 undifferentiated....g	1.125	0.093	6	AS	1		43.521		
18:1 c....g	1.114	0.092	6	A	1		43.102		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.011	0.004	6	A	1		0.419		
18:1-11t (18:1t n-7)....g									
20:1....g	0.020	0.002	6	A	1		0.761		
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000		
22:1 c....g	0.000	0.000	6	A	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.605		0	NC	4		23.401		
18:2 undifferentiated....g	0.503	0.054	6	AS	1		19.437		
18:2 n-6 c,c....g	0.503	0.054	6	A	1		19.437		
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	0.000	0.000	6	A	1		0.000		
18:3 undifferentiated....g	0.014	0.003	6	AS	1		0.554		
18:3 n-3 c,c,c (ALA)....g	0.014	0.003	6	A	1		0.554		
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000		
18:3i....g	0.000	0.000	3	A	1		0.000		
18:4....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c....g	0.018	0.002	6	A	1		0.696		
20:3 undifferentiated....g	0.000	0.000	6	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.067	0.004	6	A	1		2.585		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.003	0.002	6	A	1		0.129		
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total trans....g	0.011		0	NC	4		0.419		
Fatty acids, total trans-monoenoic....g	0.011		0	NC	4		0.419		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	66	2.768	6	A	1		2542		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.258		0	A	1		9.970		

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
Threonine....g	0.952		0	A	1		36.838		
Isoleucine....g	1.025		0	A	1		39.665		
Leucine....g	1.782		0	A	1		68.946		
Lysine....g	1.926		0	A	1		74.500		
Methionine....g	0.594		0	A	1		22.960		
Cystine....g	0.244		0	A	1		9.445		
Phenylalanine....g	0.900		0	A	1		34.805		
Tyrosine....g	0.858		0	A	1		33.190		
Valine....g	1.095		0	A	1		42.371		
Arginine....g	1.395		0	A	1		53.977		
Histidine....g	0.881		0	A	1		34.073		
Alanine....g	1.240		0	A	1		47.981		
Aspartic acid....g	2.026		0	A	1		78.357		
Glutamic acid....g	3.308		0	A	1		127.968		
Glycine....g	0.979		0	A	1		37.860		
Proline....g	0.876		0	A	1		33.870		
Serine....g	0.904		0	A	1		34.983		
Hydroxyproline....g	0.076		0	A	1		2.923		
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 = 3868g: 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 24 (2011)

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: 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	55.04		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	µg	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	µg	10		0		1		14	9	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	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	µg	0.68		0		1		0.92	0.58	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	3		0	NC	4		4	3	
Retinol	µg	3		0	NR	4		4	3	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	10		0		1		14	9	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	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)	µg	0.8		0	AS	1		1.1	0.7	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.8		0	BFNN	4		1.1	0.7	
Vitamin D	IU	33		0	BFNN	4		44	28	
Vitamin K (phylloquinone)	µg	0.0		0	BFYN	4		0.0	0.0	
Dihydrophylloquinone	µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4	µg									
Lipids:										

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
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	
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.

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

Number of Data Points of zero 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

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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	µg	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	µg	7		0		1		2	32	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	7		0		1		2	32	
Folate, DFE	mcg_DFE	7		0	NC	4		2	32	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.63		0		1		0.18	2.86	
Vitamin A, RAE	mcg_RAE	0		0	NR	4		0	0	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	7		0		1		2	32	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.5		0	AS	1		0.1	2.2	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.5		0	BFNN	4		0.1	2.2	
Vitamin D	IU	20		0	BFNN	4		6	89	
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	6.540		0		1		1.854	29.665	
4:0	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
6:0 g									
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	0.240		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 24 (2011)

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....µg	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....µg	12		0		1		16	10	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.72	0.043	12		1		0.97	0.61	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	3		0	NC	4		4	2	
Retinol....µg	3		0	NR	4		4	2	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	9		0		1		12	8	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.9		0	AS	1		1.2	0.8	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.9		0	BFNN	4		1.2	0.8	
Vitamin D....IU	36		0	BFNN	4		48	30	
Vitamin K (phylloquinone)....µg	0.0		0	BFYN	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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.

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

Number of Data Points of zero 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

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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						Amount in edible portion 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	72.90	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....µg	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....µg	9	3.150	4		1		3	41	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.71	0.056	11		1		0.20	3.22	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		1	8	
Retinol....µg	2		0	NR	4		1	8	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	6		0		1		2	27	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.6		0	AS	1		0.2	2.6	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.6		0	BFNN	4		0.2	2.6	
Vitamin D....IU	23		0	BFNN	4		6	103	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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.

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

Number of Data Points of zero 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 24 (2011)

NDB No. 10028

Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw

Refuse: 26% Bone 18%, Connective tissue 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	67.64		0	PAK	1		177.89		
Energy....kcal	194		0	PIK	4		511		
Energy....kJ	813		0	PIK	4		2137		
Protein (N x 6.25)....g	19.56		0	PAK	1		51.43		
Total lipid (fat)....g	12.27		0	PAK	1		32.27		
Ash....g	1.00		0	PAK	1		2.64		
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	35		0	PAK	1		91		
Iron, Fe....mg	0.66		0	PAK	1		1.73		
Magnesium, Mg....mg	17		0	PAK	1		45		
Phosphorus, P....mg	207		0	PAK	1		545		
Potassium, K....mg	288		0	PAK	1		757		
Sodium, Na....mg	69		0	PAK	1		180		
Zinc, Zn....mg	2.56		0	PAK	1		6.74		
Copper, Cu....mg	0.082		0	PAK	1		0.217		
Manganese, Mn....mg	0.008		0	PAK	1		0.020		
Selenium, Se....µg	29.4		0	PAK	1		77.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.499		0	PAK	1		1.312		
Riboflavin....mg	0.314		0	PAK	1		0.826		
Niacin....mg	6.704		0	PAK	1		17.631		
Pantothenic acid....mg	1.046		0	PAK	1		2.751		
Vitamin B-6....mg	0.427		0	PAK	1		1.124		
Folate, total....µg	0		0	PIK	4		0		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	0		0	PIK	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	67.2		0	PIK	4		176.7		
Betaine....mg	2.6		0	PIK	4		6.8		
Vitamin B-12....µg	0.55		0	PAK	1		1.46		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	6		0	PAK	1		16		
Retinol....µg	6		0	PAK	1		16		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	20		0	PAK	1		52		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.21		0	PIK	4		0.55		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.7		0	PAK	1		1.9		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.7		0	PAK	1		1.9		
Vitamin D....IU	29		0	PAK	1		76		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	4.270		0	PIK	4		11.231		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.001		0	PAK	1		0.002		
10:0....g	0.011		0	PAK	1		0.029		
12:0....g	0.010		0	PAK	1		0.027		
13:0....g									
14:0....g	0.153		0	PAK	1		0.401		
15:0....g	0.006		0	PAK	1		0.017		
16:0....g	2.609		0	PAK	1		6.862		
17:0....g	0.039		0	PAK	1		0.101		
18:0....g	1.419		0	PAK	1		3.731		
20:0....g	0.020		0	PAK	1		0.053		
22:0....g	0.001		0	PAK	1		0.003		
24:0....g	0.002		0	PAK	1		0.004		
Fatty acids, total monounsaturated....g	4.913		0	PIK	4		12.922		
14:1....g	0.002		0	PAK	1		0.004		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.248		0	PAK	1		0.652		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	4.584		0	PAK	1		12.055		
18:1 c....g	4.523		0	PAK	1		11.894		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.061		0	PAK	1		0.160		
18:1-11t (18:1t n-7)....g									
20:1....g	0.080		0	PAK	1		0.211		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.941		0	PIK	4		5.105		
18:2 undifferentiated....g	1.699		0	PAK	1		4.468		
18:2 n-6 c,c....g	1.687		0	PAK	1		4.436		
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	0.012		0	PAK	1		0.033		
18:3 undifferentiated....g	0.079		0	PAK	1		0.207		
18:3 n-3 c,c,c (ALA)....g	0.070		0	PAK	1		0.183		
18:3 n-6 c,c,c....g	0.002		0	PAK	1		0.006		
18:3i....g	0.007		0	PAK	1		0.018		
18:4....g	0.000		0	PAK	1		0.000		
20:2 n-6 c,c....g	0.067		0	PAK	1		0.175		
20:3 undifferentiated....g	0.008		0	PAK	1		0.022		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.077		0	PAK	1		0.202		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.001		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0	PAK	1		0.027		
22:6 n-3 (DHA)....g	0.002		0	PAK	1		0.004		
Fatty acids, total trans....g	0.080		0	PIK	4		0.211		
Fatty acids, total trans-monoenoic....g	0.061		0	PIK	4		0.160		
Fatty acids, total trans-polyenoic....g	0.019		0	PIK	4		0.051		
Cholesterol....mg	63		0	PAK	1		165		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.228		0	PAK	1		0.598		

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
Threonine....g	0.841		0	PAK	1		2.211		
Isoleucine....g	0.905		0	PAK	1		2.381		
Leucine....g	1.574		0	PAK	1		4.139		
Lysine....g	1.700		0	PAK	1		4.472		
Methionine....g	0.524		0	PAK	1		1.378		
Cystine....g	0.216		0	PAK	1		0.567		
Phenylalanine....g	0.794		0	PAK	1		2.089		
Tyrosine....g	0.758		0	PAK	1		1.992		
Valine....g	0.967		0	PAK	1		2.543		
Arginine....g	1.232		0	PAK	1		3.240		
Histidine....g	0.778		0	PAK	1		2.045		
Alanine....g	1.095		0	PAK	1		2.880		
Aspartic acid....g	1.788		0	PAK	1		4.704		
Glutamic acid....g	2.921		0	PAK	1		7.682		
Glycine....g	0.864		0	PAK	1		2.273		
Proline....g	0.773		0	PAK	1		2.033		
Serine....g	0.798		0	PAK	1		2.100		
Hydroxyproline....g	0.067		0	PAK	1		0.175		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		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 = 263g: 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 24 (2011)

NDB No. 10032

Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw

Refuse: 36% Bone 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	72.84	0.295	12	A	1		191.58		
Energy....kcal	143		0	NC	4		377		
Energy....kJ	599		0	NC	4		1576		
Protein (N x 6.25)....g	21.22	0.248	12	A	1		55.80		
Total lipid (fat)....g	5.84	0.448	12	A	1		15.35		
Ash....g	1.07	0.016	12	A	1		2.80		
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	30	3.147	12	A	1		80		
Iron, Fe....mg	0.71	0.055	12	A	1		1.87		
Magnesium, Mg....mg	18	0.442	12	A	1		49		
Phosphorus, P....mg	226	6.420	12	A	1		593		
Potassium, K....mg	313	10.223	12	A	1		824		
Sodium, Na....mg	73	1.559	12	A	1		192		
Zinc, Zn....mg	2.74	0.120	12	A	1		7.21		
Copper, Cu....mg	0.081	0.005	12	A	1		0.213		
Manganese, Mn....mg	0.009	0.001	12	A	1		0.024		
Selenium, Se....µg	31.6	3.521	12	A	1		83.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.540	0.026	12	A	1		1.420		
Riboflavin....mg	0.338	0.012	12	A	1		0.890		
Niacin....mg	7.113	0.439	12	A	1		18.706		
Pantothenic acid....mg	1.115	0.095	6	A	1		2.932		
Vitamin B-6....mg	0.466	0.026	6	A	1		1.226		
Folate, total....µg	0		0	BFPN	4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0	BFPN	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	72.9		0	BFPN	4		191.7		
Betaine....mg	2.8		0	BFPN	4		7.4		
Vitamin B-12....µg	0.53	0.040	6	A	1		1.40		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	3		0	AS	1		7		
Retinol....µg	3		1	A	1		7		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	9		0	AS	1		25		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.18		0	BFSN	4		0.46		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		1	AS	1		1.5		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.6		1	A	1		1.5		
Vitamin D....IU	22		1	A	1		59		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.974		0	NC	4		5.191		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.001	0.000	6	A	1		0.002		
10:0....g	0.006	0.001	6	A	1		0.015		
12:0....g	0.005	0.000	6	A	1		0.013		
13:0....g									
14:0....g	0.069	0.006	6	A	1		0.183		
15:0....g	0.003	0.000	6	A	1		0.007		
16:0....g	1.208	0.101	6	A	1		3.177		
17:0....g	0.014	0.001	6	A	1		0.038		
18:0....g	0.656	0.053	6	A	1		1.725		
20:0....g	0.009	0.001	6	A	1		0.024		
22:0....g	0.001	0.000	6	A	1		0.004		
24:0....g	0.001	0.000	6	A	1		0.003		
Fatty acids, total monounsaturated....g	2.301		0	NC	4		6.052		
14:1....g	0.000	0.000	6	A	1		0.000		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.132	0.014	6	A	1		0.347		
17:1....g	0.000	0.000	6	A	1		0.000		
18:1 undifferentiated....g	2.133	0.192	6	AS	1		5.610		
18:1 c....g	2.115	0.191	6	A	1		5.562		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.018	0.003	6	A	1		0.048		
18:1-11t (18:1t n-7)....g									
20:1....g	0.036	0.003	6	A	1		0.094		
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000		
22:1 c....g	0.000	0.000	6	A	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.805		0	NC	4		2.117		
18:2 undifferentiated....g	0.673	0.033	6	AS	1		1.771		
18:2 n-6 c,c....g	0.673	0.033	6	A	1		1.769		
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	0.001	0.001	6	A	1		0.002		
18:3 undifferentiated....g	0.028	0.002	6	AS	1		0.075		
18:3 n-3 c,c,c (ALA)....g	0.025	0.002	6	A	1		0.066		
18:3 n-6 c,c,c....g	0.002	0.000	6	A	1		0.007		
18:3i....g	0.001	0.001	6	A	1		0.002		
18:4....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c....g	0.026	0.001	6	A	1		0.068		
20:3 undifferentiated....g	0.003	0.001	6	A	1		0.008		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.067	0.002	6	A	1		0.176		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.001		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.007	0.000	6	A	1		0.018		
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total trans....g	0.020		0	NC	4		0.052		
Fatty acids, total trans-monoenoic....g	0.018		0	NC	4		0.048		
Fatty acids, total trans-polyenoic....g	0.002		0	NC	4		0.004		
Cholesterol....mg	59	0.785	6	A	1		156		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.253		0	A	1		0.664		

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
Threonine....g	0.933		0	A	1		2.454		
Isoleucine....g	1.005		0	A	1		2.642		
Leucine....g	1.746		0	A	1		4.592		
Lysine....g	1.887		0	A	1		4.962		
Methionine....g	0.582		0	A	1		1.529		
Cystine....g	0.239		0	A	1		0.629		
Phenylalanine....g	0.882		0	A	1		2.318		
Tyrosine....g	0.841		0	A	1		2.211		
Valine....g	1.073		0	A	1		2.822		
Arginine....g	1.367		0	A	1		3.595		
Histidine....g	0.863		0	A	1		2.270		
Alanine....g	1.215		0	A	1		3.196		
Aspartic acid....g	1.985		0	A	1		5.219		
Glutamic acid....g	3.241		0	A	1		8.524		
Glycine....g	0.959		0	A	1		2.522		
Proline....g	0.858		0	A	1		2.256		
Serine....g	0.886		0	A	1		2.330		
Hydroxyproline....g	0.074		0	A	1		0.195		
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 = 263g: 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 24 (2011)

NDB No. 10989

Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw

Refuse: 7% Connective tissue 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	69.70		0	PAK	1		786.92		
Energy....kcal	157		0	NC	4		1769		
Energy....kJ	656		0	NC	4		7406		
Protein....g	20.54		0	PAK	1		231.91		
Total lipid (fat)....g	7.94		0	PAK	1		89.66		
Ash....g	1.07		0	PAK	1		12.09		
Carbohydrate, by difference....g	0.76		0	PIK	4		8.59		
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		69		
Iron, Fe....mg	0.74		0	PAK	1		8.30		
Magnesium, Mg....mg	21		0	PAK	1		237		
Phosphorus, P....mg	233		0	PAK	1		2631		
Potassium, K....mg	372		0	PAK	1		4202		
Sodium, Na....mg	64		0	PAK	1		718		
Zinc, Zn....mg	1.74		0	PAK	1		19.66		
Copper, Cu....mg	0.053		0	PAK	1		0.594		
Manganese, Mn....mg	0.009		0	PAK	1		0.105		
Selenium, Se....µg	37.1		0	PAK	1		419.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.599		0	PAK	1		6.765		
Riboflavin....mg	0.227		0	PAK	1		2.561		
Niacin....mg	6.564		0	PAK	1		74.110		
Pantothenic acid....mg	0.831		0	PAK	1		9.383		
Vitamin B-6....mg	0.546		0	PAK	1		6.164		
Folate, total....µg	0		0	PIK	4		0		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	0		0	PIK	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	70.5		0	PIK	4		796.4		
Betaine....mg	2.7		0	PIK	4		30.8		
Vitamin B-12....µg	0.49	0.026	4	A	1		5.53		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	4		0	PIK	4		49		
Retinol....µg	4		0	PIK	4		49		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	14		0	PIK	4		163		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.19		0	PIK	4		2.17		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	PAK	1		5.1		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	PIK	4		5.1		
Vitamin D....IU	18		0	PIK	4		205		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									

NDB No. 10989

Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat 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
Fatty acids, total saturated....g	2.767		0	PIK	4		31.240		
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		
10:0....g	0.003		0	PAK	1		0.038		
12:0....g	0.003		0	PAK	1		0.038		
13:0....g									
14:0....g	0.102		0	PAK	1		1.152		
15:0....g	0.003		0	PAK	1		0.033		
16:0....g	1.713		0	PAK	1		19.340		
17:0....g	0.020		0	PAK	1		0.230		
18:0....g	0.911		0	PAK	1		10.290		
20:0....g	0.011		0	PAK	1		0.120		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	3.408		0	PIK	4		38.478		
14:1....g	0.001		0	PAK	1		0.012		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.178		0	PAK	1		2.011		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	3.175		0	PAK	1		35.849		
18:1 c....g	3.107		0	PAK	1		35.079		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.068		0	PAK	1		0.769		
18:1-11t (18:1t n-7)....g									
20:1....g	0.054		0	PAK	1		0.606		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.370		0	PIK	4		15.469		
18:2 undifferentiated....g	1.199		0	PAK	1		13.541		
18:2 n-6 c,c....g	1.190		0	PAK	1		13.440		
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	0.009		0	PAK	1		0.100		
18:3 undifferentiated....g	0.054		0	PAK	1		0.614		
18:3 n-3 c,c,c (ALA)....g	0.053		0	PAK	1		0.596		
18:3 n-6 c,c,c....g	0.002		0	PAK	1		0.018		
18:3i....g	0.000		0	PAK	1		0.000		
18:4....g	0.000		0	PAK	1		0.000		
20:2 n-6 c,c....g	0.045		0	PAK	1		0.502		
20:3 undifferentiated....g	0.005		0	PAK	1		0.053		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.063		0	PAK	1		0.708		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.003		0	PAK	1		0.035		
22:6 n-3 (DHA)....g	0.001		0	PAK	1		0.016		
Fatty acids, total trans....g	0.077		0	PIK	4		0.869		
Fatty acids, total trans-monoenoic....g	0.068		0	PIK	4		0.769		
Fatty acids, total trans-polyenoic....g	0.009		0	PIK	4		0.100		
Cholesterol....mg	59		0	PAK	1		665		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.244		0	PAK	1		2.760		

NDB No. 10989

Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat 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
Threonine....g	0.903		0	PAK	1		10.199		
Isoleucine....g	0.973		0	PAK	1		10.981		
Leucine....g	1.691		0	PAK	1		19.088		
Lysine....g	1.827		0	PAK	1		20.626		
Methionine....g	0.563		0	PAK	1		6.357		
Cystine....g	0.232		0	PAK	1		2.615		
Phenylalanine....g	0.853		0	PAK	1		9.636		
Tyrosine....g	0.814		0	PAK	1		9.189		
Valine....g	1.039		0	PAK	1		11.730		
Arginine....g	1.324		0	PAK	1		14.944		
Histidine....g	0.836		0	PAK	1		9.433		
Alanine....g	1.177		0	PAK	1		13.284		
Aspartic acid....g	1.921		0	PAK	1		21.693		
Glutamic acid....g	3.138		0	PAK	1		35.429		
Glycine....g	0.928		0	PAK	1		10.482		
Proline....g	0.831		0	PAK	1		9.377		
Serine....g	0.858		0	PAK	1		9.685		
Hydroxyproline....g	0.072		0	PAK	1		0.809		
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 = 1129g: 1 roast

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 10982

Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw

Refuse: 13% Connective tissue 7%, 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	72.94	0.195	12	A	1		128.37	823.45	
Energy....kcal	123		0	NC	4		216	1386	
Energy....kJ	513		0	NC	4		903	5792	
Protein....g	21.35	0.169	12	A	1		37.58	241.09	
Total lipid (fat)....g	3.78	0.180	18	A	1		6.66	42.71	
Ash....g	1.11	0.009	12	A	1		1.96	12.55	
Carbohydrate, by difference....g	0.82		0	NC	4		1.44	9.21	
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	0.357	12	A	1		10	63	
Iron, Fe....mg	0.77	0.018	12	A	1		1.35	8.69	
Magnesium, Mg....mg	22	0.330	12	A	1		39	249	
Phosphorus, P....mg	244	4.208	12	A	1		429	2752	
Potassium, K....mg	375	4.964	12	A	1		660	4233	
Sodium, Na....mg	65	1.335	12	A	1		114	732	
Zinc, Zn....mg	1.82	0.074	12	A	1		3.21	20.59	
Copper, Cu....mg	0.052	0.002	12	A	1		0.091	0.582	
Manganese, Mn....mg	0.010	0.000	12	A	1		0.018	0.113	
Selenium, Se....µg	39.1	2.960	12	A	1		68.9	441.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.631	0.028	12	A	1		1.110	7.122	
Riboflavin....mg	0.237	0.014	12	A	1		0.417	2.672	
Niacin....mg	6.848	0.347	12	A	1		12.052	77.308	
Pantothenic acid....mg	0.860	0.024	4	A	1		1.514	9.709	
Vitamin B-6....mg	0.575	0.021	4	A	1		1.012	6.492	
Folate, total....µg	0		0	BFPN	4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0	BFPN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	73.4		0	BFPN	4		129.2	828.5	
Betaine....mg	2.8		0	BFPN	4		5.0	32.0	
Vitamin B-12....µg	0.49	0.026	4	A	1		0.86	5.53	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	3		0	NC	4		5	32	
Retinol....µg	3		0	BFSN	4		5	32	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	9		0	NC	4		16	105	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.18		0	BFSN	4		0.31	1.98	
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)....µg	0.4		0	AS	1		0.6	4.1	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.4		0	BFFN	4		0.6	4.1	
Vitamin D....IU	15		0	BFFN	4		26	164	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

NDB No. 10982

Pork, fresh, loin, blade (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
Fatty acids, total saturated....g	1.384		0	NC	4		2.436	15.623	
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	6	A	1		0.000	0.000	
10:0....g	0.000	0.000	6	A	1		0.000	0.000	
12:0....g	0.000	0.000	6	A	1		0.000	0.000	
13:0....g									
14:0....g	0.050	0.004	6	A	1		0.087	0.561	
15:0....g	0.000	0.000	6	A	1		0.000	0.000	
16:0....g	0.857	0.068	6	A	1		1.509	9.677	
17:0....g	0.006	0.002	6	A	1		0.011	0.070	
18:0....g	0.468	0.041	6	A	1		0.824	5.284	
20:0....g	0.003	0.002	6	A	1		0.005	0.032	
22:0....g	0.000	0.000	6	A	1		0.000	0.000	
24:0....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	1.635		0	NC	4		2.877	18.455	
14:1....g	0.000	0.000	6	A	1		0.000	0.000	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.099	0.008	6	A	1		0.174	1.116	
17:1....g	0.000	0.000	6	A	1		0.000	0.000	
18:1 undifferentiated....g	1.513	0.116	6	AS	1		2.662	17.078	
18:1 c....g	1.473	0.114	6	A	1		2.593	16.634	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.039	0.007	6	A	1		0.069	0.444	
18:1-11t (18:1t n-7)....g									
20:1....g	0.023	0.002	6	A	1		0.041	0.262	
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.520		0	NC	4		0.914	5.865	
18:2 undifferentiated....g	0.434	0.038	6	AS	1		0.764	4.898	
18:2 n-6 c,c....g	0.434	0.038	6	A	1		0.764	4.898	
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	0.000	0.000	6	A	1		0.000	0.000	
18:3 undifferentiated....g	0.016	0.002	6	AS	1		0.028	0.181	
18:3 n-3 c,c,c (ALA)....g	0.016	0.002	6	A	1		0.028	0.181	
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000	0.000	
18:3i....g	0.000	0.000	5	A	1		0.000	0.000	
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.016	0.002	6	A	1		0.028	0.177	
20:3 undifferentiated....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.054	0.002	6	A	1		0.095	0.610	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	6	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans....g	0.039		0	NC	4		0.069	0.444	
Fatty acids, total trans-monoenoic....g	0.039		0	NC	4		0.069	0.444	
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	
Cholesterol....mg	58	2.043	6	A	1		102	654	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.254		0	A	1		0.447	2.869	

NDB No. 10982

Pork, fresh, loin, blade (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
Threonine....g	0.939		0	A	1		1.653	10.602	
Isoleucine....g	1.011		0	A	1		1.780	11.416	
Leucine....g	1.758		0	A	1		3.093	19.843	
Lysine....g	1.899		0	A	1		3.343	21.442	
Methionine....g	0.585		0	A	1		1.030	6.608	
Cystine....g	0.241		0	A	1		0.424	2.718	
Phenylalanine....g	0.887		0	A	1		1.562	10.017	
Tyrosine....g	0.846		0	A	1		1.489	9.552	
Valine....g	1.080		0	A	1		1.901	12.195	
Arginine....g	1.376		0	A	1		2.422	15.535	
Histidine....g	0.869		0	A	1		1.529	9.807	
Alanine....g	1.223		0	A	1		2.153	13.809	
Aspartic acid....g	1.998		0	A	1		3.516	22.552	
Glutamic acid....g	3.262		0	A	1		5.742	36.831	
Glycine....g	0.965		0	A	1		1.699	10.896	
Proline....g	0.863		0	A	1		1.520	9.748	
Serine....g	0.892		0	A	1		1.570	10.069	
Hydroxyproline....g	0.075		0	A	1		0.131	0.841	
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 = 176g: 1 raw pr g

Measure 2 = 1129g: 1 roast

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 10029

Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised

Refuse: 27% Bone 21% 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	57.32		0	PAK	1		118.07		
Energy....kcal	255		0	PIK	4		525		
Energy....kJ	1067		0	PIK	4		2198		
Protein (N x 6.25)....g	26.54		0	PAK	1		54.68		
Total lipid (fat)....g	15.71		0	PAK	1		32.36		
Ash....g	1.13		0	PAK	1		2.33		
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	51		0	PAK	1		105		
Iron, Fe....mg	0.81		0	PAK	1		1.67		
Magnesium, Mg....mg	19		0	PAK	1		39		
Phosphorus, P....mg	213		0	PAK	1		440		
Potassium, K....mg	259		0	PAK	1		533		
Sodium, Na....mg	69		0	PAK	1		142		
Zinc, Zn....mg	3.11		0	PAK	1		6.41		
Copper, Cu....mg	0.098		0	PAK	1		0.202		
Manganese, Mn....mg	0.011		0	PAK	1		0.023		
Selenium, Se....µg	41.8		0	PAK	1		86.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.486		0	PAK	1		1.002		
Riboflavin....mg	0.316		0	PAK	1		0.651		
Niacin....mg	7.381		0	PAK	1		15.206		
Pantothenic acid....mg	0.944		0	PAK	1		1.944		
Vitamin B-6....mg	0.488		0	PAK	1		1.006		
Folate, total....µg	0		0	PIK	4		0		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	0		0	PIK	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	81.4		0	PIK	4		167.7		
Betaine....mg	3.2		0	PIK	4		6.6		
Vitamin B-12....µg	0.62		0	PAK	1		1.27		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	4		0	PAK	1		8		
Retinol....µg	4		0	PAK	1		8		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	13		0	PAK	1		27		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.20		0	PIK	4		0.40		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	1.0		0	PAK	1		2.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.0		0	PAK	1		2.0		
Vitamin D....IU	39		0	PAK	1		81		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	4.487		0	PIK	4		9.243		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.001		0	PIK	4		0.002		
10:0....g	0.012		0	PIK	4		0.024		
12:0....g	0.011		0	PIK	4		0.022		
13:0....g									
14:0....g	0.158		0	PIK	4		0.326		
15:0....g	0.006		0	PIK	4		0.013		
16:0....g	2.734		0	PIK	4		5.632		
17:0....g	0.039		0	PIK	4		0.080		
18:0....g	1.501		0	PIK	4		3.092		
20:0....g	0.022		0	PIK	4		0.044		
22:0....g	0.002		0	PIK	4		0.004		
24:0....g	0.002		0	PIK	4		0.004		
Fatty acids, total monounsaturated....g	5.067		0	PIK	4		10.439		
14:1....g	0.001		0	PIK	4		0.003		
15:1....g	0.000		0	PIK	4		0.000		
16:1 undifferentiated....g	0.258		0	PIK	4		0.532		
17:1....g	0.000		0	PIK	4		0.000		
18:1 undifferentiated....g	4.725		0	PIK	4		9.733		
18:1 c....g	4.672		0	PIK	4		9.625		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.053		0	PIK	4		0.108		
18:1-11t (18:1t n-7)....g									
20:1....g	0.083		0	PIK	4		0.171		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
22:1 c....g	0.000		0	PIK	4		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.948		0	PIK	4		4.014		
18:2 undifferentiated....g	1.692		0	PIK	4		3.486		
18:2 n-6 c,c....g	0.878		0	PAK	1		1.808		
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	0.008		0	PAK	1		0.016		
18:3 undifferentiated....g	0.075		0	PIK	4		0.154		
18:3 n-3 c,c,c (ALA)....g	0.066		0	PIK	4		0.136		
18:3 n-6 c,c,c....g	0.003		0	PIK	4		0.006		
18:3i....g	0.006		0	PIK	4		0.012		
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.067		0	PIK	4		0.137		
20:3 undifferentiated....g	0.008		0	PIK	4		0.016		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.094		0	PIK	4		0.194		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.001		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		0	PIK	4		0.024		
22:6 n-3 (DHA)....g	0.001		0	PIK	4		0.002		
Fatty acids, total trans....g	0.067		0	PIK	4		0.137		
Fatty acids, total trans-monoenoic....g	0.053		0	PIK	4		0.108		
Fatty acids, total trans-polyenoic....g	0.014		0	PIK	4		0.029		
Cholesterol....mg	86		0	PAK	1		178		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.316		0	PAK	1		0.651		

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
Threonine....g	1.167		0	PAK	1		2.405		
Isoleucine....g	1.257		0	PAK	1		2.589		
Leucine....g	2.185		0	PAK	1		4.500		
Lysine....g	2.361		0	PAK	1		4.863		
Methionine....g	0.728		0	PAK	1		1.499		
Cystine....g	0.299		0	PAK	1		0.616		
Phenylalanine....g	1.103		0	PAK	1		2.272		
Tyrosine....g	1.052		0	PAK	1		2.166		
Valine....g	1.343		0	PAK	1		2.766		
Arginine....g	1.710		0	PAK	1		3.523		
Histidine....g	1.080		0	PAK	1		2.224		
Alanine....g	1.520		0	PAK	1		3.132		
Aspartic acid....g	2.483		0	PAK	1		5.115		
Glutamic acid....g	4.055		0	PAK	1		8.353		
Glycine....g	1.200		0	PAK	1		2.471		
Proline....g	1.073		0	PAK	1		2.211		
Serine....g	1.108		0	PAK	1		2.284		
Hydroxyproline....g	0.093		0	PAK	1		0.191		
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 = 206g: 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 24 (2011)

NDB No. 10030

Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled

Refuse: 27% Bone 20%, Connective tissue 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	61.45		0	PAK	1		134.57		
Energy....kcal	231		0	PIK	4		505		
Energy....kJ	965		0	PIK	4		2114		
Protein (N x 6.25)....g	23.72		0	PAK	1		51.94		
Total lipid (fat)....g	14.35		0	PAK	1		31.44		
Ash....g	1.16		0	PAK	1		2.54		
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	56		0	PAK	1		123		
Iron, Fe....mg	0.87		0	PAK	1		1.90		
Magnesium, Mg....mg	20		0	PAK	1		45		
Phosphorus, P....mg	241		0	PAK	1		528		
Potassium, K....mg	315		0	PAK	1		689		
Sodium, Na....mg	74		0	PAK	1		161		
Zinc, Zn....mg	3.15		0	PAK	1		6.91		
Copper, Cu....mg	0.105		0	PAK	1		0.231		
Manganese, Mn....mg	0.010		0	PAK	1		0.023		
Selenium, Se....µg	36.4		0	PAK	1		79.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.490		0	PAK	1		1.074		
Riboflavin....mg	0.313		0	PAK	1		0.685		
Niacin....mg	7.927		0	PAK	1		17.361		
Pantothenic acid....mg	1.104		0	PAK	1		2.417		
Vitamin B-6....mg	0.489		0	PAK	1		1.070		
Folate, total....µg	0		0	PIK	4		0		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	0		0	PIK	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	67.5		0	PIK	4		147.9		
Betaine....mg	2.5		0	PIK	4		5.5		
Vitamin B-12....µg	0.66		0	PAK	1		1.45		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	4		0	PAK	1		10		
Retinol....µg	4		0	PAK	1		10		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	15		0	PAK	1		32		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.21		0	PIK	4		0.45		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	1.0		0	PAK	1		2.2		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.0		0	PAK	1		2.2		
Vitamin D....IU	40		0	PAK	1		87		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	4.339		0	PIK	4		9.503		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.001		0	PIK	4		0.002		
10:0....g	0.011		0	PIK	4		0.025		
12:0....g	0.010		0	PIK	4		0.022		
13:0....g									
14:0....g	0.153		0	PIK	4		0.335		
15:0....g	0.006		0	PIK	4		0.014		
16:0....g	2.643		0	PIK	4		5.788		
17:0....g	0.023		0	PAK	1		0.049		
18:0....g	1.453		0	PIK	4		3.181		
20:0....g	0.021		0	PIK	4		0.046		
22:0....g	0.002		0	PIK	4		0.003		
24:0....g	0.002		0	PIK	4		0.004		
Fatty acids, total monounsaturated....g	4.887		0	PIK	4		10.702		
14:1....g	0.001		0	PIK	4		0.003		
15:1....g	0.000		0	PIK	4		0.000		
16:1 undifferentiated....g	0.246		0	PIK	4		0.539		
17:1....g	0.000		0	PIK	4		0.000		
18:1 undifferentiated....g	4.559		0	PIK	4		9.984		
18:1 c....g	4.507		0	PIK	4		9.871		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.052		0	PIK	4		0.114		
18:1-11t (18:1t n-7)....g									
20:1....g	0.080		0	PIK	4		0.176		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
22:1 c....g	0.000		0	PIK	4		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.894		0	PIK	4		4.148		
18:2 undifferentiated....g	1.650		0	PIK	4		3.614		
18:2 n-6 c,c....g	0.922		0	PAK	1		2.020		
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	0.008		0	PAK	1		0.018		
18:3 undifferentiated....g	0.073		0	PIK	4		0.160		
18:3 n-3 c,c,c (ALA)....g	0.065		0	PIK	4		0.142		
18:3 n-6 c,c,c....g	0.003		0	PIK	4		0.006		
18:3i....g	0.006		0	PIK	4		0.013		
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.065		0	PIK	4		0.143		
20:3 undifferentiated....g	0.008		0	PIK	4		0.017		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.086		0	PIK	4		0.189		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.001		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		0	PIK	4		0.024		
22:6 n-3 (DHA)....g	0.001		0	PIK	4		0.002		
Fatty acids, total trans....g	0.066		0	PIK	4		0.145		
Fatty acids, total trans-monoenoic....g	0.052		0	PIK	4		0.114		
Fatty acids, total trans-polyenoic....g	0.014		0	PIK	4		0.032		
Cholesterol....mg	78		0	PAK	1		171		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.282		0	PAK	1		0.618		

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
Threonine.....g	1.043		0	PAK	1		2.284		
Isoleucine.....g	1.123		0	PAK	1		2.460		
Leucine.....g	1.952		0	PAK	1		4.275		
Lysine.....g	2.109		0	PAK	1		4.620		
Methionine.....g	0.650		0	PAK	1		1.424		
Cystine.....g	0.267		0	PAK	1		0.586		
Phenylalanine.....g	0.985		0	PAK	1		2.158		
Tyrosine.....g	0.940		0	PAK	1		2.058		
Valine.....g	1.200		0	PAK	1		2.627		
Arginine.....g	1.528		0	PAK	1		3.347		
Histidine.....g	0.965		0	PAK	1		2.113		
Alanine.....g	1.359		0	PAK	1		2.975		
Aspartic acid.....g	2.219		0	PAK	1		4.859		
Glutamic acid.....g	3.623		0	PAK	1		7.935		
Glycine.....g	1.072		0	PAK	1		2.348		
Proline.....g	0.959		0	PAK	1		2.100		
Serine.....g	0.991		0	PAK	1		2.169		
Hydroxyproline.....g	0.083		0	PAK	1		0.181		
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 = 219g: 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 24 (2011)

NDB No. 10178

Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried

Refuse: 27% Bone 19%, Connective tissue 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	58.01		0	PAK	1		124.71		
Energy....kcal	256		0	PIK	4		551		
Energy....kJ	1072		0	PIK	4		2305		
Protein (N x 6.25)....g	25.02		0	PAK	1		53.80		
Total lipid (fat)....g	16.56		0	PAK	1		35.61		
Ash....g	1.23		0	PAK	1		2.64		
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	48		0	PAK	1		102		
Iron, Fe....mg	0.84		0	PAK	1		1.81		
Magnesium, Mg....mg	20		0	PAK	1		44		
Phosphorus, P....mg	226		0	PAK	1		485		
Potassium, K....mg	318		0	PAK	1		683		
Sodium, Na....mg	85		0	PAK	1		182		
Zinc, Zn....mg	2.88		0	PAK	1		6.19		
Copper, Cu....mg	0.105		0	PAK	1		0.227		
Manganese, Mn....mg	0.011		0	PAK	1		0.023		
Selenium, Se....µg	36.7		0	PAK	1		78.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.485		0	PAK	1		1.043		
Riboflavin....mg	0.335		0	PAK	1		0.719		
Niacin....mg	8.311		0	PAK	1		17.868		
Pantothenic acid....mg	1.166		0	PAK	1		2.506		
Vitamin B-6....mg	0.476		0	PAK	1		1.023		
Folate, total....µg	0		0	PIK	4		0		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	0		0	PIK	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	80.4		0	PIK	4		172.9		
Betaine....mg	3.2		0	PIK	4		6.8		
Vitamin B-12....µg	0.72		0	PAK	1		1.54		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	5		0	PAK	1		11		
Retinol....µg	5		0	PAK	1		11		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	17		0	PAK	1		36		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.20		0	PIK	4		0.43		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.7		0	PAK	1		1.5		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.7		0	PAK	1		1.5		
Vitamin D....IU	27		0	PAK	1		59		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	4.491		0	PIK	4		9.656		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.001		0	PIK	4		0.002		
10:0....g	0.012		0	PIK	4		0.025		
12:0....g	0.011		0	PIK	4		0.023		
13:0....g									
14:0....g	0.158		0	PIK	4		0.340		
15:0....g	0.006		0	PIK	4		0.014		
16:0....g	2.736		0	PIK	4		5.883		
17:0....g	0.039		0	PIK	4		0.084		
18:0....g	1.503		0	PIK	4		3.231		
20:0....g	0.022		0	PIK	4		0.046		
22:0....g	0.002		0	PIK	4		0.004		
24:0....g	0.002		0	PIK	4		0.004		
Fatty acids, total monounsaturated....g	5.069		0	PIK	4		10.899		
14:1....g	0.001		0	PIK	4		0.003		
15:1....g	0.000		0	PIK	4		0.000		
16:1 undifferentiated....g	0.258		0	PIK	4		0.554		
17:1....g	0.000		0	PIK	4		0.000		
18:1 undifferentiated....g	4.727		0	PIK	4		10.164		
18:1 c....g	4.674		0	PIK	4		10.050		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.053		0	PIK	4		0.114		
18:1-11t (18:1t n-7)....g									
20:1....g	0.083		0	PIK	4		0.178		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
22:1 c....g	0.000		0	PIK	4		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.952		0	PIK	4		4.198		
18:2 undifferentiated....g	1.697		0	PIK	4		3.648		
18:2 n-6 c,c....g	0.894		0	PAK	1		1.922		
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	0.008		0	PAK	1		0.017		
18:3 undifferentiated....g	0.075		0	PIK	4		0.161		
18:3 n-3 c,c,c (ALA)....g	0.066		0	PIK	4		0.143		
18:3 n-6 c,c,c....g	0.003		0	PIK	4		0.006		
18:3i....g	0.006		0	PIK	4		0.012		
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.067		0	PIK	4		0.144		
20:3 undifferentiated....g	0.008		0	PIK	4		0.017		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.093		0	PIK	4		0.200		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.001		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		0	PIK	4		0.025		
22:6 n-3 (DHA)....g	0.001		0	PIK	4		0.002		
Fatty acids, total trans....g	0.067		0	PIK	4		0.144		
Fatty acids, total trans-monoenoic....g	0.053		0	PIK	4		0.114		
Fatty acids, total trans-polyenoic....g	0.014		0	PIK	4		0.031		
Cholesterol....mg	82		0	PAK	1		177		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.290		0	PAK	1		0.624		

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
Threonine....g	1.073		0	PAK	1		2.307		
Isoleucine....g	1.155		0	PAK	1		2.484		
Leucine....g	2.008		0	PAK	1		4.318		
Lysine....g	2.170		0	PAK	1		4.665		
Methionine....g	0.669		0	PAK	1		1.438		
Cystine....g	0.275		0	PAK	1		0.591		
Phenylalanine....g	1.014		0	PAK	1		2.180		
Tyrosine....g	0.967		0	PAK	1		2.078		
Valine....g	1.234		0	PAK	1		2.653		
Arginine....g	1.572		0	PAK	1		3.380		
Histidine....g	0.992		0	PAK	1		2.134		
Alanine....g	1.398		0	PAK	1		3.005		
Aspartic acid....g	2.282		0	PAK	1		4.907		
Glutamic acid....g	3.727		0	PAK	1		8.014		
Glycine....g	1.103		0	PAK	1		2.371		
Proline....g	0.987		0	PAK	1		2.121		
Serine....g	1.019		0	PAK	1		2.191		
Hydroxyproline....g	0.085		0	PAK	1		0.183		
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 = 215g: 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 24 (2011)

NDB No. 10033

Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised

Refuse: 33% Bone 21%, Connective tissue 6%, 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	60.32	0.695	12	A	1		124.25		
Energy....kcal	222		0	NC	4		456		
Energy....kJ	927		0	NC	4		1909		
Protein (N x 6.25)....g	28.02	0.435	12	A	1		57.72		
Total lipid (fat)....g	11.29	0.779	12	A	1		23.27		
Ash....g	1.18	0.050	12	A	1		2.43		
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	49	3.147	12	A	1		102		
Iron, Fe....mg	0.85	0.037	12	A	1		1.74		
Magnesium, Mg....mg	20	1.078	12	A	1		40		
Phosphorus, P....mg	224	4.622	12	A	1		461		
Potassium, K....mg	270	5.325	12	A	1		556		
Sodium, Na....mg	70	1.700	12	A	1		145		
Zinc, Zn....mg	3.28	0.179	12	A	1		6.77		
Copper, Cu....mg	0.097	0.010	12	A	1		0.199		
Manganese, Mn....mg	0.012	0.000	12	A	1		0.025		
Selenium, Se....µg	44.3	4.847	12	A	1		91.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.507	0.025	12	A	1		1.045		
Riboflavin....mg	0.332	0.013	12	A	1		0.683		
Niacin....mg	7.604	0.313	12	A	1		15.665		
Pantothenic acid....mg	0.968	0.059	6	A	1		1.993		
Vitamin B-6....mg	0.515	0.037	6	A	1		1.061		
Folate, total....µg	0		0	BFPN	4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0	BFPN	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	86.0		0	BFPN	4		177.2		
Betaine....mg	3.3		0	BFPN	4		6.9		
Vitamin B-12....µg	0.61	0.061	6	A	1		1.26		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	2		0	AS	1		4		
Retinol....µg	2		1	A	1		4		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	6		0	AS	1		13		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.21		0	BFSN	4		0.44		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.9		1	AS	1		1.9		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.9		1	A	1		1.9		
Vitamin D....IU	36		1	A	1		74		
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated	g	2.590		0	BFYN	4		5.336		
4:0	g	0.000		0	BFYN	4		0.000		
6:0	g	0.000		0	BFYN	4		0.000		
8:0	g	0.001		0	BFYN	4		0.002		
10:0	g	0.008		0	BFYN	4		0.016		
12:0	g	0.007		0	BFYN	4		0.013		
13:0	g									
14:0	g	0.091		0	BFYN	4		0.188		
15:0	g	0.003		0	BFYN	4		0.007		
16:0	g	1.586		0	BFYN	4		3.266		
17:0	g	0.019		0	BFYN	4		0.039		
18:0	g	0.861		0	BFYN	4		1.773		
20:0	g	0.012		0	BFYN	4		0.025		
22:0	g	0.002		0	BFYN	4		0.004		
24:0	g	0.001		0	BFYN	4		0.003		
Fatty acids, total monounsaturated	g	3.020		0	BFYN	4		6.221		
14:1	g	0.000		0	BFYN	4		0.000		
15:1	g	0.000		0	BFYN	4		0.000		
16:1 undifferentiated	g	0.173		0	BFYN	4		0.357		
17:1	g	0.000		0	BFYN	4		0.000		
18:1 undifferentiated	g	2.799		0	BFYN	4		5.767		
18:1 c	g	2.776		0	BFYN	4		5.718		
18:1-11c (18:1c n-7)	g									
18:1 t	g	0.024		0	BFYN	4		0.049		
18:1-11t (18:1t n-7)	g									
20:1	g	0.047		0	BFYN	4		0.097		
22:1 undifferentiated	g	0.000		0	BFYN	4		0.000		
22:1 c	g	0.000		0	BFYN	4		0.000		
22:1 t	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	1.056		0	BFYN	4		2.176		
18:2 undifferentiated	g	0.884		0	BFYN	4		1.820		
18:3 undifferentiated	g	0.037		0	BFYN	4		0.077		
18:3 n-3 c,c,c (ALA)	g	0.033		0	BFYN	4		0.068		
18:3 n-6 c,c,c	g	0.003		0	BFYN	4		0.007		
18:3i	g	0.001		0	BFYN	4		0.002		
18:4	g	0.000		0	BFYN	4		0.000		
20:2 n-6 c,c	g	0.034		0	BFYN	4		0.070		
20:3 undifferentiated	g	0.004		0	BFYN	4		0.008		
20:3 n-3	g									
20:3 n-6	g									
20:4 undifferentiated	g	0.088		0	BFYN	4		0.181		
20:4 n-3	g									
20:4 n-6	g									
20:5 n-3 (EPA)	g	0.000		0	BFYN	4		0.001		
21:5	g									
22:4	g									
22:5 n-3 (DPA)	g	0.009		0	BFYN	4		0.019		
22:6 n-3 (DHA)	g	0.000		0	BFYN	4		0.000		
Fatty acids, total trans	g	0.026		0	BFYN	4		0.053		
Fatty acids, total trans-monoenoic	g	0.024		0	BFYN	4		0.049		
Fatty acids, total trans-polyenoic	g	0.002		0	BFYN	4		0.004		
Cholesterol	mg	87	0.923	6	A	1		179		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.333		0	A	1		0.687		
Threonine	g	1.232		0	A	1		2.538		
Isoleucine	g	1.327		0	A	1		2.733		
Leucine	g	2.306		0	A	1		4.751		
Lysine	g	2.492		0	A	1		5.133		
Methionine	g	0.768		0	A	1		1.582		
Cystine	g	0.316		0	A	1		0.651		
Phenylalanine	g	1.164		0	A	1		2.398		

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
Tyrosine.....g	1.110		0	A	1		2.287		
Valine.....g	1.417		0	A	1		2.919		
Arginine.....g	1.805		0	A	1		3.719		
Histidine.....g	1.140		0	A	1		2.348		
Alanine.....g	1.605		0	A	1		3.306		
Aspartic acid.....g	2.621		0	A	1		5.399		
Glutamic acid.....g	4.280		0	A	1		8.817		
Glycine.....g	1.266		0	A	1		2.609		
Proline.....g	1.133		0	A	1		2.334		
Serine.....g	1.170		0	A	1		2.410		
Hydroxyproline.....g	0.098		0	A	1		0.201		
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 = 206g: 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 24 (2011)

NDB No. 10034

Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled

Refuse: 33% Bone 20%, Connective tissue 7%, 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	65.03	0.434	12	A	1		142.41		
Energy	kcal	193		0	NC	4		422		
Energy	kJ	807		0	NC	4		1768		
Protein (N x 6.25)	g	24.99	0.415	12	A	1		54.73		
Total lipid (fat)	g	9.56	0.582	12	A	1		20.93		
Ash	g	1.21	0.026	12	A	1		2.64		
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	55	6.502	12	A	1		120		
Iron, Fe	mg	0.91	0.074	12	A	1		1.99		
Magnesium, Mg	mg	21	1.002	12	A	1		46		
Phosphorus, P	mg	255	5.358	12	A	1		557		
Potassium, K	mg	332	4.903	12	A	1		727		
Sodium, Na	mg	76	1.777	12	A	1		165		
Zinc, Zn	mg	3.34	0.129	12	A	1		7.32		
Copper, Cu	mg	0.105	0.004	12	A	1		0.229		
Manganese, Mn	mg	0.011	0.000	12	A	1		0.024		
Selenium, Se	µg	38.5	3.819	12	A	1		84.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.513	0.031	12	A	1		1.123		
Riboflavin	mg	0.329	0.013	12	A	1		0.721		
Niacin	mg	8.218	0.298	12	A	1		17.996		
Pantothenic acid	mg	1.145	0.080	6	A	1		2.507		
Vitamin B-6	mg	0.517	0.024	6	A	1		1.132		
Folate, total	µg	0		0	BFPN	4		0		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	0		0	BFPN	4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Choline, total	mg	71.0		0	BFPN	4		155.5		
Betaine	mg	2.6		0	BFPN	4		5.6		
Vitamin B-12	µg	0.66	0.067	6	A	1		1.44		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	2		0	AS	1		5		
Retinol	µg	2		1	A	1		5		
Carotene, beta	µg	0		0	Z	7		0		
Carotene, alpha	µg	0		0	Z	7		0		
Cryptoxanthin, beta	µg	0		0	Z	7		0		
Vitamin A, IU	IU	8		0	AS	1		17		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.23		0	BFSN	4		0.50		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.9		1	AS	1		2.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.9		1	A	1		2.0		
Vitamin D	IU	36		1	A	1		80		
Vitamin K (phylloquinone)	µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone	µg	0.0		0	Z	7		0.0		
Menaquinone-4	µg									
Lipids:										

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
Fatty acids, total saturated	g	2.322		0	BFYN	4		5.085		
4:0	g	0.000		0	BFYN	4		0.000		
6:0	g	0.000		0	BFYN	4		0.000		
8:0	g	0.001		0	BFYN	4		0.002		
10:0	g	0.007		0	BFYN	4		0.015		
12:0	g	0.006		0	BFYN	4		0.013		
13:0	g									
14:0	g	0.082		0	BFYN	4		0.179		
15:0	g	0.003		0	BFYN	4		0.007		
16:0	g	1.421		0	BFYN	4		3.113		
17:0	g									
18:0	g	0.772		0	BFYN	4		1.690		
20:0	g	0.011		0	BFYN	4		0.024		
22:0	g	0.002		0	BFYN	4		0.004		
24:0	g	0.001		0	BFYN	4		0.003		
Fatty acids, total monounsaturated	g	2.707		0	BFYN	4		5.929		
14:1	g	0.000		0	BFYN	4		0.000		
15:1	g	0.000		0	BFYN	4		0.000		
16:1 undifferentiated	g	0.155		0	BFYN	4		0.340		
17:1	g	0.000		0	BFYN	4		0.000		
18:1 undifferentiated	g	2.510		0	BFYN	4		5.496		
18:1 c	g	2.488		0	BFYN	4		5.449		
18:1-11c (18:1c n-7)	g									
18:1 t	g	0.021		0	BFYN	4		0.047		
18:1-11t (18:1t n-7)	g									
20:1	g	0.042		0	BFYN	4		0.092		
22:1 undifferentiated	g	0.000		0	BFYN	4		0.000		
22:1 c	g	0.000		0	BFYN	4		0.000		
22:1 t	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.947		0	BFYN	4		2.074		
18:2 undifferentiated	g	0.792		0	BFYN	4		1.735		
18:3 undifferentiated	g	0.033		0	BFYN	4		0.073		
18:3 n-3 c,c,c (ALA)	g	0.029		0	BFYN	4		0.065		
18:3 n-6 c,c,c	g	0.003		0	BFYN	4		0.006		
18:3i	g	0.001		0	BFYN	4		0.002		
18:4	g	0.000		0	BFYN	4		0.000		
20:2 n-6 c,c	g	0.031		0	BFYN	4		0.067		
20:3 undifferentiated	g	0.004		0	BFYN	4		0.008		
20:3 n-3	g									
20:3 n-6	g									
20:4 undifferentiated	g	0.079		0	BFYN	4		0.172		
20:4 n-3	g									
20:4 n-6	g									
20:5 n-3 (EPA)	g	0.000		0	BFYN	4		0.001		
21:5	g									
22:4	g									
22:5 n-3 (DPA)	g	0.008		0	BFYN	4		0.018		
22:6 n-3 (DHA)	g	0.000		0	BFYN	4		0.000		
Fatty acids, total trans	g	0.023		0	BFYN	4		0.051		
Fatty acids, total trans-monoenoic	g	0.021		0	BFYN	4		0.047		
Fatty acids, total trans-polyenoic	g	0.002		0	BFYN	4		0.004		
Cholesterol	mg	78	2.073	6	A	1		170		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.297		0	A	1		0.651		
Threonine	g	1.099		0	A	1		2.407		
Isoleucine	g	1.183		0	A	1		2.592		
Leucine	g	2.057		0	A	1		4.505		
Lysine	g	2.223		0	A	1		4.868		
Methionine	g	0.685		0	A	1		1.500		
Cystine	g	0.282		0	A	1		0.617		
Phenylalanine	g	1.038		0	A	1		2.274		

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
Tyrosine....g	0.990		0	A	1		2.169		
Valine....g	1.264		0	A	1		2.768		
Arginine....g	1.610		0	A	1		3.527		
Histidine....g	1.017		0	A	1		2.226		
Alanine....g	1.432		0	A	1		3.135		
Aspartic acid....g	2.338		0	A	1		5.120		
Glutamic acid....g	3.818		0	A	1		8.361		
Glycine....g	1.130		0	A	1		2.474		
Proline....g	1.011		0	A	1		2.213		
Serine....g	1.044		0	A	1		2.286		
Hydroxyproline....g	0.087		0	A	1		0.191		
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 = 219g: 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 24 (2011)

NDB No. 10120

Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried

Refuse: 33% Bone 19%, Connective tissue 8%, 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	61.13	0.466	12	A	1		131.44		
Energy	kcal	222		0	NC	4		478		
Energy	kJ	929		0	NC	4		1998		
Protein (N x 6.25)	g	26.38	0.457	12	A	1		56.72		
Total lipid (fat)	g	12.14	0.485	12	A	1		26.10		
Ash	g	1.28	0.025	12	A	1		2.76		
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	46	3.238	12	A	1		98		
Iron, Fe	mg	0.88	0.055	12	A	1		1.89		
Magnesium, Mg	mg	21	0.539	12	A	1		45		
Phosphorus, P	mg	237	5.860	12	A	1		510		
Potassium, K	mg	335	9.169	12	A	1		720		
Sodium, Na	mg	88	1.596	12	A	1		189		
Zinc, Zn	mg	3.03	0.163	12	A	1		6.52		
Copper, Cu	mg	0.105	0.004	12	A	1		0.226		
Manganese, Mn	mg	0.012	0.000	12	A	1		0.025		
Selenium, Se	µg	38.7	4.182	12	A	1		83.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.506	0.017	12	A	1		1.088		
Riboflavin	mg	0.353	0.015	12	A	1		0.758		
Niacin	mg	8.628	0.458	12	A	1		18.551		
Pantothenic acid	mg	1.212	0.098	6	A	1		2.605		
Vitamin B-6	mg	0.501	0.011	6	A	1		1.078		
Folate, total	µg	0		0	BFPN	4		0		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	0		0	BFPN	4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Choline, total	mg	85.0		0	BFPN	4		182.8		
Betaine	mg	3.3		0	BFPN	4		7.1		
Vitamin B-12	µg	0.72	0.061	6	A	1		1.54		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	3		0	AS	1		7		
Retinol	µg	3		1	A	1		7		
Carotene, beta	µg	0		0	Z	7		0		
Carotene, alpha	µg	0		0	Z	7		0		
Cryptoxanthin, beta	µg	0		0	Z	7		0		
Vitamin A, IU	IU	10		0	AS	1		22		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.22		0	BFYN	4		0.47		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.6		1	AS	1		1.2		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.6		1	A	1		1.2		
Vitamin D	IU	23		1	A	1		50		
Vitamin K (phylloquinone)	µg	0.0		0	BFYN	4		0.0		
Dihydrophylloquinone	µg	0.0		0	Z	7		0.0		
Menaquinone-4	µg									
Lipids:										

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
Fatty acids, total saturated	g	2.557		0	BFYN	4		5.497		
4:0	g	0.000		0	BFYN	4		0.000		
6:0	g	0.000		0	BFYN	4		0.000		
8:0	g	0.001		0	BFYN	4		0.002		
10:0	g	0.008		0	BFYN	4		0.016		
12:0	g	0.006		0	BFYN	4		0.014		
13:0	g									
14:0	g	0.090		0	BFYN	4		0.194		
15:0	g	0.003		0	BFYN	4		0.007		
16:0	g	1.565		0	BFYN	4		3.365		
17:0	g	0.019		0	BFYN	4		0.040		
18:0	g	0.850		0	BFYN	4		1.826		
20:0	g	0.012		0	BFYN	4		0.026		
22:0	g	0.002		0	BFYN	4		0.004		
24:0	g	0.001		0	BFYN	4		0.003		
Fatty acids, total monounsaturated	g	2.981		0	BFYN	4		6.409		
14:1	g	0.000		0	BFYN	4		0.000		
15:1	g	0.000		0	BFYN	4		0.000		
16:1 undifferentiated	g	0.171		0	BFYN	4		0.368		
17:1	g	0.000		0	BFYN	4		0.000		
18:1 undifferentiated	g	2.763		0	BFYN	4		5.941		
18:1 c	g	2.740		0	BFYN	4		5.890		
18:1-11c (18:1c n-7)	g									
18:1 t	g	0.023		0	BFYN	4		0.050		
18:1-11t (18:1t n-7)	g									
20:1	g	0.046		0	BFYN	4		0.100		
22:1 undifferentiated	g	0.000		0	BFYN	4		0.000		
22:1 c	g	0.000		0	BFYN	4		0.000		
22:1 t	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	1.043		0	BFYN	4		2.241		
18:2 undifferentiated	g	0.872		0	BFYN	4		1.875		
18:3 undifferentiated	g	0.037		0	BFYN	4		0.079		
18:3 n-3 c,c,c (ALA)	g	0.032		0	BFYN	4		0.070		
18:3 n-6 c,c,c	g	0.003		0	BFYN	4		0.007		
18:3i	g	0.001		0	BFYN	4		0.002		
18:4	g	0.000		0	BFYN	4		0.000		
20:2 n-6 c,c	g	0.034		0	BFYN	4		0.072		
20:3 undifferentiated	g	0.004		0	BFYN	4		0.009		
20:3 n-3	g									
20:3 n-6	g									
20:4 undifferentiated	g	0.087		0	BFYN	4		0.186		
20:4 n-3	g									
20:4 n-6	g									
20:5 n-3 (EPA)	g	0.000		0	BFYN	4		0.001		
21:5	g									
22:4	g									
22:5 n-3 (DPA)	g	0.009		0	BFYN	4		0.019		
22:6 n-3 (DHA)	g	0.000		0	BFYN	4		0.000		
Fatty acids, total trans	g	0.025		0	BFYN	4		0.055		
Fatty acids, total trans-monoenoic	g	0.023		0	BFYN	4		0.050		
Fatty acids, total trans-polyenoic	g	0.002		0	BFYN	4		0.004		
Cholesterol	mg	82	1.829	6	A	1		177		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.306		0	A	1		0.658		
Threonine	g	1.130		0	A	1		2.430		
Isoleucine	g	1.217		0	A	1		2.616		
Leucine	g	2.115		0	A	1		4.547		
Lysine	g	2.285		0	A	1		4.913		
Methionine	g	0.704		0	A	1		1.514		
Cystine	g	0.290		0	A	1		0.623		
Phenylalanine	g	1.068		0	A	1		2.295		

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
Tyrosine....g	1.018		0	A	1		2.189		
Valine....g	1.300		0	A	1		2.794		
Arginine....g	1.656		0	A	1		3.560		
Histidine....g	1.045		0	A	1		2.247		
Alanine....g	1.472		0	A	1		3.164		
Aspartic acid....g	2.404		0	A	1		5.168		
Glutamic acid....g	3.926		0	A	1		8.440		
Glycine....g	1.161		0	A	1		2.497		
Proline....g	1.039		0	A	1		2.234		
Serine....g	1.073		0	A	1		2.307		
Hydroxyproline....g	0.090		0	A	1		0.193		
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 = 215g: 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 24 (2011)

NDB No. 10984

Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled

Refuse: 13% Connective tissue 6%, 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	65.00	0.453	12	A	1		106.60	85.15	
Energy....kcal	169		0	NC	4		277	221	
Energy....kJ	706		0	NC	4		1158	925	
Protein....g	26.14	0.378	12	A	1		42.87	34.24	
Total lipid (fat)....g	6.74	0.462	12	A	1		11.06	8.83	
Ash....g	1.22	0.017	12	A	1		2.01	1.60	
Carbohydrate, by difference....g	0.89		0	NC	4		1.47	1.17	
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	0.445	12	A	1		12	9	
Iron, Fe....mg	0.92	0.031	12	A	1		1.51	1.21	
Magnesium, Mg....mg	25	0.622	12	A	1		42	33	
Phosphorus, P....mg	284	6.340	12	A	1		466	372	
Potassium, K....mg	430	9.222	12	A	1		705	563	
Sodium, Na....mg	58	2.519	12	A	1		96	76	
Zinc, Zn....mg	2.45	0.067	12	A	1		4.02	3.21	
Copper, Cu....mg	0.068	0.003	12	A	1		0.112	0.089	
Manganese, Mn....mg	0.010	0.000	12	A	1		0.016	0.013	
Selenium, Se....µg	47.2	3.360	12	A	1		77.4	61.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.671	0.056	12	A	1		1.100	0.879	
Riboflavin....mg	0.256	0.013	12	A	1		0.420	0.335	
Niacin....mg	8.063	0.479	12	A	1		13.224	10.563	
Pantothenic acid....mg	1.197		0	BFPN	4		1.964	1.568	
Vitamin B-6....mg	0.540		0	BFPN	4		0.886	0.708	
Folate, total....µg	0		0	BFPN	4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0	BFPN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	74.3		0	BFPN	4		121.8	97.3	
Betaine....mg	2.7		0	BFPN	4		4.4	3.5	
Vitamin B-12....µg	0.69		0	BFPN	4		1.13	0.90	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		4	3	
Retinol....µg	2		0	BFSN	4		4	3	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	8		0	NC	4		13	10	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.23		0	BFSN	4		0.37	0.30	
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)....µg	0.6		0	AS	1		1.1	0.8	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.6		0	BFFN	4		1.1	0.8	
Vitamin D....IU	26		0	BFFN	4		42	34	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

NDB No. 10984

Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, 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
Fatty acids, total saturated....g	1.638		0	BFFN	4		2.687	2.146	
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	0.001		0	BFFN	4		0.001	0.001	
10:0....g	0.005		0	BFFN	4		0.008	0.006	
12:0....g	0.004		0	BFFN	4		0.007	0.005	
13:0....g									
14:0....g	0.058		0	BFFN	4		0.095	0.076	
15:0....g									
16:0....g	1.003		0	BFFN	4		1.645	1.314	
17:0....g									
18:0....g	0.544		0	BFFN	4		0.893	0.713	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.910		0	BFFN	4		3.132	2.502	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.110		0	BFFN	4		0.180	0.144	
17:1....g									
18:1 undifferentiated....g	1.770		0	BFFN	4		2.904	2.319	
20:1....g	0.030		0	BFFN	4		0.049	0.039	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.668		0	BFFN	4		1.095	0.875	
18:2 undifferentiated....g	0.559		0	BFFN	4		0.917	0.732	
18:3 undifferentiated....g	0.024		0	BFFN	4		0.039	0.031	
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	0.055		0	BFFN	4		0.091	0.073	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.006		0	BFFN	4		0.009	0.008	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	76	2.871	6	A	1		125	100	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.311		0	A	1		0.510	0.408	
Threonine....g	1.150		0	A	1		1.885	1.506	
Isoleucine....g	1.238		0	A	1		2.030	1.622	
Leucine....g	2.152		0	A	1		3.529	2.819	
Lysine....g	2.325		0	A	1		3.813	3.046	
Methionine....g	0.717		0	A	1		1.175	0.939	
Cystine....g	0.295		0	A	1		0.483	0.386	
Phenylalanine....g	1.086		0	A	1		1.781	1.423	
Tyrosine....g	1.036		0	A	1		1.699	1.357	
Valine....g	1.322		0	A	1		2.168	1.732	
Arginine....g	1.684		0	A	1		2.762	2.207	
Histidine....g	1.063		0	A	1		1.744	1.393	
Alanine....g	1.497		0	A	1		2.456	1.961	
Aspartic acid....g	2.445		0	A	1		4.010	3.203	
Glutamic acid....g	3.993		0	A	1		6.549	5.231	
Glycine....g	1.181		0	A	1		1.938	1.548	
Proline....g	1.057		0	A	1		1.733	1.385	
Serine....g	1.092		0	A	1		1.790	1.430	
Hydroxyproline....g	0.091		0	A	1		0.150	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.

NDB No. 10984

Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, 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

Number of Data Points of zero 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 = 164g: 1 raw pr g

Measure 2 = 131g: 1 chop

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 10031

Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted

Refuse: 30% Bone 18%, Connective tissue 5%, 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	58.74		0	PAK	1		487.56		
Energy....kcal	254		0	PIK	4		2112		
Energy....kJ	1065		0	PIK	4		8837		
Protein (N x 6.25)....g	24.29		0	PAK	1		201.60		
Total lipid (fat)....g	16.71		0	PAK	1		138.72		
Ash....g	1.10		0	PAK	1		9.12		
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	31		0	PAK	1		258		
Iron, Fe....mg	0.81		0	PAK	1		6.75		
Magnesium, Mg....mg	19		0	PAK	1		155		
Phosphorus, P....mg	194		0	PAK	1		1612		
Potassium, K....mg	318		0	PAK	1		2643		
Sodium, Na....mg	76		0	PAK	1		632		
Zinc, Zn....mg	3.21		0	PAK	1		26.62		
Copper, Cu....mg	0.094		0	PAK	1		0.784		
Manganese, Mn....mg	0.016		0	PAK	1		0.136		
Selenium, Se....µg	38.7		0	PAK	1		321.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.482		0	PAK	1		4.004		
Riboflavin....mg	0.379		0	PAK	1		3.146		
Niacin....mg	6.705		0	PAK	1		55.650		
Pantothenic acid....mg	1.331		0	PAK	1		11.045		
Vitamin B-6....mg	0.436		0	PAK	1		3.622		
Folate, total....µg	0		0	PIK	4		0		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	0		0	PIK	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	83.0		0	PIK	4		688.7		
Betaine....mg	3.3		0	PIK	4		27.2		
Vitamin B-12....µg	0.79		0	PAK	1		6.53		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	4		0	PAK	1		29		
Retinol....µg	4		0	PAK	1		29		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	12		0	PAK	1		97		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.22		0	PIK	4		1.84		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.9		0	PAK	1		7.3		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.9		0	PAK	1		7.3		
Vitamin D....IU	35		0	PAK	1		291		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	5.900		0	PIK	4		48.973		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.002		0	PAK	1		0.013		
10:0....g	0.015		0	PAK	1		0.125		
12:0....g	0.013		0	PAK	1		0.109		
13:0....g									
14:0....g	0.208		0	PAK	1		1.728		
15:0....g	0.010		0	PAK	1		0.079		
16:0....g	3.594		0	PAK	1		29.827		
17:0....g	0.055		0	PAK	1		0.455		
18:0....g	1.973		0	PAK	1		16.375		
20:0....g	0.027		0	PAK	1		0.228		
22:0....g	0.002		0	PAK	1		0.016		
24:0....g	0.002		0	PAK	1		0.018		
Fatty acids, total monounsaturated....g	6.684		0	PIK	4		55.481		
14:1....g	0.003		0	PAK	1		0.024		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.324		0	PAK	1		2.692		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	6.245		0	PAK	1		51.833		
18:1 c....g	6.160		0	PAK	1		51.130		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.085		0	PAK	1		0.702		
18:1-11t (18:1t n-7)....g									
20:1....g	0.112		0	PAK	1		0.933		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.465		0	PIK	4		20.456		
18:2 undifferentiated....g	2.194		0	PAK	1		18.211		
18:2 n-6 c,c....g	2.176		0	PAK	1		18.060		
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	0.018		0	PAK	1		0.152		
18:3 undifferentiated....g	0.095		0	PAK	1		0.791		
18:3 n-3 c,c,c (ALA)....g	0.083		0	PAK	1		0.693		
18:3 n-6 c,c,c....g	0.003		0	PAK	1		0.024		
18:3i....g	0.009		0	PAK	1		0.075		
18:4....g	0.000		0	PAK	1		0.000		
20:2 n-6 c,c....g	0.088		0	PAK	1		0.734		
20:3 undifferentiated....g	0.011		0	PAK	1		0.094		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.065		0	PAK	1		0.539		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		0	PAK	1		0.078		
22:6 n-3 (DHA)....g	0.001		0	PAK	1		0.009		
Fatty acids, total trans....g	0.112		0	PIK	4		0.929		
Fatty acids, total trans-monoenoic....g	0.085		0	PIK	4		0.702		
Fatty acids, total trans-polyenoic....g	0.027		0	PIK	4		0.226		
Cholesterol....mg	83		0	PAK	1		686		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.289		0	PAK	1		2.399		

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
Threonine....g	1.068		0	PAK	1		8.866		
Isoleucine....g	1.150		0	PAK	1		9.546		
Leucine....g	1.999		0	PAK	1		16.593		
Lysine....g	2.160		0	PAK	1		17.929		
Methionine....g	0.666		0	PAK	1		5.526		
Cystine....g	0.274		0	PAK	1		2.273		
Phenylalanine....g	1.009		0	PAK	1		8.376		
Tyrosine....g	0.962		0	PAK	1		7.988		
Valine....g	1.229		0	PAK	1		10.197		
Arginine....g	1.565		0	PAK	1		12.990		
Histidine....g	0.988		0	PAK	1		8.200		
Alanine....g	1.391		0	PAK	1		11.547		
Aspartic acid....g	2.272		0	PAK	1		18.858		
Glutamic acid....g	3.711		0	PAK	1		30.797		
Glycine....g	1.098		0	PAK	1		9.111		
Proline....g	0.982		0	PAK	1		8.151		
Serine....g	1.014		0	PAK	1		8.419		
Hydroxyproline....g	0.085		0	PAK	1		0.703		
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 = 830g: 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 24 (2011)

NDB No. 10035

Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted

Refuse: 30% Bone 18%, separable fat 7%, Connective tissue 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	62.24	0.861	12	A	1		516.61	669.10	
Energy....kcal	217		0	NC	4		1801	2333	
Energy....kJ	908		0	NC	4		7535	9760	
Protein (N x 6.25)....g	25.70	0.375	12	A	1		213.28	276.23	
Total lipid (fat)....g	11.89	0.789	12	A	1		98.70	127.84	
Ash....g	1.14	0.016	12	A	1		9.50	12.31	
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	2.789	12	A	1		223	289	
Iron, Fe....mg	0.85	0.031	12	A	1		7.06	9.15	
Magnesium, Mg....mg	19	0.337	12	A	1		159	206	
Phosphorus, P....mg	203	3.384	12	A	1		1688	2187	
Potassium, K....mg	337	7.378	12	A	1		2797	3623	
Sodium, Na....mg	78	1.578	12	A	1		651	843	
Zinc, Zn....mg	3.41	0.121	12	A	1		28.30	36.66	
Copper, Cu....mg	0.093	0.002	12	A	1		0.770	0.997	
Manganese, Mn....mg	0.018	0.007	12	A	1		0.148	0.192	
Selenium, Se....µg	41.2	4.109	12	A	1		341.8	442.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.505	0.039	12	A	1		4.194	5.432	
Riboflavin....mg	0.403	0.019	12	A	1		3.348	4.336	
Niacin....mg	6.882	0.242	12	A	1		57.118	73.978	
Pantothenic acid....mg	1.398	0.086	6	A	1		11.606	15.032	
Vitamin B-6....mg	0.460	0.021	6	A	1		3.821	4.949	
Folate, total....µg	0		0	BFPN	4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0	BFPN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	88.3		0	BFPN	4		732.9	949.3	
Betaine....mg	3.4		0	BFPN	4		28.3	36.7	
Vitamin B-12....µg	0.80	0.046	6	A	1		6.60	8.55	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	AS	1		11	14	
Retinol....µg	1		1	A	1		11	14	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	4		0	AS	1		37	48	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.24		0	BFSN	4		2.03	2.63	
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)....µg	0.8		1	AS	1		6.5	8.4	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.8		1	A	1		6.5	8.4	
Vitamin D....IU	31		1	A	1		259	335	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	3.934		0	NC	4		32.652	42.291	
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	0.002	0.000	6	A	1		0.014	0.018	
10:0....g	0.011	0.001	6	A	1		0.090	0.117	
12:0....g	0.009	0.001	6	A	1		0.073	0.094	
13:0....g									
14:0....g	0.139	0.009	6	A	1		1.152	1.492	
15:0....g	0.006	0.001	6	A	1		0.053	0.069	
16:0....g	2.403	0.144	6	A	1		19.948	25.836	
17:0....g	0.034	0.004	6	A	1		0.286	0.370	
18:0....g	1.308	0.094	6	A	1		10.859	14.065	
20:0....g	0.017	0.001	6	A	1		0.145	0.188	
22:0....g	0.002	0.000	6	A	1		0.018	0.023	
24:0....g	0.002	0.000	6	A	1		0.014	0.018	
Fatty acids, total monounsaturated....g	4.572		0	NC	4		37.944	49.144	
14:1....g	0.002	0.000	6	A	1		0.015	0.020	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.237	0.017	6	A	1		1.964	2.544	
17:1....g	0.000	0.000	6	A	1		0.000	0.000	
18:1 undifferentiated....g	4.257	0.256	6	AS	1		35.337	45.768	
18:1 c....g	4.202	0.253	6	A	1		34.874	45.168	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.056	0.012	6	A	1		0.463	0.600	
18:1-11t (18:1t n-7)....g									
20:1....g	0.076	0.005	6	A	1		0.627	0.812	
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.524		0	NC	4		12.646	16.379	
18:2 undifferentiated....g	1.345	0.109	6	AS	1		11.164	14.459	
18:2 n-6 c,c....g	1.334	0.107	6	A	1		11.074	14.342	
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	0.011	0.003	6	A	1		0.090	0.117	
18:3 undifferentiated....g	0.056	0.005	6	AS	1		0.462	0.598	
18:3 n-3 c,c,c (ALA)....g	0.048	0.004	6	A	1		0.400	0.518	
18:3 n-6 c,c,c....g	0.003	0.001	6	A	1		0.026	0.034	
18:3i....g	0.004	0.000	6	A	1		0.036	0.047	
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.054	0.003	6	A	1		0.451	0.584	
20:3 undifferentiated....g	0.007	0.001	6	A	1		0.061	0.079	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.055	0.002	6	A	1		0.455	0.590	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.006	0.000	6	A	1		0.053	0.069	
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans....g	0.071		0	NC	4		0.589	0.763	
Fatty acids, total trans-monoenoic....g	0.056		0	NC	4		0.463	0.600	
Fatty acids, total trans-polyenoic....g	0.015		0	NC	4		0.126	0.163	
Cholesterol....mg	83	1.279	6	A	1		685	887	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.306		0	A	1		2.538	3.288	

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
Threonine....g	1.130		0	A	1		9.379	12.148	
Isoleucine....g	1.217		0	A	1		10.099	13.080	
Leucine....g	2.115		0	A	1		17.554	22.736	
Lysine....g	2.285		0	A	1		18.968	24.567	
Methionine....g	0.704		0	A	1		5.846	7.572	
Cystine....g	0.290		0	A	1		2.405	3.114	
Phenylalanine....g	1.068		0	A	1		8.862	11.477	
Tyrosine....g	1.018		0	A	1		8.450	10.945	
Valine....g	1.300		0	A	1		10.788	13.972	
Arginine....g	1.656		0	A	1		13.743	17.799	
Histidine....g	1.045		0	A	1		8.675	11.236	
Alanine....g	1.472		0	A	1		12.216	15.822	
Aspartic acid....g	2.404		0	A	1		19.950	25.839	
Glutamic acid....g	3.926		0	A	1		32.582	42.199	
Glycine....g	1.161		0	A	1		9.639	12.485	
Proline....g	1.039		0	A	1		8.624	11.169	
Serine....g	1.073		0	A	1		8.907	11.536	
Hydroxyproline....g	0.090		0	A	1		0.744	0.964	
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 = 830g: 1 roast

Measure 2 = 1075g: 1 raw pr 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 24 (2011)

NDB No. 10990

Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted

Refuse: 5% Connective tissue 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	62.69		0	PAK	1		531.61		
Energy....kcal	199		0	NC	4		1686		
Energy....kJ	832		0	NC	4		7055		
Protein....g	26.48		0	PAK	1		224.54		
Total lipid (fat)....g	10.32		0	PAK	1		87.50		
Ash....g	1.20		0	PAK	1		10.17		
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	12		0	PAK	1		99		
Iron, Fe....mg	0.89		0	PAK	1		7.58		
Magnesium, Mg....mg	23		0	PAK	1		197		
Phosphorus, P....mg	268		0	PAK	1		2269		
Potassium, K....mg	439		0	PAK	1		3724		
Sodium, Na....mg	67		0	PAK	1		570		
Zinc, Zn....mg	2.41		0	PAK	1		20.41		
Copper, Cu....mg	0.079		0	PAK	1		0.668		
Manganese, Mn....mg	0.015		0	PAK	1		0.131		
Selenium, Se....µg	43.7		0	PAK	1		370.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.600		0	PAK	1		5.084		
Riboflavin....mg	0.269		0	PAK	1		2.284		
Niacin....mg	7.435		0	PAK	1		63.045		
Pantothenic acid....mg	1.448		0	PIK	4		12.277		
Vitamin B-6....mg	0.478		0	PIK	4		4.052		
Folate, total....µg	0		0	PIK	4		0		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	0		0	PIK	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	91.5		0	PIK	4		775.5		
Betaine....mg	3.6		0	PIK	4		30.3		
Vitamin B-12....µg	0.84		0	PIK	4		7.09		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	2		0	PIK	4		21		
Retinol....µg	2		0	PIK	4		21		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	8		0	PIK	4		70		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.22		0	PIK	4		1.83		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	PAK	1		4.6		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	PIK	4		4.6		
Vitamin D....IU	22		0	PIK	4		183		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									

NDB No. 10990

Pork, fresh, loin, blade (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
Fatty acids, total saturated....g	3.706		0	PIK	4		31.429		
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		
10:0....g	0.008		0	PAK	1		0.072		
12:0....g	0.006		0	PAK	1		0.055		
13:0....g									
14:0....g	0.133		0	PAK	1		1.128		
15:0....g	0.002		0	PAK	1		0.018		
16:0....g	2.300		0	PAK	1		19.502		
17:0....g	0.030		0	PAK	1		0.257		
18:0....g	1.208		0	PAK	1		10.241		
20:0....g	0.018		0	PAK	1		0.156		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	4.458		0	PIK	4		37.807		
14:1....g	0.001		0	PAK	1		0.006		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.230		0	PAK	1		1.954		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	4.154		0	PAK	1		35.229		
18:1 c....g	4.086		0	PAK	1		34.653		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.068		0	PAK	1		0.576		
18:1-11t (18:1t n-7)....g									
20:1....g	0.073		0	PAK	1		0.618		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.611		0	PIK	4		13.658		
18:2 undifferentiated....g	1.423		0	PAK	1		12.068		
18:2 n-6 c,c....g	1.417		0	PAK	1		12.012		
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	0.007		0	PAK	1		0.056		
18:3 undifferentiated....g	0.056		0	PAK	1		0.478		
18:3 n-3 c,c,c (ALA)....g	0.055		0	PAK	1		0.468		
18:3 n-6 c,c,c....g	0.001		0	PAK	1		0.010		
18:3i....g	0.000		0	PAK	1		0.000		
18:4....g	0.000		0	PAK	1		0.000		
20:2 n-6 c,c....g	0.058		0	PAK	1		0.493		
20:3 undifferentiated....g	0.003		0	PAK	1		0.027		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.065		0	PAK	1		0.547		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.004		0	PAK	1		0.037		
22:6 n-3 (DHA)....g	0.001		0	PAK	1		0.007		
Fatty acids, total trans....g	0.074		0	PIK	4		0.631		
Fatty acids, total trans-monoenoic....g	0.068		0	PIK	4		0.576		
Fatty acids, total trans-polyenoic....g	0.007		0	PIK	4		0.056		
Cholesterol....mg	76		0	PAK	1		648		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.315		0	PAK	1		2.672		

NDB No. 10990

Pork, fresh, loin, blade (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
Threonine....g	1.164		0	PAK	1		9.875		
Isoleucine....g	1.254		0	PAK	1		10.632		
Leucine....g	2.179		0	PAK	1		18.481		
Lysine....g	2.355		0	PAK	1		19.970		
Methionine....g	0.726		0	PAK	1		6.155		
Cystine....g	0.299		0	PAK	1		2.532		
Phenylalanine....g	1.100		0	PAK	1		9.330		
Tyrosine....g	1.049		0	PAK	1		8.897		
Valine....g	1.339		0	PAK	1		11.358		
Arginine....g	1.706		0	PAK	1		14.469		
Histidine....g	1.077		0	PAK	1		9.134		
Alanine....g	1.517		0	PAK	1		12.861		
Aspartic acid....g	2.477		0	PAK	1		21.004		
Glutamic acid....g	4.045		0	PAK	1		34.303		
Glycine....g	1.197		0	PAK	1		10.148		
Proline....g	1.071		0	PAK	1		9.079		
Serine....g	1.106		0	PAK	1		9.377		
Hydroxyproline....g	0.092		0	PAK	1		0.783		
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 = 848g: 1 roast

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 10983

Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted

Refuse: 10% Connective tissue 5%, 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	64.76	0.649	12	A	1		728.58	549.19	
Energy....kcal	175		0	NC	4		1965	1481	
Energy....kJ	731		0	NC	4		8224	6199	
Protein....g	27.58	0.452	12	A	1		310.31	233.91	
Total lipid (fat)....g	7.14	0.486	18	A	1		80.37	60.58	
Ash....g	1.24	0.018	12	A	1		13.99	10.54	
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	
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.577	12	A	1		125	94	
Iron, Fe....mg	0.92	0.035	12	A	1		10.33	7.79	
Magnesium, Mg....mg	24	0.428	12	A	1		271	204	
Phosphorus, P....mg	277	6.829	12	A	1		3111	2345	
Potassium, K....mg	457	13.508	12	A	1		5142	3876	
Sodium, Na....mg	68	1.965	12	A	1		763	575	
Zinc, Zn....mg	2.50	0.111	12	A	1		28.13	21.21	
Copper, Cu....mg	0.078	0.003	12	A	1		0.878	0.662	
Manganese, Mn....mg	0.016	0.000	12	A	1		0.182	0.137	
Selenium, Se....µg	45.6	4.278	12	A	1		512.6	386.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.622	0.035	12	A	1		6.994	5.272	
Riboflavin....mg	0.273	0.013	12	A	1		3.075	2.318	
Niacin....mg	7.680	0.519	12	A	1		86.400	65.126	
Pantothenic acid....mg	1.501		0	BFPN	4		16.887	12.729	
Vitamin B-6....mg	0.494		0	BFPN	4		5.559	4.190	
Folate, total....µg	0		0	BFPN	4		0	0	
Folic acid....µg	0		0	NR	4		0	0	
Folate, food....µg	0		0	BFPN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	94.8		0	BFPN	4		1066.4	803.8	
Betaine....mg	3.7		0	BFPN	4		41.2	31.1	
Vitamin B-12....µg	0.85		0	BFPN	4		9.60	7.24	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	NC	4		14	11	
Retinol....µg	1		0	BFSN	4		14	11	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	4		0	NC	4		47	35	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.23		0	BFSN	4		2.57	1.94	
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)....µg	0.5		0	AS	1		5.3	4.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	BFFN	4		5.3	4.0	
Vitamin D....IU	19		0	BFFN	4		211	159	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

NDB No. 10983

Pork, fresh, loin, blade (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
Fatty acids, total saturated....g	2.560		0	NC	4		28.800	21.709	
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	6	A	1		0.000	0.000	
10:0....g	0.006	0.002	6	A	1		0.066	0.049	
12:0....g	0.004	0.002	6	A	1		0.043	0.033	
13:0....g									
14:0....g	0.090	0.009	6	A	1		1.011	0.762	
15:0....g	0.000	0.000	6	A	1		0.000	0.000	
16:0....g	1.583	0.155	6	A	1		17.809	13.424	
17:0....g	0.019	0.002	6	A	1		0.210	0.158	
18:0....g	0.846	0.091	6	A	1		9.521	7.177	
20:0....g	0.013	0.001	6	A	1		0.141	0.106	
22:0....g	0.000	0.000	6	A	1		0.000	0.000	
24:0....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	3.063		0	NC	4		34.459	25.974	
14:1....g	0.000	0.000	6	A	1		0.000	0.000	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.165	0.013	6	A	1		1.851	1.395	
17:1....g	0.000	0.000	6	A	1		0.000	0.000	
18:1 undifferentiated....g	2.850	0.280	6	AS	1		32.061	24.167	
18:1 c....g	2.800	0.274	6	A	1		31.500	23.744	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.050	0.012	6	A	1		0.561	0.423	
18:1-11t (18:1t n-7)....g									
20:1....g	0.049	0.005	6	A	1		0.548	0.413	
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.046		0	NC	4		11.766	8.869	
18:2 undifferentiated....g	0.913	0.107	6	AS	1		10.271	7.742	
18:2 n-6 c,c....g	0.911	0.106	6	A	1		10.251	7.727	
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	0.002	0.002	6	A	1		0.021	0.016	
18:3 undifferentiated....g	0.035	0.004	6	AS	1		0.390	0.294	
18:3 n-3 c,c,c (ALA)....g	0.035	0.004	6	A	1		0.390	0.294	
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000	0.000	
18:3i....g	0.000	0.000	5	A	1		0.000	0.000	
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.038	0.005	6	A	1		0.424	0.319	
20:3 undifferentiated....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.058	0.004	6	A	1		0.654	0.493	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.002	0.001	6	A	1		0.026	0.020	
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans....g	0.052		0	NC	4		0.581	0.438	
Fatty acids, total trans-monoenoic....g	0.050		0	NC	4		0.561	0.423	
Fatty acids, total trans-polyenoic....g	0.002		0	NC	4		0.021	0.016	
Cholesterol....mg	76	2.101	6	A	1		859	647	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.328		0	A	1		3.693	2.784	

NDB No. 10983

Pork, fresh, loin, blade (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
Threonine....g	1.213		0	A	1		13.647	10.287	
Isoleucine....g	1.306		0	A	1		14.694	11.076	
Leucine....g	2.270		0	A	1		25.541	19.252	
Lysine....g	2.453		0	A	1		27.598	20.803	
Methionine....g	0.756		0	A	1		8.506	6.411	
Cystine....g	0.311		0	A	1		3.499	2.637	
Phenylalanine....g	1.146		0	A	1		12.894	9.719	
Tyrosine....g	1.093		0	A	1		12.295	9.268	
Valine....g	1.395		0	A	1		15.696	11.831	
Arginine....g	1.777		0	A	1		19.996	15.072	
Histidine....g	1.122		0	A	1		12.623	9.515	
Alanine....g	1.580		0	A	1		17.774	13.398	
Aspartic acid....g	2.580		0	A	1		29.027	21.880	
Glutamic acid....g	4.214		0	A	1		47.406	35.734	
Glycine....g	1.247		0	A	1		14.025	10.572	
Proline....g	1.115		0	A	1		12.547	9.458	
Serine....g	1.152		0	A	1		12.960	9.769	
Hydroxyproline....g	0.096		0	A	1		1.083	0.816	
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 = 1125g: 1 raw pr g

Measure 2 = 848g: 1 roast

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 10037

Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised

Refuse: 20% Bone 15%, Connective tissue 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	58.04		0	PAK	1		108.54		
Energy	kcal	242		0	PIK	4		453		
Energy	kJ	1014		0	PIK	4		1896		
Protein (N x 6.25)	g	28.21		0	PAK	1		52.75		
Total lipid (fat)	g	13.51		0	PAK	1		25.26		
Ash	g	1.22		0	PAK	1		2.27		
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	55		0	PIK	4		102		
Iron, Fe	mg	0.86		0	PIK	4		1.61		
Magnesium, Mg	mg	20		0	PIK	4		38		
Phosphorus, P	mg	225		0	PIK	4		421		
Potassium, K	mg	273		0	PIK	4		511		
Sodium, Na	mg	73		0	PIK	4		137		
Zinc, Zn	mg	3.28		0	PIK	4		6.14		
Copper, Cu	mg	0.104		0	PIK	4		0.195		
Manganese, Mn	mg	0.012		0	PIK	4		0.022		
Selenium, Se	µg	44.1		0	PIK	4		82.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0		
Thiamin	mg	0.518		0	PIK	4		0.968		
Riboflavin	mg	0.336		0	PIK	4		0.628		
Niacin	mg	7.868		0	PIK	4		14.714		
Pantothenic acid	mg	1.007		0	PIK	4		1.882		
Vitamin B-6	mg	0.519		0	PIK	4		0.971		
Folate, total	µg	0		0	PIK	4		0		
Folic acid	µg	0		0	PIK	4		0		
Folate, food	µg	0		0	PIK	4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Choline, total	mg	95.1		0	PIK	4		177.8		
Betaine	mg	3.7		0	PIK	4		7.0		
Vitamin B-12	µg	0.66		0	PIK	4		1.24		
Vitamin B-12, added	µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE	mcg_RAE	4		0	PIK	4		8		
Retinol	µg	4		0	PIK	4		8		
Carotene, beta	µg	0		0	PIK	4		0		
Carotene, alpha	µg	0		0	PIK	4		0		
Cryptoxanthin, beta	µg	0		0	PIK	4		0		
Vitamin A, IU	IU	14		0	PIK	4		26		
Lycopene	µg	0		0	PIK	4		0		
Lutein + zeaxanthin	µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)	mg	0.19		0	PIK	4		0.36		
Vitamin E, added	mg	0.00		0	PIK	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.8		0	PAK	1		1.5		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.8		0	PIK	4		1.5		
Vitamin D	IU	33		0	PIK	4		62		
Vitamin K (phylloquinone)	µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone	µg	0.0		0	PIK	4		0.0		
Menaquinone-4	µg									
Lipids:										

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
Fatty acids, total saturated....g	4.934		0	PIK	4		9.227		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.001		0	PIK	4		0.002		
10:0....g	0.013		0	PIK	4		0.024		
12:0....g	0.012		0	PIK	4		0.022		
13:0....g									
14:0....g	0.174		0	PIK	4		0.325		
15:0....g	0.007		0	PIK	4		0.013		
16:0....g	3.005		0	PIK	4		5.620		
17:0....g	0.043		0	PIK	4		0.081		
18:0....g	1.652		0	PIK	4		3.089		
20:0....g	0.024		0	PIK	4		0.044		
22:0....g	0.002		0	PIK	4		0.003		
24:0....g	0.002		0	PIK	4		0.004		
Fatty acids, total monounsaturated....g	5.557		0	PIK	4		10.391		
14:1....g	0.001		0	PIK	4		0.003		
15:1....g	0.000		0	PIK	4		0.000		
16:1 undifferentiated....g	0.280		0	PIK	4		0.523		
17:1....g	0.000		0	PIK	4		0.000		
18:1 undifferentiated....g	5.184		0	PIK	4		9.694		
18:1 c....g	5.125		0	PIK	4		9.584		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.059		0	PIK	4		0.110		
18:1-11t (18:1t n-7)....g									
20:1....g	0.091		0	PIK	4		0.171		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.155		0	PIK	4		4.029		
18:2 undifferentiated....g	1.877		0	PIK	4		3.510		
18:2 n-6 c,c....g	1.052		0	PAK	1		1.966		
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	0.009		0	PAK	1		0.017		
18:3 undifferentiated....g	0.083		0	PIK	4		0.156		
18:3 n-3 c,c,c (ALA)....g	0.074		0	PIK	4		0.138		
18:3 n-6 c,c,c....g	0.003		0	PIK	4		0.006		
18:3i....g	0.007		0	PIK	4		0.012		
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.074		0	PIK	4		0.139		
20:3 undifferentiated....g	0.009		0	PIK	4		0.016		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.098		0	PIK	4		0.183		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.001		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012		0	PIK	4		0.023		
22:6 n-3 (DHA)....g	0.001		0	PIK	4		0.002		
Fatty acids, total trans....g	0.076		0	PIK	4		0.141		
Fatty acids, total trans-monoenoic....g	0.059		0	PIK	4		0.110		
Fatty acids, total trans-polyenoic....g	0.017		0	PIK	4		0.031		
Cholesterol....mg	81		0	PAK	1		152		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.336		0	PAK	1		0.628		
Threonine....g	1.240		0	PAK	1		2.320		
Isoleucine....g	1.336		0	PAK	1		2.498		

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
Leucine....g	2.322		0	PAK	1		4.342		
Lysine....g	2.509		0	PAK	1		4.691		
Methionine....g	0.773		0	PAK	1		1.446		
Cystine....g	0.318		0	PAK	1		0.595		
Phenylalanine....g	1.172		0	PAK	1		2.192		
Tyrosine....g	1.118		0	PAK	1		2.090		
Valine....g	1.427		0	PAK	1		2.668		
Arginine....g	1.818		0	PAK	1		3.399		
Histidine....g	1.147		0	PAK	1		2.146		
Alanine....g	1.616		0	PAK	1		3.021		
Aspartic acid....g	2.639		0	PAK	1		4.934		
Glutamic acid....g	4.309		0	PAK	1		8.058		
Glycine....g	1.275		0	PAK	1		2.384		
Proline....g	1.141		0	PAK	1		2.133		
Serine....g	1.178		0	PAK	1		2.203		
Hydroxyproline....g	0.098		0	PAK	1		0.184		
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 = 187g: 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 24 (2011)

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:25% 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....µg	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....µg	0		0	PIK	4		0	0	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.59		0	PIK	4		0.92	0.50	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	PAK	1		3	2	
Retinol....µg	2		0	PIK	4		3	2	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	6		0	PAK	1		10	5	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.8		0	PAK	1		1.2	0.6	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.8		0	PIK	4		1.2	0.6	
Vitamin D....IU	30		0	PIK	4		47	26	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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	

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
Leucine....g	2.182		0	PAK	1		3.426	1.855	
Lysine....g	2.375		0	PAK	1		3.729	2.019	
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 24 (2011)

NDB No. 10179

Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried

Refuse: 20% Bone 14%, 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	58.39		0	PAK	1		100.43		
Energy....kcal	238		0	PIK	4		410		
Energy....kJ	997		0	PIK	4		1714		
Protein (N x 6.25)....g	27.63		0	PAK	1		47.53		
Total lipid (fat)....g	13.32		0	PAK	1		22.92		
Ash....g	1.26		0	PAK	1		2.17		
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	53		0	PIK	4		92		
Iron, Fe....mg	0.93		0	PIK	4		1.61		
Magnesium, Mg....mg	23		0	PIK	4		39		
Phosphorus, P....mg	251		0	PIK	4		431		
Potassium, K....mg	353		0	PIK	4		608		
Sodium, Na....mg	94		0	PIK	4		162		
Zinc, Zn....mg	3.20		0	PIK	4		5.51		
Copper, Cu....mg	0.118		0	PIK	4		0.202		
Manganese, Mn....mg	0.012		0	PIK	4		0.021		
Selenium, Se....µg	40.8		0	PIK	4		70.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.536		0	PIK	4		0.922		
Riboflavin....mg	0.369		0	PIK	4		0.635		
Niacin....mg	9.186		0	PIK	4		15.800		
Pantothenic acid....mg	1.288		0	PIK	4		2.216		
Vitamin B-6....mg	0.525		0	PIK	4		0.903		
Folate, total....µg	0		0	PIK	4		0		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	0		0	PIK	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	102.5		0	PIK	4		176.3		
Betaine....mg	4.0		0	PIK	4		6.9		
Vitamin B-12....µg	0.79		0	PIK	4		1.37		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	5		0	PIK	4		9		
Retinol....µg	5		0	PIK	4		9		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	17		0	PIK	4		30		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.20		0	PIK	4		0.34		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	PAK	1		1.1		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.6		0	PIK	4		1.1		
Vitamin D....IU	25		0	PIK	4		43		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	4.867		0	PIK	4		8.371		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.001		0	PIK	4		0.002		
10:0....g	0.013		0	PIK	4		0.022		
12:0....g	0.011		0	PIK	4		0.020		
13:0....g									
14:0....g	0.171		0	PIK	4		0.295		
15:0....g	0.007		0	PIK	4		0.012		
16:0....g	2.964		0	PIK	4		5.098		
17:0....g	0.043		0	PIK	4		0.073		
18:0....g	1.629		0	PIK	4		2.803		
20:0....g	0.023		0	PIK	4		0.040		
22:0....g	0.002		0	PIK	4		0.003		
24:0....g	0.002		0	PIK	4		0.003		
Fatty acids, total monounsaturated....g	5.478		0	PIK	4		9.422		
14:1....g	0.001		0	PIK	4		0.002		
15:1....g	0.000		0	PIK	4		0.000		
16:1 undifferentiated....g	0.275		0	PIK	4		0.474		
17:1....g	0.000		0	PIK	4		0.000		
18:1 undifferentiated....g	5.111		0	PIK	4		8.791		
18:1 c....g	5.053		0	PIK	4		8.691		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.058		0	PIK	4		0.100		
18:1-11t (18:1t n-7)....g									
20:1....g	0.090		0	PIK	4		0.155		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
22:1 c....g	0.000		0	PIK	4		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.127		0	PIK	4		3.658		
18:2 undifferentiated....g	1.854		0	PIK	4		3.189		
18:2 n-6 c,c....g	1.051		0	PAK	1		1.807		
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	0.009		0	PAK	1		0.016		
18:3 undifferentiated....g	0.082		0	PIK	4		0.141		
18:3 n-3 c,c,c (ALA)....g	0.073		0	PIK	4		0.125		
18:3 n-6 c,c,c....g	0.003		0	PIK	4		0.005		
18:3i....g	0.006		0	PIK	4		0.011		
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.073		0	PIK	4		0.126		
20:3 undifferentiated....g	0.009		0	PIK	4		0.015		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.095		0	PIK	4		0.164		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.001		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012		0	PIK	4		0.021		
22:6 n-3 (DHA)....g	0.001		0	PIK	4		0.002		
Fatty acids, total trans....g	0.075		0	PIK	4		0.129		
Fatty acids, total trans-monoenoic....g	0.058		0	PIK	4		0.100		
Fatty acids, total trans-polyenoic....g	0.016		0	PIK	4		0.028		
Cholesterol....mg	79		0	PAK	1		136		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.329		0	PAK	1		0.566		

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
Threonine....g	1.215		0	PAK	1		2.090		
Isoleucine....g	1.308		0	PAK	1		2.250		
Leucine....g	2.274		0	PAK	1		3.912		
Lysine....g	2.457		0	PAK	1		4.227		
Methionine....g	0.757		0	PAK	1		1.303		
Cystine....g	0.312		0	PAK	1		0.536		
Phenylalanine....g	1.148		0	PAK	1		1.975		
Tyrosine....g	1.095		0	PAK	1		1.883		
Valine....g	1.398		0	PAK	1		2.404		
Arginine....g	1.781		0	PAK	1		3.062		
Histidine....g	1.124		0	PAK	1		1.933		
Alanine....g	1.583		0	PAK	1		2.722		
Aspartic acid....g	2.585		0	PAK	1		4.446		
Glutamic acid....g	4.221		0	PAK	1		7.261		
Glycine....g	1.249		0	PAK	1		2.148		
Proline....g	1.117		0	PAK	1		1.922		
Serine....g	1.154		0	PAK	1		1.985		
Hydroxyproline....g	0.096		0	PAK	1		0.166		
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 = 172g: 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 24 (2011)

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: 25% Bone, 14%, 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	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....µg	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....µg	0		0	PIK	4		0	0	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.53		0	PIK	4		1.06	2.42	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	PAK	1		4	9	
Retinol....µg	2		0	PIK	4		4	9	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	6		0	NC	4		13	29	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.5		0	PAK	1		1.0	2.4	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	PIK	4		1.0	2.4	
Vitamin D....IU	21		0	PIK	4		42	95	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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	

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
Leucine....g	1.764		0	PAK	1		3.511	8.003	
Lysine....g	1.921		0	PAK	1		3.822	8.712	
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 24 (2011)

NDB No. 10041

Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised

Refuse: 28% Bone 15%, Connective tissue 5%, 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	61.79	0.576	6	A	1		115.55		
Energy....kcal	200		0	NC	4		374		
Energy....kJ	836		0	NC	4		1564		
Protein (N x 6.25)....g	30.20	0.567	6	A	1		56.48		
Total lipid (fat)....g	7.86	0.541	6	A	1		14.70		
Ash....g	1.28	0.159	6	A	1		2.39		
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	53		0	BFNN	4		99		
Iron, Fe....mg	0.91		0	BFNN	4		1.69		
Magnesium, Mg....mg	21		0	BFNN	4		39		
Phosphorus, P....mg	239		0	BFNN	4		447		
Potassium, K....mg	288		0	BFNN	4		539		
Sodium, Na....mg	75		0	BFNN	4		140		
Zinc, Zn....mg	3.51		0	BFNN	4		6.57		
Copper, Cu....mg	0.103		0	BFNN	4		0.193		
Manganese, Mn....mg	0.013		0	BFNN	4		0.024		
Selenium, Se....µg	47.4		0	BFNN	4		88.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.547		0	BFPN	4		1.023		
Riboflavin....mg	0.358		0	BFPN	4		0.669		
Niacin....mg	8.197		0	BFPN	4		15.328		
Pantothenic acid....mg	1.043		0	BFPN	4		1.950		
Vitamin B-6....mg	0.555		0	BFPN	4		1.038		
Folate, total....µg	0		0	BFPN	4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0	BFPN	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	102.3		0	BFPN	4		191.4		
Betaine....mg	4.0		0	BFPN	4		7.4		
Vitamin B-12....µg	0.66		0	BFPN	4		1.23		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	2		0	NC	4		3		
Retinol....µg	2		0	BFSN	4		3		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	6		0	NC	4		12		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.21		0	BFSN	4		0.40		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.7		0	AS	1		1.3		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.7		0	BFFN	4		1.3		
Vitamin D....IU	29		0	BFFN	4		53		
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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: 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
Fatty acids, total saturated	g	2.671		0	BFYN	4		4.995		
4:0	g	0.000		0	BFYN	4		0.000		
6:0	g	0.000		0	BFYN	4		0.000		
8:0	g	0.001		0	BFYN	4		0.002		
10:0	g	0.008		0	BFYN	4		0.015		
12:0	g	0.007		0	BFYN	4		0.013		
13:0	g									
14:0	g	0.094		0	BFYN	4		0.176		
15:0	g	0.003		0	BFYN	4		0.007		
16:0	g	1.635		0	BFYN	4		3.057		
17:0	g	0.019		0	BFYN	4		0.036		
18:0	g	0.887		0	BFYN	4		1.660		
20:0	g	0.012		0	BFYN	4		0.023		
22:0	g	0.002		0	BFYN	4		0.004		
24:0	g	0.001		0	BFYN	4		0.003		
Fatty acids, total monounsaturated	g	3.114		0	BFYN	4		5.823		
14:1	g	0.000		0	BFYN	4		0.000		
15:1	g	0.000		0	BFYN	4		0.000		
16:1 undifferentiated	g	0.179		0	BFYN	4		0.334		
17:1	g	0.000		0	BFYN	4		0.000		
18:1 undifferentiated	g	2.886		0	BFYN	4		5.398		
18:1 c	g	2.862		0	BFYN	4		5.352		
18:1-11c (18:1c n-7)	g									
18:1 t	g	0.025		0	BFYN	4		0.046		
18:1-11t (18:1t n-7)	g									
20:1	g	0.049		0	BFYN	4		0.091		
22:1 undifferentiated	g	0.000		0	BFYN	4		0.000		
22:1 c	g	0.000		0	BFYN	4		0.000		
22:1 t	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	1.089		0	BFYN	4		2.037		
18:2 undifferentiated	g	0.911		0	BFYN	4		1.704		
18:3 undifferentiated	g	0.038		0	BFYN	4		0.072		
18:3 n-3 c,c,c (ALA)	g	0.034		0	BFYN	4		0.063		
18:3 n-6 c,c,c	g	0.003		0	BFYN	4		0.006		
18:3i	g	0.001		0	BFYN	4		0.002		
18:4	g	0.000		0	BFYN	4		0.000		
20:2 n-6 c,c	g	0.035		0	BFYN	4		0.066		
20:3 undifferentiated	g	0.004		0	BFYN	4		0.008		
20:3 n-3	g									
20:3 n-6	g									
20:4 undifferentiated	g	0.090		0	BFYN	4		0.169		
20:4 n-3	g									
20:4 n-6	g									
20:5 n-3 (EPA)	g	0.000		0	BFYN	4		0.001		
21:5	g									
22:4	g									
22:5 n-3 (DPA)	g	0.009		0	BFYN	4		0.017		
22:6 n-3 (DHA)	g	0.000		0	BFYN	4		0.000		
Fatty acids, total trans	g	0.027		0	BFYN	4		0.050		
Fatty acids, total trans-monoenoic	g	0.025		0	BFYN	4		0.046		
Fatty acids, total trans-polyenoic	g	0.002		0	BFYN	4		0.004		
Cholesterol	mg	81	0.997	6	A	1		151		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.359		0	A	1		0.672		
Threonine	g	1.328		0	A	1		2.484		
Isoleucine	g	1.430		0	A	1		2.674		
Leucine	g	2.486		0	A	1		4.649		
Lysine	g	2.686		0	A	1		5.023		
Methionine	g	0.828		0	A	1		1.548		
Cystine	g	0.341		0	A	1		0.637		
Phenylalanine	g	1.255		0	A	1		2.347		

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
Tyrosine....g	1.197		0	A	1		2.238		
Valine....g	1.528		0	A	1		2.857		
Arginine....g	1.946		0	A	1		3.639		
Histidine....g	1.229		0	A	1		2.297		
Alanine....g	1.730		0	A	1		3.235		
Aspartic acid....g	2.825		0	A	1		5.283		
Glutamic acid....g	4.614		0	A	1		8.628		
Glycine....g	1.365		0	A	1		2.553		
Proline....g	1.221		0	A	1		2.284		
Serine....g	1.261		0	A	1		2.359		
Hydroxyproline....g	0.105		0	A	1		0.197		
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 = 187g: 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 24 (2011)

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....µg	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....µg	0		0	BFPN	4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.54		0	BFPN	4		0.79	0.46	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.7		0	AS	1		1.0	0.6	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.7		0	BFFN	4		1.0	0.6	
Vitamin D....IU	28		0	BFFN	4		40	24	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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	

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
Leucine....g	2.279		0	A	1		3.328	1.938	
Lysine....g	2.482		0	A	1		3.623	2.109	
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 24 (2011)

NDB No. 10176

Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried

Refuse: 28% Bone 14%, separable fat 8%, 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	62.17	0.333	6	A	1		106.94		
Energy....kcal	195		0	NC	4		336		
Energy....kJ	817		0	NC	4		1406		
Protein (N x 6.25)....g	29.56	0.475	6	A	1		50.84		
Total lipid (fat)....g	7.66	0.333	6	A	1		13.17		
Ash....g	1.33	0.020	6	A	1		2.29		
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	51		0	BFNN	4		88		
Iron, Fe....mg	0.99		0	BFNN	4		1.70		
Magnesium, Mg....mg	24		0	BFNN	4		41		
Phosphorus, P....mg	268		0	BFNN	4		460		
Potassium, K....mg	378		0	BFNN	4		650		
Sodium, Na....mg	99		0	BFNN	4		170		
Zinc, Zn....mg	3.42		0	BFNN	4		5.89		
Copper, Cu....mg	0.118		0	BFNN	4		0.204		
Manganese, Mn....mg	0.013		0	BFNN	4		0.023		
Selenium, Se....µg	43.7		0	BFNN	4		75.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.567		0	BFPN	4		0.975		
Riboflavin....mg	0.395		0	BFPN	4		0.679		
Niacin....mg	9.667		0	BFPN	4		16.628		
Pantothenic acid....mg	1.357		0	BFPN	4		2.335		
Vitamin B-6....mg	0.562		0	BFPN	4		0.966		
Folate, total....µg	0		0	BFPN	4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0	BFPN	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	110.6		0	BFPN	4		190.2		
Betaine....mg	4.3		0	BFPN	4		7.4		
Vitamin B-12....µg	0.80		0	BFPN	4		1.38		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	3		0	NC	4		5		
Retinol....µg	3		0	BFSN	4		5		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	10		0	NC	4		17		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.22		0	BFYN	4		0.38		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	AS	1		0.9		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	BFFN	4		0.9		
Vitamin D....IU	20		0	BFFN	4		34		
Vitamin K (phylloquinone)....µg	0.0		0	BFYN	4		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.597		0	BFYN	4		4.467		
4:0....g	0.000		0	BFYN	4		0.000		
6:0....g	0.000		0	BFYN	4		0.000		
8:0....g	0.001		0	BFYN	4		0.002		
10:0....g	0.008		0	BFYN	4		0.013		
12:0....g	0.007		0	BFYN	4		0.011		
13:0....g									
14:0....g	0.091		0	BFYN	4		0.157		
15:0....g	0.003		0	BFYN	4		0.006		
16:0....g	1.590		0	BFYN	4		2.734		
17:0....g	0.019		0	BFYN	4		0.033		
18:0....g	0.863		0	BFYN	4		1.484		
20:0....g	0.012		0	BFYN	4		0.021		
22:0....g	0.002		0	BFYN	4		0.003		
24:0....g	0.001		0	BFYN	4		0.002		
Fatty acids, total monounsaturated....g	3.028		0	BFYN	4		5.208		
14:1....g	0.000		0	BFYN	4		0.000		
15:1....g	0.000		0	BFYN	4		0.000		
16:1 undifferentiated....g	0.174		0	BFYN	4		0.299		
17:1....g	0.000		0	BFYN	4		0.000		
18:1 undifferentiated....g	2.807		0	BFYN	4		4.828		
18:1 c....g	2.783		0	BFYN	4		4.787		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.024		0	BFYN	4		0.041		
18:1-11t (18:1t n-7)....g									
20:1....g	0.047		0	BFYN	4		0.081		
22:1 undifferentiated....g	0.000		0	BFYN	4		0.000		
22:1 c....g	0.000		0	BFYN	4		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.059		0	BFYN	4		1.821		
18:2 undifferentiated....g	0.886		0	BFYN	4		1.524		
18:3 undifferentiated....g	0.037		0	BFYN	4		0.064		
18:3 n-3 c,c,c (ALA)....g	0.033		0	BFYN	4		0.057		
18:3 n-6 c,c,c....g	0.003		0	BFYN	4		0.006		
18:3i....g	0.001		0	BFYN	4		0.002		
18:4....g	0.000		0	BFYN	4		0.000		
20:2 n-6 c,c....g	0.034		0	BFYN	4		0.059		
20:3 undifferentiated....g	0.004		0	BFYN	4		0.007		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.088		0	BFYN	4		0.151		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFYN	4		0.001		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		0	BFYN	4		0.016		
22:6 n-3 (DHA)....g	0.000		0	BFYN	4		0.000		
Fatty acids, total trans....g	0.026		0	BFYN	4		0.044		
Fatty acids, total trans-monoenoic....g	0.024		0	BFYN	4		0.041		
Fatty acids, total trans-polyenoic....g	0.002		0	BFYN	4		0.003		
Cholesterol....mg	78	1.653	6	A	1		135		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.352		0	A	1		0.605		
Threonine....g	1.300		0	A	1		2.236		
Isoleucine....g	1.400		0	A	1		2.407		
Leucine....g	2.433		0	A	1		4.185		
Lysine....g	2.629		0	A	1		4.522		
Methionine....g	0.810		0	A	1		1.394		
Cystine....g	0.333		0	A	1		0.573		
Phenylalanine....g	1.228		0	A	1		2.112		

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
Tyrosine....g	1.171		0	A	1		2.014		
Valine....g	1.495		0	A	1		2.572		
Arginine....g	1.905		0	A	1		3.276		
Histidine....g	1.202		0	A	1		2.068		
Alanine....g	1.693		0	A	1		2.912		
Aspartic acid....g	2.765		0	A	1		4.756		
Glutamic acid....g	4.516		0	A	1		7.767		
Glycine....g	1.336		0	A	1		2.298		
Proline....g	1.195		0	A	1		2.056		
Serine....g	1.234		0	A	1		2.123		
Hydroxyproline....g	0.103		0	A	1		0.177		
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 = 172g: 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 24 (2011)

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						Amount in edible portion 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	73.62	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....µg	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....µg	0		0	BFPN	4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.50		0	BFPN	4		0.89	2.27	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.4		0	AS	1		0.6	1.6	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.4		0	BFFN	4		0.6	1.6	
Vitamin D....IU	14		0	BFFN	4		26	65	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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	

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
Leucine....g	1.873		0	A	1		3.334	8.496	
Lysine....g	2.039		0	A	1		3.630	9.250	
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 24 (2011)

NDB No. 10039

Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted

Refuse: 18% Bone 14%, 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	60.26		0	PAK	1		542.30		
Energy....kcal	231		0	PIK	4		2077		
Energy....kJ	966		0	PIK	4		8692		
Protein (N x 6.25)....g	27.01		0	PAK	1		243.09		
Total lipid (fat)....g	12.80		0	PAK	1		115.24		
Ash....g	1.14		0	PAK	1		10.25		
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	33		0	PIK	4		298		
Iron, Fe....mg	0.89		0	PIK	4		8.02		
Magnesium, Mg....mg	20		0	PIK	4		184		
Phosphorus, P....mg	213		0	PIK	4		1917		
Potassium, K....mg	350		0	PIK	4		3147		
Sodium, Na....mg	83		0	PIK	4		750		
Zinc, Zn....mg	3.53		0	PIK	4		31.73		
Copper, Cu....mg	0.103		0	PIK	4		0.924		
Manganese, Mn....mg	0.018		0	PIK	4		0.163		
Selenium, Se....µg	42.6		0	PIK	4		383.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.536		0	PIK	4		4.820		
Riboflavin....mg	0.422		0	PIK	4		3.797		
Niacin....mg	7.420		0	PIK	4		66.783		
Pantothenic acid....mg	1.478		0	PIK	4		13.304		
Vitamin B-6....mg	0.485		0	PIK	4		4.365		
Folate, total....µg	0		0	PIK	4		0		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	0		0	PIK	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	92.4		0	PIK	4		831.3		
Betaine....mg	3.6		0	PIK	4		32.7		
Vitamin B-12....µg	0.87		0	PIK	4		7.82		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	4		0	PIK	4		40		
Retinol....µg	4		0	PIK	4		40		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	15		0	PIK	4		132		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.21		0	PIK	4		1.93		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	PAK	1		5.7		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.6		0	PIK	4		5.7		
Vitamin D....IU	25		0	PIK	4		229		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	4.859		0	PIK	4		43.731		
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		
10:0....g	0.014		0	PAK	1		0.129		
12:0....g	0.011		0	PAK	1		0.100		
13:0....g									
14:0....g	0.173		0	PAK	1		1.555		
15:0....g	0.003		0	PAK	1		0.031		
16:0....g	2.975		0	PAK	1		26.778		
17:0....g	0.045		0	PAK	1		0.405		
18:0....g	1.614		0	PAK	1		14.525		
20:0....g	0.022		0	PAK	1		0.202		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.001		0	PAK	1		0.006		
Fatty acids, total monounsaturated....g	5.478		0	PIK	4		49.299		
14:1....g	0.001		0	PAK	1		0.010		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.270		0	PAK	1		2.428		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	5.120		0	PAK	1		46.083		
18:1 c....g	5.053		0	PAK	1		45.477		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.067		0	PAK	1		0.606		
18:1-11t (18:1t n-7)....g									
20:1....g	0.086		0	PAK	1		0.778		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.073		0	PIK	4		18.661		
18:2 undifferentiated....g	1.848		0	PAK	1		16.636		
18:2 n-6 c,c....g	1.828		0	PAK	1		16.452		
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	0.020		0	PAK	1		0.184		
18:3 undifferentiated....g	0.076		0	PAK	1		0.681		
18:3 n-3 c,c,c (ALA)....g	0.071		0	PAK	1		0.638		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g	0.005		0	PAK	1		0.043		
18:4....g	0.000		0	PAK	1		0.000		
20:2 n-6 c,c....g	0.072		0	PAK	1		0.651		
20:3 undifferentiated....g	0.004		0	PAK	1		0.040		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.062		0	PAK	1		0.554		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0	PAK	1		0.090		
22:6 n-3 (DHA)....g	0.001		0	PAK	1		0.009		
Fatty acids, total trans....g	0.093		0	PIK	4		0.833		
Fatty acids, total trans-monoenoic....g	0.067		0	PIK	4		0.606		
Fatty acids, total trans-polyenoic....g	0.025		0	PIK	4		0.227		
Cholesterol....mg	76		0	PAK	1		683		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.321		0	PAK	1		2.893		

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
Threonine....g	1.188		0	PAK	1		10.690		
Isoleucine....g	1.279		0	PAK	1		11.511		
Leucine....g	2.223		0	PAK	1		20.008		
Lysine....g	2.402		0	PAK	1		21.619		
Methionine....g	0.740		0	PAK	1		6.663		
Cystine....g	0.305		0	PAK	1		2.741		
Phenylalanine....g	1.122		0	PAK	1		10.100		
Tyrosine....g	1.070		0	PAK	1		9.631		
Valine....g	1.366		0	PAK	1		12.296		
Arginine....g	1.740		0	PAK	1		15.664		
Histidine....g	1.099		0	PAK	1		9.888		
Alanine....g	1.547		0	PAK	1		13.924		
Aspartic acid....g	2.527		0	PAK	1		22.739		
Glutamic acid....g	4.126		0	PAK	1		37.136		
Glycine....g	1.221		0	PAK	1		10.987		
Proline....g	1.092		0	PAK	1		9.829		
Serine....g	1.128		0	PAK	1		10.152		
Hydroxyproline....g	0.094		0	PAK	1		0.848		
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 = 900g: 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 24 (2011)

NDB No. 10043

Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted

Refuse: 25% Bone 14%, Connective tissue 4%, 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	63.65	0.500	6	A	1		572.87		
Energy....kcal	194		0	NC	4		1744		
Energy....kJ	811		0	NC	4		7295		
Protein (N x 6.25)....g	28.58	0.708	6	A	1		257.25		
Total lipid (fat)....g	7.95	0.464	6	A	1		71.51		
Ash....g	1.19	0.031	6	A	1		10.67		
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	30		0	BFNN	4		266		
Iron, Fe....mg	0.93		0	BFNN	4		8.41		
Magnesium, Mg....mg	21		0	BFNN	4		189		
Phosphorus, P....mg	223		0	BFNN	4		2010		
Potassium, K....mg	370		0	BFNN	4		3330		
Sodium, Na....mg	86		0	BFNN	4		775		
Zinc, Zn....mg	3.74		0	BFNN	4		33.70		
Copper, Cu....mg	0.102		0	BFNN	4		0.917		
Manganese, Mn....mg	0.020		0	BFNN	4		0.176		
Selenium, Se....µg	45.2		0	BFNN	4		406.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.562		0	BFPN	4		5.059		
Riboflavin....mg	0.449		0	BFPN	4		4.038		
Niacin....mg	7.655		0	BFPN	4		68.895		
Pantothenic acid....mg	1.555		0	BFPN	4		13.999		
Vitamin B-6....mg	0.512		0	BFPN	4		4.609		
Folate, total....µg	0		0	BFPN	4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0	BFPN	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	98.2		0	BFPN	4		884.0		
Betaine....mg	3.8		0	BFPN	4		34.2		
Vitamin B-12....µg	0.88		0	BFPN	4		7.96		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	2		0	NC	4		22		
Retinol....µg	2		0	BFSN	4		22		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	8		0	NC	4		74		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.24		0	BFSN	4		2.12		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	AS	1		4.7		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	BFFN	4		4.7		
Vitamin D....IU	21		0	BFFN	4		188		
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.932		0	NC	4		26.387		
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	6	A	1		0.000		
10:0....g	0.010	0.001	6	A	1		0.094		
12:0....g	0.007	0.001	6	A	1		0.062		
13:0....g									
14:0....g	0.105	0.008	6	A	1		0.944		
15:0....g	0.000	0.000	6	A	1		0.000		
16:0....g	1.810	0.126	6	A	1		16.290		
17:0....g	0.025	0.002	6	A	1		0.225		
18:0....g	0.962	0.070	6	A	1		8.656		
20:0....g	0.013	0.001	6	A	1		0.115		
22:0....g	0.000	0.000	6	A	1		0.000		
24:0....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total monounsaturated....g	3.398		0	NC	4		30.585		
14:1....g	0.000	0.000	6	A	1		0.000		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.183	0.017	6	A	1		1.647		
17:1....g	0.000	0.000	6	A	1		0.000		
18:1 undifferentiated....g	3.166	0.197	6	AS	1		28.490		
18:1 c....g	3.127	0.193	6	A	1		28.140		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.039	0.006	6	A	1		0.350		
18:1-11t (18:1t n-7)....g									
20:1....g	0.050	0.003	6	A	1		0.447		
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000		
22:1 c....g	0.000	0.000	6	A	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.162		0	NC	4		10.457		
18:2 undifferentiated....g	1.027	0.026	6	AS	1		9.240		
18:2 n-6 c,c....g	1.013	0.027	6	A	1		9.115		
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	0.014	0.001	6	A	1		0.124		
18:3 undifferentiated....g	0.037	0.001	6	AS	1		0.332		
18:3 n-3 c,c,c (ALA)....g	0.037	0.001	6	A	1		0.332		
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000		
18:3i....g	0.000	0.000	6	A	1		0.000		
18:4....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c....g	0.039	0.002	6	A	1		0.352		
20:3 undifferentiated....g	0.000	0.000	6	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.052	0.001	6	A	1		0.467		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.007	0.000	6	A	1		0.066		
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total trans....g	0.053		0	NC	4		0.474		
Fatty acids, total trans-monoenoic....g	0.039		0	NC	4		0.350		
Fatty acids, total trans-polyenoic....g	0.014		0	NC	4		0.124		
Cholesterol....mg	75	1.983	6	A	1		676		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.340		0	A	1		3.062		

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
Threonine....g	1.257		0	A	1		11.313		
Isoleucine....g	1.353		0	A	1		12.181		
Leucine....g	2.353		0	A	1		21.174		
Lysine....g	2.542		0	A	1		22.879		
Methionine....g	0.783		0	A	1		7.051		
Cystine....g	0.322		0	A	1		2.900		
Phenylalanine....g	1.188		0	A	1		10.689		
Tyrosine....g	1.133		0	A	1		10.193		
Valine....g	1.446		0	A	1		13.012		
Arginine....g	1.842		0	A	1		16.576		
Histidine....g	1.163		0	A	1		10.464		
Alanine....g	1.637		0	A	1		14.735		
Aspartic acid....g	2.674		0	A	1		24.064		
Glutamic acid....g	4.367		0	A	1		39.300		
Glycine....g	1.292		0	A	1		11.627		
Proline....g	1.156		0	A	1		10.402		
Serine....g	1.194		0	A	1		10.743		
Hydroxyproline....g	0.100		0	A	1		0.898		
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 = 900g: 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 24 (2011)

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:34% 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....µg	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....µg	0		0	PIK	4		0	0	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.54		0	PIK	4		0.71	2.43	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	PAK	1		3	10	
Retinol....µg	2		0	PIK	4		3	10	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	8		0	PAK	1		10	35	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.7		0	PAK	1		0.9	3.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.7		0	PIK	4		0.9	3.0	
Vitamin D....IU	26		0	PIK	4		35	118	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									

Lipids:

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
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	
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	

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
Leucine....g	1.728		0	PAK	1		2.298	7.838	
Lysine....g	1.881		0	PAK	1		2.502	8.533	
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 24 (2011)

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		146.24	62.26	
Energy....kcal	136		0	NC	4		275	117	
Energy....kJ	570		0	NC	4		1152	491	
Protein (N x 6.25)....g	21.79	0.479	12	A	1		44.01	18.74	
Total lipid (fat)....g	4.80	0.377	12	A	1		9.69	4.13	
Ash....g	1.01	0.042	12	A	1		2.04	0.87	
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		49	21	
Iron, Fe....mg	0.61	0.021	12	A	1		1.24	0.53	
Magnesium, Mg....mg	25	0.417	12	A	1		50	21	
Phosphorus, P....mg	216	3.497	12	A	1		436	185	
Potassium, K....mg	359	5.751	12	A	1		726	309	
Sodium, Na....mg	60	1.422	12	A	1		121	51	
Zinc, Zn....mg	1.97	0.061	12	A	1		3.98	1.70	
Copper, Cu....mg	0.068	0.005	12	A	1		0.137	0.059	
Manganese, Mn....mg	0.009	0.002	12	A	1		0.018	0.008	
Selenium, Se....µg	38.3	5.446	12	A	1		77.3	32.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.484		0	BFYN	4		0.978	0.416	
Riboflavin....mg	0.186		0	BFYN	4		0.376	0.160	
Niacin....mg	6.685		0	BFYN	4		13.503	5.749	
Pantothenic acid....mg	0.725		0	BFPN	4		1.465	0.624	
Vitamin B-6....mg	0.735		0	BFPN	4		1.484	0.632	
Folate, total....µg	0		0	BFPN	4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0	BFPN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	57.9		0	BFPN	4		117.0	49.8	
Betaine....mg	3.0		0	BFPN	4		6.1	2.6	
Vitamin B-12....µg	0.50		0	BFPN	4		1.00	0.43	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.13		0	BFSN	4		0.27	0.11	
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)....µg	0.5		0	AS	1		0.9	0.4	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	BFFN	4		0.9	0.4	
Vitamin D....IU	19		0	BFFN	4		38	16	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.617		0	BFFN	4		3.266	1.390	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
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		0.006	0.003	
12:0....g	0.002		0	BFFN	4		0.003	0.001	
13:0....g									
14:0....g	0.058		0	BFFN	4		0.118	0.050	
15:0....g	0.000		0	BFFN	4		0.000	0.000	
16:0....g	1.010		0	BFFN	4		2.040	0.869	
17:0....g	0.013		0	BFFN	4		0.026	0.011	
18:0....g	0.525		0	BFFN	4		1.060	0.451	
20:0....g									
22:0....g	0.000		0	BFFN	4		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	1.999		0	BFFN	4		4.037	1.719	
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		0.245	0.105	
17:1....g	0.002		0	BFFN	4		0.005	0.002	
18:1 undifferentiated....g	1.846		0	BFFN	4		3.729	1.588	
18:1 c....g	1.821		0	BFFN	4		3.678	1.566	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.025		0	BFFN	4		0.051	0.022	
18:1-11t (18:1t n-7)....g									
20:1....g	0.029		0	BFFN	4		0.058	0.025	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.524		0	BFFN	4		1.059	0.451	
18:2 undifferentiated....g	0.449		0	BFFN	4		0.908	0.386	
18:2 n-6 c,c....g	0.436		0	BFFN	4		0.881	0.375	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.013		0	BFFN	4		0.027	0.011	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.018		0	BFFN	4		0.036	0.016	
18:3 n-3 c,c,c (ALA)....g	0.018		0	BFFN	4		0.036	0.016	
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		0.033	0.014	
20:3 undifferentiated....g	0.001		0	BFFN	4		0.003	0.001	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.039		0	BFFN	4		0.079	0.034	
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		113	48	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.229		0	A	1		0.463	0.197	
Threonine....g	0.978		0	A	1		1.976	0.841	
Isoleucine....g	1.072		0	A	1		2.166	0.922	
Leucine....g	1.856		0	A	1		3.750	1.596	
Lysine....g	2.021		0	A	1		4.082	1.738	

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
Methionine....g	0.600		0	A	1		1.212	0.516	
Cystine....g	0.251		0	A	1		0.508	0.216	
Phenylalanine....g	0.916		0	A	1		1.850	0.788	
Tyrosine....g	0.829		0	A	1		1.675	0.713	
Valine....g	1.139		0	A	1		2.300	0.979	
Arginine....g	1.450		0	A	1		2.929	1.247	
Histidine....g	0.941		0	A	1		1.901	0.809	
Alanine....g	1.279		0	A	1		2.584	1.100	
Aspartic acid....g	2.132		0	A	1		4.306	1.833	
Glutamic acid....g	3.479		0	A	1		7.027	2.992	
Glycine....g	0.982		0	A	1		1.983	0.844	
Proline....g	0.881		0	A	1		1.780	0.758	
Serine....g	0.942		0	A	1		1.903	0.810	
Hydroxyproline....g	0.056		0	A	1		0.113	0.048	
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 = 202g: 1 chop

Measure 2 = 86g: 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 24 (2011)

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....µg	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....µg	6		0		1		27	6	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	6		0		1		27	6	
Folate, DFE....mcg_DFE	6		0	NC	4		27	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.50		0		1		2.27	0.51	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....µg	2		0	NR	4		8	2	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	6		0		1		27	6	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	1.4		0	AS	1		6.2	1.4	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.4		0	BFFN	4		6.2	1.4	
Vitamin D....IU	54		0	BFFN	4		247	55	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
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	
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.

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

Number of Data Points of zero 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 = 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 24 (2011)

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....µg	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....µg	7	1.450	4		1		32	6	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.53	0.044	11		1		2.40	0.47	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		9	2	
Retinol....µg	2		0	NR	4		9	2	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	6		1		1		27	5	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.6		0	AS	1		2.9	0.6	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.6		0	BFFN	4		2.9	0.6	
Vitamin D....IU	25		0	BFFN	4		114	22	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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.

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

Number of Data Points of zero 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 = 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 24 (2011)

NDB No. 10045

Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised

Refuse: 23% Bone 17%, 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	56.85		0	PAK	1		106.30		
Energy....kcal	261		0	PIK	4		488		
Energy....kJ	1091		0	PIK	4		2040		
Protein (N x 6.25)....g	26.66		0	PAK	1		49.86		
Total lipid (fat)....g	16.28		0	PAK	1		30.45		
Ash....g	1.07		0	PAK	1		2.00		
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	53		0	PIK	4		99		
Iron, Fe....mg	0.81		0	PIK	4		1.52		
Magnesium, Mg....mg	19		0	PIK	4		36		
Phosphorus, P....mg	213		0	PIK	4		399		
Potassium, K....mg	259		0	PIK	4		484		
Sodium, Na....mg	70		0	PIK	4		131		
Zinc, Zn....mg	3.10		0	PIK	4		5.79		
Copper, Cu....mg	0.101		0	PIK	4		0.188		
Manganese, Mn....mg	0.011		0	PIK	4		0.021		
Selenium, Se....µg	41.5		0	PIK	4		77.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.492		0	PIK	4		0.919		
Riboflavin....mg	0.318		0	PIK	4		0.595		
Niacin....mg	7.505		0	PIK	4		14.035		
Pantothenic acid....mg	0.962		0	PIK	4		1.799		
Vitamin B-6....mg	0.491		0	PIK	4		0.918		
Folate, total....µg	0		0	PIK	4		0		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	0		0	PIK	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	91.0		0	PIK	4		170.1		
Betaine....mg	3.6		0	PIK	4		6.7		
Vitamin B-12....µg	0.64		0	PIK	4		1.20		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	5		0	PIK	4		9		
Retinol....µg	5		0	PIK	4		9		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	16		0	PIK	4		30		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.19		0	PIK	4		0.35		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.9		0	PAK	1		1.8		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.9		0	PIK	4		1.8		
Vitamin D....IU	37		0	PIK	4		70		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	5.435		0	PIK	4		10.164		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.001		0	PIK	4		0.002		
10:0....g	0.014		0	PIK	4		0.026		
12:0....g	0.013		0	PIK	4		0.024		
13:0....g									
14:0....g	0.192		0	PIK	4		0.358		
15:0....g	0.008		0	PIK	4		0.015		
16:0....g	3.308		0	PIK	4		6.186		
17:0....g	0.049		0	PIK	4		0.091		
18:0....g	1.822		0	PIK	4		3.406		
20:0....g	0.026		0	PIK	4		0.049		
22:0....g	0.002		0	PIK	4		0.003		
24:0....g	0.002		0	PIK	4		0.004		
Fatty acids, total monounsaturated....g	6.088		0	PIK	4		11.385		
14:1....g	0.002		0	PIK	4		0.003		
15:1....g	0.000		0	PIK	4		0.000		
16:1 undifferentiated....g	0.300		0	PIK	4		0.561		
17:1....g	0.000		0	PIK	4		0.000		
18:1 undifferentiated....g	5.686		0	PIK	4		10.632		
18:1 c....g	5.618		0	PIK	4		10.506		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.067		0	PIK	4		0.126		
18:1-11t (18:1t n-7)....g									
20:1....g	0.101		0	PIK	4		0.189		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
22:1 c....g	0.000		0	PIK	4		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.397		0	PIK	4		4.482		
18:2 undifferentiated....g	2.099		0	PIK	4		3.926		
18:2 n-6 c,c....g	1.331		0	PAK	1		2.490		
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	0.012		0	PAK	1		0.022		
18:3 undifferentiated....g	0.094		0	PIK	4		0.175		
18:3 n-3 c,c,c (ALA)....g	0.083		0	PIK	4		0.155		
18:3 n-6 c,c,c....g	0.003		0	PIK	4		0.005		
18:3i....g	0.008		0	PIK	4		0.015		
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.083		0	PIK	4		0.155		
20:3 undifferentiated....g	0.010		0	PIK	4		0.019		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.096		0	PIK	4		0.180		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.001		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013		0	PIK	4		0.024		
22:6 n-3 (DHA)....g	0.001		0	PIK	4		0.003		
Fatty acids, total trans....g	0.088		0	PIK	4		0.164		
Fatty acids, total trans-monoenoic....g	0.067		0	PIK	4		0.126		
Fatty acids, total trans-polyenoic....g	0.020		0	PIK	4		0.038		
Cholesterol....mg	79		0	PAK	1		148		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.317		0	PAK	1		0.593		

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
Threonine....g	1.173		0	PAK	1		2.193		
Isoleucine....g	1.262		0	PAK	1		2.361		
Leucine....g	2.194		0	PAK	1		4.104		
Lysine....g	2.371		0	PAK	1		4.434		
Methionine....g	0.731		0	PAK	1		1.367		
Cystine....g	0.301		0	PAK	1		0.562		
Phenylalanine....g	1.108		0	PAK	1		2.072		
Tyrosine....g	1.056		0	PAK	1		1.975		
Valine....g	1.349		0	PAK	1		2.522		
Arginine....g	1.718		0	PAK	1		3.213		
Histidine....g	1.085		0	PAK	1		2.028		
Alanine....g	1.527		0	PAK	1		2.856		
Aspartic acid....g	2.494		0	PAK	1		4.664		
Glutamic acid....g	4.073		0	PAK	1		7.617		
Glycine....g	1.205		0	PAK	1		2.253		
Proline....g	1.078		0	PAK	1		2.016		
Serine....g	1.113		0	PAK	1		2.082		
Hydroxyproline....g	0.093		0	PAK	1		0.174		
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 = 187g: 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 24 (2011)

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:35% 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....µg	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....µg	0		0	PIK	4		0	0	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.58		0	PIK	4		0.65	0.49	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	PAK	1		3	2	
Retinol....µg	2		0	PIK	4		3	2	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	8		0	PAK	1		9	7	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.9		0	PAK	1		1.0	0.7	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.9		0	PIK	4		1.0	0.7	
Vitamin D....IU	35		0	PIK	4		39	29	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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	

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
Leucine....g	2.080		0	PAK	1		2.330	1.768	
Lysine....g	2.265		0	PAK	1		2.536	1.925	
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 24 (2011)

NDB No. 10180

Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried

Refuse: 23% Bone 17%, 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	57.11		0	PAK	1		96.51		
Energy....kcal	256		0	PIK	4		433		
Energy....kJ	1072		0	PIK	4		1811		
Protein (N x 6.25)....g	26.81		0	PAK	1		45.31		
Total lipid (fat)....g	15.71		0	PAK	1		26.54		
Ash....g	1.22		0	PAK	1		2.06		
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	48		0	PIK	4		82		
Iron, Fe....mg	0.83		0	PIK	4		1.40		
Magnesium, Mg....mg	20		0	PIK	4		34		
Phosphorus, P....mg	222		0	PIK	4		376		
Potassium, K....mg	313		0	PIK	4		529		
Sodium, Na....mg	84		0	PIK	4		142		
Zinc, Zn....mg	2.83		0	PIK	4		4.79		
Copper, Cu....mg	0.106		0	PIK	4		0.178		
Manganese, Mn....mg	0.011		0	PIK	4		0.018		
Selenium, Se....µg	36.1		0	PIK	4		61.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.521		0	PIK	4		0.880		
Riboflavin....mg	0.358		0	PIK	4		0.606		
Niacin....mg	8.931		0	PIK	4		15.093		
Pantothenic acid....mg	1.252		0	PIK	4		2.117		
Vitamin B-6....mg	0.510		0	PIK	4		0.861		
Folate, total....µg	0		0	PIK	4		0		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	0		0	PIK	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	89.3		0	PIK	4		151.0		
Betaine....mg	3.5		0	PIK	4		6.0		
Vitamin B-12....µg	0.78		0	PIK	4		1.31		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	6		0	PIK	4		9		
Retinol....µg	6		0	PIK	4		9		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	18		0	PIK	4		31		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.23		0	PIK	4		0.39		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.7		0	PAK	1		1.1		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.7		0	PIK	4		1.1		
Vitamin D....IU	26		0	PIK	4		45		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	5.056		0	PIK	4		8.545		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.001		0	PIK	4		0.002		
10:0....g	0.013		0	PIK	4		0.022		
12:0....g	0.012		0	PIK	4		0.020		
13:0....g									
14:0....g	0.178		0	PIK	4		0.301		
15:0....g	0.007		0	PIK	4		0.013		
16:0....g	3.079		0	PIK	4		5.203		
17:0....g	0.045		0	PIK	4		0.076		
18:0....g	1.694		0	PIK	4		2.862		
20:0....g	0.024		0	PIK	4		0.041		
22:0....g	0.002		0	PIK	4		0.003		
24:0....g	0.002		0	PIK	4		0.003		
Fatty acids, total monounsaturated....g	5.680		0	PIK	4		9.599		
14:1....g	0.002		0	PIK	4		0.003		
15:1....g	0.000		0	PIK	4		0.000		
16:1 undifferentiated....g	0.283		0	PIK	4		0.479		
17:1....g	0.000		0	PIK	4		0.000		
18:1 undifferentiated....g	5.302		0	PIK	4		8.960		
18:1 c....g	5.240		0	PIK	4		8.856		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.061		0	PIK	4		0.104		
18:1-11t (18:1t n-7)....g									
20:1....g	0.094		0	PIK	4		0.158		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
22:1 c....g	0.000		0	PIK	4		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.218		0	PIK	4		3.748		
18:2 undifferentiated....g	2.226		0	PAK	1		3.761		
18:2 n-6 c,c....g	1.152		0	PAK	1		1.948		
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	0.010		0	PAK	1		0.017		
18:3 undifferentiated....g	0.086		0	PIK	4		0.146		
18:3 n-3 c,c,c (ALA)....g	0.076		0	PIK	4		0.129		
18:3 n-6 c,c,c....g	0.003		0	PIK	4		0.005		
18:3i....g	0.007		0	PIK	4		0.012		
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.077		0	PIK	4		0.129		
20:3 undifferentiated....g	0.009		0	PIK	4		0.015		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.095		0	PIK	4		0.161		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.001		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012		0	PIK	4		0.021		
22:6 n-3 (DHA)....g	0.001		0	PIK	4		0.002		
Fatty acids, total trans....g	0.079		0	PIK	4		0.134		
Fatty acids, total trans-monoenoic....g	0.061		0	PIK	4		0.104		
Fatty acids, total trans-polyenoic....g	0.018		0	PIK	4		0.030		
Cholesterol....mg	78		0	PAK	1		132		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.319		0	PAK	1		0.539		

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
Threonine....g	1.179		0	PAK	1		1.992		
Isoleucine....g	1.269		0	PAK	1		2.145		
Leucine....g	2.207		0	PAK	1		3.729		
Lysine....g	2.384		0	PAK	1		4.029		
Methionine....g	0.735		0	PAK	1		1.242		
Cystine....g	0.302		0	PAK	1		0.511		
Phenylalanine....g	1.114		0	PAK	1		1.882		
Tyrosine....g	1.062		0	PAK	1		1.795		
Valine....g	1.356		0	PAK	1		2.292		
Arginine....g	1.727		0	PAK	1		2.919		
Histidine....g	1.090		0	PAK	1		1.843		
Alanine....g	1.536		0	PAK	1		2.595		
Aspartic acid....g	2.508		0	PAK	1		4.238		
Glutamic acid....g	4.095		0	PAK	1		6.921		
Glycine....g	1.212		0	PAK	1		2.048		
Proline....g	1.084		0	PAK	1		1.832		
Serine....g	1.120		0	PAK	1		1.892		
Hydroxyproline....g	0.094		0	PAK	1		0.158		
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 = 169g: 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 24 (2011)

NDB No. 10049

Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised

Refuse: 33% Bone 17%, 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	61.56	0.712	6	A	1		115.12		
Energy....kcal	208		0	NC	4		389		
Energy....kJ	871		0	NC	4		1628		
Protein (N x 6.25)....g	29.03	0.361	6	A	1		54.29		
Total lipid (fat)....g	9.32	0.699	6	A	1		17.44		
Ash....g	1.13	0.049	6	A	1		2.11		
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	51		0	BFNN	4		95		
Iron, Fe....mg	0.87		0	BFNN	4		1.62		
Magnesium, Mg....mg	20		0	BFNN	4		38		
Phosphorus, P....mg	229		0	BFNN	4		429		
Potassium, K....mg	277		0	BFNN	4		517		
Sodium, Na....mg	72		0	BFNN	4		135		
Zinc, Zn....mg	3.37		0	BFNN	4		6.30		
Copper, Cu....mg	0.099		0	BFNN	4		0.185		
Manganese, Mn....mg	0.012		0	BFNN	4		0.023		
Selenium, Se....µg	45.4		0	BFNN	4		85.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.526		0	BFPN	4		0.983		
Riboflavin....mg	0.344		0	BFPN	4		0.643		
Niacin....mg	7.880		0	BFPN	4		14.735		
Pantothenic acid....mg	1.003		0	BFPN	4		1.875		
Vitamin B-6....mg	0.533		0	BFPN	4		0.998		
Folate, total....µg	0		0	BFPN	4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0	BFPN	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	99.8		0	BFPN	4		186.6		
Betaine....mg	3.9		0	BFPN	4		7.2		
Vitamin B-12....µg	0.63		0	BFPN	4		1.18		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	2		0	NC	4		3		
Retinol....µg	2		0	NR	4		3		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	6		0	NC	4		11		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.22		0	BFSN	4		0.40		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.8		0	AS	1		1.5		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.8		0	BFFN	4		1.5		
Vitamin D....IU	32		0	BFFN	4		60		
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.553		0	BFYN	4		4.775		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	BFYN	4		0.000		
8:0....g	0.001		0	BFYN	4		0.002		
10:0....g	0.008		0	BFYN	4		0.014		
12:0....g	0.006		0	BFYN	4		0.012		
13:0....g									
14:0....g	0.090		0	BFYN	4		0.168		
15:0....g	0.003		0	BFYN	4		0.006		
16:0....g	1.563		0	BFYN	4		2.923		
17:0....g	0.019		0	BFYN	4		0.035		
18:0....g	0.848		0	BFYN	4		1.587		
20:0....g	0.012		0	BFYN	4		0.022		
22:0....g	0.002		0	BFYN	4		0.004		
24:0....g	0.001		0	BFYN	4		0.002		
Fatty acids, total monounsaturated....g	2.977		0	BFYN	4		5.567		
14:1....g	0.000		0	BFYN	4		0.000		
15:1....g	0.000		0	BFYN	4		0.000		
16:1 undifferentiated....g	0.171		0	BFYN	4		0.320		
17:1....g	0.000		0	BFYN	4		0.000		
18:1 undifferentiated....g	2.760		0	BFYN	4		5.160		
18:1 c....g	2.736		0	BFYN	4		5.116		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.023		0	BFYN	4		0.044		
18:1-11t (18:1t n-7)....g									
20:1....g	0.046		0	BFYN	4		0.087		
22:1 undifferentiated....g	0.000		0	BFYN	4		0.000		
22:1 c....g	0.000		0	BFYN	4		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.041		0	BFYN	4		1.947		
18:2 undifferentiated....g	0.871		0	BFYN	4		1.629		
18:3 undifferentiated....g	0.037		0	BFYN	4		0.069		
18:3 n-3 c,c,c (ALA)....g	0.032		0	BFYN	4		0.061		
18:3 n-6 c,c,c....g	0.003		0	BFYN	4		0.006		
18:3i....g	0.001		0	BFYN	4		0.002		
18:4....g	0.000		0	BFYN	4		0.000		
20:2 n-6 c,c....g	0.034		0	BFYN	4		0.063		
20:3 undifferentiated....g	0.004		0	BFYN	4		0.007		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.086		0	BFYN	4		0.162		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFYN	4		0.001		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		0	BFYN	4		0.017		
22:6 n-3 (DHA)....g	0.000		0	BFYN	4		0.000		
Fatty acids, total trans....g	0.025		0	BFYN	4		0.047		
Fatty acids, total trans-monoenoic....g	0.023		0	BFYN	4		0.044		
Fatty acids, total trans-polyenoic....g	0.002		0	BFYN	4		0.004		
Cholesterol....mg	79	1.782	6	A	1		147		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.346		0	A	1		0.646		
Threonine....g	1.277		0	A	1		2.388		
Isoleucine....g	1.375		0	A	1		2.571		
Leucine....g	2.390		0	A	1		4.469		
Lysine....g	2.582		0	A	1		4.829		
Methionine....g	0.796		0	A	1		1.488		
Cystine....g	0.327		0	A	1		0.612		
Phenylalanine....g	1.206		0	A	1		2.256		

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
Tyrosine....g	1.150		0	A	1		2.151		
Valine....g	1.469		0	A	1		2.746		
Arginine....g	1.871		0	A	1		3.499		
Histidine....g	1.181		0	A	1		2.209		
Alanine....g	1.663		0	A	1		3.110		
Aspartic acid....g	2.716		0	A	1		5.079		
Glutamic acid....g	4.435		0	A	1		8.294		
Glycine....g	1.312		0	A	1		2.454		
Proline....g	1.174		0	A	1		2.195		
Serine....g	1.213		0	A	1		2.267		
Hydroxyproline....g	0.101		0	A	1		0.189		
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 = 187g: 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 24 (2011)

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....µg	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....µg	0		0	BFPN	4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.52		0	BFPN	4		0.90	0.35	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.8		0	AS	1		1.4	0.5	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.8		0	BFFN	4		1.4	0.5	
Vitamin D....IU	32		0	BFFN	4		55	21	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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	

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
Leucine....g	2.197		0	A	1		3.779	1.472	
Lysine....g	2.392		0	A	1		4.114	1.603	
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 24 (2011)

NDB No. 10177

Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried

Refuse: 32% Bone 17%, Connective tissue 6%, 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	61.14	0.795	6	A	1		103.33		
Energy....kcal	211		0	NC	4		356		
Energy....kJ	882		0	NC	4		1491		
Protein (N x 6.25)....g	28.84	0.222	6	A	1		48.74		
Total lipid (fat)....g	9.73	0.829	6	A	1		16.44		
Ash....g	1.29	0.018	6	A	1		2.18		
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	45		0	BFSN	4		77		
Iron, Fe....mg	0.88		0	BFSN	4		1.48		
Magnesium, Mg....mg	21		0	BFSN	4		35		
Phosphorus, P....mg	237		0	BFSN	4		401		
Potassium, K....mg	335		0	BFSN	4		566		
Sodium, Na....mg	88		0	BFSN	4		148		
Zinc, Zn....mg	3.03		0	BFSN	4		5.12		
Copper, Cu....mg	0.105		0	BFSN	4		0.177		
Manganese, Mn....mg	0.012		0	BFSN	4		0.020		
Selenium, Se....µg	38.7		0	BFSN	4		65.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.553		0	BFPN	4		0.935		
Riboflavin....mg	0.385		0	BFPN	4		0.651		
Niacin....mg	9.432		0	BFPN	4		15.940		
Pantothenic acid....mg	1.324		0	BFPN	4		2.238		
Vitamin B-6....mg	0.548		0	BFPN	4		0.926		
Folate, total....µg	0		0	BFPN	4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0	BFPN	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	96.6		0	BFPN	4		163.3		
Betaine....mg	3.7		0	BFPN	4		6.3		
Vitamin B-12....µg	0.79		0	BFPN	4		1.33		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	3		0	NC	4		5		
Retinol....µg	3		0	BFSN	4		5		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	10		0	NC	4		18		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.26		0	BFSN	4		0.44		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	AS	1		0.9		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	BFFN	4		0.9		
Vitamin D....IU	21		0	BFFN	4		35		
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.563		0	BFYN	4		4.332		
4:0....g	0.000		0	BFYN	4		0.000		
6:0....g	0.000		0	BFYN	4		0.000		
8:0....g	0.001		0	BFYN	4		0.002		
10:0....g	0.008		0	BFYN	4		0.013		
12:0....g	0.006		0	BFYN	4		0.011		
13:0....g									
14:0....g	0.090		0	BFYN	4		0.153		
15:0....g	0.003		0	BFYN	4		0.006		
16:0....g	1.569		0	BFYN	4		2.652		
17:0....g	0.019		0	BFYN	4		0.032		
18:0....g	0.852		0	BFYN	4		1.439		
20:0....g	0.012		0	BFYN	4		0.020		
22:0....g	0.002		0	BFYN	4		0.003		
24:0....g	0.001		0	BFYN	4		0.002		
Fatty acids, total monounsaturated....g	2.989		0	BFYN	4		5.051		
14:1....g	0.000		0	BFYN	4		0.000		
15:1....g	0.000		0	BFYN	4		0.000		
16:1 undifferentiated....g	0.172		0	BFYN	4		0.290		
17:1....g	0.000		0	BFYN	4		0.000		
18:1 undifferentiated....g	2.770		0	BFYN	4		4.682		
18:1 c....g	2.747		0	BFYN	4		4.642		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.024		0	BFYN	4		0.040		
18:1-11t (18:1t n-7)....g									
20:1....g	0.047		0	BFYN	4		0.079		
22:1 undifferentiated....g	0.000		0	BFYN	4		0.000		
22:1 c....g	0.000		0	BFYN	4		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.045		0	BFYN	4		1.766		
18:2 undifferentiated....g	1.200		0		1		2.028		
18:3 undifferentiated....g	0.037		0	BFYN	4		0.062		
18:3 n-3 c,c,c (ALA)....g	0.033		0	BFYN	4		0.055		
18:3 n-6 c,c,c....g	0.003		0	BFYN	4		0.005		
18:3i....g	0.001		0	BFYN	4		0.002		
18:4....g	0.000		0	BFYN	4		0.000		
20:2 n-6 c,c....g	0.034		0	BFYN	4		0.057		
20:3 undifferentiated....g	0.004		0	BFYN	4		0.007		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.087		0	BFYN	4		0.147		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFYN	4		0.001		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		0	BFYN	4		0.015		
22:6 n-3 (DHA)....g	0.000		0	BFYN	4		0.000		
Fatty acids, total trans....g	0.025		0	BFYN	4		0.043		
Fatty acids, total trans-monoenoic....g	0.024		0	BFYN	4		0.040		
Fatty acids, total trans-polyenoic....g	0.002		0	BFYN	4		0.003		
Cholesterol....mg	77	1.272	6	A	1		131		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.343		0	A	1		0.580		
Threonine....g	1.268		0	A	1		2.143		
Isoleucine....g	1.366		0	A	1		2.308		
Leucine....g	2.374		0	A	1		4.012		
Lysine....g	2.565		0	A	1		4.335		
Methionine....g	0.790		0	A	1		1.336		
Cystine....g	0.325		0	A	1		0.550		
Phenylalanine....g	1.198		0	A	1		2.025		

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
Tyrosine....g	1.143		0	A	1		1.931		
Valine....g	1.459		0	A	1		2.465		
Arginine....g	1.858		0	A	1		3.141		
Histidine....g	1.173		0	A	1		1.983		
Alanine....g	1.652		0	A	1		2.792		
Aspartic acid....g	2.698		0	A	1		4.559		
Glutamic acid....g	4.406		0	A	1		7.446		
Glycine....g	1.303		0	A	1		2.203		
Proline....g	1.166		0	A	1		1.971		
Serine....g	1.204		0	A	1		2.035		
Hydroxyproline....g	0.101		0	A	1		0.170		
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 = 169g: 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 24 (2011)

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 ... µg	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 ... µg	4		0		1		3	3	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	4		0		1		3	3	
Folate, DFE ... mcg_DFE	4		0	NC	4		3	3	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.44		0		1		0.37	0.36	
Vitamin A, RAE ... mcg_RAE	2		0		1		2	2	
Retinol ... µg	2		0		1		2	2	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	7		0		1		6	6	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	6.120		0		1		5.202	4.957	
4:0 ... 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
6:0....g									
8:0....g									
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

NDB No. 10195

Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised

Measure 2 = 81g: 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 24 (2011)

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						Amount in edible portion 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	53.37		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....µg	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....µg	8		0		1		7	6	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8		0		1		7	6	
Folate, DFE....mcg_DFE	8		0	NC	4		7	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.67		0		1		0.57	0.54	
Vitamin A, RAE....mcg_RAE	2		0		1		2	2	
Retinol....µg	2		0		1		2	2	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	7		0		1		6	6	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.790		0		1		4.922	4.632	
4:0....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
6:0	g									
8:0	g									
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

NDB No. 10196

Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled

Measure 2 = 80g: 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 24 (2011)

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....µg	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....µg	7		0		1		6	5	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.59		0		1		0.50	0.44	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		2	2	
Retinol....µg	2		0	NR	4		2	2	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	7		0		1		6	5	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.9		0	AS	1		0.7	0.6	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.9		0	BFFN	4		0.7	0.6	
Vitamin D....IU	34		0	BFFN	4		29	26	
Vitamin K (phylloquinone)....µg	0.0		0	BFYN	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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.

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

Number of Data Points of zero 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 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 24 (2011)

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....µg	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....µg	4		0		1		3	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.44		0		1		0.37	0.32	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		2	1	
Retinol....µg	2		0	NR	4		2	1	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	6		0		1		5	4	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.9		0	AS	1		0.7	0.6	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.9		0	BFFN	4		0.7	0.6	
Vitamin D....IU	35		0	BFFN	4		30	25	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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.

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

Number of Data Points of zero 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 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 24 (2011)

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....µg	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....µg	9		1		1		8	6	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	9		1		1		8	6	
Folate, DFE....mcg_DFE	9		0	NC	4		8	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.70	0.031	12		1		0.60	0.50	
Vitamin A, RAE....mcg_RAE	2		1		1		2	1	
Retinol....µg	2		1		1		2	1	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	6		1		1		5	4	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.570		0		1		3.035	2.535	
4:0....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
6:0....g									
8:0....g									
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

NDB No. 10201

Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled

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 24 (2011)

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	µg	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	µg	8		0		1		7	5	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	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	µg	0.61		0		1		0.52	0.40	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		2	1	
Retinol	µg	2		0	NR	4		2	1	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	6		0		1		5	4	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	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)	µg	0.6		0	AS	1		0.5	0.4	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.6		0	BFFN	4		0.5	0.4	
Vitamin D	IU	22		0	BFFN	4		19	15	
Vitamin K (phylloquinone)	µg	0.0		0	BFYN	4		0.0	0.0	
Dihydrophylloquinone	µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4	µg									
Lipids:										

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
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	
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.

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

Number of Data Points of zero 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 = 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 24 (2011)

NDB No. 10047

Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted

Refuse: 23% Bone 17%, 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	57.76		0	PAK	1		452.23		
Energy....kcal	248		0	PIK	4		1939		
Energy....kJ	1036		0	PIK	4		8113		
Protein (N x 6.25)....g	26.99		0	PAK	1		211.29		
Total lipid (fat)....g	14.68		0	PAK	1		114.96		
Ash....g	1.09		0	PAK	1		8.56		
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	19		0	PAK	1		146		
Iron, Fe....mg	0.96		0	PAK	1		7.51		
Magnesium, Mg....mg	21		0	PAK	1		163		
Phosphorus, P....mg	230		0	PAK	1		1801		
Potassium, K....mg	272		0	PAK	1		2133		
Sodium, Na....mg	91		0	PAK	1		714		
Zinc, Zn....mg	2.91		0	PAK	1		22.76		
Copper, Cu....mg	0.085		0	PAK	1		0.667		
Manganese, Mn....mg	0.007		0	PAK	1		0.055		
Selenium, Se....µg	40.2		0	PAK	1		315.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.522		0	PAK	1		4.088		
Riboflavin....mg	0.295		0	PAK	1		2.309		
Niacin....mg	9.490		0	PAK	1		74.307		
Pantothenic acid....mg	1.478		0	PIK	4		11.574		
Vitamin B-6....mg	0.485		0	PIK	4		3.796		
Folate, total....µg	0		0	PIK	4		0		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	0		0	PIK	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	92.2		0	PIK	4		722.0		
Betaine....mg	3.6		0	PIK	4		28.5		
Vitamin B-12....µg	0.87		0	PIK	4		6.84		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	5		0	PIK	4		38		
Retinol....µg	5		0	PIK	4		38		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	16		0	PIK	4		126		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.21		0	PIK	4		1.61		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.7		0	PAK	1		5.7		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.7		0	PIK	4		5.7		
Vitamin D....IU	29		0	PIK	4		228		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	5.442		0	PIK	4		42.613		
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		
10:0....g	0.014		0	PAK	1		0.111		
12:0....g	0.013		0	PAK	1		0.098		
13:0....g									
14:0....g	0.192		0	PAK	1		1.501		
15:0....g	0.009		0	PAK	1		0.072		
16:0....g	3.331		0	PAK	1		26.083		
17:0....g	0.052		0	PAK	1		0.409		
18:0....g	1.805		0	PAK	1		14.137		
20:0....g	0.025		0	PAK	1		0.196		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.001		0	PAK	1		0.006		
Fatty acids, total monounsaturated....g	6.183		0	PIK	4		48.409		
14:1....g	0.001		0	PAK	1		0.010		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.296		0	PAK	1		2.314		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	5.786		0	PAK	1		45.308		
18:1 c....g	5.713		0	PAK	1		44.735		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.073		0	PAK	1		0.573		
18:1-11t (18:1t n-7)....g									
20:1....g	0.099		0	PAK	1		0.777		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.474		0	PIK	4		19.368		
18:2 undifferentiated....g	2.206		0	PAK	1		17.275		
18:2 n-6 c,c....g	2.187		0	PAK	1		17.123		
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	0.019		0	PAK	1		0.152		
18:3 undifferentiated....g	0.090		0	PAK	1		0.705		
18:3 n-3 c,c,c (ALA)....g	0.082		0	PAK	1		0.645		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g	0.008		0	PAK	1		0.060		
18:4....g	0.000		0	PAK	1		0.000		
20:2 n-6 c,c....g	0.088		0	PAK	1		0.689		
20:3 undifferentiated....g	0.010		0	PAK	1		0.081		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.067		0	PAK	1		0.522		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		0	PAK	1		0.088		
22:6 n-3 (DHA)....g	0.001		0	PAK	1		0.009		
Fatty acids, total trans....g	0.100		0	PIK	4		0.785		
Fatty acids, total trans-monoenoic....g	0.073		0	PIK	4		0.573		
Fatty acids, total trans-polyenoic....g	0.027		0	PIK	4		0.212		
Cholesterol....mg	78		0	PAK	1		615		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.321		0	PAK	1		2.515		

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
Threonine....g	1.187		0	PAK	1		9.292		
Isoleucine....g	1.278		0	PAK	1		10.005		
Leucine....g	2.221		0	PAK	1		17.391		
Lysine....g	2.400		0	PAK	1		18.792		
Methionine....g	0.740		0	PAK	1		5.792		
Cystine....g	0.304		0	PAK	1		2.382		
Phenylalanine....g	1.121		0	PAK	1		8.779		
Tyrosine....g	1.069		0	PAK	1		8.372		
Valine....g	1.365		0	PAK	1		10.688		
Arginine....g	1.739		0	PAK	1		13.615		
Histidine....g	1.098		0	PAK	1		8.595		
Alanine....g	1.546		0	PAK	1		12.103		
Aspartic acid....g	2.524		0	PAK	1		19.765		
Glutamic acid....g	4.122		0	PAK	1		32.279		
Glycine....g	1.220		0	PAK	1		9.550		
Proline....g	1.091		0	PAK	1		8.543		
Serine....g	1.127		0	PAK	1		8.824		
Hydroxyproline....g	0.094		0	PAK	1		0.737		
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 = 783g: 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 24 (2011)

NDB No. 10051

Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted

Refuse: 31% Bone 17%, Connective tissue 6%, 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	61.44	0.904	6	A	1		481.10		
Energy....kcal	206		0	NC	4		1614		
Energy....kJ	863		0	NC	4		6754		
Protein (N x 6.25)....g	28.82	0.660	6	A	1		225.69		
Total lipid (fat)....g	9.21	0.577	6	A	1		72.13		
Ash....g	1.14	0.016	6	A	1		8.95		
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	0.385	6	A	1		100		
Iron, Fe....mg	1.02	0.044	6	A	1		7.96		
Magnesium, Mg....mg	22	0.254	6	A	1		169		
Phosphorus, P....mg	244	5.081	6	A	1		1912		
Potassium, K....mg	287	10.064	6	A	1		2250		
Sodium, Na....mg	95	3.496	6	A	1		746		
Zinc, Zn....mg	3.09	0.169	6	A	1		24.21		
Copper, Cu....mg	0.082	0.002	6	A	1		0.644		
Manganese, Mn....mg	0.007	0.001	6	A	1		0.058		
Selenium, Se....µg	43.1	4.416	6	A	1		337.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.552	0.042	6	A	1		4.320		
Riboflavin....mg	0.312	0.021	6	A	1		2.440		
Niacin....mg	10.003	0.651	6	A	1		78.326		
Pantothenic acid....mg	1.569		0	BFPN	4		12.282		
Vitamin B-6....mg	0.516		0	BFPN	4		4.043		
Folate, total....µg	0		0	BFPN	4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0	BFPN	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	99.1		0	BFPN	4		775.6		
Betaine....mg	3.8		0	BFPN	4		30.0		
Vitamin B-12....µg	0.89		0	BFPN	4		6.98		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	3		0	NC	4		20		
Retinol....µg	3		0	BFSN	4		20		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	9		0	NC	4		68		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.23		0	BFPN	4		1.79		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	AS	1		4.7		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.6		0	BFFN	4		4.7		
Vitamin D....IU	24		0	BFFN	4		189		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	3.254		0	NC	4		25.481		
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	6	A	1		0.000		
10:0....g	0.010	0.001	6	A	1		0.076		
12:0....g	0.008	0.001	6	A	1		0.060		
13:0....g									
14:0....g	0.115	0.011	6	A	1		0.897		
15:0....g	0.006	0.000	6	A	1		0.045		
16:0....g	2.008	0.168	6	A	1		15.725		
17:0....g	0.030	0.003	6	A	1		0.233		
18:0....g	1.065	0.099	6	A	1		8.335		
20:0....g	0.014	0.001	6	A	1		0.110		
22:0....g	0.000	0.000	6	A	1		0.000		
24:0....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total monounsaturated....g	3.830		0	NC	4		29.991		
14:1....g	0.000	0.000	6	A	1		0.000		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.197	0.012	6	A	1		1.543		
17:1....g	0.000	0.000	6	A	1		0.000		
18:1 undifferentiated....g	3.576	0.263	6	AS	1		27.996		
18:1 c....g	3.535	0.262	6	A	1		27.679		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.041	0.006	6	A	1		0.317		
18:1-11t (18:1t n-7)....g									
20:1....g	0.058	0.006	6	A	1		0.452		
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000		
22:1 c....g	0.000	0.000	6	A	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.453		0	NC	4		11.376		
18:2 undifferentiated....g	1.286	0.096	6	AS	1		10.066		
18:2 n-6 c,c....g	1.274	0.095	6	A	1		9.977		
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	0.011	0.001	6	A	1		0.090		
18:3 undifferentiated....g	0.046	0.004	6	AS	1		0.363		
18:3 n-3 c,c,c (ALA)....g	0.044	0.004	6	A	1		0.344		
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000		
18:3i....g	0.003	0.002	6	A	1		0.020		
18:4....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c....g	0.051	0.004	6	A	1		0.399		
20:3 undifferentiated....g	0.006	0.000	6	A	1		0.046		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.056	0.003	6	A	1		0.437		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.008	0.001	6	A	1		0.065		
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total trans....g	0.054		0	NC	4		0.427		
Fatty acids, total trans-monoenoic....g	0.041		0	NC	4		0.317		
Fatty acids, total trans-polyenoic....g	0.014		0	NC	4		0.109		
Cholesterol....mg	78	2.546	6	A	1		610		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.343		0	A	1		2.686		

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
Threonine....g	1.268		0	A	1		9.925		
Isoleucine....g	1.365		0	A	1		10.687		
Leucine....g	2.372		0	A	1		18.576		
Lysine....g	2.564		0	A	1		20.073		
Methionine....g	0.790		0	A	1		6.186		
Cystine....g	0.325		0	A	1		2.545		
Phenylalanine....g	1.198		0	A	1		9.378		
Tyrosine....g	1.142		0	A	1		8.942		
Valine....g	1.458		0	A	1		11.416		
Arginine....g	1.857		0	A	1		14.543		
Histidine....g	1.172		0	A	1		9.180		
Alanine....g	1.651		0	A	1		12.928		
Aspartic acid....g	2.696		0	A	1		21.112		
Glutamic acid....g	4.403		0	A	1		34.479		
Glycine....g	1.303		0	A	1		10.201		
Proline....g	1.165		0	A	1		9.126		
Serine....g	1.204		0	A	1		9.426		
Hydroxyproline....g	0.101		0	A	1		0.788		
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 = 783g: 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 24 (2011)

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....µg	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....µg	8		0		1		25	7	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8		0		1		25	7	
Folate, DFE....mcg_DFE	8		0	NC	4		25	7	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.56		0		1		1.78	0.48	
Vitamin A, RAE....mcg_RAE	0		0	NR	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	9		0		1		29	8	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	1.1		0	AS	1		3.4	0.9	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.1		0	BFFN	4		3.4	0.9	
Vitamin D....IU	43		0	BFFN	4		137	37	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.350		0		1		16.960	4.548	
4:0....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
6:0 g									
8:0 g									
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)

NDB No. 10198

Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted

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 24 (2011)

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....µg	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....µg	9		0		1		25	8	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	9		0		1		25	8	
Folate, DFE....mcg_DFE	9		0	NC	4		25	8	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.55		0		1		1.56	0.47	
Vitamin A, RAE....mcg_RAE	0		0	NR	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	8		0		1		23	7	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.7		0	AS	1		2.0	0.6	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.7		0	BFFN	4		2.0	0.6	
Vitamin D....IU	29		0	BFFN	4		82	24	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.540		0		1		10.018	3.009	
4:0....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
6:0....g									
8:0....g									
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)

NDB No. 10203

Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted

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 24 (2011)

NDB No. 10992

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

Refuse: 22% Connective tissue 5%, Bone 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	56.32		0	PAK	1		68.71		
Energy	kcal	260		0	NC	4		318		
Energy	kJ	1089		0	NC	4		1329		
Protein	g	25.58		0	PAK	1		31.20		
Total lipid (fat)	g	17.56		0	PAK	1		21.43		
Ash	g	1.02		0	PAK	1		1.25		
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	57		0	PIK	4		70		
Iron, Fe	mg	0.96		0	PIK	4		1.17		
Magnesium, Mg	mg	22		0	PIK	4		27		
Phosphorus, P	mg	265		0	PIK	4		323		
Potassium, K	mg	344		0	PIK	4		419		
Sodium, Na	mg	81		0	PIK	4		99		
Zinc, Zn	mg	3.41		0	PIK	4		4.16		
Copper, Cu	mg	0.114		0	PIK	4		0.139		
Manganese, Mn	mg	0.011		0	PIK	4		0.014		
Selenium, Se	µg	39.5		0	PIK	4		48.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0		
Thiamin	mg	0.532		0	PIK	4		0.649		
Riboflavin	mg	0.348		0	PIK	4		0.425		
Niacin	mg	8.497		0	PIK	4		10.366		
Pantothenic acid	mg	1.192		0	PIK	4		1.454		
Vitamin B-6	mg	0.534		0	PIK	4		0.651		
Folate, total	µg	0		0	PIK	4		0		
Folic acid	µg	0		0	PIK	4		0		
Folate, food	µg	0		0	PIK	4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Choline, total	mg	74.0		0	PIK	4		90.3		
Betaine	mg	2.8		0	PIK	4		3.4		
Vitamin B-12	µg	0.71		0	PIK	4		0.87		
Vitamin B-12, added	µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE	mcg_RAE	5		0	PIK	4		6		
Retinol	µg	5		0	PIK	4		6		
Carotene, beta	µg	0		0	PIK	4		0		
Carotene, alpha	µg	0		0	PIK	4		0		
Cryptoxanthin, beta	µg	0		0	PIK	4		0		
Vitamin A, IU	IU	17		0	PIK	4		20		
Lycopene	µg	0		0	PIK	4		0		
Lutein + zeaxanthin	µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)	mg	0.23		0	PIK	4		0.28		
Vitamin E, added	mg	0.00		0	PIK	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	1.2		0	PAK	1		1.4		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	1.2		0	PIK	4		1.4		
Vitamin D	IU	47		0	PIK	4		58		
Vitamin K (phylloquinone)	µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone	µg	0.0		0	PIK	4		0.0		
Menaquinone-4	µg									
Lipids:										

NDB No. 10992

Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, 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
Fatty acids, total saturated....g	5.311		0	PIK	4		6.479		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.001		0	PIK	4		0.001		
10:0....g	0.014		0	PIK	4		0.017		
12:0....g	0.013		0	PIK	4		0.015		
13:0....g									
14:0....g	0.194		0	PIK	4		0.237		
15:0....g	0.004		0	PAK	1		0.005		
16:0....g	3.308		0	PIK	4		4.035		
17:0....g	0.025		0	PAK	1		0.031		
18:0....g	1.738		0	PIK	4		2.121		
20:0....g	0.013		0	PAK	1		0.016		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	6.366		0	PIK	4		7.767		
14:1....g	0.001		0	PAK	1		0.002		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.336		0	PIK	4		0.410		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	5.924		0	PIK	4		7.228		
18:1 c....g	2.900		0	PAK	1		3.538		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.042		0	PAK	1		0.051		
18:1-11t (18:1t n-7)....g									
20:1....g	0.104		0	PIK	4		0.127		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.378		0	PIK	4		2.902		
18:2 undifferentiated....g	2.070		0	PIK	4		2.525		
18:2 n-6 c,c....g	1.119		0	PAK	1		1.365		
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	0.010		0	PAK	1		0.012		
18:3 undifferentiated....g	0.087		0	PIK	4		0.106		
18:3 n-3 c,c,c (ALA)....g	0.045		0	PAK	1		0.055		
18:3 n-6 c,c,c....g	0.002		0	PAK	1		0.003		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.045		0	PAK	1		0.055		
20:3 undifferentiated....g	0.006		0	PAK	1		0.008		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.113		0	PIK	4		0.137		
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	0.014		0	PIK	4		0.017		
22:6 n-3 (DHA)....g	0.002		0	PIK	4		0.002		
Fatty acids, total trans....g	0.052		0	PIK	4		0.063		
Fatty acids, total trans-monoenoic....g	0.042		0	PIK	4		0.051		
Fatty acids, total trans-polyenoic....g	0.010		0	PIK	4		0.012		
Cholesterol....mg	87		0	PAK	1		107		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.304		0	PAK	1		0.371		

NDB No. 10992

Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, 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
Threonine....g	1.125		0	PAK	1		1.372		
Isoleucine....g	1.211		0	PAK	1		1.478		
Leucine....g	2.105		0	PAK	1		2.568		
Lysine....g	2.275		0	PAK	1		2.775		
Methionine....g	0.701		0	PAK	1		0.855		
Cystine....g	0.288		0	PAK	1		0.352		
Phenylalanine....g	1.063		0	PAK	1		1.297		
Tyrosine....g	1.013		0	PAK	1		1.236		
Valine....g	1.294		0	PAK	1		1.578		
Arginine....g	1.648		0	PAK	1		2.011		
Histidine....g	1.040		0	PAK	1		1.269		
Alanine....g	1.465		0	PAK	1		1.787		
Aspartic acid....g	2.393		0	PAK	1		2.919		
Glutamic acid....g	3.907		0	PAK	1		4.767		
Glycine....g	1.156		0	PAK	1		1.410		
Proline....g	1.034		0	PAK	1		1.262		
Serine....g	1.068		0	PAK	1		1.303		
Hydroxyproline....g	0.089		0	PAK	1		0.109		
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 = 122g: 1 rack

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 10206

Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted

Refuse: 25% Connective tisue 8%, Bone 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	48.38		0	PAK	1		66.77		
Energy....kcal	359		0	PIK	4		495		
Energy....kJ	1500		0	PIK	4		2070		
Protein (N x 6.25)....g	21.75		0	PAK	1		30.02		
Total lipid (fat)....g	29.46		0	PAK	1		40.65		
Ash....g	0.99		0	PAK	1		1.36		
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	25		0	PAK	1		34		
Iron, Fe....mg	1.00		0	PAK	1		1.38		
Magnesium, Mg....mg	22		0	PAK	1		30		
Phosphorus, P....mg	214		0	PAK	1		296		
Potassium, K....mg	322		0	PAK	1		444		
Sodium, Na....mg	52		0	PAK	1		72		
Zinc, Zn....mg	2.20		0	PAK	1		3.03		
Copper, Cu....mg	0.057		0	PAK	1		0.078		
Manganese, Mn....mg	0.003		0	PAK	1		0.004		
Selenium, Se....µg	34.5		0	PAK	1		47.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	PIK	4		0.4		
Thiamin....mg	0.820		0	PAK	1		1.132		
Riboflavin....mg	0.329		0	PAK	1		0.455		
Niacin....mg	4.196		0	PAK	1		5.791		
Pantothenic acid....mg	0.726		0	PAK	1		1.002		
Vitamin B-6....mg	0.419		0	PAK	1		0.578		
Folate, total....µg	4		0	PAK	1		6		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	4		0	PAK	1		6		
Folate, DFE....mcg_DFE	4		0	NC	4		6		
Choline, total....mg	3.3		0	PAK	1		4.6		
Betaine....mg	0.2		0	PAK	1		0.3		
Vitamin B-12....µg	0.76		0	PAK	1		1.06		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	2		0	NC	4		3		
Retinol....µg	2		0	PIK	4		3		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	8		0	NC	4		11		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	PIK	4		0.00		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	1.8		0	PAK	1		2.5		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.8		0	PIK	4		2.5		
Vitamin D....IU	72		0	PIK	4		99		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									

NDB No. 10206

Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, 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
Fatty acids, total saturated....g	10.689		0	PIK	4		14.751		
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		
10:0....g	0.024		0	PAK	1		0.032		
12:0....g	0.023		0	PAK	1		0.032		
13:0....g									
14:0....g	0.387		0	PAK	1		0.534		
15:0....g	0.004		0	PAK	1		0.006		
16:0....g	6.512		0	PAK	1		8.987		
17:0....g	0.024		0	PAK	1		0.033		
18:0....g	3.532		0	PAK	1		4.875		
20:0....g	0.012		0	PAK	1		0.017		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	12.825		0	PIK	4		17.699		
14:1....g	0.001		0	PAK	1		0.002		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.797		0	PAK	1		1.099		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	11.671		0	PAK	1		16.106		
20:1....g	0.248		0	PAK	1		0.342		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.972		0	PIK	4		4.102		
18:2 undifferentiated....g	2.649		0	PAK	1		3.656		
18:3 undifferentiated....g	0.098		0	PAK	1		0.135		
18:4....g	0.000		0	PAK	1		0.000		
20:2 n-6 c,c....g	0.042		0	PAK	1		0.058		
20:3 undifferentiated....g	0.006		0	PAK	1		0.008		
20:4 undifferentiated....g	0.090		0	PAK	1		0.124		
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000		
22:5 n-3 (DPA)....g	0.004		0	PAK	1		0.006		
22:6 n-3 (DHA)....g	0.002		0	PAK	1		0.002		
Fatty acids, total trans....g	0.048		0	PIK	4		0.066		
Cholesterol....mg	91		0	PAK	1		125		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.275		0	PAK	1		0.380		
Threonine....g	0.992		0	PAK	1		1.370		
Isoleucine....g	1.019		0	PAK	1		1.406		
Leucine....g	1.747		0	PAK	1		2.411		
Lysine....g	1.955		0	PAK	1		2.698		
Methionine....g	0.577		0	PAK	1		0.796		
Cystine....g	0.276		0	PAK	1		0.381		
Phenylalanine....g	0.869		0	PAK	1		1.200		
Tyrosine....g	0.761		0	PAK	1		1.050		
Valine....g	1.177		0	PAK	1		1.624		
Arginine....g	1.354		0	PAK	1		1.869		
Histidine....g	0.870		0	PAK	1		1.200		
Alanine....g	1.266		0	PAK	1		1.747		
Aspartic acid....g	2.018		0	PAK	1		2.784		
Glutamic acid....g	3.402		0	PAK	1		4.695		
Glycine....g	1.031		0	PAK	1		1.423		
Proline....g	0.874		0	PAK	1		1.206		
Serine....g	0.899		0	PAK	1		1.241		
Hydroxyproline....g	0.002		0	PAK	1		0.003		
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.

NDB No. 10206

Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, 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

Number of Data Points of zero 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 rack

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 10991

Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled

Refuse: 6% 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	57.45		0	PAK	1		70.09		
Energy	kcal	247		0	NC	4		301		
Energy	kJ	1032		0	NC	4		1259		
Protein	g	26.28		0	PAK	1		32.06		
Total lipid (fat)	g	15.73		0	PAK	1		19.20		
Ash	g	1.05		0	PAK	1		1.28		
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	8		0	PIK	4		10		
Iron, Fe	mg	0.89		0	PIK	4		1.09		
Magnesium, Mg	mg	24		0	PIK	4		30		
Phosphorus, P	mg	272		0	PIK	4		332		
Potassium, K	mg	408		0	PIK	4		498		
Sodium, Na	mg	58		0	PIK	4		71		
Zinc, Zn	mg	2.33		0	PIK	4		2.84		
Copper, Cu	mg	0.070		0	PIK	4		0.086		
Manganese, Mn	mg	0.009		0	PIK	4		0.011		
Selenium, Se	µg	44.7		0	PIK	4		54.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0		
Thiamin	mg	0.544		0	PIK	4		0.664		
Riboflavin	mg	0.354		0	PIK	4		0.432		
Niacin	mg	8.699		0	PIK	4		10.613		
Pantothenic acid	mg	1.217		0	PIK	4		1.485		
Vitamin B-6	mg	0.547		0	PIK	4		0.667		
Folate, total	µg	0		0	PIK	4		0		
Folic acid	µg	0		0	PIK	4		0		
Folate, food	µg	0		0	PIK	4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Choline, total	mg	75.6		0	PIK	4		92.2		
Betaine	mg	2.8		0	PIK	4		3.4		
Vitamin B-12	µg	0.72		0	PIK	4		0.87		
Vitamin B-12, added	µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE	mcg_RAE	4		0	PIK	4		5		
Retinol	µg	4		0	PIK	4		5		
Carotene, beta	µg	0		0	PIK	4		0		
Carotene, alpha	µg	0		0	PIK	4		0		
Cryptoxanthin, beta	µg	0		0	PIK	4		0		
Vitamin A, IU	IU	14		0	NC	4		18		
Lycopene	µg	0		0	PIK	4		0		
Lutein + zeaxanthin	µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)	mg	0.24		0	PIK	4		0.29		
Vitamin E, added	mg	0.00		0	PIK	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	1.2		0	PAK	1		1.4		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	1.2		0	PIK	4		1.4		
Vitamin D	IU	46		0	PIK	4		57		
Vitamin K (phylloquinone)	µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone	µg	0.0		0	PIK	4		0.0		
Menaquinone-4	µg									
Lipids:										

NDB No. 10991

Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, 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
Fatty acids, total saturated....g	4.408		0	PIK	4		5.378		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.001		0	PIK	4		0.001		
10:0....g	0.012		0	PIK	4		0.015		
12:0....g	0.011		0	PIK	4		0.013		
13:0....g									
14:0....g	0.159		0	PIK	4		0.194		
15:0....g	0.003		0	PAK	1		0.004		
16:0....g	2.720		0	PIK	4		3.319		
17:0....g	0.018		0	PAK	1		0.021		
18:0....g	1.437		0	PIK	4		1.753		
20:0....g	0.009		0	PAK	1		0.011		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	5.227		0	PIK	4		6.377		
14:1....g	0.001		0	PAK	1		0.001		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.280		0	PIK	4		0.341		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	4.862		0	PIK	4		5.931		
18:1 c....g	2.003		0	PAK	1		2.443		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.029		0	PAK	1		0.035		
18:1-11t (18:1t n-7)....g									
20:1....g	0.085		0	PIK	4		0.104		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.933		0	PIK	4		2.358		
18:2 undifferentiated....g	1.673		0	PIK	4		2.041		
18:2 n-6 c,c....g	0.773		0	PAK	1		0.943		
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	0.007		0	PAK	1		0.008		
18:3 undifferentiated....g	0.070		0	PIK	4		0.086		
18:3 n-3 c,c,c (ALA)....g	0.031		0	PAK	1		0.038		
18:3 n-6 c,c,c....g	0.002		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	0.031		0	PAK	1		0.038		
20:3 undifferentiated....g	0.004		0	PAK	1		0.005		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.102		0	PIK	4		0.124		
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	0.012		0	PIK	4		0.015		
22:6 n-3 (DHA)....g	0.001		0	PIK	4		0.001		
Fatty acids, total trans....g	0.036		0	PIK	4		0.043		
Fatty acids, total trans-monoenoic....g	0.029		0	PIK	4		0.035		
Fatty acids, total trans-polyenoic....g	0.007		0	PIK	4		0.008		
Cholesterol....mg	88		0	PAK	1		107		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.313		0	PAK	1		0.382		

NDB No. 10991

Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, 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
Threonine....g	1.156		0	PAK	1		1.410		
Isoleucine....g	1.244		0	PAK	1		1.518		
Leucine....g	2.163		0	PAK	1		2.638		
Lysine....g	2.337		0	PAK	1		2.851		
Methionine....g	0.720		0	PAK	1		0.879		
Cystine....g	0.296		0	PAK	1		0.361		
Phenylalanine....g	1.092		0	PAK	1		1.332		
Tyrosine....g	1.041		0	PAK	1		1.270		
Valine....g	1.329		0	PAK	1		1.621		
Arginine....g	1.693		0	PAK	1		2.066		
Histidine....g	1.069		0	PAK	1		1.304		
Alanine....g	1.505		0	PAK	1		1.836		
Aspartic acid....g	2.458		0	PAK	1		2.999		
Glutamic acid....g	4.014		0	PAK	1		4.897		
Glycine....g	1.188		0	PAK	1		1.449		
Proline....g	1.062		0	PAK	1		1.296		
Serine....g	1.097		0	PAK	1		1.339		
Hydroxyproline....g	0.092		0	PAK	1		0.112		
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 = 122g: 1 rack

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 10993

Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted

Refuse: 7% Connective tissue 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	54.61		0	PAK	1		75.36		
Energy....kcal	270		0	NC	4		373		
Energy....kJ	1131		0	NC	4		1561		
Protein....g	26.40		0	PAK	1		36.43		
Total lipid (fat)....g	18.31		0	PAK	1		25.26		
Ash....g	1.16		0	PAK	1		1.60		
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	13		0	PIK	4		18		
Iron, Fe....mg	0.91		0	PIK	4		1.26		
Magnesium, Mg....mg	24		0	PIK	4		32		
Phosphorus, P....mg	271		0	PIK	4		374		
Potassium, K....mg	441		0	PIK	4		608		
Sodium, Na....mg	70		0	PIK	4		97		
Zinc, Zn....mg	2.42		0	PIK	4		3.34		
Copper, Cu....mg	0.084		0	PIK	4		0.116		
Manganese, Mn....mg	0.015		0	PIK	4		0.021		
Selenium, Se....µg	43.8		0	PIK	4		60.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.601		0	PIK	4		0.830		
Riboflavin....mg	0.278		0	PIK	4		0.384		
Niacin....mg	7.496		0	PIK	4		10.344		
Pantothenic acid....mg	1.452		0	PIK	4		2.004		
Vitamin B-6....mg	0.481		0	PIK	4		0.664		
Folate, total....µg	0		0	PIK	4		0		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	0		0	PIK	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	91.8		0	PIK	4		126.7		
Betaine....mg	3.6		0	PIK	4		5.0		
Vitamin B-12....µg	0.86		0	PIK	4		1.18		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	4		0	NC	4		6		
Retinol....µg	4		0	PIK	4		6		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	14		0	NC	4		20		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.23		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)....µg	0.9		0	PAK	1		1.2		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.9		0	PIK	4		1.2		
Vitamin D....IU	35		0	PIK	4		49		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									

NDB No. 10993

Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, 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
Fatty acids, total saturated....g	6.581		0	PIK	4		9.082		
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	0.015		0	PIK	4		0.021		
12:0....g	0.012		0	PIK	4		0.017		
13:0....g									
14:0....g	0.238		0	PIK	4		0.328		
15:0....g	0.005		0	PAK	1		0.007		
16:0....g	4.088		0	PIK	4		5.642		
17:0....g	0.030		0	PAK	1		0.041		
18:0....g	2.134		0	PIK	4		2.945		
20:0....g	0.015		0	PAK	1		0.021		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	7.930		0	PIK	4		10.944		
14:1....g	0.002		0	PAK	1		0.002		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.405		0	PIK	4		0.559		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	7.393		0	PIK	4		10.202		
18:1 c....g	3.378		0	PAK	1		4.662		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.049		0	PAK	1		0.067		
18:1-11t (18:1t n-7)....g									
20:1....g	0.131		0	PIK	4		0.181		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.915		0	PIK	4		4.023		
18:2 undifferentiated....g	2.585		0	PIK	4		3.568		
18:2 n-6 c,c....g	1.303		0	PAK	1		1.798		
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	0.011		0	PAK	1		0.016		
18:3 undifferentiated....g	0.104		0	PIK	4		0.143		
18:3 n-3 c,c,c (ALA)....g	0.053		0	PAK	1		0.073		
18:3 n-6 c,c,c....g	0.003		0	PAK	1		0.004		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.053		0	PAK	1		0.073		
20:3 undifferentiated....g	0.007		0	PAK	1		0.010		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.103		0	PIK	4		0.143		
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	0.008		0	PIK	4		0.011		
22:6 n-3 (DHA)....g	0.002		0	PIK	4		0.003		
Fatty acids, total trans....g	0.060		0	PIK	4		0.083		
Fatty acids, total trans-monoenoic....g	0.049		0	PIK	4		0.067		
Fatty acids, total trans-polyenoic....g	0.011		0	PIK	4		0.016		
Cholesterol....mg	96		0	PAK	1		133		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.314		0	PAK	1		0.434		

NDB No. 10993

Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, 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
Threonine....g	1.161		0	PAK	1		1.602		
Isoleucine....g	1.250		0	PAK	1		1.725		
Leucine....g	2.173		0	PAK	1		2.998		
Lysine....g	2.348		0	PAK	1		3.240		
Methionine....g	0.724		0	PAK	1		0.999		
Cystine....g	0.298		0	PAK	1		0.411		
Phenylalanine....g	1.097		0	PAK	1		1.514		
Tyrosine....g	1.046		0	PAK	1		1.443		
Valine....g	1.335		0	PAK	1		1.843		
Arginine....g	1.701		0	PAK	1		2.347		
Histidine....g	1.074		0	PAK	1		1.482		
Alanine....g	1.512		0	PAK	1		2.087		
Aspartic acid....g	2.469		0	PAK	1		3.408		
Glutamic acid....g	4.033		0	PAK	1		5.565		
Glycine....g	1.193		0	PAK	1		1.646		
Proline....g	1.067		0	PAK	1		1.473		
Serine....g	1.102		0	PAK	1		1.521		
Hydroxyproline....g	0.092		0	PAK	1		0.127		
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 = 138g: 1 rack

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 10205

Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised

Country ribs

Refuse: 39% 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....µg	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....µg	0		0	PIK	4		0	0	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.96		0	PIK	4		0.83	0.82	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	PAK	1		2	2	
Retinol....µg	2		0	PIK	4		2	2	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	6		0	PAK	1		5	5	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg	1.3		0	PAK	1		1.1	1.1	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.3		0	PIK	4		1.1	1.1	
Vitamin D....IU	50		0	PIK	4		43	43	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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	

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
Leucine....g	2.257		0	PAK	1		1.941	1.918	
Lysine....g	2.457		0	PAK	1		2.113	2.088	
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 24 (2011)

NDB No. 10204

Pork, fresh, loin, country-style ribs, separable lean and fat, raw

Country Ribs

Refuse: 35% 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	µg	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	µg	0		0	PIK	4		0	0	
Folic acid	µg	0		0	PIK	4		0	0	
Folate, food	µg	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	µg	1.00		0	PIK	4		1.28	0.28	
Vitamin B-12, added	µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	2		0	PAK	1		3	1	
Retinol	µg	2		0	PIK	4		3	1	
Carotene, beta	µg	0		0	PIK	4		0	0	
Carotene, alpha	µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta	µg	0		0	PIK	4		0	0	
Vitamin A, IU	IU	8		0	PAK	1		10	2	
Lycopene	µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin	µg	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)	µg	0.7		0	PAK	1		0.9	0.2	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.7		0	PIK	4		0.9	0.2	
Vitamin D	IU	29		0	PIK	4		37	8	
Vitamin K (phylloquinone)	µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone	µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4	µg									
Lipids:										

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
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	
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	

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
Leucine....g	1.648		0	PAK	1		2.109	0.467	
Lysine....g	1.794		0	PAK	1		2.296	0.509	
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 24 (2011)

NDB No. 10986

Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled

Refuse: 30% Connective tissue 5%, Bone 17%, 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	59.98	0.571	6	A	1		73.18		
Energy....kcal	216		0	NC	4		264		
Energy....kJ	905		0	NC	4		1104		
Protein....g	27.83	0.858	6	A	1		33.96		
Total lipid (fat)....g	11.65	1.009	6	A	1		14.21		
Ash....g	1.10	0.063	6	A	1		1.34		
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	61		0	BFNN	4		75		
Iron, Fe....mg	1.02		0	BFNN	4		1.24		
Magnesium, Mg....mg	24		0	BFNN	4		29		
Phosphorus, P....mg	284		0	BFNN	4		347		
Potassium, K....mg	370		0	BFNN	4		452		
Sodium, Na....mg	84		0	BFNN	4		103		
Zinc, Zn....mg	3.73		0	BFNN	4		4.55		
Copper, Cu....mg	0.117		0	BFNN	4		0.143		
Manganese, Mn....mg	0.012		0	BFNN	4		0.015		
Selenium, Se....µg	42.9		0	BFNN	4		52.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.571		0	BFPN	4		0.697		
Riboflavin....mg	0.367		0	BFPN	4		0.447		
Niacin....mg	9.152		0	BFPN	4		11.165		
Pantothenic acid....mg	1.275		0	BFPN	4		1.555		
Vitamin B-6....mg	0.575		0	BFPN	4		0.702		
Folate, total....µg	0		0	BFPN	4		0		
Folic acid....µg	0		0	NR	4		0		
Folate, food....µg	0		0	BFPN	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	79.1		0	BFPN	4		96.5		
Betaine....mg	2.9		0	BFPN	4		3.5		
Vitamin B-12....µg	0.73		0	BFPN	4		0.89		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	3		0	NC	4		3		
Retinol....µg	3		0	BFSN	4		3		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	9		0	NC	4		11		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.26		0	BFSN	4		0.32		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	1.1		0	AS	1		1.4		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.1		0	BFFN	4		1.4		
Vitamin D....IU	44		0	BFFN	4		54		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

NDB No. 10986

Pork, fresh, loin, country-style ribs, separable lean only, bone-in, 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
Fatty acids, total saturated....g	3.096		0	BFYN	4		3.777		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.001		0	BFYN	4		0.002		
10:0....g	0.009		0	BFYN	4		0.011		
12:0....g	0.008		0	BFYN	4		0.010		
13:0....g									
14:0....g	0.109		0	BFYN	4		0.133		
15:0....g									
16:0....g	1.895		0	BFYN	4		2.312		
17:0....g									
18:0....g	1.029		0	BFYN	4		1.255		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.610		0	BFYN	4		4.404		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.207		0	BFYN	4		0.253		
17:1....g									
18:1 undifferentiated....g	3.346		0	BFYN	4		4.082		
20:1....g	0.056		0	BFYN	4		0.069		
22:1 undifferentiated....g	0.000		0	BFYN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.262		0	BFYN	4		1.540		
18:2 undifferentiated....g	1.056		0	BFYN	4		1.289		
18:3 undifferentiated....g	0.044		0	BFYN	4		0.054		
18:4....g	0.000		0	BFYN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.105		0	BFYN	4		0.128		
20:5 n-3 (EPA)....g	0.000		0	BFYN	4		0.000		
22:5 n-3 (DPA)....g	0.011		0	BFYN	4		0.013		
22:6 n-3 (DHA)....g	0.000		0	BFYN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	89	2.438	6	A	1		108		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.331		0	A	1		0.404		
Threonine....g	1.224		0	A	1		1.493		
Isoleucine....g	1.318		0	A	1		1.608		
Leucine....g	2.291		0	A	1		2.795		
Lysine....g	2.475		0	A	1		3.020		
Methionine....g	0.763		0	A	1		0.931		
Cystine....g	0.314		0	A	1		0.383		
Phenylalanine....g	1.156		0	A	1		1.411		
Tyrosine....g	1.103		0	A	1		1.345		
Valine....g	1.408		0	A	1		1.718		
Arginine....g	1.794		0	A	1		2.188		
Histidine....g	1.132		0	A	1		1.381		
Alanine....g	1.594		0	A	1		1.945		
Aspartic acid....g	2.604		0	A	1		3.176		
Glutamic acid....g	4.252		0	A	1		5.188		
Glycine....g	1.258		0	A	1		1.535		
Proline....g	1.125		0	A	1		1.373		
Serine....g	1.162		0	A	1		1.418		
Hydroxyproline....g	0.097		0	A	1		0.118		
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.

NDB No. 10986

Pork, fresh, loin, country-style ribs, separable lean only, bone-in, 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

Number of Data Points of zero 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 = 122g: 1 rack

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 10209

Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted

Refuse: 32% Connective tissue 8%, Bone 17%, 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	58.72	0.347	6	A	1		81.03		
Energy....kcal	227		0	NC	4		314		
Energy....kJ	951		0	NC	4		1312		
Protein (N x 6.25)....g	29.20	0.643	6	A	1		40.29		
Total lipid (fat)....g	11.38	0.836	6	A	1		15.71		
Ash....g	1.26	0.033	6	A	1		1.75		
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	31		0	BFNN	4		43		
Iron, Fe....mg	0.98		0	BFNN	4		1.36		
Magnesium, Mg....mg	22		0	BFNN	4		31		
Phosphorus, P....mg	235		0	BFNN	4		324		
Potassium, K....mg	390		0	BFNN	4		538		
Sodium, Na....mg	91		0	BFNN	4		125		
Zinc, Zn....mg	3.94		0	BFNN	4		5.44		
Copper, Cu....mg	0.107		0	BFNN	4		0.148		
Manganese, Mn....mg	0.021		0	BFNN	4		0.028		
Selenium, Se....µg	47.6		0	BFNN	4		65.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.574		0	BFPN	4		0.792		
Riboflavin....mg	0.458		0	BFPN	4		0.632		
Niacin....mg	7.820		0	BFPN	4		10.791		
Pantothenic acid....mg	1.589		0	BFPN	4		2.193		
Vitamin B-6....mg	0.523		0	BFPN	4		0.722		
Folate, total....µg	0		0	BFPN	4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0	BFPN	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	100.3		0	BFPN	4		138.5		
Betaine....mg	3.9		0	BFPN	4		5.4		
Vitamin B-12....µg	0.90		0	BFPN	4		1.25		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	1		0	NC	4		2		
Retinol....µg	1		0	BFSN	4		2		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	5		0	NC	4		7		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.27		0	BFSN	4		0.37		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	1.1		0	AS	1		1.5		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.1		0	BFFN	4		1.5		
Vitamin D....IU	42		0	BFFN	4		58		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

NDB No. 10209

Pork, fresh, loin, country-style ribs, separable lean only, bone-in, 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
Fatty acids, total saturated....g	3.766		0	BFFN	4		5.197		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.002		0	BFFN	4		0.002		
10:0....g	0.010		0	BFFN	4		0.014		
12:0....g	0.008		0	BFFN	4		0.012		
13:0....g									
14:0....g	0.133		0	BFFN	4		0.183		
15:0....g									
16:0....g	2.301		0	BFFN	4		3.175		
17:0....g									
18:0....g	1.252		0	BFFN	4		1.728		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.376		0	BFFN	4		6.039		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.227		0	BFFN	4		0.313		
17:1....g									
18:1 undifferentiated....g	4.075		0	BFFN	4		5.624		
20:1....g	0.072		0	BFFN	4		0.100		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.458		0	BFFN	4		2.013		
18:2 undifferentiated....g	1.287		0	BFFN	4		1.777		
18:3 undifferentiated....g	0.053		0	BFFN	4		0.074		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.053		0	BFFN	4		0.072		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA)....g	0.006		0	BFFN	4		0.008		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	99	1.531	6	A	1		136		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.348		0	A	1		0.480		
Threonine....g	1.284		0	A	1		1.772		
Isoleucine....g	1.383		0	A	1		1.908		
Leucine....g	2.403		0	A	1		3.316		
Lysine....g	2.597		0	A	1		3.584		
Methionine....g	0.800		0	A	1		1.104		
Cystine....g	0.329		0	A	1		0.454		
Phenylalanine....g	1.213		0	A	1		1.674		
Tyrosine....g	1.157		0	A	1		1.596		
Valine....g	1.477		0	A	1		2.038		
Arginine....g	1.881		0	A	1		2.596		
Histidine....g	1.188		0	A	1		1.639		
Alanine....g	1.672		0	A	1		2.308		
Aspartic acid....g	2.731		0	A	1		3.769		
Glutamic acid....g	4.461		0	A	1		6.156		
Glycine....g	1.320		0	A	1		1.821		
Proline....g	1.181		0	A	1		1.629		
Serine....g	1.219		0	A	1		1.683		
Hydroxyproline....g	0.102		0	A	1		0.141		
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.

NDB No. 10209

Pork, fresh, loin, country-style ribs, separable lean only, bone-in, 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

Number of Data Points of zero 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 rack

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 10985

Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled

Refuse: 13% Connective tissue 6%, 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	59.98	0.571	6	A	1		73.18		
Energy....kcal	216		0	NC	4		264		
Energy....kJ	905		0	NC	4		1104		
Protein....g	27.83	0.858	6	A	1		33.96		
Total lipid (fat)....g	11.65	1.009	6	A	1		14.21		
Ash....g	1.10	0.063	6	A	1		1.34		
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	BFNN	4		9		
Iron, Fe....mg	0.92		0	BFNN	4		1.13		
Magnesium, Mg....mg	26		0	BFNN	4		31		
Phosphorus, P....mg	285		0	BFNN	4		348		
Potassium, K....mg	431		0	BFNN	4		526		
Sodium, Na....mg	58		0	BFNN	4		71		
Zinc, Zn....mg	2.46		0	BFNN	4		3.00		
Copper, Cu....mg	0.069		0	BFNN	4		0.084		
Manganese, Mn....mg	0.010		0	BFNN	4		0.012		
Selenium, Se....µg	47.4		0	BFNN	4		57.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.571		0	BFPN	4		0.697		
Riboflavin....mg	0.367		0	BFPN	4		0.447		
Niacin....mg	9.152		0	BFPN	4		11.165		
Pantothenic acid....mg	1.275		0	BFPN	4		1.555		
Vitamin B-6....mg	0.575		0	BFPN	4		0.702		
Folate, total....µg	0		0	BFPN	4		0		
Folic acid....µg	0		0	NR	4		0		
Folate, food....µg	0		0	BFPN	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	79.1		0	BFPN	4		96.5		
Betaine....mg	2.9		0	BFPN	4		3.5		
Vitamin B-12....µg	0.73		0	BFPN	4		0.89		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	3		0	NC	4		3		
Retinol....µg	3		0	BFSN	4		3		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	9		0	NC	4		11		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.26		0	BFSN	4		0.32		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	1.1		0	AS	1		1.4		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.1		0	BFFN	4		1.4		
Vitamin D....IU	44		0	BFFN	4		54		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

NDB No. 10985

Pork, fresh, loin, country-style ribs, separable lean only, boneless, 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
Fatty acids, total saturated....g	2.831		0	BFFN	4		3.454		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.001		0	BFFN	4		0.001		
10:0....g	0.008		0	BFFN	4		0.010		
12:0....g	0.007		0	BFFN	4		0.009		
13:0....g									
14:0....g	0.100		0	BFFN	4		0.122		
15:0....g									
16:0....g	1.733		0	BFFN	4		2.114		
17:0....g									
18:0....g	0.941		0	BFFN	4		1.148		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.301		0	BFFN	4		4.027		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.189		0	BFFN	4		0.231		
17:1....g									
18:1 undifferentiated....g	3.059		0	BFFN	4		3.733		
20:1....g	0.051		0	BFFN	4		0.063		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.154		0	BFFN	4		1.408		
18:2 undifferentiated....g	0.966		0	BFFN	4		1.178		
18:3 undifferentiated....g	0.041		0	BFFN	4		0.050		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.096		0	BFFN	4		0.117		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA)....g	0.010		0	BFFN	4		0.012		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	89	2.438	6	A	1		108		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.331		0	A	1		0.404		
Threonine....g	1.224		0	A	1		1.493		
Isoleucine....g	1.318		0	A	1		1.608		
Leucine....g	2.291		0	A	1		2.795		
Lysine....g	2.475		0	A	1		3.020		
Methionine....g	0.763		0	A	1		0.931		
Cystine....g	0.314		0	A	1		0.383		
Phenylalanine....g	1.156		0	A	1		1.411		
Tyrosine....g	1.103		0	A	1		1.345		
Valine....g	1.408		0	A	1		1.718		
Arginine....g	1.794		0	A	1		2.188		
Histidine....g	1.132		0	A	1		1.381		
Alanine....g	1.594		0	A	1		1.945		
Aspartic acid....g	2.604		0	A	1		3.176		
Glutamic acid....g	4.252		0	A	1		5.188		
Glycine....g	1.258		0	A	1		1.535		
Proline....g	1.125		0	A	1		1.373		
Serine....g	1.162		0	A	1		1.418		
Hydroxyproline....g	0.097		0	A	1		0.118		
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.

NDB No. 10985

Pork, fresh, loin, country-style ribs, separable lean only, boneless, 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

Number of Data Points of zero 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 = 122g: 1 rack

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 10987

Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted

Refuse: 19% Connective tissue 7%, 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	58.72	0.347	6	A	1		81.03		
Energy....kcal	219		0	NC	4		303		
Energy....kJ	917		0	NC	4		1265		
Protein....g	29.20	0.643	6	A	1		40.29		
Total lipid (fat)....g	11.38	0.836	6	A	1		15.71		
Ash....g	1.26	0.033	6	A	1		1.75		
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	12		0	BFNN	4		16		
Iron, Fe....mg	0.98		0	BFNN	4		1.35		
Magnesium, Mg....mg	26		0	BFNN	4		35		
Phosphorus, P....mg	294		0	BFNN	4		406		
Potassium, K....mg	486		0	BFNN	4		671		
Sodium, Na....mg	72		0	BFNN	4		100		
Zinc, Zn....mg	2.66		0	BFNN	4		3.67		
Copper, Cu....mg	0.083		0	BFNN	4		0.115		
Manganese, Mn....mg	0.017		0	BFNN	4		0.024		
Selenium, Se....µg	48.5		0	BFNN	4		66.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.658		0	BFPN	4		0.908		
Riboflavin....mg	0.289		0	BFPN	4		0.399		
Niacin....mg	8.130		0	BFPN	4		11.219		
Pantothenic acid....mg	1.589		0	BFPN	4		2.193		
Vitamin B-6....mg	0.523		0	BFPN	4		0.722		
Folate, total....µg	0		0	BFPN	4		0		
Folic acid....µg	0		0	NR	4		0		
Folate, food....µg	0		0	BFPN	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	100.3		0	BFPN	4		138.5		
Betaine....mg	3.9		0	BFPN	4		5.4		
Vitamin B-12....µg	0.90		0	BFPN	4		1.25		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	1		0	NC	4		2		
Retinol....µg	1		0	BFSN	4		2		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	5		0	NC	4		7		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.27		0	BFSN	4		0.37		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.7		0	AS	1		1.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.7		0	BFFN	4		1.0		
Vitamin D....IU	30		0	BFFN	4		41		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

NDB No. 10987

Pork, fresh, loin, country-style ribs, separable lean only, boneless, 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
Fatty acids, total saturated....g	4.079		0	BFFN	4		5.629		
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	BFFN	4		0.000		
10:0....g	0.009		0	BFFN	4		0.013		
12:0....g	0.006		0	BFFN	4		0.008		
13:0....g									
14:0....g	0.143		0	BFFN	4		0.198		
15:0....g									
16:0....g	2.522		0	BFFN	4		3.481		
17:0....g									
18:0....g	1.348		0	BFFN	4		1.861		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.880		0	BFFN	4		6.735		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.262		0	BFFN	4		0.362		
17:1....g									
18:1 undifferentiated....g	4.541		0	BFFN	4		6.266		
20:1....g	0.078		0	BFFN	4		0.107		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.666		0	BFFN	4		2.300		
18:2 undifferentiated....g	1.455		0	BFFN	4		2.007		
18:3 undifferentiated....g	0.055		0	BFFN	4		0.076		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.093		0	BFFN	4		0.128		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA)....g	0.004		0	BFFN	4		0.005		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	99	1.531	6	A	1		136		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.348		0	A	1		0.480		
Threonine....g	1.284		0	A	1		1.772		
Isoleucine....g	1.383		0	A	1		1.908		
Leucine....g	2.403		0	A	1		3.316		
Lysine....g	2.597		0	A	1		3.584		
Methionine....g	0.800		0	A	1		1.104		
Cystine....g	0.329		0	A	1		0.454		
Phenylalanine....g	1.213		0	A	1		1.674		
Tyrosine....g	1.157		0	A	1		1.596		
Valine....g	1.477		0	A	1		2.038		
Arginine....g	1.881		0	A	1		2.596		
Histidine....g	1.188		0	A	1		1.639		
Alanine....g	1.672		0	A	1		2.308		
Aspartic acid....g	2.731		0	A	1		3.769		
Glutamic acid....g	4.461		0	A	1		6.156		
Glycine....g	1.320		0	A	1		1.821		
Proline....g	1.181		0	A	1		1.629		
Serine....g	1.219		0	A	1		1.683		
Hydroxyproline....g	0.102		0	A	1		0.141		
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.

NDB No. 10987

Pork, fresh, loin, country-style ribs, separable lean only, boneless, 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

Number of Data Points of zero 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 rack

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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....µg	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....µg	0		0	BFPN	4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.94		0	BFPN	4		0.75	0.80	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	1.2		0	AS	1		1.0	1.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.2		0	BFFN	4		1.0	1.0	
Vitamin D....IU	49		0	BFFN	4		39	42	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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	

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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
Leucine....g	2.363		0	A	1		1.891	2.009	
Lysine....g	2.573		0	A	1		2.058	2.187	
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 24 (2011)

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		143.50	1844.34	
Energy....kcal	140		0	NC	4		275	3533	
Energy....kJ	584		0	NC	4		1150	14781	
Protein (N x 6.25)....g	20.76	0.350	12	A	1		40.89	525.53	
Total lipid (fat)....g	5.64	0.687	12	A	1		11.12	142.88	
Ash....g	1.01	0.035	12	A	1		2.00	25.68	
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	21	2.145	12	A	1		42	534	
Iron, Fe....mg	0.90	0.047	12	A	1		1.77	22.81	
Magnesium, Mg....mg	23	0.505	12	A	1		44	572	
Phosphorus, P....mg	204	3.549	12	A	1		402	5163	
Potassium, K....mg	338	4.720	12	A	1		666	8560	
Sodium, Na....mg	67	1.635	12	A	1		131	1687	
Zinc, Zn....mg	3.00	0.186	12	A	1		5.91	75.92	
Copper, Cu....mg	0.083	0.003	12	A	1		0.163	2.092	
Manganese, Mn....mg	0.012	0.001	12	A	1		0.023	0.296	
Selenium, Se....µg	34.8	3.939	12	A	1		68.5	880.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.394		0	BFYN	4		0.776	9.974	
Riboflavin....mg	0.271		0	BFYN	4		0.534	6.866	
Niacin....mg	3.097		0	BFYN	4		6.101	78.415	
Pantothenic acid....mg	1.737		0	BFPN	4		3.421	43.975	
Vitamin B-6....mg	0.577		0	BFPN	4		1.138	14.622	
Folate, total....µg	0		0	BFPN	4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0	BFPN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	87.3		0	BFPN	4		171.9	2209.4	
Betaine....mg	4.5		0	BFPN	4		8.9	113.8	
Vitamin B-12....µg	1.01		0	BFPN	4		1.99	25.60	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.25		0	BFSN	4		0.49	6.30	
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)....µg	0.5		0	AS	1		1.1	13.9	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	BFFN	4		1.1	13.9	
Vitamin D....IU	22		0	BFFN	4		43	555	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.012		0	BFFN	4		3.964	50.952	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
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		0.010	0.125	
12:0....g	0.004		0	BFFN	4		0.008	0.100	
13:0....g									
14:0....g	0.072		0	BFFN	4		0.141	1.818	
15:0....g	0.001		0	BFFN	4		0.002	0.022	
16:0....g	1.246		0	BFFN	4		2.455	31.554	
17:0....g	0.016		0	BFFN	4		0.031	0.400	
18:0....g	0.659		0	BFFN	4		1.297	16.675	
20:0....g									
22:0....g	0.001		0	BFFN	4		0.002	0.027	
24:0....g									
Fatty acids, total monounsaturated....g	2.477		0	BFFN	4		4.879	62.712	
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		0.281	3.618	
17:1....g	0.002		0	BFFN	4		0.003	0.045	
18:1 undifferentiated....g	2.296		0	BFFN	4		4.522	58.125	
18:1 c....g	2.267		0	BFFN	4		4.467	57.411	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.028		0	BFFN	4		0.056	0.714	
18:1-11t (18:1t n-7)....g									
20:1....g	0.036		0	BFFN	4		0.072	0.924	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.645		0	BFFN	4		1.270	16.324	
18:2 undifferentiated....g	0.559		0	BFFN	4		1.102	14.158	
18:2 n-6 c,c....g	0.543		0	BFFN	4		1.069	13.744	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.016		0	BFFN	4		0.032	0.413	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.025		0	BFFN	4		0.050	0.641	
18:3 n-3 c,c,c (ALA)....g	0.025		0	BFFN	4		0.049	0.623	
18:3 n-6 c,c,c....g	0.001		0	BFFN	4		0.001	0.018	
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		0.041	0.528	
20:3 undifferentiated....g	0.003		0	BFFN	4		0.006	0.074	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.036		0	BFFN	4		0.072	0.923	
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	74		0	BFYN	4		146	1873	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.218		0	A	1		0.430	5.532	
Threonine....g	0.932		0	A	1		1.836	23.595	
Isoleucine....g	1.021		0	A	1		2.012	25.859	
Leucine....g	1.768		0	A	1		3.483	44.770	
Lysine....g	1.925		0	A	1		3.792	48.740	

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		1.126	14.474	
Cystine....g	0.239		0	A	1		0.472	6.064	
Phenylalanine....g	0.872		0	A	1		1.719	22.091	
Tyrosine....g	0.790		0	A	1		1.556	20.000	
Valine....g	1.085		0	A	1		2.137	27.462	
Arginine....g	1.381		0	A	1		2.721	34.968	
Histidine....g	0.896		0	A	1		1.766	22.699	
Alanine....g	1.218		0	A	1		2.400	30.848	
Aspartic acid....g	2.030		0	A	1		4.000	51.410	
Glutamic acid....g	3.314		0	A	1		6.528	83.898	
Glycine....g	0.935		0	A	1		1.842	23.679	
Proline....g	0.839		0	A	1		1.653	21.247	
Serine....g	0.897		0	A	1		1.768	22.722	
Hydroxyproline....g	0.053		0	A	1		0.105	1.349	
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 = 197g: 1 rib

Measure 2 = 2532g: 1 raw pr 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 24 (2011)

NDB No. 10052

Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw

Hipbone roast, Loin end roast, Sirloin end roast

Refuse:27% 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....µg	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....µg	0		0	PIK	4		0	0	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.56		0	PIK	4		7.38	2.52	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	PAK	1		24	8	
Retinol....µg	2		0	PIK	4		24	8	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	6		0	PAK	1		79	27	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.5		0	PAK	1		7.2	2.5	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	PIK	4		7.2	2.5	
Vitamin D....IU	22		0	PIK	4		287	98	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									

Lipids:

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
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	
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	

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
Leucine....g	1.745		0	PAK	1		23.152	7.914	
Lysine....g	1.899		0	PAK	1		25.205	8.616	
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 24 (2011)

NDB No. 10056

Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw

Hipbone roast, Loin end roast, Sirloin 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....µg	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....µg	0		0	BFPN	4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.53		0	BFPN	4		6.41	2.39	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.4		0	AS	1		4.7	1.8	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.4		0	BFFN	4		4.7	1.8	
Vitamin D....IU	16		0	BFFN	4		190	71	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g									
4:0....g	0.000		0	Z	7		0.000	0.000	
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	1.537		0	BFFN	4		18.711	6.974	
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	0.424		0	BFFN	4		5.164	1.925	
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	

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
Methionine....g	0.596		0	A	1		7.256	2.704	
Cystine....g	0.250		0	A	1		3.040	1.133	
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 24 (2011)

NDB No. 10210

Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw

Refuse: 6% 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	73.16		0	PAK	1		153.63	659.14	
Energy....kcal	133		0	PIK	4		278	1194	
Energy....kJ	555		0	PIK	4		1165	4997	
Protein (N x 6.25)....g	22.49		0	PAK	1		47.24	202.67	
Total lipid (fat)....g	4.05		0	PAK	1		8.50	36.46	
Ash....g	1.28		0	PAK	1		2.68	11.51	
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	9		0	PAK	1		20	84	
Iron, Fe....mg	0.55		0	PAK	1		1.16	4.99	
Magnesium, Mg....mg	22		0	PAK	1		47	200	
Phosphorus, P....mg	247		0	PAK	1		519	2228	
Potassium, K....mg	354		0	PAK	1		743	3190	
Sodium, Na....mg	63		0	PAK	1		132	565	
Zinc, Zn....mg	1.70		0	PAK	1		3.56	15.27	
Copper, Cu....mg	0.069		0	PAK	1		0.145	0.622	
Manganese, Mn....mg	0.011		0	PAK	1		0.023	0.101	
Selenium, Se....µg	36.7		0	PAK	1		77.1	330.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.600		0	PAK	1		1.259	5.402	
Riboflavin....mg	0.252		0	PAK	1		0.529	2.271	
Niacin....mg	7.239		0	PAK	1		15.203	65.226	
Pantothenic acid....mg	0.721		0	PAK	1		1.513	6.493	
Vitamin B-6....mg	0.600		0	PAK	1		1.259	5.403	
Folate, total....µg	0		0	PIK	4		0	0	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	0		0	PIK	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	77.3		0	PIK	4		162.3	696.3	
Betaine....mg	3.0		0	PIK	4		6.3	26.9	
Vitamin B-12....µg	0.49		0	PAK	1		1.04	4.45	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	3		0	PIK	4		5	23	
Retinol....µg	3		0	PIK	4		5	23	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	8		0	PIK	4		18	77	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.18		0	PIK	4		0.37	1.58	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.4		0	PAK	1		0.9	4.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.4		0	PIK	4		0.9	4.0	
Vitamin D....IU	18		0	PIK	4		37	159	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.393		0	PIK	4		2.925	12.549	

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
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	0.010	
12:0 g	0.001		0	PAK	1		0.002	0.010	
13:0 g									
14:0 g	0.052		0	PAK	1		0.109	0.466	
15:0 g	0.004		0	PAK	1		0.008	0.034	
16:0 g	0.867		0	PAK	1		1.821	7.814	
17:0 g	0.009		0	PAK	1		0.019	0.081	
18:0 g	0.456		0	PAK	1		0.958	4.109	
20:0 g	0.003		0	PAK	1		0.006	0.025	
22:0 g	0.000		0	PAK	1		0.000	0.000	
24:0 g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total monounsaturated g	1.722		0	PIK	4		3.615	15.511	
14:1 g	0.000		0	PAK	1		0.001	0.003	
15:1 g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated g	0.100		0	PAK	1		0.210	0.900	
17:1 g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated g	1.595		0	PAK	1		3.349	14.369	
18:1 c g	1.577		0	PAK	1		3.312	14.210	
18:1-11c (18:1c n-7) g									
18:1 t g	0.018		0	PAK	1		0.037	0.159	
18:1-11t (18:1t n-7) g									
20:1 g	0.026		0	PAK	1		0.056	0.239	
22:1 undifferentiated g	0.000		0	PAK	1		0.000	0.000	
22:1 c g	0.000		0	PAK	1		0.000	0.000	
22:1 t g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.708		0	PIK	4		1.486	6.377	
18:2 undifferentiated g	0.600		0	PAK	1		1.261	5.409	
18:2 n-6 c,c g	0.597		0	PAK	1		1.254	5.381	
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	0.003		0	PAK	1		0.006	0.027	
18:3 undifferentiated g	0.021		0	PAK	1		0.045	0.191	
18:3 n-3 c,c,c (ALA) g	0.021		0	PAK	1		0.043	0.186	
18:3 n-6 c,c,c g	0.001		0	PAK	1		0.001	0.005	
18:3i g	0.000		0	PAK	1		0.000	0.000	
18:4 g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c g	0.022		0	PAK	1		0.045	0.194	
20:3 undifferentiated g	0.002		0	PAK	1		0.003	0.015	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.060		0	PAK	1		0.127	0.544	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	PAK	1		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.002		0	PAK	1		0.005	0.020	
22:6 n-3 (DHA) g	0.000		0	PAK	1		0.001	0.004	
Fatty acids, total trans g	0.021		0	PIK	4		0.043	0.187	
Fatty acids, total trans-monoenoic g	0.018		0	PIK	4		0.037	0.159	
Fatty acids, total trans-polyenoic g	0.003		0	PIK	4		0.006	0.027	
Cholesterol mg	63		0	PAK	1		132	565	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.268		0	PAK	1		0.562	2.412	
Threonine g	0.989		0	PAK	1		2.077	8.913	

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
Isoleucine.....g	1.065		0	PAK	1		2.237	9.597	
Leucine.....g	1.851		0	PAK	1		3.888	16.681	
Lysine.....g	2.001		0	PAK	1		4.201	18.025	
Methionine.....g	0.617		0	PAK	1		1.295	5.555	
Cystine.....g	0.254		0	PAK	1		0.533	2.285	
Phenylalanine.....g	0.935		0	PAK	1		1.963	8.421	
Tyrosine.....g	0.891		0	PAK	1		1.872	8.030	
Valine.....g	1.138		0	PAK	1		2.389	10.251	
Arginine.....g	1.449		0	PAK	1		3.044	13.060	
Histidine.....g	0.915		0	PAK	1		1.921	8.244	
Alanine.....g	1.288		0	PAK	1		2.706	11.609	
Aspartic acid.....g	2.104		0	PAK	1		4.419	18.958	
Glutamic acid.....g	3.436		0	PAK	1		7.216	30.962	
Glycine.....g	1.017		0	PAK	1		2.135	9.160	
Proline.....g	0.910		0	PAK	1		1.910	8.195	
Serine.....g	0.939		0	PAK	1		1.973	8.464	
Hydroxyproline.....g	0.078		0	PAK	1		0.165	0.707	
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 = 210g: 1 chop

Measure 2 = 901g: 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 24 (2011)

NDB No. 10214

Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw

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	74.30	0.291	12	A	1		669.45		
Energy....kcal	121		0	NC	4		1088		
Energy....kJ	505		0	NC	4		4550		
Protein (N x 6.25)....g	22.81	0.246	12	A	1		205.49		
Total lipid (fat)....g	2.59	0.179	18	A	1		23.33		
Ash....g	1.30	0.090	12	A	1		11.68		
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	9	0.189	12	A	1		84		
Iron, Fe....mg	0.56	0.020	12	A	1		5.06		
Magnesium, Mg....mg	23	0.446	12	A	1		204		
Phosphorus, P....mg	251	4.957	12	A	1		2262		
Potassium, K....mg	354	4.858	12	A	1		3194		
Sodium, Na....mg	63	0.669	12	A	1		568		
Zinc, Zn....mg	1.72	0.032	12	A	1		15.51		
Copper, Cu....mg	0.069	0.004	12	A	1		0.622		
Manganese, Mn....mg	0.011	0.000	12	A	1		0.103		
Selenium, Se....µg	37.4	3.133	12	A	1		336.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.610	0.033	12	A	1		5.496		
Riboflavin....mg	0.256	0.011	12	A	1		2.305		
Niacin....mg	7.348	0.265	12	A	1		66.208		
Pantothenic acid....mg	0.728	0.027	4	A	1		6.555		
Vitamin B-6....mg	0.611	0.024	4	A	1		5.501		
Folate, total....µg	0		0	BFPN	4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0	BFPN	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	78.4		0	BFPN	4		706.2		
Betaine....mg	3.0		0	BFPN	4		27.3		
Vitamin B-12....µg	0.49	0.030	4	A	1		4.41		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	2		0	NC	4		18		
Retinol....µg	2		0	NR	4		18		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	7		0	NC	4		60		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.17		0	BFSN	4		1.53		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.4		0	AS	1		3.7		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.4		0	BFFN	4		3.7		
Vitamin D....IU	16		0	BFFN	4		148		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	0.906		0	NC	4		8.163		
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	6	A	1		0.000		
10:0....g	0.000	0.000	6	A	1		0.000		
12:0....g	0.000	0.000	6	A	1		0.000		
13:0....g									
14:0....g	0.033	0.003	6	A	1		0.300		
15:0....g	0.003	0.002	6	A	1		0.026		
16:0....g	0.566	0.046	6	A	1		5.101		
17:0....g	0.004	0.002	6	A	1		0.036		
18:0....g	0.300	0.024	6	A	1		2.700		
20:0....g	0.000	0.000	6	A	1		0.000		
22:0....g	0.000	0.000	6	A	1		0.000		
24:0....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total monounsaturated....g	1.099		0	NC	4		9.903		
14:1....g	0.000	0.000	6	A	1		0.000		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.072	0.005	6	A	1		0.649		
17:1....g	0.000	0.000	6	A	1		0.000		
18:1 undifferentiated....g	1.011	0.080	6	AS	1		9.112		
18:1 c....g	1.004	0.078	6	A	1		9.049		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.007	0.002	6	A	1		0.063		
18:1-11t (18:1t n-7)....g									
20:1....g	0.016	0.001	6	A	1		0.143		
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000		
22:1 c....g	0.000	0.000	6	A	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.413		0	NC	4		3.718		
18:2 undifferentiated....g	0.335	0.036	6	AS	1		3.015		
18:2 n-6 c,c....g	0.335	0.036	6	A	1		3.015		
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	0.000	0.000	6	A	1		0.000		
18:3 undifferentiated....g	0.008	0.002	6	AS	1		0.071		
18:3 n-3 c,c,c (ALA)....g	0.008	0.002	6	A	1		0.071		
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000		
18:3i....g	0.000	0.000	6	A	1		0.000		
18:4....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c....g	0.012	0.001	6	A	1		0.104		
20:3 undifferentiated....g	0.000	0.000	6	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.058	0.001	6	A	1		0.518		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.001	0.001	6	A	1		0.011		
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total trans....g	0.007		0	NC	4		0.063		
Fatty acids, total trans-monoenoic....g	0.007		0	NC	4		0.063		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	63	1.435	6	A	1		563		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.271		0	A	1		2.446		

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
Threonine....g	1.003		0	A	1		9.037		
Isoleucine....g	1.080		0	A	1		9.731		
Leucine....g	1.877		0	A	1		16.914		
Lysine....g	2.028		0	A	1		18.276		
Methionine....g	0.625		0	A	1		5.633		
Cystine....g	0.257		0	A	1		2.317		
Phenylalanine....g	0.948		0	A	1		8.538		
Tyrosine....g	0.904		0	A	1		8.142		
Valine....g	1.154		0	A	1		10.394		
Arginine....g	1.470		0	A	1		13.241		
Histidine....g	0.928		0	A	1		8.359		
Alanine....g	1.306		0	A	1		11.771		
Aspartic acid....g	2.133		0	A	1		19.222		
Glutamic acid....g	3.484		0	A	1		31.393		
Glycine....g	1.031		0	A	1		9.288		
Proline....g	0.922		0	A	1		8.309		
Serine....g	0.952		0	A	1		8.582		
Hydroxyproline....g	0.080		0	A	1		0.717		
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 = 901g: 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 24 (2011)

NDB No. 10053

Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised

Refuse: 24% Connective tissue 6%, Bone 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	58.88		0	PAK	1		105.98		
Energy....kcal	234		0	PIK	4		421		
Energy....kJ	979		0	PIK	4		1763		
Protein (N x 6.25)....g	28.81		0	PAK	1		51.86		
Total lipid (fat)....g	12.31		0	PAK	1		22.16		
Ash....g	1.20		0	PAK	1		2.16		
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	12		0	PIK	4		21		
Iron, Fe....mg	0.71		0	PIK	4		1.27		
Magnesium, Mg....mg	24		0	PIK	4		44		
Phosphorus, P....mg	285		0	PIK	4		514		
Potassium, K....mg	400		0	PIK	4		720		
Sodium, Na....mg	58		0	PIK	4		104		
Zinc, Zn....mg	1.97		0	PIK	4		3.55		
Copper, Cu....mg	0.085		0	PIK	4		0.154		
Manganese, Mn....mg	0.013		0	PIK	4		0.024		
Selenium, Se....µg	44.1		0	PIK	4		79.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.633		0	PIK	4		1.140		
Riboflavin....mg	0.264		0	PIK	4		0.476		
Niacin....mg	7.537		0	PIK	4		13.567		
Pantothenic acid....mg	0.966		0	PIK	4		1.738		
Vitamin B-6....mg	0.507		0	PIK	4		0.912		
Folate, total....µg	0		0	PIK	4		0		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	0		0	PIK	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	84.7		0	PIK	4		152.5		
Betaine....mg	3.3		0	PIK	4		6.0		
Vitamin B-12....µg	0.63		0	PIK	4		1.13		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	4		0	PIK	4		7		
Retinol....µg	4		0	PIK	4		7		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	13		0	PIK	4		23		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.22		0	PIK	4		0.40		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	PAK	1		1.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.6		0	PIK	4		1.0		
Vitamin D....IU	22		0	PIK	4		40		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	4.294		0	PIK	4		7.730		
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		
10:0....g	0.010		0	PAK	1		0.018		
12:0....g	0.007		0	PAK	1		0.013		
13:0....g									
14:0....g	0.158		0	PAK	1		0.285		
15:0....g	0.004		0	PAK	1		0.007		
16:0....g	2.671		0	PAK	1		4.808		
17:0....g	0.042		0	PAK	1		0.076		
18:0....g	1.382		0	PAK	1		2.487		
20:0....g	0.020		0	PAK	1		0.036		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	5.180		0	PIK	4		9.324		
14:1....g	0.001		0	PAK	1		0.002		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.272		0	PAK	1		0.490		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	4.823		0	PAK	1		8.681		
18:1 c....g	4.756		0	PAK	1		8.561		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.067		0	PAK	1		0.120		
18:1-11t (18:1t n-7)....g									
20:1....g	0.084		0	PAK	1		0.151		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.160		0	PIK	4		3.889		
18:2 undifferentiated....g	1.893		0	PAK	1		3.407		
18:2 n-6 c,c....g	1.881		0	PAK	1		3.387		
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	0.011		0	PAK	1		0.021		
18:3 undifferentiated....g	0.077		0	PAK	1		0.138		
18:3 n-3 c,c,c (ALA)....g	0.075		0	PAK	1		0.134		
18:3 n-6 c,c,c....g	0.002		0	PAK	1		0.004		
18:3i....g	0.000		0	PAK	1		0.000		
18:4....g	0.000		0	PAK	1		0.000		
20:2 n-6 c,c....g	0.072		0	PAK	1		0.130		
20:3 undifferentiated....g	0.008		0	PAK	1		0.015		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.095		0	PAK	1		0.172		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.014		0	PAK	1		0.025		
22:6 n-3 (DHA)....g	0.001		0	PAK	1		0.003		
Fatty acids, total trans....g	0.078		0	PIK	4		0.141		
Fatty acids, total trans-monoenoic....g	0.067		0	PIK	4		0.120		
Fatty acids, total trans-polyenoic....g	0.011		0	PIK	4		0.021		
Cholesterol....mg	87		0	PAK	1		157		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.343		0	PAK	1		0.617		

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
Threonine....g	1.267		0	PAK	1		2.281		
Isoleucine....g	1.364		0	PAK	1		2.456		
Leucine....g	2.371		0	PAK	1		4.269		
Lysine....g	2.562		0	PAK	1		4.612		
Methionine....g	0.790		0	PAK	1		1.422		
Cystine....g	0.325		0	PAK	1		0.585		
Phenylalanine....g	1.197		0	PAK	1		2.155		
Tyrosine....g	1.142		0	PAK	1		2.055		
Valine....g	1.457		0	PAK	1		2.623		
Arginine....g	1.857		0	PAK	1		3.342		
Histidine....g	1.172		0	PAK	1		2.110		
Alanine....g	1.650		0	PAK	1		2.971		
Aspartic acid....g	2.695		0	PAK	1		4.851		
Glutamic acid....g	4.402		0	PAK	1		7.923		
Glycine....g	1.302		0	PAK	1		2.344		
Proline....g	1.165		0	PAK	1		2.097		
Serine....g	1.203		0	PAK	1		2.166		
Hydroxyproline....g	0.101		0	PAK	1		0.181		
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 = 180g: 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 24 (2011)

NDB No. 10054

Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled

Refuse: 21% Connective tissue 6%, Bone 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	60.58		0	PAK	1		118.13		
Energy....kcal	222		0	PIK	4		432		
Energy....kJ	928		0	PIK	4		1809		
Protein (N x 6.25)....g	26.96		0	PAK	1		52.56		
Total lipid (fat)....g	11.82		0	PAK	1		23.06		
Ash....g	1.21		0	PAK	1		2.36		
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	60		0	PIK	4		118		
Iron, Fe....mg	1.01		0	PIK	4		1.97		
Magnesium, Mg....mg	23		0	PIK	4		45		
Phosphorus, P....mg	280		0	PIK	4		546		
Potassium, K....mg	363		0	PIK	4		708		
Sodium, Na....mg	86		0	PIK	4		167		
Zinc, Zn....mg	3.60		0	PIK	4		7.02		
Copper, Cu....mg	0.120		0	PIK	4		0.234		
Manganese, Mn....mg	0.012		0	PIK	4		0.023		
Selenium, Se....µg	41.8		0	PIK	4		81.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.695		0	PIK	4		1.355		
Riboflavin....mg	0.278		0	PIK	4		0.541		
Niacin....mg	8.414		0	PIK	4		16.406		
Pantothenic acid....mg	1.254		0	PIK	4		2.446		
Vitamin B-6....mg	0.562		0	PIK	4		1.096		
Folate, total....µg	0		0	PIK	4		0		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	0		0	PIK	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	91.0		0	PIK	4		177.4		
Betaine....mg	3.6		0	PIK	4		7.0		
Vitamin B-12....µg	0.75		0	PIK	4		1.45		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	5		0	PIK	4		9		
Retinol....µg	5		0	PIK	4		9		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	16		0	PIK	4		30		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.24		0	PIK	4		0.47		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	1.0		0	PAK	1		2.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.0		0	PIK	4		2.0		
Vitamin D....IU	42		0	PIK	4		82		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	4.045		0	PIK	4		7.887		
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	0.006		0	PIK	4		0.011		
12:0....g	0.006		0	PIK	4		0.011		
13:0....g									
14:0....g	0.153		0	PIK	4		0.298		
15:0....g	0.004		0	PAK	1		0.008		
16:0....g	2.517		0	PIK	4		4.909		
17:0....g	0.025		0	PAK	1		0.048		
18:0....g	1.306		0	PIK	4		2.548		
20:0....g	0.013		0	PAK	1		0.025		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	4.842		0	PIK	4		9.443		
14:1....g	0.001		0	PAK	1		0.003		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.257		0	PIK	4		0.502		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	4.508		0	PIK	4		8.791		
18:1 c....g	2.806		0	PAK	1		5.473		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.040		0	PAK	1		0.079		
18:1-11t (18:1t n-7)....g									
20:1....g	0.075		0	PIK	4		0.147		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.908		0	PIK	4		3.722		
18:2 undifferentiated....g	1.673		0	PIK	4		3.263		
18:2 n-6 c,c....g	1.083		0	PAK	1		2.111		
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	0.009		0	PAK	1		0.018		
18:3 undifferentiated....g	0.062		0	PIK	4		0.121		
18:3 n-3 c,c,c (ALA)....g	0.044		0	PAK	1		0.085		
18:3 n-6 c,c,c....g	0.002		0	PAK	1		0.005		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.044		0	PAK	1		0.086		
20:3 undifferentiated....g	0.006		0	PAK	1		0.012		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.094		0	PIK	4		0.184		
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	0.009		0	PIK	4		0.018		
22:6 n-3 (DHA)....g	0.002		0	PIK	4		0.003		
Fatty acids, total trans....g	0.050		0	PIK	4		0.097		
Fatty acids, total trans-monoenoic....g	0.040		0	PIK	4		0.079		
Fatty acids, total trans-polyenoic....g	0.009		0	PIK	4		0.018		
Cholesterol....mg	87		0	PAK	1		169		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.321		0	PAK	1		0.626		

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
Threonine....g	1.185		0	PAK	1		2.312		
Isoleucine....g	1.276		0	PAK	1		2.489		
Leucine....g	2.219		0	PAK	1		4.326		
Lysine....g	2.397		0	PAK	1		4.675		
Methionine....g	0.739		0	PAK	1		1.441		
Cystine....g	0.304		0	PAK	1		0.593		
Phenylalanine....g	1.120		0	PAK	1		2.184		
Tyrosine....g	1.068		0	PAK	1		2.083		
Valine....g	1.363		0	PAK	1		2.659		
Arginine....g	1.737		0	PAK	1		3.387		
Histidine....g	1.096		0	PAK	1		2.138		
Alanine....g	1.544		0	PAK	1		3.011		
Aspartic acid....g	2.521		0	PAK	1		4.917		
Glutamic acid....g	4.118		0	PAK	1		8.030		
Glycine....g	1.218		0	PAK	1		2.376		
Proline....g	1.090		0	PAK	1		2.125		
Serine....g	1.126		0	PAK	1		2.195		
Hydroxyproline....g	0.094		0	PAK	1		0.183		
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 = 195g: 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 24 (2011)

NDB No. 10057

Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised

Refuse: 31% Connective tissue 6%, Bone 18%, 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	62.16	0.395	6	A	1		152.29	111.89	
Energy....kcal	195		0	NC	4		477	350	
Energy....kJ	814		0	NC	4		1994	1465	
Protein (N x 6.25)....g	31.00	0.460	6	A	1		75.95	55.80	
Total lipid (fat)....g	6.90	0.488	6	A	1		16.91	12.42	
Ash....g	1.28	0.046	6	A	1		3.13	2.30	
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	BFNN	4		27	19	
Iron, Fe....mg	0.73		0	BFNN	4		1.79	1.31	
Magnesium, Mg....mg	26		0	BFNN	4		64	47	
Phosphorus, P....mg	303		0	BFNN	4		742	545	
Potassium, K....mg	428		0	BFNN	4		1048	770	
Sodium, Na....mg	58		0	BFNN	4		142	105	
Zinc, Zn....mg	2.09		0	BFNN	4		5.13	3.77	
Copper, Cu....mg	0.085		0	BFNN	4		0.208	0.153	
Manganese, Mn....mg	0.014		0	BFNN	4		0.035	0.026	
Selenium, Se....µg	47.4		0	BFNN	4		116.2	85.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.676		0	BFPN	4		1.656	1.216	
Riboflavin....mg	0.271		0	BFPN	4		0.664	0.488	
Niacin....mg	7.982		0	BFPN	4		19.555	14.367	
Pantothenic acid....mg	1.011		0	BFPN	4		2.478	1.821	
Vitamin B-6....mg	0.538		0	BFPN	4		1.319	0.969	
Folate, total....µg	0		0	BFPN	4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0	BFPN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	89.9		0	BFPN	4		220.3	161.9	
Betaine....mg	3.5		0	BFPN	4		8.5	6.3	
Vitamin B-12....µg	0.64		0	BFPN	4		1.56	1.15	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		4	3	
Retinol....µg	2		0	BFSN	4		4	3	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	6		0	NC	4		14	10	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.25		0	BFSN	4		0.60	0.44	
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)....µg	0.4		0	AS	1		1.1	0.8	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.4		0	BFFN	4		1.1	0.8	
Vitamin D....IU	17		0	BFFN	4		43	31	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.327		0	NC	4		5.700	4.188	
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	6	A	1		0.000	0.000	
10:0....g	0.006	0.002	6	A	1		0.013	0.010	
12:0....g	0.003	0.002	6	A	1		0.007	0.005	
13:0....g									
14:0....g	0.085	0.008	6	A	1		0.207	0.152	
15:0....g	0.000	0.000	6	A	1		0.000	0.000	
16:0....g	1.441	0.120	6	A	1		3.530	2.593	
17:0....g	0.023	0.002	6	A	1		0.056	0.041	
18:0....g	0.760	0.074	6	A	1		1.862	1.368	
20:0....g	0.010	0.001	6	A	1		0.025	0.018	
22:0....g	0.000	0.000	6	A	1		0.000	0.000	
24:0....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	2.785		0	NC	4		6.823	5.013	
14:1....g	0.000	0.000	6	A	1		0.000	0.000	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.160	0.011	6	A	1		0.392	0.288	
17:1....g	0.000	0.000	6	A	1		0.000	0.000	
18:1 undifferentiated....g	2.583	0.197	6	AS	1		6.328	4.649	
18:1 c....g	2.548	0.192	6	A	1		6.243	4.587	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.035	0.007	6	A	1		0.085	0.062	
18:1-11t (18:1t n-7)....g									
20:1....g	0.042	0.004	6	A	1		0.103	0.076	
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.217		0	NC	4		2.982	2.191	
18:2 undifferentiated....g	1.038	0.122	6	AS	1		2.543	1.868	
18:2 n-6 c,c....g	1.035	0.120	6	A	1		2.535	1.862	
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	0.004	0.002	6	A	1		0.009	0.006	
18:3 undifferentiated....g	0.040	0.008	6	AS	1		0.099	0.073	
18:3 n-3 c,c,c (ALA)....g	0.040	0.008	6	A	1		0.099	0.073	
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000	0.000	
18:3i....g	0.000	0.000	6	A	1		0.000	0.000	
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.037	0.005	6	A	1		0.091	0.067	
20:3 undifferentiated....g	0.003	0.002	6	A	1		0.007	0.005	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.087	0.003	6	A	1		0.214	0.157	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011	0.001	6	A	1		0.027	0.020	
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans....g	0.038		0	NC	4		0.094	0.069	
Fatty acids, total trans-monoenoic....g	0.035		0	NC	4		0.085	0.062	
Fatty acids, total trans-polyenoic....g	0.004		0	NC	4		0.009	0.006	
Cholesterol....mg	88	2.961	6	A	1		216	159	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.369		0	A	1		0.904	0.664	

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
Threonine....g	1.363		0	A	1		3.340	2.454	
Isoleucine....g	1.468		0	A	1		3.596	2.642	
Leucine....g	2.552		0	A	1		6.251	4.593	
Lysine....g	2.757		0	A	1		6.755	4.963	
Methionine....g	0.850		0	A	1		2.082	1.529	
Cystine....g	0.350		0	A	1		0.856	0.629	
Phenylalanine....g	1.288		0	A	1		3.156	2.319	
Tyrosine....g	1.228		0	A	1		3.009	2.211	
Valine....g	1.568		0	A	1		3.842	2.822	
Arginine....g	1.998		0	A	1		4.894	3.596	
Histidine....g	1.261		0	A	1		3.089	2.270	
Alanine....g	1.776		0	A	1		4.350	3.196	
Aspartic acid....g	2.900		0	A	1		7.105	5.220	
Glutamic acid....g	4.736		0	A	1		11.603	8.524	
Glycine....g	1.401		0	A	1		3.433	2.522	
Proline....g	1.253		0	A	1		3.071	2.256	
Serine....g	1.295		0	A	1		3.172	2.330	
Hydroxyproline....g	0.108		0	BFPN	4		0.265	0.195	
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 = 245g: 1 raw pr g

Measure 2 = 180g: 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 24 (2011)

NDB No. 10058

Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled

Refuse: 29% Connective tissue 6%, Bone 15%, 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	64.61	0.562	6	A	1		159.59	125.99	
Energy....kcal	174		0	NC	4		430	340	
Energy....kJ	729		0	NC	4		1801	1422	
Protein (N x 6.25)....g	29.29	0.489	6	A	1		72.35	57.12	
Total lipid (fat)....g	5.45	0.211	6	A	1		13.46	10.63	
Ash....g	1.31	0.017	6	A	1		3.23	2.55	
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	65		0	BFNN	4		160	126	
Iron, Fe....mg	1.07		0	BFNN	4		2.65	2.09	
Magnesium, Mg....mg	25		0	BFNN	4		61	48	
Phosphorus, P....mg	300		0	BFNN	4		741	585	
Potassium, K....mg	391		0	BFNN	4		966	762	
Sodium, Na....mg	89		0	BFNN	4		220	173	
Zinc, Zn....mg	3.94		0	BFNN	4		9.72	7.67	
Copper, Cu....mg	0.123		0	BFNN	4		0.305	0.241	
Manganese, Mn....mg	0.013		0	BFNN	4		0.032	0.025	
Selenium, Se....µg	45.3		0	BFNN	4		111.9	88.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.752		0	BFPN	4		1.857	1.466	
Riboflavin....mg	0.287		0	BFPN	4		0.708	0.559	
Niacin....mg	9.035		0	BFPN	4		22.317	17.619	
Pantothenic acid....mg	1.342		0	BFPN	4		3.314	2.616	
Vitamin B-6....mg	0.606		0	BFPN	4		1.496	1.181	
Folate, total....µg	0		0	BFPN	4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0	BFPN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	97.8		0	BFPN	4		241.6	190.7	
Betaine....mg	3.8		0	BFPN	4		9.3	7.4	
Vitamin B-12....µg	0.77		0	BFPN	4		1.90	1.50	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		6	5	
Retinol....µg	2		0	BFSN	4		6	5	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	8		0	NC	4		20	16	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.27		0	BFSN	4		0.66	0.52	
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)....µg	1.0		0	AS	1		2.4	1.9	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.0		0	BFFN	4		2.4	1.9	
Vitamin D....IU	38		0	BFFN	4		95	75	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.718		0	BFYN	4		4.243	3.350	
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	BFYN	4		0.000	0.000	
10:0....g	0.000		0	BFYN	4		0.000	0.000	
12:0....g	0.000		0	BFYN	4		0.000	0.000	
13:0....g									
14:0....g	0.066		0	BFYN	4		0.163	0.128	
15:0....g									
16:0....g	1.063		0	BFYN	4		2.625	2.073	
17:0....g									
18:0....g	0.572		0	BFYN	4		1.413	1.115	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.007		0	BFYN	4		4.956	3.913	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.124		0	BFYN	4		0.307	0.243	
17:1....g									
18:1 undifferentiated....g	1.857		0	BFYN	4		4.586	3.620	
20:1....g	0.026		0	BFYN	4		0.063	0.050	
22:1 undifferentiated....g	0.000		0	BFYN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.777		0	BFYN	4		1.920	1.516	
18:2 undifferentiated....g	0.650		0	BFYN	4		1.604	1.267	
18:3 undifferentiated....g	0.018		0	BFYN	4		0.045	0.035	
18:4....g	0.000		0	BFYN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.084		0	BFYN	4		0.208	0.165	
20:5 n-3 (EPA)....g	0.000		0	BFYN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.005		0	BFYN	4		0.014	0.011	
22:6 n-3 (DHA)....g	0.000		0	BFYN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	88	2.373	6	A	1		217	171	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.349		0	A	1		0.861	0.680	
Threonine....g	1.288		0	A	1		3.182	2.512	
Isoleucine....g	1.387		0	A	1		3.426	2.705	
Leucine....g	2.411		0	A	1		5.955	4.701	
Lysine....g	2.605		0	A	1		6.435	5.080	
Methionine....g	0.803		0	A	1		1.983	1.566	
Cystine....g	0.330		0	A	1		0.816	0.644	
Phenylalanine....g	1.217		0	A	1		3.006	2.373	
Tyrosine....g	1.161		0	A	1		2.867	2.263	
Valine....g	1.482		0	A	1		3.660	2.889	
Arginine....g	1.887		0	A	1		4.662	3.681	
Histidine....g	1.191		0	A	1		2.943	2.323	
Alanine....g	1.678		0	A	1		4.144	3.272	
Aspartic acid....g	2.740		0	A	1		6.768	5.343	
Glutamic acid....g	4.475		0	A	1		11.053	8.726	
Glycine....g	1.324		0	A	1		3.270	2.582	
Proline....g	1.184		0	A	1		2.925	2.310	
Serine....g	1.223		0	A	1		3.022	2.385	
Hydroxyproline....g	0.102		0	A	1		0.252	0.199	
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.

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

Number of Data Points of zero 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 raw pr g

Measure 2 = 195g: 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 24 (2011)

NDB No. 10211

Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised

Refuse: 2% Connective tissue 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	65.78		0	PAK	1		55.91	53.94	
Energy....kcal	171		0	NC	4		145	140	
Energy....kJ	714		0	NC	4		607	585	
Protein (N x 6.25)....g	28.41		0	PAK	1		24.15	23.29	
Total lipid (fat)....g	5.47		0	PAK	1		4.65	4.49	
Ash....g	1.41		0	PAK	1		1.20	1.16	
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		9	9	
Iron, Fe....mg	0.71		0	PAK	1		0.60	0.58	
Magnesium, Mg....mg	25		0	PAK	1		21	20	
Phosphorus, P....mg	291		0	PAK	1		248	239	
Potassium, K....mg	411		0	PAK	1		349	337	
Sodium, Na....mg	56		0	PAK	1		48	46	
Zinc, Zn....mg	2.01		0	PAK	1		1.71	1.65	
Copper, Cu....mg	0.083		0	PAK	1		0.070	0.068	
Manganese, Mn....mg	0.014		0	PAK	1		0.012	0.011	
Selenium, Se....µg	45.5		0	PAK	1		38.7	37.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.656		0	PAK	1		0.558	0.538	
Riboflavin....mg	0.265		0	PAK	1		0.225	0.217	
Niacin....mg	7.760		0	PAK	1		6.596	6.363	
Pantothenic acid....mg	0.985		0	PIK	4		0.837	0.808	
Vitamin B-6....mg	0.523		0	PIK	4		0.445	0.429	
Folate, total....µg	0		0	PIK	4		0	0	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	0		0	PIK	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	87.4		0	PIK	4		74.3	71.7	
Betaine....mg	3.4		0	PIK	4		2.9	2.8	
Vitamin B-12....µg	0.62		0	PIK	4		0.53	0.51	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	PIK	4		2	2	
Retinol....µg	2		0	PIK	4		2	2	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	7		0	PIK	4		6	5	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.18		0	PIK	4		0.15	0.15	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.4		0	PAK	1		0.3	0.3	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.4		0	PIK	4		0.3	0.3	
Vitamin D....IU	15		0	PIK	4		13	13	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.870		0	PIK	4		1.590	1.534	
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	0.004		0	PIK	4		0.004	0.004	
12:0....g	0.003		0	PIK	4		0.002	0.002	
13:0....g									
14:0....g	0.068		0	PIK	4		0.058	0.056	
15:0....g	0.001		0	PAK	1		0.001	0.001	
16:0....g	1.160		0	PIK	4		0.986	0.951	
17:0....g	0.004		0	PAK	1		0.003	0.003	
18:0....g	0.607		0	PIK	4		0.516	0.498	
20:0....g	0.002		0	PAK	1		0.002	0.002	
22:0....g	0.000		0	PAK	1		0.000	0.000	
24:0....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total monounsaturated....g	2.246		0	PIK	4		1.909	1.841	
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	PIK	4		0.106	0.102	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	2.086		0	PIK	4		1.773	1.710	
18:1 c....g	0.422		0	PAK	1		0.359	0.346	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.006		0	PAK	1		0.005	0.005	
18:1-11t (18:1t n-7)....g									
20:1....g	0.035		0	PIK	4		0.030	0.029	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
22:1 c....g	0.000		0	PAK	1		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.963		0	PIK	4		0.819	0.790	
18:2 undifferentiated....g	0.830		0	PIK	4		0.706	0.681	
18:2 n-6 c,c....g	0.163		0	PAK	1		0.138	0.133	
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	0.001		0	PAK	1		0.001	0.001	
18:3 undifferentiated....g	0.033		0	PIK	4		0.028	0.027	
18:3 n-3 c,c,c (ALA)....g	0.007		0	PAK	1		0.006	0.005	
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	0.007		0	PAK	1		0.006	0.005	
20:3 undifferentiated....g	0.001		0	PAK	1		0.001	0.001	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.059		0	PIK	4		0.050	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	0.008		0	PIK	4		0.007	0.006	
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans....g	0.008		0	PIK	4		0.006	0.006	
Fatty acids, total trans-monoenoic....g	0.006		0	PIK	4		0.005	0.005	
Fatty acids, total trans-polyenoic....g	0.001		0	PIK	4		0.001	0.001	
Cholesterol....mg	80		0	PAK	1		68	65	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.338		0	PAK	1		0.287	0.277	

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
Threonine....g	1.249		0	PAK	1		1.062	1.024	
Isoleucine....g	1.345		0	PAK	1		1.143	1.103	
Leucine....g	2.338		0	PAK	1		1.987	1.917	
Lysine....g	2.526		0	PAK	1		2.148	2.072	
Methionine....g	0.779		0	PAK	1		0.662	0.638	
Cystine....g	0.320		0	PAK	1		0.272	0.263	
Phenylalanine....g	1.180		0	PAK	1		1.003	0.968	
Tyrosine....g	1.126		0	PAK	1		0.957	0.923	
Valine....g	1.437		0	PAK	1		1.221	1.178	
Arginine....g	1.830		0	PAK	1		1.556	1.501	
Histidine....g	1.156		0	PAK	1		0.982	0.948	
Alanine....g	1.627		0	PAK	1		1.383	1.334	
Aspartic acid....g	2.657		0	PAK	1		2.259	2.179	
Glutamic acid....g	4.340		0	PAK	1		3.689	3.559	
Glycine....g	1.284		0	PAK	1		1.091	1.053	
Proline....g	1.149		0	PAK	1		0.976	0.942	
Serine....g	1.186		0	PAK	1		1.008	0.973	
Hydroxyproline....g	0.099		0	PAK	1		0.084	0.081	
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 = 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 24 (2011)

NDB No. 10212

Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled

Refuse: 2% Connective tissue 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	65.98		0	PAK	1		104.91		
Energy....kcal	170		0	PIK	4		271		
Energy....kJ	712		0	PIK	4		1133		
Protein (N x 6.25)....g	28.19		0	PAK	1		44.82		
Total lipid (fat)....g	5.53		0	PAK	1		8.80		
Ash....g	1.37		0	PAK	1		2.17		
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	11		0	PAK	1		18		
Iron, Fe....mg	0.87		0	PAK	1		1.38		
Magnesium, Mg....mg	27		0	PAK	1		43		
Phosphorus, P....mg	292		0	PAK	1		464		
Potassium, K....mg	420		0	PAK	1		667		
Sodium, Na....mg	65		0	PAK	1		104		
Zinc, Zn....mg	2.15		0	PAK	1		3.42		
Copper, Cu....mg	0.085		0	PAK	1		0.136		
Manganese, Mn....mg	0.015		0	PAK	1		0.023		
Selenium, Se....µg	45.3		0	PAK	1		72.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.653		0	PAK	1		1.038		
Riboflavin....mg	0.290		0	PAK	1		0.461		
Niacin....mg	8.654		0	PAK	1		13.759		
Pantothenic acid....mg	1.295		0	PIK	4		2.059		
Vitamin B-6....mg	0.584		0	PIK	4		0.928		
Folate, total....µg	0		0	PIK	4		0		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	0		0	PIK	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	105.6		0	PIK	4		167.9		
Betaine....mg	4.1		0	PIK	4		6.5		
Vitamin B-12....µg	0.75		0	PIK	4		1.19		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	2		0	PIK	4		4		
Retinol....µg	2		0	PIK	4		4		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	8		0	PIK	4		13		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.26		0	PIK	4		0.41		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.7		0	PAK	1		1.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.7		0	PIK	4		1.0		
Vitamin D....IU	26		0	PIK	4		42		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.785		0	PIK	4		2.837		
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		
10:0....g	0.001		0	PAK	1		0.002		
12:0....g	0.001		0	PAK	1		0.002		
13:0....g									
14:0....g	0.068		0	PAK	1		0.108		
15:0....g	0.003		0	PAK	1		0.004		
16:0....g	1.107		0	PAK	1		1.760		
17:0....g	0.014		0	PAK	1		0.022		
18:0....g	0.587		0	PAK	1		0.933		
20:0....g	0.004		0	PAK	1		0.007		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	2.106		0	PIK	4		3.348		
14:1....g	0.000		0	PAK	1		0.000		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.123		0	PAK	1		0.195		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	1.953		0	PAK	1		3.106		
18:1 c....g	1.936		0	PAK	1		3.079		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.017		0	PAK	1		0.027		
18:1-11t (18:1t n-7)....g									
20:1....g	0.029		0	PAK	1		0.047		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.822		0	PIK	4		1.307		
18:2 undifferentiated....g	0.701		0	PAK	1		1.114		
18:2 n-6 c,c....g	0.699		0	PAK	1		1.112		
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	0.002		0	PAK	1		0.003		
18:3 undifferentiated....g	0.022		0	PAK	1		0.036		
18:3 n-3 c,c,c (ALA)....g	0.022		0	PAK	1		0.035		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.001		
18:3i....g	0.000		0	PAK	1		0.000		
18:4....g	0.000		0	PAK	1		0.000		
20:2 n-6 c,c....g	0.023		0	PAK	1		0.037		
20:3 undifferentiated....g	0.001		0	PAK	1		0.002		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.069		0	PAK	1		0.109		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.005		0	PAK	1		0.008		
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000		
Fatty acids, total trans....g	0.019		0	PIK	4		0.030		
Fatty acids, total trans-monoenoic....g	0.017		0	PIK	4		0.027		
Fatty acids, total trans-polyenoic....g	0.002		0	PIK	4		0.003		
Cholesterol....mg	76		0	PAK	1		122		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.336		0	PAK	1		0.533		

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
Threonine....g	1.240		0	PAK	1		1.971		
Isoleucine....g	1.335		0	PAK	1		2.122		
Leucine....g	2.320		0	PAK	1		3.689		
Lysine....g	2.507		0	PAK	1		3.986		
Methionine....g	0.773		0	PAK	1		1.229		
Cystine....g	0.318		0	PAK	1		0.505		
Phenylalanine....g	1.171		0	PAK	1		1.862		
Tyrosine....g	1.117		0	PAK	1		1.776		
Valine....g	1.426		0	PAK	1		2.267		
Arginine....g	1.816		0	PAK	1		2.888		
Histidine....g	1.147		0	PAK	1		1.823		
Alanine....g	1.615		0	PAK	1		2.567		
Aspartic acid....g	2.637		0	PAK	1		4.193		
Glutamic acid....g	4.306		0	PAK	1		6.847		
Glycine....g	1.274		0	PAK	1		2.026		
Proline....g	1.140		0	PAK	1		1.812		
Serine....g	1.177		0	PAK	1		1.872		
Hydroxyproline....g	0.098		0	PAK	1		0.156		
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 = 159g: 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 24 (2011)

NDB No. 10215

Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised

Refuse: 4% Connective tissue 3%, Separable fat 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	66.41	0.546	12	A	1		106.93		
Energy....kcal	163		0	NC	4		263		
Energy....kJ	683		0	NC	4		1100		
Protein (N x 6.25)....g	28.75	0.263	12	A	1		46.29		
Total lipid (fat)....g	4.50	0.376	12	A	1		7.25		
Ash....g	1.43	0.057	12	A	1		2.30		
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	11	0.335	12	A	1		17		
Iron, Fe....mg	0.71	0.027	12	A	1		1.14		
Magnesium, Mg....mg	25	0.449	12	A	1		41		
Phosphorus, P....mg	294	4.876	12	A	1		474		
Potassium, K....mg	416	8.480	12	A	1		669		
Sodium, Na....mg	56	0.760	12	A	1		91		
Zinc, Zn....mg	2.04	0.052	12	A	1		3.28		
Copper, Cu....mg	0.083	0.004	12	A	1		0.133		
Manganese, Mn....mg	0.014	0.000	12	A	1		0.022		
Selenium, Se....µg	46.1	4.017	12	A	1		74.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.663	0.033	12	A	1		1.068		
Riboflavin....mg	0.266	0.011	12	A	1		0.428		
Niacin....mg	7.834	0.254	12	A	1		12.613		
Pantothenic acid....mg	0.993		0	BFPN	4		1.598		
Vitamin B-6....mg	0.528		0	BFPN	4		0.851		
Folate, total....µg	0		0	BFPN	4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0	BFPN	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	88.3		0	BFPN	4		142.1		
Betaine....mg	3.4		0	BFPN	4		5.5		
Vitamin B-12....µg	0.63		0	BFPN	4		1.01		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	2		0	NC	4		3		
Retinol....µg	2		0	BFSN	4		3		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	5		0	NC	4		9		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.18		0	BFSN	4		0.29		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.4		0	AS	1		0.6		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.4		0	BFFN	4		0.6		
Vitamin D....IU	14		0	BFFN	4		23		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.517		0	BFFN	4		2.443		
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	BFFN	4		0.000		
10:0....g	0.004		0	BFFN	4		0.006		
12:0....g	0.002		0	BFFN	4		0.003		
13:0....g									
14:0....g	0.055		0	BFFN	4		0.089		
15:0....g									
16:0....g	0.940		0	BFFN	4		1.513		
17:0....g									
18:0....g	0.496		0	BFFN	4		0.798		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.816		0	BFFN	4		2.924		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.104		0	BFFN	4		0.168		
17:1....g									
18:1 undifferentiated....g	1.685		0	BFFN	4		2.712		
20:1....g	0.027		0	BFFN	4		0.044		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.794		0	BFFN	4		1.278		
18:2 undifferentiated....g	0.677		0	BFFN	4		1.090		
18:3 undifferentiated....g	0.026		0	BFFN	4		0.042		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.057		0	BFFN	4		0.092		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA)....g	0.007		0	BFFN	4		0.012		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	80	1.993	6	A	1		128		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.342		0	A	1		0.551		
Threonine....g	1.264		0	A	1		2.036		
Isoleucine....g	1.361		0	A	1		2.192		
Leucine....g	2.366		0	A	1		3.810		
Lysine....g	2.557		0	A	1		4.117		
Methionine....g	0.788		0	A	1		1.269		
Cystine....g	0.324		0	A	1		0.522		
Phenylalanine....g	1.195		0	A	1		1.923		
Tyrosine....g	1.139		0	A	1		1.834		
Valine....g	1.454		0	A	1		2.341		
Arginine....g	1.853		0	A	1		2.983		
Histidine....g	1.169		0	A	1		1.883		
Alanine....g	1.647		0	A	1		2.651		
Aspartic acid....g	2.689		0	A	1		4.330		
Glutamic acid....g	4.392		0	A	1		7.071		
Glycine....g	1.299		0	A	1		2.092		
Proline....g	1.162		0	A	1		1.872		
Serine....g	1.201		0	A	1		1.933		
Hydroxyproline....g	0.100		0	A	1		0.162		
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.

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

Number of Data Points of zero 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 = 161g: 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 24 (2011)

NDB No. 10216

Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled

Refuse: 4% Connective tissue 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	66.75	0.670	12	A	1		106.13		
Energy....kcal	161		0	NC	4		257		
Energy....kJ	676		0	NC	4		1075		
Protein (N x 6.25)....g	28.60	0.469	12	A	1		45.47		
Total lipid (fat)....g	4.36	0.357	18	A	1		6.93		
Ash....g	1.38	0.067	12	A	1		2.20		
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	11	0.232	12	A	1		18		
Iron, Fe....mg	0.88	0.045	12	A	1		1.40		
Magnesium, Mg....mg	27	0.601	12	A	1		43		
Phosphorus, P....mg	296	3.969	12	A	1		470		
Potassium, K....mg	425	10.791	12	A	1		676		
Sodium, Na....mg	66	0.950	12	A	1		104		
Zinc, Zn....mg	2.18	0.048	12	A	1		3.46		
Copper, Cu....mg	0.085	0.004	12	A	1		0.135		
Manganese, Mn....mg	0.015	0.000	12	A	1		0.024		
Selenium, Se....µg	45.9	3.876	12	A	1		73.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.662	0.042	12	A	1		1.052		
Riboflavin....mg	0.292	0.009	12	A	1		0.464		
Niacin....mg	8.761	0.348	12	A	1		13.930		
Pantothenic acid....mg	1.310		0	BFPN	4		2.083		
Vitamin B-6....mg	0.591		0	BFPN	4		0.940		
Folate, total....µg	0		0	BFPN	4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0	BFPN	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	107.0		0	BFPN	4		170.1		
Betaine....mg	4.1		0	BFPN	4		6.6		
Vitamin B-12....µg	0.75		0	BFPN	4		1.19		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	2		0	NC	4		3		
Retinol....µg	2		0	NR	4		3		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	7		0	NC	4		11		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.26		0	BFSN	4		0.42		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	AS	1		1.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.6		0	BFFN	4		1.0		
Vitamin D....IU	25		0	BFFN	4		40		
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.357		0	NC	4		2.158		
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	6	A	1		0.000		
10:0....g	0.000	0.000	6	A	1		0.000		
12:0....g	0.000	0.000	6	A	1		0.000		
13:0....g									
14:0....g	0.052	0.005	6	A	1		0.083		
15:0....g	0.002	0.002	6	A	1		0.003		
16:0....g	0.840	0.089	6	A	1		1.335		
17:0....g	0.010	0.002	6	A	1		0.015		
18:0....g	0.452	0.049	6	A	1		0.718		
20:0....g	0.002	0.002	6	A	1		0.003		
22:0....g	0.000	0.000	6	A	1		0.000		
24:0....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total monounsaturated....g	1.585		0	NC	4		2.520		
14:1....g	0.000	0.000	6	A	1		0.000		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.098	0.008	6	A	1		0.156		
17:1....g	0.000	0.000	6	A	1		0.000		
18:1 undifferentiated....g	1.467	0.148	6	AS	1		2.332		
18:1 c....g	1.457	0.145	6	A	1		2.316		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.010	0.004	6	A	1		0.016		
18:1-11t (18:1t n-7)....g									
20:1....g	0.020	0.005	6	A	1		0.032		
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000		
22:1 c....g	0.000	0.000	6	A	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.614		0	NC	4		0.977		
18:2 undifferentiated....g	0.513	0.076	6	AS	1		0.816		
18:2 n-6 c,c....g	0.513	0.076	6	A	1		0.816		
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	0.000	0.000	6	A	1		0.000		
18:3 undifferentiated....g	0.014	0.004	6	AS	1		0.023		
18:3 n-3 c,c,c (ALA)....g	0.014	0.004	6	A	1		0.023		
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000		
18:3i....g	0.000	0.000	5	A	1		0.000		
18:4....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c....g	0.016	0.004	6	A	1		0.025		
20:3 undifferentiated....g	0.000	0.000	6	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.067	0.003	6	A	1		0.106		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.004	0.002	6	A	1		0.007		
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total trans....g	0.010		0	NC	4		0.016		
Fatty acids, total trans-monoenoic....g	0.010		0	NC	4		0.016		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	76	1.719	6	A	1		122		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.340		0	A	1		0.541		

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
Threonine....g	1.258		0	A	1		2.000		
Isoleucine....g	1.354		0	A	1		2.153		
Leucine....g	2.354		0	A	1		3.743		
Lysine....g	2.544		0	A	1		4.044		
Methionine....g	0.784		0	A	1		1.246		
Cystine....g	0.322		0	A	1		0.513		
Phenylalanine....g	1.188		0	A	1		1.889		
Tyrosine....g	1.133		0	A	1		1.802		
Valine....g	1.447		0	A	1		2.300		
Arginine....g	1.843		0	A	1		2.930		
Histidine....g	1.163		0	A	1		1.850		
Alanine....g	1.638		0	A	1		2.605		
Aspartic acid....g	2.675		0	A	1		4.254		
Glutamic acid....g	4.369		0	A	1		6.947		
Glycine....g	1.293		0	A	1		2.055		
Proline....g	1.156		0	A	1		1.839		
Serine....g	1.194		0	A	1		1.899		
Hydroxyproline....g	0.100		0	A	1		0.159		
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 = 159g: 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 24 (2011)

NDB No. 10055

Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted

Hipbone roast, Loin end roast, Sirloin end roast

Refuse: 31% 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....µg	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....µg	0		0	PIK	4		0	0	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.64		0	PIK	4		6.73	0.55	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	PAK	1		18	1	
Retinol....µg	2		0	PIK	4		18	1	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	6		0	PAK	1		60	5	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.7		0	PAK	1		7.7	0.6	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.7		0	PIK	4		7.7	0.6	
Vitamin D....IU	29		0	PIK	4		306	25	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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	

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
Leucine....g	2.269		0	PAK	1		23.737	1.929	
Lysine....g	2.471		0	PAK	1		25.842	2.100	
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 24 (2011)

NDB No. 10059

Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted

Hipbone roast, Loin end roast, Sirloin 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....µg	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....µg	0		0	BFPN	4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	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....µg	0.61		0	BFPN	4		5.96		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	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)....µg	0.7		0	AS	1		6.6		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.7		0	BFFN	4		6.6		
Vitamin D....IU	27		0	BFFN	4		264		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.871		0	NC	4		28.282		
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	0.008	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		

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
Leucine....g	2.367		0	A	1		23.312		
Lysine....g	2.577		0	A	1		25.379		
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 24 (2011)

NDB No. 10213

Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted

Refuse: 3% 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	62.82		0	PAK	1		400.78		
Energy....kcal	192		0	PIK	4		1228		
Energy....kJ	805		0	PIK	4		5138		
Protein (N x 6.25)....g	29.62		0	PAK	1		188.97		
Total lipid (fat)....g	7.32		0	PAK	1		46.69		
Ash....g	1.42		0	PAK	1		9.05		
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	13		0	PAK	1		80		
Iron, Fe....mg	0.66		0	PAK	1		4.20		
Magnesium, Mg....mg	27		0	PAK	1		173		
Phosphorus, P....mg	304		0	PAK	1		1939		
Potassium, K....mg	398		0	PAK	1		2541		
Sodium, Na....mg	66		0	PAK	1		420		
Zinc, Zn....mg	2.20		0	PAK	1		14.01		
Copper, Cu....mg	0.109		0	PAK	1		0.693		
Manganese, Mn....mg	0.017		0	PAK	1		0.106		
Selenium, Se....µg	44.7		0	PAK	1		285.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.705		0	PAK	1		4.496		
Riboflavin....mg	0.327		0	PAK	1		2.088		
Niacin....mg	8.055		0	PAK	1		51.392		
Pantothenic acid....mg	1.616		0	PIK	4		10.310		
Vitamin B-6....mg	0.533		0	PIK	4		3.399		
Folate, total....µg	0		0	PIK	4		0		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	0		0	PIK	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	96.9		0	PIK	4		618.5		
Betaine....mg	3.8		0	PIK	4		24.1		
Vitamin B-12....µg	0.93		0	PIK	4		5.91		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	2		0	PIK	4		13		
Retinol....µg	2		0	PIK	4		13		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	7		0	PIK	4		43		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.20		0	PIK	4		1.26		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	PAK	1		4.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.6		0	PIK	4		4.0		
Vitamin D....IU	25		0	PIK	4		160		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.528		0	PIK	4		16.127		
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		
10:0....g	0.004		0	PAK	1		0.027		
12:0....g	0.002		0	PAK	1		0.011		
13:0....g									
14:0....g	0.097		0	PAK	1		0.618		
15:0....g	0.001		0	PAK	1		0.008		
16:0....g	1.579		0	PAK	1		10.075		
17:0....g	0.023		0	PAK	1		0.147		
18:0....g	0.812		0	PAK	1		5.183		
20:0....g	0.009		0	PAK	1		0.056		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	3.068		0	PIK	4		19.575		
14:1....g	0.000		0	PAK	1		0.003		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.172		0	PAK	1		1.098		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	2.849		0	PAK	1		18.175		
18:1 c....g	2.813		0	PAK	1		17.946		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.036		0	PAK	1		0.229		
18:1-11t (18:1t n-7)....g									
20:1....g	0.047		0	PAK	1		0.300		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.198		0	PIK	4		7.645		
18:2 undifferentiated....g	1.043		0	PAK	1		6.656		
18:2 n-6 c,c....g	1.039		0	PAK	1		6.628		
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	0.004		0	PAK	1		0.028		
18:3 undifferentiated....g	0.037		0	PAK	1		0.239		
18:3 n-3 c,c,c (ALA)....g	0.037		0	PAK	1		0.234		
18:3 n-6 c,c,c....g	0.001		0	PAK	1		0.005		
18:3i....g	0.000		0	PAK	1		0.000		
18:4....g	0.000		0	PAK	1		0.000		
20:2 n-6 c,c....g	0.038		0	PAK	1		0.245		
20:3 undifferentiated....g	0.002		0	PAK	1		0.012		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.069		0	PAK	1		0.441		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.008		0	PAK	1		0.049		
22:6 n-3 (DHA)....g	0.001		0	PAK	1		0.003		
Fatty acids, total trans....g	0.040		0	PIK	4		0.258		
Fatty acids, total trans-monoenoic....g	0.036		0	PIK	4		0.229		
Fatty acids, total trans-polyenoic....g	0.004		0	PIK	4		0.028		
Cholesterol....mg	84		0	PAK	1		535		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.353		0	PAK	1		2.249		

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
Threonine....g	1.303		0	PAK	1		8.310		
Isoleucine....g	1.402		0	PAK	1		8.948		
Leucine....g	2.438		0	PAK	1		15.553		
Lysine....g	2.634		0	PAK	1		16.806		
Methionine....g	0.812		0	PAK	1		5.180		
Cystine....g	0.334		0	PAK	1		2.131		
Phenylalanine....g	1.231		0	PAK	1		7.852		
Tyrosine....g	1.174		0	PAK	1		7.487		
Valine....g	1.498		0	PAK	1		9.558		
Arginine....g	1.909		0	PAK	1		12.176		
Histidine....g	1.205		0	PAK	1		7.687		
Alanine....g	1.697		0	PAK	1		10.824		
Aspartic acid....g	2.771		0	PAK	1		17.676		
Glutamic acid....g	4.525		0	PAK	1		28.868		
Glycine....g	1.339		0	PAK	1		8.541		
Proline....g	1.198		0	PAK	1		7.641		
Serine....g	1.237		0	PAK	1		7.892		
Hydroxyproline....g	0.103		0	PAK	1		0.659		
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 = 638g: 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 24 (2011)

NDB No. 10217

Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted

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	64.07	0.390	12	A	1		408.76		
Energy....kcal	178		0	NC	4		1133		
Energy....kJ	743		0	NC	4		4740		
Protein (N x 6.25)....g	30.39	0.484	12	A	1		193.89		
Total lipid (fat)....g	5.31	0.281	18	A	1		33.85		
Ash....g	1.45	0.041	12	A	1		9.27		
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	12	0.412	12	A	1		78		
Iron, Fe....mg	0.66	0.062	12	A	1		4.24		
Magnesium, Mg....mg	28	0.712	12	A	1		177		
Phosphorus, P....mg	311	7.837	12	A	1		1982		
Potassium, K....mg	408	8.706	12	A	1		2600		
Sodium, Na....mg	66	1.559	12	A	1		422		
Zinc, Zn....mg	2.25	0.091	12	A	1		14.33		
Copper, Cu....mg	0.109	0.005	12	A	1		0.697		
Manganese, Mn....mg	0.017	0.000	12	A	1		0.109		
Selenium, Se....µg	45.9	4.721	12	A	1		292.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.722	0.026	12	A	1		4.604		
Riboflavin....mg	0.332	0.014	12	A	1		2.116		
Niacin....mg	8.224	0.276	12	A	1		52.470		
Pantothenic acid....mg	1.654		0	BFPN	4		10.551		
Vitamin B-6....mg	0.544		0	BFPN	4		3.474		
Folate, total....µg	0		0	BFPN	4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0	BFPN	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	99.1		0	BFPN	4		632.5		
Betaine....mg	3.8		0	BFPN	4		24.5		
Vitamin B-12....µg	0.94		0	BFPN	4		6.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	1		0	NC	4		8		
Retinol....µg	1		0	BFSN	4		8		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	4		0	NC	4		27		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.20		0	BFYN	4		1.30		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	AS	1		3.8		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.6		0	BFFN	4		3.8		
Vitamin D....IU	24		0	BFFN	4		150		
Vitamin K (phylloquinone)....µg	0.0		0	BFYN	4		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.798		0	NC	4		11.468		
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	6	A	1		0.000		
10:0....g	0.003	0.002	6	A	1		0.016		
12:0....g	0.000	0.000	6	A	1		0.000		
13:0....g									
14:0....g	0.070	0.007	6	A	1		0.444		
15:0....g	0.000	0.000	6	A	1		0.000		
16:0....g	1.123	0.091	6	A	1		7.166		
17:0....g	0.016	0.001	6	A	1		0.101		
18:0....g	0.581	0.052	6	A	1		3.709		
20:0....g	0.005	0.002	6	A	1		0.032		
22:0....g	0.000	0.000	6	A	1		0.000		
24:0....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total monounsaturated....g	2.181		0	NC	4		13.914		
14:1....g	0.000	0.000	6	A	1		0.000		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.130	0.010	6	A	1		0.832		
17:1....g	0.000	0.000	6	A	1		0.000		
18:1 undifferentiated....g	2.019	0.168	6	AS	1		12.881		
18:1 c....g	1.995	0.168	6	A	1		12.728		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.024	0.001	6	A	1		0.153		
18:1-11t (18:1t n-7)....g									
20:1....g	0.032	0.003	6	A	1		0.201		
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000		
22:1 c....g	0.000	0.000	6	A	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.844		0	NC	4		5.387		
18:2 undifferentiated....g	0.723	0.073	6	AS	1		4.615		
18:2 n-6 c,c....g	0.722	0.073	6	A	1		4.605		
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	0.002	0.002	6	A	1		0.010		
18:3 undifferentiated....g	0.024	0.004	6	AS	1		0.151		
18:3 n-3 c,c,c (ALA)....g	0.024	0.004	6	A	1		0.151		
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000		
18:3i....g	0.000	0.000	5	A	1		0.000		
18:4....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c....g	0.025	0.003	6	A	1		0.162		
20:3 undifferentiated....g	0.000	0.000	6	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.066	0.003	6	A	1		0.418		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.007	0.001	6	A	1		0.041		
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total trans....g	0.026		0	NC	4		0.163		
Fatty acids, total trans-monoenoic....g	0.024		0	NC	4		0.153		
Fatty acids, total trans-polyenoic....g	0.002		0	NC	4		0.010		
Cholesterol....mg	84	2.789	6	A	1		536		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.362		0	A	1		2.308		

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
Threonine....g	1.336		0	A	1		8.527		
Isoleucine....g	1.439		0	A	1		9.181		
Leucine....g	2.501		0	A	1		15.959		
Lysine....g	2.703		0	A	1		17.244		
Methionine....g	0.833		0	A	1		5.315		
Cystine....g	0.343		0	A	1		2.186		
Phenylalanine....g	1.263		0	A	1		8.056		
Tyrosine....g	1.204		0	A	1		7.682		
Valine....g	1.537		0	A	1		9.807		
Arginine....g	1.958		0	A	1		12.494		
Histidine....g	1.236		0	A	1		7.887		
Alanine....g	1.741		0	A	1		11.106		
Aspartic acid....g	2.843		0	A	1		18.137		
Glutamic acid....g	4.643		0	A	1		29.621		
Glycine....g	1.374		0	A	1		8.763		
Proline....g	1.229		0	A	1		7.840		
Serine....g	1.269		0	A	1		8.097		
Hydroxyproline....g	0.106		0	A	1		0.677		
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 = 638g: 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 24 (2011)

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....µg	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....µg	6		0		1		5	5	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	6		0		1		5	5	
Folate, DFE....mcg_DFE	6		0	NC	4		5	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.98		0		1		0.83	0.74	
Vitamin A, RAE....mcg_RAE	2		0		1		2	2	
Retinol....µg	2		0		1		2	2	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	7		0		1		6	5	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.930		0		1		2.491	2.227	
4:0....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
6:0 g									
8:0 g									
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

NDB No. 10221

Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled

Measure 2 = 76g: 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 24 (2011)

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....µg	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....µg	0		0	PAK	1		0	0	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.57		0	PAK	1		2.31	0.49	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	PAK	1		1	0	
Retinol....µg	0		0	PAK	1		1	0	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	1		0	PAK	1		3	1	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.3		0	PAK	1		1.0	0.2	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.3		0	PIK	4		1.0	0.2	
Vitamin D....IU	10		0	PIK	4		42	9	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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	

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
Leucine....g	2.219		0	PAK	1		8.919	1.886	
Lysine....g	2.415		0	PAK	1		9.710	2.053	
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 24 (2011)

NDB No. 10218
Pork, fresh, loin, tenderloin, separable lean and fat, raw

Pork tenderloin, URMIS #3358
Refuse: 5% Connective tissue 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	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....µg	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....µg	0		0	PAK	1		0		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	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....µg	0.52		0	PAK	1		2.62		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	0		0	PAK	1		2		
Retinol....µg	0		0	PAK	1		2		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	2		0	PAK	1		8		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	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)....µg	0.3		0	PAK	1		1.3		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.3		0	PIK	4		1.3		
Vitamin D....IU	10		0	PIK	4		51		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.181		0	PIK	4		5.965		
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		
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		

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
Leucine....g	1.759		0	PAK	1		8.883		
Lysine....g	1.915		0	PAK	1		9.670		
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 24 (2011)

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....µg	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....µg	6		0		1		5	4	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	6		0		1		5	4	
Folate, DFE....mcg_DFE	6		0	NC	4		5	4	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.00		0		1		0.85	0.73	
Vitamin A, RAE....mcg_RAE	2		0		1		2	2	
Retinol....µg	2		0		1		2	2	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	7		0		1		6	5	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.240		0		1		1.904	1.635	
4:0....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
6:0 g									
8:0 g									
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

NDB No. 10223

Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled

Measure 2 = 73g: 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 24 (2011)

NDB No. 10061

Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted

Pork, Pork tenderloin, URMIS #3358

Refuse: 4% 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....µg	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....µg	0		1	A	1		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.57	0.075	4	A	1		1.90	0.48	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....µg	0		1	A	1		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.2		0	AS	1		0.8	0.2	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.2		0	BFFN	4		0.8	0.2	
Vitamin D....IU	10		0	BFFN	4		33	8	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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	

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
Leucine....g	2.229		0	A	1		7.423	1.895	
Lysine....g	2.427		0	A	1		8.081	2.063	
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 24 (2011)

NDB No. 10060

Pork, fresh, loin, tenderloin, separable lean only, raw

Pork tenderloin, URMIS #3358

Refuse:5% 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....µg	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....µg	0		1	A	1		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	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....µg	0.51	0.051	4	A	1		2.58		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....µg	0		1	A	1		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	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)....µg	0.2		0	AS	1		1.1		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.2		0	BFFN	4		1.1		
Vitamin D....IU	8		0	BFFN	4		43		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	0.698		0	NC	4		3.526		
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	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		

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
Leucine.....g	1.784		0	A	1		9.011		
Lysine.....g	1.943		0	A	1		9.811		
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 24 (2011)

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....µg	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....µg	1		0	PIK	4		1		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	1		0	PIK	4		1		
Folate, DFE....mcg_DFE	1		0	NC	4		1		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.55		0	PAK	1		0.82		
Vitamin A, RAE....mcg_RAE	2		0	PAK	1		3		
Retinol....µg	2		0	PAK	1		3		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	6		0	PAK	1		9		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	PAK	1		0.0		
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.725		0	PIK	4		4.087		
4:0....g	0.000		0	PIK	4		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
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PAK	1		0.000		
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

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

food, or similar food.

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 24 (2011)

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....µg	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....µg	1		2	A	1		2		
Folic acid....µg	0		0	NR	4		0		
Folate, food....µg	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....µg	0.52	0.039	4	A	1		0.77		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....µg	0	0.000	4	A	1		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0	0.000	4	A	1		0.0		
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.797		0	NC	4		2.695		
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	0.002	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		

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
Valine....g	1.448		0	A	1		2.172		
Arginine....g	1.805		0	A	1		2.707		
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 24 (2011)

NDB No. 10063

Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised

Refuse: 6% 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	62.44		0	PAK	1		84.30		
Energy....kcal	200		0	PIK	4		269		
Energy....kJ	835		0	PIK	4		1127		
Protein (N x 6.25)....g	29.20		0	PAK	1		39.42		
Total lipid (fat)....g	8.31		0	PAK	1		11.21		
Ash....g	1.31		0	PAK	1		1.77		
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	12		0	PAK	1		16		
Iron, Fe....mg	0.88		0	PAK	1		1.18		
Magnesium, Mg....mg	23		0	PAK	1		31		
Phosphorus, P....mg	221		0	PAK	1		299		
Potassium, K....mg	261		0	PAK	1		352		
Sodium, Na....mg	66		0	PAK	1		89		
Zinc, Zn....mg	2.29		0	PAK	1		3.10		
Copper, Cu....mg	0.089		0	PAK	1		0.120		
Manganese, Mn....mg	0.010		0	PAK	1		0.013		
Selenium, Se....µg	40.3		0	PAK	1		54.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.526		0	PAK	1		0.710		
Riboflavin....mg	0.238		0	PAK	1		0.322		
Niacin....mg	9.905		0	PAK	1		13.372		
Pantothenic acid....mg	1.030		0	PIK	4		1.390		
Vitamin B-6....mg	0.537		0	PIK	4		0.725		
Folate, total....µg	0		0	PIK	4		0		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	0		0	PIK	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	100.0		0	PIK	4		135.0		
Betaine....mg	3.9		0	PIK	4		5.3		
Vitamin B-12....µg	0.67		0	PIK	4		0.90		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	3		0	PIK	4		4		
Retinol....µg	3		0	PIK	4		4		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	11		0	PIK	4		15		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.24		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)....µg	1.0		0	PAK	1		1.3		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.0		0	PAK	1		1.3		
Vitamin D....IU	38		0	PAK	1		52		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	3.218		0	PIK	4		4.345		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.001		0	PAK	1		0.001		
10:0....g	0.008		0	PAK	1		0.011		
12:0....g	0.008		0	PAK	1		0.011		
13:0....g									
14:0....g	0.114		0	PAK	1		0.153		
15:0....g	0.005		0	PAK	1		0.006		
16:0....g	1.961		0	PAK	1		2.647		
17:0....g	0.027		0	PAK	1		0.037		
18:0....g	1.078		0	PAK	1		1.456		
20:0....g	0.016		0	PAK	1		0.021		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.000		0	PAK	1		0.001		
Fatty acids, total monounsaturated....g	3.625		0	PIK	4		4.894		
14:1....g	0.001		0	PAK	1		0.001		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.191		0	PAK	1		0.258		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	3.375		0	PAK	1		4.556		
18:1 c....g	3.337		0	PAK	1		4.505		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.038		0	PAK	1		0.052		
18:1-11t (18:1t n-7)....g									
20:1....g	0.058		0	PAK	1		0.079		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.290		0	PIK	4		1.741		
18:2 undifferentiated....g	1.135		0	PAK	1		1.533		
18:2 n-6 c,c....g	1.129		0	PAK	1		1.525		
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	0.006		0	PAK	1		0.008		
18:3 undifferentiated....g	0.048		0	PAK	1		0.065		
18:3 n-3 c,c,c (ALA)....g	0.044		0	PAK	1		0.059		
18:3 n-6 c,c,c....g	0.001		0	PAK	1		0.001		
18:3i....g	0.004		0	PAK	1		0.006		
18:4....g	0.000		0	PAK	1		0.000		
20:2 n-6 c,c....g	0.044		0	PAK	1		0.060		
20:3 undifferentiated....g	0.004		0	PAK	1		0.005		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.052		0	PAK	1		0.070		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.005		0	PAK	1		0.007		
22:6 n-3 (DHA)....g	0.001		0	PAK	1		0.001		
Fatty acids, total trans....g	0.048		0	PIK	4		0.065		
Fatty acids, total trans-monoenoic....g	0.038		0	PIK	4		0.052		
Fatty acids, total trans-polyenoic....g	0.010		0	PIK	4		0.014		
Cholesterol....mg	72		0	PAK	1		97		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.348		0	PAK	1		0.469		

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
Threonine....g	1.284		0	PAK	1		1.733		
Isoleucine....g	1.383		0	PAK	1		1.866		
Leucine....g	2.403		0	PAK	1		3.244		
Lysine....g	2.597		0	PAK	1		3.506		
Methionine....g	0.800		0	PAK	1		1.080		
Cystine....g	0.329		0	PAK	1		0.444		
Phenylalanine....g	1.213		0	PAK	1		1.638		
Tyrosine....g	1.157		0	PAK	1		1.562		
Valine....g	1.477		0	PAK	1		1.994		
Arginine....g	1.881		0	PAK	1		2.540		
Histidine....g	1.188		0	PAK	1		1.603		
Alanine....g	1.672		0	PAK	1		2.258		
Aspartic acid....g	2.731		0	PAK	1		3.687		
Glutamic acid....g	4.460		0	PAK	1		6.022		
Glycine....g	1.320		0	PAK	1		1.782		
Proline....g	1.181		0	PAK	1		1.594		
Serine....g	1.219		0	PAK	1		1.646		
Hydroxyproline....g	0.102		0	PAK	1		0.138		
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 = 135g: 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 24 (2011)

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....µg	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....µg	0		0	PAK	1		0	0	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.59		0	PAK	1		0.86	0.50	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	PAK	1		2	1	
Retinol....µg	1		0	PAK	1		2	1	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	5		0	PAK	1		7	4	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.1		0	PAK	1		0.1	0.1	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.1		0	PIK	4		0.1	0.1	
Vitamin D....IU	3		0	PIK	4		5	3	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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	

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
Leucine....g	2.268		0	PAK	1		3.289	1.928	
Lysine....g	2.469		0	PAK	1		3.580	2.099	
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 24 (2011)

NDB No. 10186

Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried

Refuse: 5% Connective tissue 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	62.62		0	PAK	1		88.91		
Energy....kcal	196		0	PIK	4		279		
Energy....kJ	821		0	PIK	4		1166		
Protein (N x 6.25)....g	29.36		0	PAK	1		41.70		
Total lipid (fat)....g	7.86		0	PAK	1		11.16		
Ash....g	1.26		0	PAK	1		1.79		
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	12		0	PAK	1		17		
Iron, Fe....mg	0.82		0	PAK	1		1.17		
Magnesium, Mg....mg	25		0	PAK	1		36		
Phosphorus, P....mg	283		0	PAK	1		401		
Potassium, K....mg	376		0	PAK	1		534		
Sodium, Na....mg	86		0	PAK	1		122		
Zinc, Zn....mg	2.26		0	PAK	1		3.21		
Copper, Cu....mg	0.095		0	PAK	1		0.134		
Manganese, Mn....mg	0.010		0	PAK	1		0.014		
Selenium, Se....µg	40.5		0	PAK	1		57.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.635		0	PAK	1		0.901		
Riboflavin....mg	0.229		0	PAK	1		0.325		
Niacin....mg	10.523		0	PAK	1		14.942		
Pantothenic acid....mg	1.359		0	PIK	4		1.930		
Vitamin B-6....mg	0.558		0	PIK	4		0.792		
Folate, total....µg	0		0	PIK	4		0		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	0		0	PIK	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	100.7		0	PIK	4		143.0		
Betaine....mg	3.9		0	PIK	4		5.6		
Vitamin B-12....µg	0.82		0	PIK	4		1.17		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	4		0	PIK	4		6		
Retinol....µg	4		0	PIK	4		6		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	13		0	PIK	4		19		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.22		0	PIK	4		0.31		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	PAK	1		0.8		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.6		0	PIK	4		0.8		
Vitamin D....IU	23		0	PIK	4		32		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	3.058		0	PIK	4		4.343		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.001		0	PAK	1		0.001		
10:0....g	0.008		0	PAK	1		0.011		
12:0....g	0.007		0	PAK	1		0.010		
13:0....g									
14:0....g	0.110		0	PAK	1		0.156		
15:0....g	0.004		0	PAK	1		0.006		
16:0....g	1.881		0	PAK	1		2.670		
17:0....g	0.025		0	PAK	1		0.035		
18:0....g	1.007		0	PAK	1		1.430		
20:0....g	0.015		0	PAK	1		0.021		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.001		0	PAK	1		0.002		
Fatty acids, total monounsaturated....g	3.491		0	PIK	4		4.957		
14:1....g	0.001		0	PAK	1		0.002		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.188		0	PAK	1		0.267		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	3.245		0	PAK	1		4.608		
18:1 c....g	3.210		0	PAK	1		4.558		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.036		0	PAK	1		0.051		
18:1-11t (18:1t n-7)....g									
20:1....g	0.056		0	PAK	1		0.079		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.278		0	PIK	4		1.815		
18:2 undifferentiated....g	1.109		0	PAK	1		1.575		
18:2 n-6 c,c....g	1.104		0	PAK	1		1.568		
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	0.005		0	PAK	1		0.007		
18:3 undifferentiated....g	0.047		0	PAK	1		0.067		
18:3 n-3 c,c,c (ALA)....g	0.043		0	PAK	1		0.061		
18:3 n-6 c,c,c....g	0.001		0	PAK	1		0.001		
18:3i....g	0.003		0	PAK	1		0.005		
18:4....g	0.000		0	PAK	1		0.000		
20:2 n-6 c,c....g	0.043		0	PAK	1		0.062		
20:3 undifferentiated....g	0.005		0	PAK	1		0.007		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.065		0	PAK	1		0.093		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.008		0	PAK	1		0.011		
22:6 n-3 (DHA)....g	0.001		0	PAK	1		0.001		
Fatty acids, total trans....g	0.044		0	PIK	4		0.063		
Fatty acids, total trans-monoenoic....g	0.036		0	PIK	4		0.051		
Fatty acids, total trans-polyenoic....g	0.008		0	PIK	4		0.012		
Cholesterol....mg	70		0	PAK	1		99		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.349		0	PAK	1		0.496		

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
Threonine....g	1.291		0	PAK	1		1.834		
Isoleucine....g	1.390		0	PAK	1		1.974		
Leucine....g	2.417		0	PAK	1		3.432		
Lysine....g	2.612		0	PAK	1		3.708		
Methionine....g	0.805		0	PAK	1		1.143		
Cystine....g	0.331		0	PAK	1		0.470		
Phenylalanine....g	1.220		0	PAK	1		1.732		
Tyrosine....g	1.163		0	PAK	1		1.652		
Valine....g	1.485		0	PAK	1		2.109		
Arginine....g	1.892		0	PAK	1		2.687		
Histidine....g	1.194		0	PAK	1		1.696		
Alanine....g	1.682		0	PAK	1		2.388		
Aspartic acid....g	2.747		0	PAK	1		3.900		
Glutamic acid....g	4.486		0	PAK	1		6.370		
Glycine....g	1.327		0	PAK	1		1.885		
Proline....g	1.187		0	PAK	1		1.686		
Serine....g	1.226		0	PAK	1		1.741		
Hydroxyproline....g	0.102		0	PAK	1		0.145		
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 = 142g: 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 24 (2011)

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: 12% 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....µg	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....µg	0		0	PAK	1		0	0	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.53		0	PAK	1		0.98	2.41	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	PAK	1		2	6	
Retinol....µg	1		0	PAK	1		2	6	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	4		0	PAK	1		8	19	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.4		0	PAK	1		0.8	2.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.4		0	PIK	4		0.8	2.0	
Vitamin D....IU	18		0	PIK	4		33	80	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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	

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
Leucine....g	1.836		0	PAK	1		3.397	8.328	
Lysine....g	1.999		0	PAK	1		3.698	9.067	
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 24 (2011)

NDB No. 10067

Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised

Refuse: 13% Connective tissue 6%, 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	65.14	0.362	6	A	1		87.94		
Energy....kcal	170		0	NC	4		229		
Energy....kJ	709		0	NC	4		958		
Protein (N x 6.25)....g	30.54	0.150	6	A	1		41.22		
Total lipid (fat)....g	4.34	0.120	6	A	1		5.86		
Ash....g	1.36	0.105	6	A	1		1.83		
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	8	0.297	6	A	1		10		
Iron, Fe....mg	0.91	0.018	6	A	1		1.22		
Magnesium, Mg....mg	23	0.631	6	A	1		31		
Phosphorus, P....mg	230	3.744	6	A	1		310		
Potassium, K....mg	269	9.752	6	A	1		364		
Sodium, Na....mg	67	1.895	6	A	1		91		
Zinc, Zn....mg	2.37	0.063	6	A	1		3.19		
Copper, Cu....mg	0.087	0.008	6	A	1		0.117		
Manganese, Mn....mg	0.010	0.001	6	A	1		0.013		
Selenium, Se....µg	42.1	1.956	6	A	1		56.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.545	0.043	6	A	1		0.736		
Riboflavin....mg	0.245	0.010	6	A	1		0.331		
Niacin....mg	10.263	0.351	6	A	1		13.855		
Pantothenic acid....mg	1.054		0	BFPN	4		1.423		
Vitamin B-6....mg	0.561		0	BFPN	4		0.757		
Folate, total....µg	0		0	BFPN	4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0	BFPN	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	104.9		0	BFPN	4		141.7		
Betaine....mg	4.1		0	BFPN	4		5.5		
Vitamin B-12....µg	0.66		0	BFPN	4		0.90		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	2		0	NC	4		2		
Retinol....µg	2		0	BFSN	4		2		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	6		0	NC	4		8		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.25		0	BFSN	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)....µg	0.9		1	AS	1		1.2		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.9		1	A	1		1.2		
Vitamin D....IU	36		1	A	1		49		
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.657		0	NC	4		2.237		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.001	0.000	6	A	1		0.002		
10:0....g	0.005	0.000	6	A	1		0.007		
12:0....g	0.004	0.000	6	A	1		0.006		
13:0....g									
14:0....g	0.059	0.002	6	A	1		0.079		
15:0....g	0.002	0.000	6	A	1		0.003		
16:0....g	1.015	0.029	6	A	1		1.370		
17:0....g	0.011	0.001	6	A	1		0.015		
18:0....g	0.552	0.017	6	A	1		0.745		
20:0....g	0.008	0.000	6	A	1		0.011		
22:0....g	0.000	0.000	6	A	1		0.000		
24:0....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total monounsaturated....g	1.934		0	NC	4		2.610		
14:1....g	0.000	0.000	6	A	1		0.000		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.120	0.008	6	A	1		0.162		
17:1....g	0.000	0.000	6	A	1		0.000		
18:1 undifferentiated....g	1.785	0.065	6	AS	1		2.409		
18:1 c....g	1.770	0.065	6	A	1		2.390		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.015	0.004	6	A	1		0.020		
18:1-11t (18:1t n-7)....g									
20:1....g	0.029	0.001	6	A	1		0.039		
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000		
22:1 c....g	0.000	0.000	6	A	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.551		0	NC	4		0.743		
18:2 undifferentiated....g	0.468	0.022	6	AS	1		0.632		
18:2 n-6 c,c....g	0.468	0.022	6	A	1		0.632		
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	0.000	0.000	6	A	1		0.000		
18:3 undifferentiated....g	0.017	0.001	6	AS	1		0.024		
18:3 n-3 c,c,c (ALA)....g	0.016	0.001	6	A	1		0.022		
18:3 n-6 c,c,c....g	0.001	0.000	6	A	1		0.001		
18:3i....g	0.001	0.001	6	A	1		0.001		
18:4....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c....g	0.018	0.001	6	A	1		0.024		
20:3 undifferentiated....g	0.000	0.000	6	A	1		0.001		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.044	0.002	6	A	1		0.059		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.003	0.000	6	A	1		0.004		
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total trans....g	0.015		0	NC	4		0.021		
Fatty acids, total trans-monoenoic....g	0.015		0	NC	4		0.020		
Fatty acids, total trans-polyenoic....g	0.001		0	NC	4		0.001		
Cholesterol....mg	71	0.727	6	A	1		96		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.363		0	A	1		0.491		

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
Threonine....g	1.343		0	A	1		1.813		
Isoleucine....g	1.446		0	A	1		1.952		
Leucine....g	2.513		0	A	1		3.393		
Lysine....g	2.716		0	A	1		3.666		
Methionine....g	0.837		0	A	1		1.130		
Cystine....g	0.344		0	A	1		0.465		
Phenylalanine....g	1.269		0	A	1		1.713		
Tyrosine....g	1.210		0	A	1		1.633		
Valine....g	1.545		0	A	1		2.085		
Arginine....g	1.968		0	A	1		2.656		
Histidine....g	1.242		0	A	1		1.677		
Alanine....g	1.749		0	A	1		2.361		
Aspartic acid....g	2.856		0	A	1		3.856		
Glutamic acid....g	4.665		0	A	1		6.298		
Glycine....g	1.380		0	A	1		1.863		
Proline....g	1.235		0	A	1		1.667		
Serine....g	1.275		0	A	1		1.722		
Hydroxyproline....g	0.107		0	A	1		0.144		
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 = 135g: 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 24 (2011)

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: 13% 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....µg	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....µg	0		1	A	1		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	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....µg	0.56	0.022	4	A	1		0.81		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....µg	0		1	A	1		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	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)....µg	0.6		0	AS	1		0.8		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.6		0	BFFN	4		0.8		
Vitamin D....IU	23		0	BFFN	4		33		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.077		0	NC	4		3.012		
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	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		

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
Leucine....g	2.349		0	A	1		3.406		
Lysine....g	2.558		0	A	1		3.708		
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 24 (2011)

NDB No. 10181

Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried

Refuse: 10% Connective tissue 5%, 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	64.81	0.563	6	A	1		92.03	118.61	
Energy....kcal	172		0	NC	4		244	314	
Energy....kJ	718		0	NC	4		1020	1315	
Protein (N x 6.25)....g	30.46	0.312	6	A	1		43.25	55.74	
Total lipid (fat)....g	4.62	0.345	6	A	1		6.56	8.45	
Ash....g	1.29	0.021	6	A	1		1.84	2.37	
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	0.332	6	A	1		12	15	
Iron, Fe....mg	0.84	0.043	6	A	1		1.20	1.55	
Magnesium, Mg....mg	26	0.283	6	A	1		37	48	
Phosphorus, P....mg	293	3.675	6	A	1		416	536	
Potassium, K....mg	390	5.783	6	A	1		553	713	
Sodium, Na....mg	87	1.254	6	A	1		124	160	
Zinc, Zn....mg	2.32	0.087	6	A	1		3.29	4.24	
Copper, Cu....mg	0.094	0.007	6	A	1		0.133	0.171	
Manganese, Mn....mg	0.011	0.002	6	A	1		0.015	0.019	
Selenium, Se....µg	42.0	1.742	6	A	1		59.6	76.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.657	0.037	6	A	1		0.933	1.202	
Riboflavin....mg	0.233	0.025	6	A	1		0.331	0.427	
Niacin....mg	10.850	0.570	6	A	1		15.407	19.856	
Pantothenic acid....mg	1.399		0	BFPN	4		1.986	2.560	
Vitamin B-6....mg	0.579		0	BFPN	4		0.822	1.059	
Folate, total....µg	0		0	BFPN	4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0	BFPN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	104.7		0	BFPN	4		148.7	191.7	
Betaine....mg	4.1		0	BFPN	4		5.8	7.4	
Vitamin B-12....µg	0.83		0	BFPN	4		1.18	1.52	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	3		0	NC	4		4	5	
Retinol....µg	3		0	BFSN	4		4	5	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	9		0	NC	4		13	17	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.23		0	BFSN	4		0.32	0.42	
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)....µg	0.5		0	AS	1		0.7	0.9	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	BFFN	4		0.7	0.9	
Vitamin D....IU	20		0	BFFN	4		28	36	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.784		0	NC	4		2.534	3.265	
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	0.001	0.000	6	A	1		0.001	0.002	
10:0....g	0.005	0.000	6	A	1		0.007	0.010	
12:0....g	0.005	0.000	6	A	1		0.006	0.008	
13:0....g									
14:0....g	0.065	0.006	6	A	1		0.092	0.119	
15:0....g	0.002	0.000	6	A	1		0.003	0.004	
16:0....g	1.110	0.100	6	A	1		1.576	2.031	
17:0....g	0.011	0.001	6	A	1		0.016	0.021	
18:0....g	0.576	0.044	6	A	1		0.818	1.054	
20:0....g	0.009	0.001	6	A	1		0.012	0.016	
22:0....g	0.000	0.000	6	A	1		0.000	0.000	
24:0....g	0.001	0.000	6	A	1		0.001	0.001	
Fatty acids, total monounsaturated....g	2.113		0	NC	4		3.001	3.867	
14:1....g	0.001	0.000	6	A	1		0.001	0.002	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.131	0.013	6	A	1		0.185	0.239	
17:1....g	0.000	0.000	6	A	1		0.000	0.000	
18:1 undifferentiated....g	1.950	0.177	6	AS	1		2.769	3.569	
18:1 c....g	1.933	0.176	6	A	1		2.745	3.538	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.017	0.002	6	A	1		0.024	0.031	
18:1-11t (18:1t n-7)....g									
20:1....g	0.032	0.003	6	A	1		0.045	0.058	
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.679		0	NC	4		0.964	1.242	
18:2 undifferentiated....g	0.568	0.051	6	AS	1		0.806	1.039	
18:2 n-6 c,c....g	0.568	0.051	6	A	1		0.806	1.039	
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	0.000	0.000	6	A	1		0.000	0.000	
18:3 undifferentiated....g	0.022	0.003	6	AS	1		0.031	0.040	
18:3 n-3 c,c,c (ALA)....g	0.021	0.003	6	A	1		0.029	0.038	
18:3 n-6 c,c,c....g	0.001	0.000	6	A	1		0.001	0.001	
18:3i....g	0.001	0.001	6	A	1		0.001	0.001	
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.022	0.002	6	A	1		0.031	0.039	
20:3 undifferentiated....g	0.002	0.001	6	A	1		0.003	0.004	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.060	0.001	6	A	1		0.085	0.109	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.006	0.000	6	A	1		0.008	0.011	
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans....g	0.017		0	NC	4		0.024	0.032	
Fatty acids, total trans-monoenoic....g	0.017		0	NC	4		0.024	0.031	
Fatty acids, total trans-polyenoic....g	0.001		0	NC	4		0.001	0.001	
Cholesterol....mg	69	1.022	6	A	1		98	126	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.362		0	A	1		0.515	0.663	

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
Threonine....g	1.339		0	A	1		1.902	2.451	
Isoleucine....g	1.442		0	A	1		2.048	2.639	
Leucine....g	2.507		0	A	1		3.560	4.587	
Lysine....g	2.709		0	A	1		3.846	4.957	
Methionine....g	0.835		0	A	1		1.185	1.528	
Cystine....g	0.343		0	A	1		0.488	0.628	
Phenylalanine....g	1.265		0	A	1		1.797	2.316	
Tyrosine....g	1.207		0	A	1		1.714	2.208	
Valine....g	1.541		0	A	1		2.188	2.819	
Arginine....g	1.963		0	A	1		2.787	3.591	
Histidine....g	1.239		0	A	1		1.759	2.267	
Alanine....g	1.745		0	A	1		2.477	3.192	
Aspartic acid....g	2.849		0	A	1		4.046	5.214	
Glutamic acid....g	4.653		0	A	1		6.607	8.515	
Glycine....g	1.377		0	A	1		1.955	2.519	
Proline....g	1.231		0	A	1		1.749	2.254	
Serine....g	1.272		0	A	1		1.806	2.328	
Hydroxyproline....g	0.106		0	A	1		0.151	0.194	
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 = 142g: 1 chop

Measure 2 = 183g: 1 raw pr 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 24 (2011)

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: 17% 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....µg	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....µg	0		1	A	1		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.51	0.018	4	A	1		0.94	2.31	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....µg	0		1	A	1		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.3		0	AS	1		0.6	1.5	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.3		0	BFFN	4		0.6	1.5	
Vitamin D....IU	13		0	BFFN	4		25	60	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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	

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
Leucine....g	1.910		0	A	1		3.533	8.662	
Lysine....g	2.079		0	A	1		3.846	9.430	
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 24 (2011)

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						Amount in edible portion 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	63.76		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....µg	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....µg	0		0	PIK	4		0	0	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.58		0	PIK	4		4.91	0.49	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	PAK	1		10	1	
Retinol....µg	1		0	PIK	4		10	1	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	4		0	PAK	1		34	3	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.5		0	PAK	1		4.2	0.4	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	PIK	4		4.2	0.4	
Vitamin D....IU	20		0	PIK	4		169	17	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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	

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
Leucine....g	2.253		0	PAK	1		19.108	1.915	
Lysine....g	2.453		0	PAK	1		20.802	2.085	
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 24 (2011)

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....µg	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....µg	0		0	PIK	4		0	0	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.54		0	PIK	4		11.76	2.43	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	PAK	1		34	7	
Retinol....µg	2		0	PIK	4		34	7	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	5		0	PAK	1		113	23	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.5		0	PAK	1		11.5	2.4	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	PIK	4		11.5	2.4	
Vitamin D....IU	21		0	PIK	4		461	95	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									

Lipids:

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
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	
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	

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
Leucine....g	1.818		0	PAK	1		39.901	8.246	
Lysine....g	1.979		0	PAK	1		43.440	8.977	
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 24 (2011)

NDB No. 10069

Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted

Boneless pork loin, Centercut boneless pork loin roast

Refuse: 12% 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....µg	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....µg	0		0	BFPN	4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.55		0	BFPN	4		4.67	0.47	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.4		0	AS	1		3.8	0.4	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.4		0	BFFN	4		3.8	0.4	
Vitamin D....IU	18		0	BFFN	4		151	15	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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	

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
Leucine....g	2.320		0	A	1		19.671	1.972	
Lysine....g	2.525		0	A	1		21.415	2.147	
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 24 (2011)

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....µg	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....µg	0		0	BFPN	4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.51		0	BFPN	4		11.18	2.31	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.4		0	AS	1		8.7	1.8	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.4		0	BFFN	4		8.7	1.8	
Vitamin D....IU	16		0	BFFN	4		346	72	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.248		0	BFFN	4		27.390	5.660	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
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									
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	1.595		0	BFFN	4		35.020	7.237	
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	0.409		0	BFFN	4		8.968	1.853	
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									
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	A	1		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 24 (2011)

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	µg	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	µg	3		0		1		3	3	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	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	µg	0.54		0		1		0.46	0.48	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		2	2	
Retinol	µg	2		0	NR	4		2	2	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	7		0		1		6	6	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	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)	µg	1.2		0	AS	1		1.0	1.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	1.2		0	BFFN	4		1.0	1.0	
Vitamin D	IU	47		0	BFFN	4		40	42	
Vitamin K (phylloquinone)	µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone	µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4	µg									
Lipids:										

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
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	
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.

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

Number of Data Points of zero 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 = 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 24 (2011)

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....µg	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....µg	5		0		1		4	4	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.70		0		1		0.60	0.61	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		2	2	
Retinol....µg	2		0	NR	4		2	2	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	7		0		1		6	6	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	1.3		0	AS	1		1.1	1.1	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.3		0	BFFN	4		1.1	1.1	
Vitamin D....IU	53		0	BFFN	4		45	46	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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.

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

Number of Data Points of zero 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 = 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 24 (2011)

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						Amount in edible portion 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	57.51		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	µg	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	µg	6		0		1		5	5	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	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	µg	0.71		0		1		0.60	0.63	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	3		0	NC	4		2	2	
Retinol	µg	3		0	NR	4		2	2	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	9		0		1		8	8	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	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)	µg	1.0		0	AS	1		0.9	0.9	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	1.0		0	BFFN	4		0.9	0.9	
Vitamin D	IU	42		0	BFFN	4		35	37	
Vitamin K (phylloquinone)	µg	0.0		0	BFYN	4		0.0	0.0	
Dihydrophylloquinone	µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4	µg									
Lipids:										

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
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	
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.

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

Number of Data Points of zero 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 = 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 24 (2011)

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....µg	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....µg	1		0	BFZN	4		5	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.53		0		1		2.40	0.62	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		9	2	
Retinol....µg	2		0	NR	4		9	2	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	7		0		1		32	8	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.5		0	AS	1		2.4	0.6	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	BFNN	4		2.4	0.6	
Vitamin D....IU	21		0	BFNN	4		97	25	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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.

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

Number of Data Points of zero 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 = 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 24 (2011)

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....µg	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....µg	4		0		1		3	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.55		0		1		0.47	0.44	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		2	2	
Retinol....µg	2		0	NR	4		2	2	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	7		0		1		6	6	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.8		0	AS	1		0.7	0.6	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.8		0	BFFN	4		0.7	0.6	
Vitamin D....IU	31		0	BFFN	4		27	25	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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.

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

Number of Data Points of zero 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)

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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....µg	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....µg	6		0		1		5	5	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.72		0		1		0.61	0.57	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		2	2	
Retinol....µg	2		0	NR	4		2	2	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	7		0		1		6	6	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.9		0	AS	1		0.8	0.7	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.9		0	BFFN	4		0.8	0.7	
Vitamin D....IU	37		0	BFFN	4		32	29	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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.

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

Number of Data Points of zero 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 = 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 24 (2011)

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....µg	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....µg	1		0	BFZN	4		1	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.73		0		1		0.62	0.59	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		2	2	
Retinol....µg	2		0	NR	4		2	2	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	8		0		1		7	6	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.7		0	AS	1		0.6	0.6	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.7		0	BFFN	4		0.6	0.6	
Vitamin D....IU	27		0	BFFN	4		23	22	
Vitamin K (phylloquinone)....µg	0.0		0	BFYN	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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.

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

Number of Data Points of zero 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 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 24 (2011)

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	µg	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	µg	5		0		1		23	5	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	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	µg	0.63		0		1		2.86	0.67	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		9	2	
Retinol	µg	2		0	NR	4		9	2	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	7		0		1		32	7	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	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)	µg	0.5		0	AS	1		2.5	0.6	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.5		0	BFFN	4		2.5	0.6	
Vitamin D	IU	22		0	BFFN	4		100	23	
Vitamin K (phylloquinone)	µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone	µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4	µg									
Lipids:										

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
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	
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.

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

Number of Data Points of zero 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 = 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 24 (2011)

NDB No. 10007
Pork, fresh, separable 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	26.26		1	A	1		7.44	29.67	
Energy....kcal	626		0	NC	4		178	708	
Energy....kJ	2621		0	NC	4		743	2962	
Protein (N x 6.25)....g	7.06		1	A	1		2.00	7.98	
Total lipid (fat)....g	66.10		1	A	1		18.74	74.69	
Ash....g	0.42		1	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	22		1	A	1		6	25	
Iron, Fe....mg	0.46		1	A	1		0.13	0.53	
Magnesium, Mg....mg	9		1	A	1		3	10	
Phosphorus, P....mg	109		1	A	1		31	123	
Potassium, K....mg	125		1	A	1		35	141	
Sodium, Na....mg	56		1	A	1		16	64	
Zinc, Zn....mg	0.75		1	A	1		0.21	0.85	
Copper, Cu....mg	0.090		1	A	1		0.026	0.102	
Manganese, Mn....mg	0.003		1	A	1		0.001	0.003	
Selenium, Se....µg	11.5		1	A	1		3.3	13.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.210		1	A	1		0.060	0.237	
Riboflavin....mg	0.200		1	A	1		0.057	0.226	
Niacin....mg	3.120		1	A	1		0.885	3.526	
Pantothenic acid....mg	0.510		1	A	1		0.145	0.576	
Vitamin B-6....mg	0.192		1	A	1		0.054	0.217	
Folate, total....µg	0		1	A	1		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.54		1	A	1		0.15	0.61	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	24		0	AS	1		7	27	
Retinol....µg	24		1	A	1		7	27	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	80		0	AS	1		23	91	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFFN	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)....µg	1.8		1	AS	1		0.5	2.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.8		1	A	1		0.5	2.0	
Vitamin D....IU	72		1	A	1		20	81	
Vitamin K (phylloquinone)....µg	0.0		0	BFFN	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	23.856		0	NC	4		6.763	26.957	
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	0.055		1	A	1		0.016	0.062	
12:0....g	0.053		1	A	1		0.015	0.060	
13:0....g									
14:0....g	0.893		1	A	1		0.253	1.009	
15:0....g	0.040		1	A	1		0.011	0.045	
16:0....g	14.900		1	A	1		4.224	16.837	
17:0....g	0.234		1	A	1		0.066	0.264	
18:0....g	7.560		1	A	1		2.143	8.543	
20:0....g	0.121		1	A	1		0.034	0.137	
22:0....g	0.000		1	A	1		0.000	0.000	
24:0....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	28.987		0	NC	4		8.218	32.755	
14:1....g	0.013		1	A	1		0.004	0.015	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	1.390		1	A	1		0.394	1.571	
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	27.085		0	AS	1		7.679	30.606	
18:1 c....g	26.700		1	A	1		7.569	30.171	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.385		1	A	1		0.109	0.435	
18:1-11t (18:1t n-7)....g									
20:1....g	0.499		1	A	1		0.141	0.564	
22:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
22:1 c....g	0.000		1	A	1		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	11.538		0	NC	4		3.271	13.038	
18:2 undifferentiated....g	10.390		0	AS	1		2.946	11.741	
18:2 n-6 c,c....g	10.300		1	A	1		2.920	11.639	
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	0.090		1	A	1		0.026	0.102	
18:3 undifferentiated....g	0.438		0	AS	1		0.124	0.495	
18:3 n-3 c,c,c (ALA)....g	0.416		1	A	1		0.118	0.470	
18:3 n-6 c,c,c....g	0.022		1	A	1		0.006	0.025	
18:3i....g									
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.418		1	A	1		0.119	0.472	
20:3 undifferentiated....g	0.059		1	A	1		0.017	0.067	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.177		1	A	1		0.050	0.200	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.040		1	A	1		0.011	0.045	
22:6 n-3 (DHA)....g	0.016		1	A	1		0.005	0.018	
Fatty acids, total trans....g	0.475		0	NC	4		0.135	0.537	
Fatty acids, total trans-monoenoic....g	0.385		0	NC	4		0.109	0.435	
Fatty acids, total trans-polyenoic....g	0.090		0	NC	4		0.026	0.102	
Cholesterol....mg	79		1	A	1		22	89	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.084		0	A	1		0.024	0.095	

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
Threonine....g	0.311		0	A	1		0.088	0.351	
Isoleucine....g	0.334		0	A	1		0.095	0.378	
Leucine....g	0.581		0	A	1		0.165	0.657	
Lysine....g	0.628		0	A	1		0.178	0.710	
Methionine....g	0.194		0	A	1		0.055	0.219	
Cystine....g	0.080		0	A	1		0.023	0.090	
Phenylalanine....g	0.293		0	A	1		0.083	0.332	
Tyrosine....g	0.280		0	A	1		0.079	0.316	
Valine....g	0.357		0	A	1		0.101	0.404	
Arginine....g	0.455		0	A	1		0.129	0.514	
Histidine....g	0.287		0	A	1		0.081	0.325	
Alanine....g	0.405		0	A	1		0.115	0.457	
Aspartic acid....g	0.661		0	A	1		0.187	0.747	
Glutamic acid....g	1.079		0	A	1		0.306	1.219	
Glycine....g	0.319		0	A	1		0.090	0.361	
Proline....g	0.286		0	A	1		0.081	0.323	
Serine....g	0.295		0	A	1		0.084	0.333	
Hydroxyproline....g	0.025		0	A	1		0.007	0.028	
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 24 (2011)

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	24.76		1	A	1		7.02	27.98	
Energy	kcal	632		0	NC	4		179	714	
Energy	kJ	2645		0	NC	4		750	2989	
Protein (N x 6.25)	g	9.25		1	A	1		2.62	10.45	
Total lipid (fat)	g	65.70		1	A	1		18.63	74.24	
Ash	g	0.51		1	A	1		0.15	0.58	
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	14		1	A	1		4	16	
Iron, Fe	mg	0.26		1	A	1		0.07	0.29	
Magnesium, Mg	mg	6		1	A	1		2	7	
Phosphorus, P	mg	84		1	A	1		24	95	
Potassium, K	mg	333		1	A	1		94	377	
Sodium, Na	mg	47		1	A	1		13	53	
Zinc, Zn	mg	0.60		1	A	1		0.17	0.68	
Copper, Cu	mg	0.067		1	A	1		0.019	0.076	
Manganese, Mn	mg	0.000		1	A	1		0.000	0.000	
Selenium, Se	µg	9.0		1	A	1		2.6	10.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.160		1	A	1		0.045	0.181	
Riboflavin	mg	0.090		1	A	1		0.026	0.102	
Niacin	mg	2.630		1	A	1		0.746	2.972	
Pantothenic acid	mg	0.430		1	A	1		0.122	0.486	
Vitamin B-6	mg	0.143		1	A	1		0.041	0.162	
Folate, total	µg	0		0	BFPN	4		0	0	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	0		1	A	1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg	31.0		0	BFPN	4		8.8	35.1	
Betaine	mg	1.2		0	BFPN	4		0.3	1.4	
Vitamin B-12	µg	0.67		1	A	1		0.19	0.76	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	26		0	AS	1		7	29	
Retinol	µg	26		1	A	1		7	29	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	86		0	AS	1		24	97	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.42		0	BFSN	4		0.12	0.48	
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)	µg	1.7		1	AS	1		0.5	2.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	1.7		1	A	1		0.5	2.0	
Vitamin D	IU	69		1	A	1		20	78	
Vitamin K (phylloquinone)	µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone	µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4	µg									
Lipids:										

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
Fatty acids, total saturated....g	21.979		0	NC	4		6.231	24.836	
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	0.050		1	A	1		0.014	0.057	
12:0....g	0.050		1	A	1		0.014	0.057	
13:0....g									
14:0....g	0.829		1	A	1		0.235	0.937	
15:0....g	0.043		1	A	1		0.012	0.049	
16:0....g	13.600		1	A	1		3.856	15.368	
17:0....g	0.218		1	A	1		0.062	0.246	
18:0....g	7.070		1	A	1		2.004	7.989	
20:0....g	0.119		1	A	1		0.034	0.134	
22:0....g	0.000		1	A	1		0.000	0.000	
24:0....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	28.041		0	NC	4		7.950	31.686	
14:1....g	0.016		1	A	1		0.005	0.018	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	1.280		1	A	1		0.363	1.446	
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	26.268		0	AS	1		7.447	29.683	
18:1 c....g	25.800		1	A	1		7.314	29.154	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.468		1	A	1		0.133	0.529	
18:1-11t (18:1t n-7)....g									
20:1....g	0.477		1	A	1		0.135	0.539	
22:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
22:1 c....g	0.000		1	A	1		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	13.186		0	NC	4		3.738	14.900	
18:2 undifferentiated....g	11.832		0	AS	1		3.354	13.370	
18:2 n-6 c,c....g	11.700		1	A	1		3.317	13.221	
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	0.132		1	A	1		0.037	0.149	
18:3 undifferentiated....g	0.588		0	AS	1		0.167	0.664	
18:3 n-3 c,c,c (ALA)....g	0.564		1	A	1		0.160	0.637	
18:3 n-6 c,c,c....g	0.024		1	A	1		0.007	0.027	
18:3i....g									
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.445		1	A	1		0.126	0.503	
20:3 undifferentiated....g	0.070		1	A	1		0.020	0.079	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.184		1	A	1		0.052	0.208	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.046		1	A	1		0.013	0.052	
22:6 n-3 (DHA)....g	0.021		1	A	1		0.006	0.024	
Fatty acids, total trans....g	0.600		0	NC	4		0.170	0.678	
Fatty acids, total trans-monoenoic....g	0.468		0	NC	4		0.133	0.529	
Fatty acids, total trans-polyenoic....g	0.132		0	NC	4		0.037	0.149	
Cholesterol....mg	72		1	A	1		20	82	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.110		0	A	1		0.031	0.124	

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
Threonine....g	0.407		0	A	1		0.115	0.460	
Isoleucine....g	0.438		0	A	1		0.124	0.495	
Leucine....g	0.761		0	A	1		0.216	0.860	
Lysine....g	0.823		0	A	1		0.233	0.930	
Methionine....g	0.254		0	A	1		0.072	0.287	
Cystine....g	0.104		0	A	1		0.030	0.118	
Phenylalanine....g	0.384		0	A	1		0.109	0.434	
Tyrosine....g	0.366		0	A	1		0.104	0.414	
Valine....g	0.468		0	A	1		0.133	0.529	
Arginine....g	0.596		0	A	1		0.169	0.674	
Histidine....g	0.376		0	A	1		0.107	0.425	
Alanine....g	0.530		0	A	1		0.150	0.599	
Aspartic acid....g	0.865		0	A	1		0.245	0.978	
Glutamic acid....g	1.413		0	A	1		0.401	1.597	
Glycine....g	0.418		0	A	1		0.119	0.472	
Proline....g	0.374		0	A	1		0.106	0.423	
Serine....g	0.386		0	A	1		0.110	0.437	
Hydroxyproline....g	0.032		0	A	1		0.009	0.036	
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 24 (2011)

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: 26% 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....µg	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....µg	0		0	PIK	4		0	0	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.93		0	PAK	1		1.72	0.79	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	PAK	1		4	2	
Retinol....µg	2		0	PIK	4		4	2	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	8		0	PAK	1		15	7	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg	1.2		0	PAK	1		2.2	1.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.2		0	PIK	4		2.2	1.0	
Vitamin D....IU	47		0	PIK	4		87	40	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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	

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
Leucine....g	2.136		0	PAK	1		3.951	1.816	
Lysine....g	2.325		0	PAK	1		4.302	1.977	
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 24 (2011)

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: 24% Bone 9%, 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	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....µg	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....µg	0		0	PIK	4		0	0	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	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....µg	0.91		0	PAK	1		2.63	4.14	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	PAK	1		7	11	
Retinol....µg	2		0	PIK	4		7	11	
Carotene, beta....µg	0		0	PIK	4		0	0	
Carotene, alpha....µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta....µg	0		0	PIK	4		0	0	
Vitamin A, IU....IU	8		0	PAK	1		24	37	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.7		0	PAK	1		2.2	3.4	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.7		0	PIK	4		2.2	3.4	
Vitamin D....IU	30		0	PIK	4		86	136	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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	

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
Leucine....g	1.484		0	PAK	1		4.273	6.730	
Lysine....g	1.615		0	PAK	1		4.652	7.327	
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 24 (2011)

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						Amount in edible portion 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	58.00	0.643	12	A	1		144.41	98.60	
Energy....kcal	233		0	NC	4		579	395	
Energy....kJ	973		0	NC	4		2422	1654	
Protein (N x 6.25)....g	26.57	1.191	12	A	1		66.17	45.18	
Total lipid (fat)....g	13.20	1.075	12	A	1		32.86	22.43	
Ash....g	0.85	0.032	12	A	1		2.13	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	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	25	3.182	12	A	1		62	42	
Iron, Fe....mg	1.85	0.038	12	A	1		4.60	3.14	
Magnesium, Mg....mg	24	0.418	12	A	1		60	41	
Phosphorus, P....mg	217	4.029	12	A	1		540	368	
Potassium, K....mg	318	4.538	12	A	1		791	540	
Sodium, Na....mg	60	1.056	12	A	1		150	103	
Zinc, Zn....mg	5.20	0.163	12	A	1		12.95	8.84	
Copper, Cu....mg	0.137	0.003	12	A	1		0.341	0.233	
Manganese, Mn....mg	0.013	0.000	12	A	1		0.032	0.022	
Selenium, Se....µg	45.0	6.579	12	A	1		112.2	76.6	
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	0.893	
Riboflavin....mg	0.388	0.021	12	A	1		0.966	0.660	
Niacin....mg	3.935	0.235	12	A	1		9.798	6.689	
Pantothenic acid....mg	1.367	0.132	4	A	1		3.405	2.325	
Vitamin B-6....mg	0.470	0.021	4	A	1		1.171	0.799	
Folate, total....µg	0		0	BFPN	4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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	184.8	
Betaine....mg	3.5	0.212	4	A	1		8.8	6.0	
Vitamin B-12....µg	0.90	0.097	4	A	1		2.25	1.53	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.11		0	BFSN	4		0.27	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)....µg	1.1		0	AS	1		2.8	1.9	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.1		0	BFFN	4		2.8	1.9	
Vitamin D....IU	45		0	BFFN	4		113	77	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	5.023		0	NC	4		12.507	8.539	
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	12	A	1		0.000	0.000	
10:0....g	0.014	0.001	12	A	1		0.036	0.024	
12:0....g	0.011	0.001	12	A	1		0.026	0.018	
13:0....g									
14:0....g	0.168	0.014	12	A	1		0.419	0.286	
15:0....g	0.002	0.001	12	A	1		0.005	0.003	
16:0....g	3.051	0.243	12	A	1		7.597	5.187	
17:0....g	0.037	0.003	12	A	1		0.093	0.064	
18:0....g	1.716	0.146	12	A	1		4.272	2.917	
20:0....g	0.024	0.002	12	A	1		0.059	0.040	
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	10.538	
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	0.566	
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	9.808	
18:1 c....g	5.708	0.434	12	A	1		14.212	9.703	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.062	0.008	12	A	1		0.154	0.105	
18:1-11t (18:1t n-7)....g									
20:1....g	0.097	0.007	12	A	1		0.240	0.164	
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	2.383	
18:2 undifferentiated....g	1.204	0.076	12	AS	1		2.999	2.047	
18:2 n-6 c,c....g	1.164	0.073	12	A	1		2.899	1.979	
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	0.068	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.048	0.003	12	AS	1		0.119	0.081	
18:3 n-3 c,c,c (ALA)....g	0.048	0.003	12	A	1		0.119	0.081	
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	0.083	
20:3 undifferentiated....g	0.007	0.001	12	A	1		0.017	0.012	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.094	0.006	12	A	1		0.235	0.160	
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	0.173	
Fatty acids, total trans-monoenoic....g	0.062		0	NC	4		0.154	0.105	
Fatty acids, total trans-polyenoic....g	0.040		0	NC	4		0.100	0.068	
Cholesterol....mg	100	3.570	12	A	1		249	170	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.280		0	A	1		0.697	0.476	
Threonine....g	1.193		0	A	1		2.971	2.028	
Isoleucine....g	1.308		0	A	1		3.256	2.223	

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
Leucine....g	2.264		0	A	1		5.637	3.849	
Lysine....g	2.465		0	A	1		6.137	4.190	
Methionine....g	0.732		0	A	1		1.822	1.244	
Cystine....g	0.307		0	A	1		0.764	0.521	
Phenylalanine....g	1.117		0	A	1		2.782	1.899	
Tyrosine....g	1.011		0	A	1		2.518	1.719	
Valine....g	1.389		0	A	1		3.458	2.361	
Arginine....g	1.768		0	A	1		4.403	3.006	
Histidine....g	1.148		0	A	1		2.858	1.951	
Alanine....g	1.560		0	A	1		3.884	2.652	
Aspartic acid....g	2.600		0	A	1		6.473	4.419	
Glutamic acid....g	4.243		0	A	1		10.564	7.212	
Glycine....g	1.197		0	A	1		2.982	2.036	
Proline....g	1.074		0	A	1		2.675	1.827	
Serine....g	1.149		0	A	1		2.861	1.953	
Hydroxyproline....g	0.068		0	A	1		0.170	0.116	
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 = 170g: 1 steak without refuse (Yield from 1 cooked steak, with refuse, weighing 249g)

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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: 32% Bone, 9%, Connective tissue, 15%, 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	74.31	0.308	12	A	1		1564.20	191.72	
Energy....kcal	132		0	NC	4		2769	339	
Energy....kJ	550		0	NC	4		11584	1420	
Protein (N x 6.25)....g	18.73	0.399	12	A	1		394.30	48.33	
Total lipid (fat)....g	5.71	0.309	12	A	1		120.29	14.74	
Ash....g	0.88	0.033	12	A	1		18.55	2.27	
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	14	1.419	12	A	1		300	37	
Iron, Fe....mg	1.20	0.022	12	A	1		25.24	3.09	
Magnesium, Mg....mg	22	0.390	12	A	1		461	56	
Phosphorus, P....mg	202	3.750	12	A	1		4252	521	
Potassium, K....mg	339	5.552	12	A	1		7145	876	
Sodium, Na....mg	65	1.476	12	A	1		1371	168	
Zinc, Zn....mg	3.36	0.071	12	A	1		70.78	8.68	
Copper, Cu....mg	0.102	0.004	12	A	1		2.157	0.264	
Manganese, Mn....mg	0.013	0.001	12	A	1		0.265	0.033	
Selenium, Se....µg	28.2	3.987	12	A	1		594.3	72.8	
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		11.745	1.440	
Riboflavin....mg	0.384	0.020	12	A	1		8.085	0.991	
Niacin....mg	4.387	0.239	12	A	1		92.338	11.317	
Pantothenic acid....mg	1.567	0.113	4	A	1		32.995	4.044	
Vitamin B-6....mg	0.521	0.028	4	A	1		10.971	1.345	
Folate, total....µg	0		0	BFPN	4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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		1657.7	203.2	
Betaine....mg	4.1	0.746	4	A	1		85.4	10.5	
Vitamin B-12....µg	0.91	0.049	4	A	1		19.21	2.35	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.24		0	BFSN	4		4.96	0.61	
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)....µg	0.6		0	AS	1		11.7	1.4	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.6		0	BFFN	4		11.7	1.4	
Vitamin D....IU	22		0	BFFN	4		467	57	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.998		0	NC	4		42.056	5.155	
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	12	A	1		0.000	0.000	
10:0....g	0.002	0.001	12	A	1		0.037	0.005	
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		1.404	0.172	
15:0....g	0.001	0.001	12	A	1		0.025	0.003	
16:0....g	1.224	0.076	12	A	1		25.767	3.158	
17:0....g	0.014	0.001	12	A	1		0.294	0.036	
18:0....g	0.680	0.044	12	A	1		14.311	1.754	
20:0....g	0.010	0.001	12	A	1		0.206	0.025	
22:0....g	0.001	0.001	12	A	1		0.012	0.002	
24:0....g									
Fatty acids, total monounsaturated....g	2.484		0	NC	4		52.291	6.409	
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		2.923	0.358	
17:1....g	0.001	0.001	12	A	1		0.017	0.002	
18:1 undifferentiated....g	2.308	0.130	12	AS	1		48.580	5.954	
18:1 c....g	2.284	0.131	12	A	1		48.086	5.894	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.023	0.002	12	A	1		0.494	0.061	
18:1-11t (18:1t n-7)....g									
20:1....g	0.037	0.002	12	A	1		0.771	0.094	
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		13.042	1.598	
18:2 undifferentiated....g	0.517	0.030	12	AS	1		10.878	1.333	
18:2 n-6 c,c....g	0.502	0.030	12	A	1		10.562	1.295	
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		0.316	0.039	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.019	0.001	12	AS	1		0.403	0.049	
18:3 n-3 c,c,c (ALA)....g	0.019	0.001	12	A	1		0.403	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	0.019	0.002	12	A	1		0.400	0.049	
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		1.360	0.167	
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		0.810	0.099	
Fatty acids, total trans-monoenoic....g	0.023		0	NC	4		0.494	0.061	
Fatty acids, total trans-polyenoic....g	0.015		0	NC	4		0.316	0.039	
Cholesterol....mg	60	4.527	12	A	1		1264	155	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.197		0	A	1		4.151	0.509	
Threonine....g	0.841		0	A	1		17.703	2.170	
Isoleucine....g	0.922		0	A	1		19.402	2.378	

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
Leucine....g	1.596		0	A	1		33.591	4.117	
Lysine....g	1.737		0	A	1		36.570	4.482	
Methionine....g	0.516		0	A	1		10.860	1.331	
Cystine....g	0.216		0	A	1		4.550	0.558	
Phenylalanine....g	0.787		0	A	1		16.575	2.032	
Tyrosine....g	0.713		0	A	1		15.006	1.839	
Valine....g	0.979		0	A	1		20.605	2.525	
Arginine....g	1.246		0	A	1		26.237	3.216	
Histidine....g	0.809		0	A	1		17.031	2.087	
Alanine....g	1.100		0	A	1		23.145	2.837	
Aspartic acid....g	1.832		0	A	1		38.573	4.728	
Glutamic acid....g	2.990		0	A	1		62.949	7.715	
Glycine....g	0.844		0	A	1		17.767	2.178	
Proline....g	0.757		0	A	1		15.942	1.954	
Serine....g	0.810		0	A	1		17.048	2.090	
Hydroxyproline....g	0.048		0	A	1		1.012	0.124	
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 = 2105g: 1 raw pr g

Measure 2 = 258g: 1 steak without refuse (Yield from 1 raw steak, with refuse, weighing 379g)

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 10075

Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised

Refuse: 23% Connective tissue 8%, Bone 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	60.03		0	PAK	1		1351.87		
Energy....kcal	235		0	PIK	4		5303		
Energy....kJ	985		0	PIK	4		22187		
Protein (N x 6.25)....g	24.88		0	PAK	1		560.32		
Total lipid (fat)....g	14.33		0	PAK	1		322.65		
Ash....g	1.08		0	PAK	1		24.35		
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	16		0	PAK	1		364		
Iron, Fe....mg	0.92		0	PAK	1		20.68		
Magnesium, Mg....mg	22		0	PAK	1		485		
Phosphorus, P....mg	240		0	PAK	1		5413		
Potassium, K....mg	357		0	PAK	1		8048		
Sodium, Na....mg	96		0	PAK	1		2152		
Zinc, Zn....mg	3.10		0	PAK	1		69.76		
Copper, Cu....mg	0.107		0	PAK	1		2.412		
Manganese, Mn....mg	0.022		0	PAK	1		0.484		
Selenium, Se....µg	29.4		0	PAK	1		661.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.439		0	PAK	1		9.890		
Riboflavin....mg	0.322		0	PAK	1		7.254		
Niacin....mg	5.308		0	PAK	1		119.527		
Pantothenic acid....mg	1.197		0	PAK	1		26.967		
Vitamin B-6....mg	0.346		0	PAK	1		7.787		
Folate, total....µg	5		0	PAK	1		102		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	5		0	PAK	1		102		
Folate, DFE....mcg_DFE	5		0	NC	4		102		
Choline, total....mg	103.4		0	PIK	4		2329.0		
Betaine....mg	4.1		0	PIK	4		91.5		
Vitamin B-12....µg	0.74		0	PAK	1		16.57		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	4		0	PIK	4		88		
Retinol....µg	4		0	PIK	4		88		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	13		0	PIK	4		294		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.26		0	PIK	4		5.96		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	1.1		0	PAK	1		25.2		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.1		0	PIK	4		25.2		
Vitamin D....IU	45		0	PIK	4		1007		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	4.854		0	PIK	4		109.319		
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		
10:0....g	0.009		0	PAK	1		0.200		
12:0....g	0.010		0	PAK	1		0.223		
13:0....g									
14:0....g	0.175		0	PAK	1		3.949		
15:0....g	0.006		0	PAK	1		0.140		
16:0....g	3.032		0	PAK	1		68.276		
17:0....g	0.049		0	PAK	1		1.094		
18:0....g	1.549		0	PAK	1		34.890		
20:0....g	0.024		0	PAK	1		0.549		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	6.173		0	PIK	4		139.011		
14:1....g	0.001		0	PAK	1		0.028		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.302		0	PAK	1		6.810		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	5.768		0	PAK	1		129.893		
18:1 c....g	5.614		0	PAK	1		126.427		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.154		0	PAK	1		3.465		
18:1-11t (18:1t n-7)....g									
20:1....g	0.101		0	PAK	1		2.281		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.783		0	PIK	4		62.668		
18:2 undifferentiated....g	2.450		0	PAK	1		55.173		
18:2 n-6 c,c....g	2.423		0	PAK	1		54.555		
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	0.027		0	PAK	1		0.618		
18:3 undifferentiated....g	0.110		0	PAK	1		2.486		
18:3 n-3 c,c,c (ALA)....g	0.108		0	PAK	1		2.439		
18:3 n-6 c,c,c....g	0.002		0	PAK	1		0.047		
18:3i....g	0.000		0	PAK	1		0.000		
18:4....g	0.000		0	PAK	1		0.000		
20:2 n-6 c,c....g	0.095		0	PAK	1		2.141		
20:3 undifferentiated....g	0.015		0	PAK	1		0.344		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.095		0	PAK	1		2.136		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		0	PAK	1		0.354		
22:6 n-3 (DHA)....g	0.002		0	PAK	1		0.034		
Fatty acids, total trans....g	0.181		0	PIK	4		4.083		
Fatty acids, total trans-monoenoic....g	0.154		0	PIK	4		3.465		
Fatty acids, total trans-polyenoic....g	0.027		0	PIK	4		0.618		
Cholesterol....mg	86		0	PAK	1		1947		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.296		0	PAK	1		6.669		

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
Threonine....g	1.094		0	PAK	1		24.641		
Isoleucine....g	1.178		0	PAK	1		26.532		
Leucine....g	2.048		0	PAK	1		46.119		
Lysine....g	2.213		0	PAK	1		49.834		
Methionine....g	0.682		0	PAK	1		15.358		
Cystine....g	0.281		0	PAK	1		6.318		
Phenylalanine....g	1.034		0	PAK	1		23.282		
Tyrosine....g	0.986		0	PAK	1		22.201		
Valine....g	1.259		0	PAK	1		28.342		
Arginine....g	1.603		0	PAK	1		36.106		
Histidine....g	1.012		0	PAK	1		22.792		
Alanine....g	1.425		0	PAK	1		32.095		
Aspartic acid....g	2.327		0	PAK	1		52.414		
Glutamic acid....g	3.801		0	PAK	1		85.599		
Glycine....g	1.125		0	PAK	1		25.325		
Proline....g	1.006		0	PAK	1		22.656		
Serine....g	1.039		0	PAK	1		23.401		
Hydroxyproline....g	0.087		0	PAK	1		1.955		
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 = 2252g: 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 24 (2011)

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	µg	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	µg	4		0		1		5	3	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	4		0		1		5	3	
Folate, DFE	mcg_DFE	4		0	NC	4		5	3	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.71		0		1		0.96	0.60	
Vitamin A, RAE	mcg_RAE	2		0		1		3	2	
Retinol	µg	2		0		1		3	2	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	8		0		1		11	7	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	8.780		0		1		11.853	7.463	
4:0	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
6:0....g									
8:0....g									
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

NDB No. 10076

Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted

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 24 (2011)

NDB No. 10074

Pork, fresh, shoulder, arm picnic, separable lean and fat, raw

Refuse: 22% Bone 16%, 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	68.34		0	PAK	1		1875.91		
Energy....kcal	193		0	PIK	4		5291		
Energy....kJ	806		0	PIK	4		22137		
Protein (N x 6.25)....g	18.71		0	PAK	1		513.46		
Total lipid (fat)....g	12.51		0	PAK	1		343.49		
Ash....g	0.98		0	PAK	1		26.81		
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	12		0	PAK	1		320		
Iron, Fe....mg	0.57		0	PAK	1		15.63		
Magnesium, Mg....mg	18		0	PAK	1		500		
Phosphorus, P....mg	200		0	PAK	1		5495		
Potassium, K....mg	413		0	PAK	1		11346		
Sodium, Na....mg	84		0	PAK	1		2294		
Zinc, Zn....mg	2.15		0	PAK	1		59.03		
Copper, Cu....mg	0.072		0	PAK	1		1.982		
Manganese, Mn....mg	0.010		0	PAK	1		0.270		
Selenium, Se....µg	21.9		0	PAK	1		600.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.585		0	PAK	1		16.061		
Riboflavin....mg	0.246		0	PAK	1		6.753		
Niacin....mg	4.518		0	PAK	1		124.016		
Pantothenic acid....mg	1.017		0	PAK	1		27.912		
Vitamin B-6....mg	0.440		0	PAK	1		12.086		
Folate, total....µg	0		0	PIK	4		0		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	0		0	PIK	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	64.2		0	PIK	4		1761.6		
Betaine....mg	2.5		0	PIK	4		68.1		
Vitamin B-12....µg	0.57		0	PAK	1		15.60		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....mcg_RAE	5		0	PIK	4		147		
Retinol....µg	5		0	PIK	4		147		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	18		0	PIK	4		490		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.21		0	PIK	4		5.70		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.8		0	PAK	1		20.8		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.8		0	PIK	4		20.8		
Vitamin D....IU	30		0	PIK	4		832		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									

NDB No. 10074

Pork, fresh, shoulder, arm picnic, separable lean and 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
Fatty acids, total saturated	g	4.140		0	PIK	4		113.639		
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		
10:0	g	0.007		0	PAK	1		0.194		
12:0	g	0.007		0	PAK	1		0.194		
13:0	g									
14:0	g	0.154		0	PAK	1		4.231		
15:0	g	0.006		0	PAK	1		0.167		
16:0	g	2.581		0	PAK	1		70.843		
17:0	g	0.039		0	PAK	1		1.065		
18:0	g	1.329		0	PAK	1		36.484		
20:0	g	0.017		0	PAK	1		0.461		
22:0	g	0.000		0	PAK	1		0.000		
24:0	g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated	g	5.367		0	PIK	4		147.315		
14:1	g	0.002		0	PAK	1		0.062		
15:1	g	0.000		0	PAK	1		0.000		
16:1 undifferentiated	g	0.262		0	PAK	1		7.186		
17:1	g	0.000		0	PAK	1		0.000		
18:1 undifferentiated	g	5.015		0	PAK	1		137.656		
18:1 c	g	4.911		0	PAK	1		134.821		
18:1-11c (18:1c n-7)	g									
18:1 t	g	0.103		0	PAK	1		2.836		
18:1-11t (18:1t n-7)	g									
20:1	g	0.088		0	PAK	1		2.411		
22:1 undifferentiated	g	0.000		0	PAK	1		0.000		
22:1 c	g	0.000		0	PAK	1		0.000		
22:1 t	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	2.474		0	PIK	4		67.910		
18:2 undifferentiated	g	2.182		0	PAK	1		59.887		
18:2 n-6 c,c	g	2.162		0	PAK	1		59.344		
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	0.020		0	PAK	1		0.543		
18:3 undifferentiated	g	0.102		0	PAK	1		2.794		
18:3 n-3 c,c,c (ALA)	g	0.098		0	PAK	1		2.701		
18:3 n-6 c,c,c	g	0.003		0	PAK	1		0.093		
18:3i	g	0.000		0	PAK	1		0.000		
18:4	g	0.000		0	PAK	1		0.000		
20:2 n-6 c,c	g	0.082		0	PAK	1		2.252		
20:3 undifferentiated	g	0.010		0	PAK	1		0.271		
20:3 n-3	g									
20:3 n-6	g									
20:4 undifferentiated	g	0.084		0	PAK	1		2.293		
20:4 n-3	g									
20:4 n-6	g									
20:5 n-3 (EPA)	g	0.000		0	PAK	1		0.000		
21:5	g									
22:4	g									
22:5 n-3 (DPA)	g	0.012		0	PAK	1		0.332		
22:6 n-3 (DHA)	g	0.003		0	PAK	1		0.081		
Fatty acids, total trans	g	0.123		0	PIK	4		3.379		
Fatty acids, total trans-monoenoic	g	0.103		0	PIK	4		2.836		
Fatty acids, total trans-polyenoic	g	0.020		0	PIK	4		0.543		
Cholesterol	mg	63		0	PAK	1		1734		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.223		0	PAK	1		6.111		

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
Threonine....g	0.823		0	PAK	1		22.581		
Isoleucine....g	0.886		0	PAK	1		24.313		
Leucine....g	1.540		0	PAK	1		42.262		
Lysine....g	1.664		0	PAK	1		45.666		
Methionine....g	0.513		0	PAK	1		14.074		
Cystine....g	0.211		0	PAK	1		5.789		
Phenylalanine....g	0.777		0	PAK	1		21.335		
Tyrosine....g	0.741		0	PAK	1		20.344		
Valine....g	0.946		0	PAK	1		25.972		
Arginine....g	1.205		0	PAK	1		33.086		
Histidine....g	0.761		0	PAK	1		20.886		
Alanine....g	1.071		0	PAK	1		29.411		
Aspartic acid....g	1.750		0	PAK	1		48.031		
Glutamic acid....g	2.858		0	PAK	1		78.441		
Glycine....g	0.845		0	PAK	1		23.207		
Proline....g	0.756		0	PAK	1		20.761		
Serine....g	0.781		0	PAK	1		21.444		
Hydroxyproline....g	0.065		0	PAK	1		1.792		
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 = 2745g: 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 24 (2011)

NDB No. 10078

Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised

Refuse: 30% Bone 15%, Connective tissue 8%, 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	63.59	0.969	6	A	1		1432.08	1919.20	
Energy....kcal	194		0	NC	4		4374	5862	
Energy....kJ	813		0	NC	4		18309	24536	
Protein (N x 6.25)....g	26.76	0.377	6	A	1		602.64	807.63	
Total lipid (fat)....g	8.87	1.026	6	A	1		199.68	267.60	
Ash....g	1.15	0.021	6	A	1		25.92	34.74	
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	16	1.015	6	A	1		349	468	
Iron, Fe....mg	0.97	0.019	6	A	1		21.76	29.16	
Magnesium, Mg....mg	23	0.698	6	A	1		515	690	
Phosphorus, P....mg	254	3.940	6	A	1		5725	7672	
Potassium, K....mg	382	15.657	6	A	1		8600	11526	
Sodium, Na....mg	100	1.544	6	A	1		2245	3009	
Zinc, Zn....mg	3.35	0.294	6	A	1		75.33	100.96	
Copper, Cu....mg	0.109	0.006	6	A	1		2.452	3.286	
Manganese, Mn....mg	0.023	0.001	6	A	1		0.528	0.708	
Selenium, Se....µg	31.2	6.181	6	A	1		703.4	942.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.463	0.051	6	A	1		10.434	13.983	
Riboflavin....mg	0.335	0.024	6	A	1		7.544	10.110	
Niacin....mg	5.538	0.232	6	A	1		124.723	167.147	
Pantothenic acid....mg	1.270	0.098	6	A	1		28.600	38.329	
Vitamin B-6....mg	0.362	0.025	6	A	1		8.152	10.925	
Folate, total....µg	5		0		1		113	151	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		1		113	151	
Folate, DFE....mcg_DFE	5		0	NC	4		113	151	
Choline, total....mg	110.9		0	BFPN	4		2496.6	3345.7	
Betaine....mg	4.3		0	BFPN	4		96.5	129.4	
Vitamin B-12....µg	0.76	0.058	6	A	1		17.04	22.84	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NR	4		40	54	
Retinol....µg	2		0	BFSN	4		40	54	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	6		0	NR	4		134	179	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.29		0	BFSN	4		6.59	8.84	
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)....µg	1.0		0	AS	1		23.6	31.6	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.0		0	BFFN	4		23.6	31.6	
Vitamin D....IU	42		0	BFFN	4		944	1265	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.850		0	NC	4		64.186	86.018	
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	6	A	1		0.000	0.000	
10:0....g	0.004	0.003	6	A	1		0.090	0.121	
12:0....g	0.005	0.002	6	A	1		0.120	0.161	
13:0....g									
14:0....g	0.100	0.013	6	A	1		2.244	3.008	
15:0....g	0.003	0.002	6	A	1		0.060	0.080	
16:0....g	1.780	0.220	6	A	1		40.086	53.720	
17:0....g	0.029	0.003	6	A	1		0.653	0.875	
18:0....g	0.915	0.109	6	A	1		20.613	27.625	
20:0....g	0.014	0.001	6	A	1		0.319	0.428	
22:0....g	0.000	0.000	6	A	1		0.000	0.000	
24:0....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	3.767		0	NC	4		84.822	113.673	
14:1....g	0.000	0.000	6	A	1		0.000	0.000	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.188	0.035	6	A	1		4.226	5.664	
17:1....g	0.000	0.000	6	A	1		0.000	0.000	
18:1 undifferentiated....g	3.520	0.478	6	AS	1		79.259	106.219	
18:1 c....g	3.390	0.473	6	A	1		76.343	102.310	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.130	0.013	6	A	1		2.916	3.908	
18:1-11t (18:1t n-7)....g									
20:1....g	0.059	0.008	6	A	1		1.336	1.791	
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.859		0	NC	4		41.872	56.115	
18:2 undifferentiated....g	1.613	0.150	6	AS	1		36.314	48.665	
18:2 n-6 c,c....g	1.592	0.147	6	A	1		35.844	48.037	
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	0.021	0.005	6	A	1		0.469	0.629	
18:3 undifferentiated....g	0.076	0.007	6	AS	1		1.708	2.289	
18:3 n-3 c,c,c (ALA)....g	0.076	0.007	6	A	1		1.708	2.289	
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000	0.000	
18:3i....g	0.000	0.000	6	A	1		0.000	0.000	
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.061	0.006	6	A	1		1.374	1.841	
20:3 undifferentiated....g	0.011	0.001	6	A	1		0.240	0.322	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.086	0.006	6	A	1		1.940	2.601	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013	0.000	6	A	1		0.297	0.397	
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans....g	0.150		0	NC	4		3.386	4.537	
Fatty acids, total trans-monoenoic....g	0.130		0	NC	4		2.916	3.908	
Fatty acids, total trans-polyenoic....g	0.021		0	NC	4		0.469	0.629	
Cholesterol....mg	87	4.866	6	A	1		1966	2635	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.319		0	A	1		7.173	9.612	

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
Threonine....g	1.177		0	A	1		26.503	35.517	
Isoleucine....g	1.267		0	A	1		28.536	38.243	
Leucine....g	2.203		0	A	1		49.602	66.474	
Lysine....g	2.380		0	A	1		53.598	71.829	
Methionine....g	0.734		0	A	1		16.519	22.137	
Cystine....g	0.302		0	A	1		6.795	9.106	
Phenylalanine....g	1.112		0	A	1		25.040	33.557	
Tyrosine....g	1.060		0	A	1		23.878	32.000	
Valine....g	1.354		0	A	1		30.483	40.851	
Arginine....g	1.724		0	A	1		38.833	52.041	
Histidine....g	1.089		0	A	1		24.514	32.852	
Alanine....g	1.533		0	A	1		34.519	46.260	
Aspartic acid....g	2.503		0	A	1		56.373	75.548	
Glutamic acid....g	4.088		0	A	1		92.065	123.380	
Glycine....g	1.209		0	A	1		27.237	36.502	
Proline....g	1.082		0	A	1		24.367	32.655	
Serine....g	1.118		0	A	1		25.168	33.729	
Hydroxyproline....g	0.093		0	A	1		2.103	2.818	
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 = 2252g: 1 roast

Measure 2 = 3018g: 1 raw pr 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 24 (2011)

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....µg	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....µg	5		0		1		10	4	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		1		10	4	
Folate, DFE....mcg_DFE	5		0	NC	4		10	4	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.78	0.066	12		1		1.49	0.66	
Vitamin A, RAE....mcg_RAE	0		0	NR	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	7		0		1		13	6	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.9		0	AS	1		1.7	0.8	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.9		0	BFFN	4		1.7	0.8	
Vitamin D....IU	36		0	BFFN	4		69	31	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.300		0		1		8.213	3.655	
4:0....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
6:0 g									
8:0 g									
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)

NDB No. 10079

Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted

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 24 (2011)

NDB No. 10077
Pork, fresh, shoulder, arm picnic, separable lean only, raw

Refuse: 32% Bone 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	75.51	0.211	6	A	1		2072.64		
Energy....kcal	120		0	NC	4		3307		
Energy....kJ	504		0	NC	4		13835		
Protein (N x 6.25)....g	20.26	0.179	6	A	1		556.15		
Total lipid (fat)....g	3.77	0.233	6	A	1		103.40		
Ash....g	1.05	0.017	6	A	1		28.90		
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	11	1.056	6	A	1		311		
Iron, Fe....mg	0.62	0.023	6	A	1		17.05		
Magnesium, Mg....mg	20	0.202	6	A	1		554		
Phosphorus, P....mg	219	6.662	6	A	1		6018		
Potassium, K....mg	427	11.069	6	A	1		11708		
Sodium, Na....mg	90	1.759	6	A	1		2459		
Zinc, Zn....mg	2.41	0.235	6	A	1		66.03		
Copper, Cu....mg	0.073	0.003	6	A	1		2.004		
Manganese, Mn....mg	0.011	0.000	6	A	1		0.314		
Selenium, Se....µg	24.0	5.032	6	A	1		658.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.655	0.218	6	A	1		17.980		
Riboflavin....mg	0.272	0.018	6	A	1		7.457		
Niacin....mg	4.828	0.279	6	A	1		132.538		
Pantothenic acid....mg	1.113	0.114	6	A	1		30.561		
Vitamin B-6....mg	0.489	0.037	6	A	1		13.428		
Folate, total....µg	0		0	BFPN	4		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0	BFPN	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	69.6		0	BFPN	4		1911.2		
Betaine....mg	2.7		0	BFPN	4		73.9		
Vitamin B-12....µg	0.55	0.070	6	A	1		15.14		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	2		0	NC	4		55		
Retinol....µg	2		0	NR	4		55		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	7		0	NC	4		183		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.17		0	BFSN	4		4.72		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	AS	1		16.4		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.6		0	BFFN	4		16.4		
Vitamin D....IU	24		0	BFFN	4		656		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.206		0	NC	4		33.109		
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	6	A	1		0.000		
10:0....g	0.000	0.000	6	A	1		0.000		
12:0....g	0.000	0.000	6	A	1		0.000		
13:0....g									
14:0....g	0.043	0.004	6	A	1		1.185		
15:0....g	0.000	0.000	6	A	1		0.000		
16:0....g	0.769	0.066	6	A	1		21.100		
17:0....g	0.009	0.002	6	A	1		0.256		
18:0....g	0.385	0.029	6	A	1		10.568		
20:0....g	0.000	0.000	6	A	1		0.000		
22:0....g	0.000	0.000	6	A	1		0.000		
24:0....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total monounsaturated....g	1.638		0	NC	4		44.959		
14:1....g	0.000	0.000	6	A	1		0.000		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.094	0.013	6	A	1		2.589		
17:1....g	0.000	0.000	6	A	1		0.000		
18:1 undifferentiated....g	1.520	0.130	6	AS	1		41.715		
18:1 c....g	1.476	0.132	6	A	1		40.525		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.043	0.005	6	A	1		1.189		
18:1-11t (18:1t n-7)....g									
20:1....g	0.024	0.003	6	A	1		0.654		
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000		
22:1 c....g	0.000	0.000	6	A	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.712		0	NC	4		19.554		
18:2 undifferentiated....g	0.595	0.052	6	AS	1		16.324		
18:2 n-6 c,c....g	0.593	0.051	6	A	1		16.287		
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	0.001	0.001	6	A	1		0.037		
18:3 undifferentiated....g	0.022	0.004	6	AS	1		0.599		
18:3 n-3 c,c,c (ALA)....g	0.022	0.004	6	A	1		0.599		
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000		
18:3i....g	0.000	0.000	6	A	1		0.000		
18:4....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c....g	0.022	0.002	6	A	1		0.613		
20:3 undifferentiated....g	0.000	0.000	6	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.067	0.003	6	A	1		1.839		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.007	0.002	6	A	1		0.178		
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total trans....g	0.045		0	NC	4		1.226		
Fatty acids, total trans-monoenoic....g	0.043		0	NC	4		1.189		
Fatty acids, total trans-polyenoic....g	0.001		0	NC	4		0.037		
Cholesterol....mg	62	0.679	6	A	1		1693		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.241		0	A	1		6.619		

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
Threonine....g	0.891		0	A	1		24.458		
Isoleucine....g	0.959		0	A	1		26.335		
Leucine....g	1.668		0	A	1		45.775		
Lysine....g	1.802		0	A	1		49.462		
Methionine....g	0.555		0	A	1		15.244		
Cystine....g	0.228		0	A	1		6.271		
Phenylalanine....g	0.842		0	A	1		23.108		
Tyrosine....g	0.803		0	A	1		22.035		
Valine....g	1.025		0	A	1		28.131		
Arginine....g	1.306		0	A	1		35.837		
Histidine....g	0.824		0	A	1		22.622		
Alanine....g	1.161		0	A	1		31.856		
Aspartic acid....g	1.895		0	A	1		52.023		
Glutamic acid....g	3.095		0	A	1		84.962		
Glycine....g	0.916		0	A	1		25.136		
Proline....g	0.819		0	A	1		22.487		
Serine....g	0.846		0	A	1		23.226		
Hydroxyproline....g	0.071		0	A	1		1.941		
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 = 2745g: 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 24 (2011)

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	µg	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	µg	5		0		1		13	4	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	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	µg	0.88		0		1		2.31	0.75	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		5	2	
Retinol	µg	2		0	NR	4		5	2	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	7		0		1		18	6	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	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)	µg	1.3		0	AS	1		3.5	1.1	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	1.3		0	BFFN	4		3.5	1.1	
Vitamin D	IU	54		0	BFFN	4		141	46	
Vitamin K (phylloquinone)	µg	0.0		0	BFYN	4		0.0	0.0	
Dihydrophylloquinone	µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4	µg									
Lipids:										

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
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	
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.

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

Number of Data Points of zero 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 = 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 24 (2011)

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....µg	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....µg	8		0		1		19	7	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	1.16		0		1		2.76	0.99	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	3		0	NC	4		6	2	
Retinol....µg	3		0	NR	4		6	2	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	9		0		1		21	8	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	1.0		0	AS	1		2.4	0.9	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.0		0	BFFN	4		2.4	0.9	
Vitamin D....IU	41		0	BFFN	4		97	35	
Vitamin K (phylloquinone)....µg	0.0		0	BFYN	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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.

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

Number of Data Points of zero 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 = 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 24 (2011)

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: 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	57.25	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	µg	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	µg	4		0		1		3	7	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	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	µg	1.06		0		1		0.90	1.79	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	3		0	NC	4		2	5	
Retinol	µg	3		0	NR	4		2	5	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	9		0		1		8	15	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	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)	µg	1.6		0	AS	1		1.3	2.7	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	1.6		0	BFFN	4		1.3	2.7	
Vitamin D	IU	63		0	BFFN	4		54	106	
Vitamin K (phylloquinone)	µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone	µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4	µg									
Lipids:										

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
Fatty acids, total saturated....g	5.950		0		1		5.058	10.056	
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	
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.

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

Number of Data Points of zero 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 = 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 24 (2011)

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: 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	60.07	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	µg	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	µg	5		0		1		4	7	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	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	µg	1.13		0		1		0.96	1.66	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		2	4	
Retinol	µg	2		0	NR	4		2	4	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	8		0		1		7	12	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	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)	µg	1.2		0	AS	1		1.0	1.7	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	1.2		0	BFFN	4		1.0	1.7	
Vitamin D	IU	48		0	BFFN	4		40	70	
Vitamin K (phylloquinone)	µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone	µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4	µg									
Lipids:										

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
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	
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.

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

Number of Data Points of zero 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 = 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 24 (2011)

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	µg	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	µg	5		0		1		7	4	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	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	µg	0.80		0		1		1.08	0.68	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		3	2	
Retinol	µg	2		0	NR	4		3	2	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	8		0		1		11	7	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	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)	µg	1.5		0	AS	1		2.1	1.3	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	1.5		0	BFFN	4		2.1	1.3	
Vitamin D	IU	61		0	BFFN	4		82	52	
Vitamin K (phylloquinone)	µg	0.0		0	BFYN	4		0.0	0.0	
Dihydrophylloquinone	µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4	µg									
Lipids:										

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
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	
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.

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

Number of Data Points of zero 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

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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	µg	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	µg	5		0		1		1	23	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	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	µg	0.74		0		1		0.21	3.36	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		1	9	
Retinol	µg	2		0	NR	4		1	9	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	7		0		1		2	32	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	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)	µg	1.7		0	AS	1		0.5	7.9	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	1.7		0	BFFN	4		0.5	7.9	
Vitamin D	IU	70		0	BFFN	4		20	317	
Vitamin K (phylloquinone)	µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone	µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4	µg									
Lipids:										

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
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	
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.

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

Number of Data Points of zero 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 24 (2011)

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....µg	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....µg	5		0		1		7	4	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.86		0		1		1.16	0.73	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		3	2	
Retinol....µg	2		0	NR	4		3	2	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	7		0		1		9	6	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	1.0		0	AS	1		1.3	0.8	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.0		0	BFFN	4		1.3	0.8	
Vitamin D....IU	39		0	BFFN	4		52	33	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
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	
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.

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

Number of Data Points of zero 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

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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	µg	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	µg	5		0		1		1	23	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	5		0		1		1	23	
Folate, DFE	mcg_DFE	5		0	NC	4		1	23	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.84		0		1		0.24	3.81	
Vitamin A, RAE	mcg_RAE	2		0		1		1	8	
Retinol	µg	2		0		1		1	8	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	6		0		1		2	27	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	2.470		0		1		0.700	11.204	
4:0	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
6:0 g									
8:0 g									
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

NDB No. 10072

Pork, fresh, shoulder, whole, separable lean only, raw

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 24 (2011)

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						Amount in edible portion 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	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....µg	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....µg	4		0		1		7	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	1.08	0.078	6		1		1.91	0.92	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	3		0	NC	4		5	3	
Retinol....µg	3		0	NR	4		5	3	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	10		2		1		18	9	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	2.6		0	AS	1		4.6	2.2	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	2.6		0	BFFN	4		4.6	2.2	
Vitamin D....IU	104		0	BFFN	4		184	88	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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.

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

Number of Data Points of zero 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 = 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 24 (2011)

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						Amount in edible portion 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	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....µg	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....µg	0		0	BFPN	4		0		
Folic acid....µg									
Folate, food....µg	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....µg	0.45		0	BFPN	4		6.97		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	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)....µg	2.2		0	AS	1		33.6		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	2.2		0	BFFN	4		33.6		
Vitamin D....IU	88		0	BFFN	4		1345		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	9.242		0	NC	4		141.678		
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	0.023	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		

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
Leucine....g	1.780		0	A	1		27.280		
Lysine....g	1.937		0	A	1		29.699		
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 24 (2011)

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....µg	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....µg	0		0	BFPN	4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.38		0	BFPN	4		4.89	0.11	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	2.3		0	AS	1		29.5	0.6	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	2.3		0	BFFN	4		29.5	0.6	
Vitamin D....IU	91		0	BFFN	4		1178	26	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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	

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
Leucine....g	1.318		0	A	1		17.097	0.374	
Lysine....g	1.435		0	A	1		18.613	0.407	
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 24 (2011)

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....µg	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....µg	4		0		4		15	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0		4		15	3	
Folate, DFE....mcg_DFE	4		0	NC	4		15	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.42		0		1		5.42	1.21	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....µg	0		0		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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	

NDB No. 10097

Pork, fresh, variety meats and by-products, brain, 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		4		0.000	0.000	
8:0 ... g	0.000		0		4		0.000	0.000	
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)

NDB No. 10097

Pork, fresh, variety meats and by-products, brain, cooked, braised

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 24 (2011)

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						Amount in edible portion 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	78.36	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....µg	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....µg	6		0		1		2	7	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	6		0		1		2	7	
Folate, DFE....mcg_DFE	6		0	NC	4		2	7	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.19	0.407	3		1		0.62	2.47	
Vitamin A, RAE....mcg_RAE	0	0.000	3		1		0	0	
Retinol....µg	0	0.000	3		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		3		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.079		0		1		0.589	2.349	
4:0....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
6:0 g									
8:0 g									
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

NDB No. 10096

Pork, fresh, variety meats and by-products, brain, raw

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 24 (2011)

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	µg	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	µg	1		1	A	1		1		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	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	µg	0.42		1	A	1		0.36		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	µg	0		1	A	1		0		
Carotene, beta	µg	0		0	Z	7		0		
Carotene, alpha	µg	0		0	Z	7		0		
Cryptoxanthin, beta	µg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0	AS	1		0		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	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)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.0		0	Z	7		0.0		
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	0.0		2	A	1		0.0		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

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
Fatty acids, total saturated....g	9.520		1	A	1		8.092		
4:0....g	0.000		0	Z	7		0.000		
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

NDB No. 10099

Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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 ... µg	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 ... µg	3		1	A	1		1		
Folic acid ... µg	0		0	Z	7		0		
Folate, food ... µg	3		1	A	1		1		
Folate, DFE ... mcg_DFE	3		0	NC	4		1		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.82		1	A	1		0.23		
Vitamin A, RAE ... mcg_RAE	0		0	AS	1		0		
Retinol ... µg	0		1	A	1		0		
Carotene, beta ... µg	0		1	A	1		0		
Carotene, alpha ... µg	0		1	A	1		0		
Cryptoxanthin, beta ... µg	0		1	A	1		0		
Vitamin A, IU ... IU	0		0	AS	1		0		
Lycopene ... µg	0		1	A	1		0		
Lutein + zeaxanthin ... µg	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) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg	0.0		2	A	1		0.0		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	7.619		1	A	1		2.160		
4:0 ... g	0.000		0	Z	7		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
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	0.232		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 24 (2011)

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....µg	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....µg	0		0		4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.04		0		4		0.04	0.17	
Vitamin A, RAE....mcg_RAE	0		1		1		0	0	
Retinol....µg	0		1		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		1		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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	

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
6:0 ....g	0.000		0		4		0.000	0.000	
8:0 ....g	0.000		0		4		0.000	0.000	
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 24 (2011)

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....µg	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....µg	0		0		4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.07		0		4		0.02	0.08	
Vitamin A, RAE....mcg_RAE	0		1		1		0	0	
Retinol....µg	0		1		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		1		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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	

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
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
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 24 (2011)

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: 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	62.85		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	µg	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	µg	2		1	A	1		2		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	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	µg	0.41		1	A	1		0.35		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	µg	0		1	A	1		0		
Carotene, beta	µg	0		1	A	1		0		
Carotene, alpha	µg	0		1	A	1		0		
Cryptoxanthin, beta	µg	0		1	A	1		0		
Vitamin A, IU	IU	0		0	AS	1		0		
Lycopene	µg	0		1	A	1		0		
Lutein + zeaxanthin	µg	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)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.0		0	Z	7		0.0		
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	0.0		2	A	1		0.0		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 10173

Pork, fresh, variety meats and by-products, feet, 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
Fatty acids, total saturated.....g	4.343		1	A	1		3.692		
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		
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

NDB No. 10173

Pork, fresh, variety meats and by-products, feet, cooked, simmered

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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....µg	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....µg	10		1	A	1		3		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	10		1	A	1		3		
Folate, DFE....mcg_DFE	10		0	NC	4		3		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.52		1	A	1		0.15		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....µg	0		1	A	1		0		
Carotene, beta....µg	0		1	A	1		0		
Carotene, alpha....µg	0		1	A	1		0		
Cryptoxanthin, beta....µg	0		1	A	1		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		1	A	1		0		
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		2	A	1		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	3.570		1	A	1		1.012		
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		
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

NDB No. 10102

Pork, fresh, variety meats and by-products, feet, raw

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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						Amount in edible portion 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	68.08	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....µg	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....µg	4		0		1		6	5	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0		1		6	5	
Folate, DFE....mcg_DFE	4		0	NC	4		6	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.79		0		1		5.50	4.89	
Vitamin A, RAE....mcg_RAE	7		0		1		10	9	
Retinol....µg	7		0		1		10	9	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	22		0		1		32	28	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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	

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
6:0 ....g	0.000		0		4		0.000	0.000	
8:0 ....g	0.000		0		4		0.000	0.000	
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

NDB No. 10104

Pork, fresh, variety meats and by-products, heart, cooked, braised

Measure 2 = 129g: 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 24 (2011)

NDB No. 10103

Pork, fresh, variety meats and by-products, heart, 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	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....µg	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....µg	4	1.100	4		1		1	9	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	3.79	0.265	3		1		1.07	8.57	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	8	3.973	3		1		2	17	
Retinol....µg	8		0	NR	4		2	17	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	25	13.229	3		1		7	57	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
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	
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.

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

Number of Data Points of zero 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 = 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 24 (2011)

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	µg	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	µg	1		0		1		0	1	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	1		0		1		0	1	
Folate, DFE	mcg_DFE	1		0	NC	4		0	1	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.82		0		1		0.23	0.93	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	3		0		1		1	3	
Retinol	µg	3		0	NR	4		1	3	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	9		0		1		3	10	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	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)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

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
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	
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.

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

Number of Data Points of zero 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 24 (2011)

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....µg	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....µg	41		0		1		57	35	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	41		0		1		57	35	
Folate, DFE....mcg_DFE	41		0	NC	4		57	35	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	7.79		0		1		10.91	6.62	
Vitamin A, RAE....mcg_RAE	78		0		1		109	66	
Retinol....µg	78		0		1		109	66	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	260		0		1		364	221	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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	

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
6:0 ....g	0.000		0		4		0.000	0.000	
8:0 ....g	0.000		0		4		0.000	0.000	
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

NDB No. 10107

Pork, fresh, variety meats and by-products, kidneys, cooked, braised

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 24 (2011)

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....µg	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....µg	42		1		1		12	98	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	42		1		1		12	98	
Folate, DFE....mcg_DFE	42		0	NC	4		12	98	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	8.49	1.858	3		1		2.41	19.78	
Vitamin A, RAE....mcg_RAE	59	16.967	4		1		17	139	
Retinol....µg	59	16.967	4		1		17	139	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	198	56.500	4		1		56	461	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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	

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
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
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

NDB No. 10106

Pork, fresh, variety meats and by-products, kidneys, raw

Measure 2 = 233g: 1 kidney

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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	µg	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	µg	0		0		4		0	0	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.23		0		1		0.07	0.26	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	µg	0		0		4		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
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	

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
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
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

NDB No. 10109

Pork, fresh, variety meats and by-products, leaf fat, raw

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 24 (2011)

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 ... µg	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 ... µg	163		0		1		577	139	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	163		0		1		577	139	
Folate, DFE ... mcg_DFE	163		0	NC	4		577	139	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	18.67		0		1		66.09	15.87	
Vitamin A, RAE ... mcg_RAE	5405	865.822	6		1		19132	4594	
Retinol ... µg	5405	865.822	6		1		19132	4594	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	17997	2883.188	6		1		63709	15297	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
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	

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
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		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 24 (2011)

NDB No. 10110
Pork, fresh, variety meats and by-products, liver, 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	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....µg	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....µg	212	36.770	7		1		60	240	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	26.00	2.881	5		1		7.37	29.38	
Vitamin A, RAE....mcg_RAE	6502	1001.388	13		1		1843	7347	
Retinol....µg	6502	1001.388	13		1		1843	7347	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	21650	3334.623	13		1		6138	24465	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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	

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
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		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 24 (2011)

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	µg	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	µg	2		0		4		6	2	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	2		0		4		6	2	
Folate, DFE	mcg_DFE	2		0	NC	4		6	2	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	2.03		0		1		6.09	1.73	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	µg	0		0		1		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
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	

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
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		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 24 (2011)

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						Amount in edible portion 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	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....µg	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....µg	3		0		4		1	14	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		0		4		1	14	
Folate, DFE....mcg_DFE	3		0	NC	4		1	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.75		2		1		0.78	12.47	
Vitamin A, RAE....mcg_RAE	0	0.000	3		1		0	0	
Retinol....µg	0	0.000	3		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		3		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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	

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
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
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

NDB No. 10112

Pork, fresh, variety meats and by-products, lungs, raw

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 24 (2011)

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						Amount in edible portion 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	56.87	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	µg	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	µg	3		0		4		1	14	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	3		0		4		1	14	
Folate, DFE	mcg_DFE	3		0	NC	4		1	14	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.58		0		4		0.16	2.63	
Vitamin A, RAE	mcg_RAE	3		0		4		1	14	
Retinol	µg	3		0		4		1	14	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	10		0		4		3	45	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
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	

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
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
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

NDB No. 10114

Pork, fresh, variety meats and by-products, mechanically separated, raw

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 24 (2011)

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....µg	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....µg	5		0		4		12	4	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		4		12	4	
Folate, DFE....mcg_DFE	5		0	NC	4		12	4	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	17.07		0		1		41.82	14.51	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....µg	0		0		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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	

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
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
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)

NDB No. 10116

Pork, fresh, variety meats and by-products, pancreas, cooked, braised

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 24 (2011)

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....µg	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....µg	3		0		4		1	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		0		4		1	3	
Folate, DFE....mcg_DFE	3		0	NC	4		1	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	16.40		2		1		4.65	18.53	
Vitamin A, RAE....mcg_RAE	0	0.000	3		1		0	0	
Retinol....µg	0	0.000	3		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		3		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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	

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
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
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

NDB No. 10115

Pork, fresh, variety meats and by-products, pancreas, raw

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 24 (2011)

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....µg	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....µg	4		0		4		12	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0		4		12	3	
Folate, DFE....mcg_DFE	4		0	NC	4		12	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.76		0		1		8.25	2.35	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....µg	0		0		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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	

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
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
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)

NDB No. 10118

Pork, fresh, variety meats and by-products, spleen, cooked, braised

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 24 (2011)

NDB No. 10117
Pork, fresh, variety meats and by-products, spleen, 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	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	µg	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	µg	4		0		4		1	5	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	4		0		4		1	5	
Folate, DFE	mcg_DFE	4		0	NC	4		1	5	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	3.26	1.156	3		1		0.92	3.68	
Vitamin A, RAE	mcg_RAE	0	0.000	3		1		0	0	
Retinol	µg	0	0.000	3		1		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		3		1		0	0	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
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	

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
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
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

NDB No. 10117

Pork, fresh, variety meats and by-products, spleen, raw

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 24 (2011)

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		60.11		
Energy	kcal	157		0	NC	4		134		
Energy	kJ	658		0	NC	4		559		
Protein (N x 6.25)	g	21.40		1	A	1		18.19		
Total lipid (fat)	g	7.26		1	A	1		6.17		
Ash	g	0.52		1	A	1		0.45		
Carbohydrate, by difference	g	0.09		0	NC	4		0.08		
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	15		1	A	1		13		
Iron, Fe	mg	1.23		1	A	1		1.05		
Magnesium, Mg	mg	15		1	A	1		13		
Phosphorus, P	mg	129		1	A	1		110		
Potassium, K	mg	85		1	A	1		72		
Sodium, Na	mg	40		1	A	1		34		
Zinc, Zn	mg	2.92		1	A	1		2.48		
Copper, Cu	mg	0.239		1	A	1		0.203		
Manganese, Mn	mg	0.071		1	A	1		0.060		
Selenium, Se	µg	40.3		1	A	1		34.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg	0.040		1	A	1		0.034		
Riboflavin	mg	0.188		1	A	1		0.160		
Niacin	mg	1.380		1	A	1		1.173		
Pantothenic acid	mg	0.566		1	A	1		0.481		
Vitamin B-6	mg	0.021		1	A	1		0.018		
Folate, total	µg	3		1	A	1		3		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	3		1	A	1		3		
Folate, DFE	mcg_DFE	3		0	NC	4		3		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.48		1	A	1		0.41		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	µg	0		1	A	1		0		
Carotene, beta	µg	0		1	A	1		0		
Carotene, alpha	µg	0		1	A	1		0		
Cryptoxanthin, beta	µg	0		1	A	1		0		
Vitamin A, IU	IU	0		0	AS	1		0		
Lycopene	µg	0		1	A	1		0		
Lutein + zeaxanthin	µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.09		2	A	1		0.08		
Tocopherol, beta	mg	0.00		2	A	1		0.00		
Tocopherol, gamma	mg	0.02		2	A	1		0.02		
Tocopherol, delta	mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg	0.0		2	A	1		0.0		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	2.990		1	A	1		2.542		
4:0	g	0.000		0	Z	7		0.000		

NDB No. 10863

Pork, fresh, variety meats and by-products, stomach, 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	0.085		1	A	1		0.072		
15:0 g	0.000		1	A	1		0.000		
16:0 g	1.548		1	A	1		1.316		
17:0 g	0.022		1	A	1		0.019		
18:0 g	1.304		1	A	1		1.108		
20:0 g	0.020		1	A	1		0.017		
22:0 g	0.011		1	A	1		0.009		
24:0 g									
Fatty acids, total monounsaturated g	2.126		1	A	1		1.807		
14:1 g	0.000		1	A	1		0.000		
15:1 g	0.000		1	A	1		0.000		
16:1 undifferentiated g	0.094		1	A	1		0.080		
17:1 g									
18:1 undifferentiated g	1.991		1	A	1		1.692		
20:1 g	0.041		1	A	1		0.035		
22:1 undifferentiated g	0.000		0	Z	7		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.738		1	A	1		0.627		
18:2 undifferentiated g	0.547		1	A	1		0.465		
18:3 undifferentiated g	0.016		0	AS	1		0.014		
18:3 n-3 c,c,c (ALA) g	0.016		1	A	1		0.014		
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	0.029		1	A	1		0.025		
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	0.110		1	A	1		0.094		
Cholesterol mg	316		1	A	1		269		
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 24 (2011)

NDB No. 10119
Pork, fresh, variety meats and by-products, stomach, 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	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....µg	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....µg	3		1	A	1		1	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	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....µg	0.30		1	A	1		0.09	0.34	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....µg	0		1	A	1		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		2	A	1		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
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	
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 24 (2011)

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	µg	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	µg	4		0		4		11	3	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	4		0		4		11	3	
Folate, DFE	mcg_DFE	4		0	NC	4		11	3	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.55		0		4		1.51	0.47	
Vitamin A, RAE	mcg_RAE	0		1		1		0	0	
Retinol	µg	0		1		1		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		1		1		0	0	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
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	

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
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		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 24 (2011)

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	µg	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	µg	5		0		4		1	6	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	5		0		4		1	6	
Folate, DFE	mcg_DFE	5		0	NC	4		1	6	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.88		0		4		0.25	0.99	
Vitamin A, RAE	mcg_RAE	0		1		1		0	0	
Retinol	µg	0		1		1		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		1		1		0	0	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
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	

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
6:0 ... g	0.000		0		4		0.000	0.000	
8:0 ... g	0.000		0		4		0.000	0.000	
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

NDB No. 10174

Pork, fresh, variety meats and by-products, tail, raw

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 24 (2011)

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....µg	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....µg	4		0		4		9	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0		4		9	3	
Folate, DFE....mcg_DFE	4		0	NC	4		9	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.39		0		1		5.52	2.03	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....µg	0		0		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.449		0		1		14.897	5.482	
4:0....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
6:0....g									
8:0....g									
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)

NDB No. 10122

Pork, fresh, variety meats and by-products, tongue, cooked, braised

Measure 2 = 85g: 3 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 24 (2011)

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						Amount in edible portion 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	65.90	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....µg	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....µg	4		0		4		1	5	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0		4		1	5	
Folate, DFE....mcg_DFE	4		0	NC	4		1	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.84		1		1		0.81	3.21	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
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	
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.

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

Number of Data Points of zero 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** 4.11

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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		47.09		
Energy	kcal	393		0	NC	4		444		
Energy	kJ	1645		0	NC	4		1859		
Protein	g	22.83	1.513	16	AR	1		25.80		
Total lipid (fat)	g	32.93	4.100	16	AR	1		37.21		
Ash	g	1.18	0.088	16	AR	1		1.33		
Carbohydrate, by difference	g	1.39		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	20	0.723	8	AR	1		22		
Iron, Fe	mg	1.15	0.072	8	AR	1		1.30		
Magnesium, Mg	mg	19	1.140	8	AR	1		21		
Phosphorus, P	mg	192	16.299	8	AR	1		217		
Potassium, K	mg	280	19.208	8	AR	1		316		
Sodium, Na	mg	94	4.473	8	AR	1		106		
Zinc, Zn	mg	2.58	0.140	8	AR	1		2.92		
Copper, Cu	mg	0.038	0.004	8	AR	1		0.043		
Manganese, Mn	mg	0.013	0.001	8	AR	1		0.015		
Selenium, Se	µg	38.0	6.240	8	AR	1		43.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.341	0.067	4	AR	1		0.386		
Riboflavin	mg	0.488	0.073	4	AR	1		0.551		
Niacin	mg	7.522	0.897	4	AR	1		8.500		
Pantothenic acid	mg	0.984		1	AR	1		1.112		
Vitamin B-6	mg	0.508		1	AR	1		0.574		
Folate, total	µg	2		1	AR	1		3		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	2		1	AR	1		3		
Folate, DFE	mcg_DFE	2		0	NC	4		3		
Choline, total	mg	79.9		1	AR	1		90.3		
Betaine	mg	7.3		1	AR	1		8.2		
Vitamin B-12	µg	1.17		1	AR	1		1.32		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	µg	0		0	Z	7		0		
Carotene, beta	µg	0		0	Z	7		0		
Carotene, alpha	µg	0		0	Z	7		0		
Cryptoxanthin, beta	µg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0	AS	1		0		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.35		1	AR	1		0.40		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.01		1	AR	1		0.01		
Tocopherol, gamma	mg	0.04		1	AR	1		0.04		
Tocopherol, delta	mg	0.00		1	AR	1		0.00		
Vitamin D (D2 + D3)	µg	0.8		0	AS	1		0.9		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.8		0	BFFN	4		0.9		
Vitamin D	IU	34		0	BFFN	4		38		
Vitamin K (phylloquinone)	µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone	µg	0.0		0	Z	7		0.0		
Menaquinone-4	µg									
Lipids:										

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
Fatty acids, total saturated....g	11.311	0.326	8	AR	1		12.781		
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		8	AR	1		0.000		
10:0....g	0.025	0.002	8	AR	1		0.028		
12:0....g	0.024	0.002	8	AR	1		0.027		
13:0....g									
14:0....g	0.423	0.010	8	AR	1		0.478		
15:0....g	0.018	0.001	8	AR	1		0.021		
16:0....g	7.138	0.218	8	AR	1		8.066		
17:0....g	0.106	0.007	8	AR	1		0.120		
18:0....g	3.544	0.111	8	AR	1		4.004		
20:0....g	0.067	0.007	8	AR	1		0.075		
22:0....g	0.000		8	AR	1		0.000		
24:0....g	0.000		8	AR	1		0.000		
Fatty acids, total monounsaturated....g	15.326	0.579	8	AR	1		17.319		
14:1....g	0.000		8	AR	1		0.000		
15:1....g	0.000		8	AR	1		0.000		
16:1 undifferentiated....g	0.789	0.020	8	AR	1		0.892		
17:1....g	0.000		8	AR	1		0.000		
18:1 undifferentiated....g	14.256		0	AS	1		16.110		
18:1 c....g	14.076	0.460	8	AR	1		15.906		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.180	0.025	8	AR	1		0.203		
18:1-11t (18:1t n-7)....g									
20:1....g	0.311	0.029	8	AR	1		0.352		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		8	AR	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.323	0.356	8	AR	1		4.885		
18:2 undifferentiated....g	3.769		0	AS	1		4.258		
18:2 n-6 c,c....g	3.720	0.333	8	AR	1		4.203		
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		0.055		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.210		0	AS	1		0.237		
18:3 n-3 c,c,c (ALA)....g	0.210	0.017	8	AR	1		0.237		
18:3 n-6 c,c,c....g	0.000		8	AR	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.180	0.015	8	AR	1		0.204		
20:3 undifferentiated....g	0.034	0.006	8	AR	1		0.039		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.117	0.010	8	AR	1		0.132		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.007		1	AR	1		0.007		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.026		1	AR	1		0.029		
22:6 n-3 (DHA)....g	0.007		1	AR	1		0.008		
Fatty acids, total trans....g	0.256	0.029	8	AR	1		0.289		
Fatty acids, total trans-monoenoic....g	0.180		0	NC	4		0.203		
Fatty acids, total trans-polyenoic....g	0.049		0	NC	4		0.055		
Cholesterol....mg	100	4.799	16	AR	1		114		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.295		0	AR	1		0.333		

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
Threonine....g	0.968		0	AR	1		1.094		
Isoleucine....g	1.043		0	AR	1		1.179		
Leucine....g	1.821		0	AR	1		2.058		
Lysine....g	1.964		0	AR	1		2.219		
Methionine....g	0.610		0	AR	1		0.689		
Cystine....g	0.264		0	AR	1		0.298		
Phenylalanine....g	0.972		0	AR	1		1.098		
Tyrosine....g	0.967		0	AR	1		1.092		
Valine....g	1.149		0	AR	1		1.298		
Arginine....g	1.489		0	AR	1		1.682		
Histidine....g	0.902		0	AR	1		1.019		
Alanine....g	1.346		0	AR	1		1.520		
Aspartic acid....g	2.056		0	AR	1		2.324		
Glutamic acid....g	3.374		0	AR	1		3.812		
Glycine....g	1.276		0	AR	1		1.442		
Proline....g	1.120		0	AR	1		1.266		
Serine....g	0.916		0	AR	1		1.035		
Hydroxyproline....g	0.214		0	AR	1		0.241		
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 = 113g: 4 oz

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 10977
Pork, ground, 72% lean / 28% 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	43.85	0.997	16	AR	1		37.28		
Energy....kcal	377		0	NC	4		321		
Energy....kJ	1579		0	NC	4		1342		
Protein....g	22.59	0.465	16	AR	1		19.20		
Total lipid (fat)....g	31.42	1.300	16	AR	1		26.70		
Ash....g	1.05	0.025	16	AR	1		0.89		
Carbohydrate, by difference....g	1.08		0	NC	4		0.92		
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	20	0.973	8	AR	1		17		
Iron, Fe....mg	1.21	0.064	8	AR	1		1.03		
Magnesium, Mg....mg	18	0.652	8	AR	1		16		
Phosphorus, P....mg	181	7.575	8	AR	1		154		
Potassium, K....mg	275	25.593	8	AR	1		234		
Sodium, Na....mg	91	4.736	8	AR	1		77		
Zinc, Zn....mg	2.48	0.220	8	AR	1		2.11		
Copper, Cu....mg	0.038	0.003	8	AR	1		0.033		
Manganese, Mn....mg	0.013	0.001	8	AR	1		0.011		
Selenium, Se....µg	37.9	7.256	8	AR	1		32.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.271	0.061	4	AR	1		0.230		
Riboflavin....mg	0.488	0.030	4	AR	1		0.415		
Niacin....mg	6.852	0.924	4	AR	1		5.824		
Pantothenic acid....mg	0.815		1	AR	1		0.693		
Vitamin B-6....mg	0.443		1	AR	1		0.377		
Folate, total....µg	4		1	AR	1		4		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	4		1	AR	1		4		
Folate, DFE....mcg_DFE	4		0	NC	4		4		
Choline, total....mg	76.1		1	AR	1		64.7		
Betaine....mg	5.4		1	AR	1		4.6		
Vitamin B-12....µg	1.11		1	AR	1		0.94		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.47		1	AR	1		0.40		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		1	AR	1		0.00		
Tocopherol, gamma....mg	0.04		1	AR	1		0.04		
Tocopherol, delta....mg	0.00		1	AR	1		0.00		
Vitamin D (D2 + D3)....µg	0.8		0	AS	1		0.7		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.8		0	BFFN	4		0.7		
Vitamin D....IU	32		0	BFFN	4		27		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	10.804	0.252	8	AR	1		9.184		
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		8	AR	1		0.000		
10:0....g	0.024	0.002	8	AR	1		0.020		
12:0....g	0.023	0.001	8	AR	1		0.020		
13:0....g									
14:0....g	0.401	0.010	8	AR	1		0.341		
15:0....g	0.017	0.001	8	AR	1		0.014		
16:0....g	6.749	0.157	8	AR	1		5.736		
17:0....g	0.097	0.007	8	AR	1		0.082		
18:0....g	3.397	0.084	8	AR	1		2.888		
20:0....g	0.061	0.008	8	AR	1		0.051		
22:0....g	0.000		8	AR	1		0.000		
24:0....g	0.000		8	AR	1		0.000		
Fatty acids, total monounsaturated....g	14.356	0.477	8	AR	1		12.203		
14:1....g	0.000		8	AR	1		0.000		
15:1....g	0.000		8	AR	1		0.000		
16:1 undifferentiated....g	0.692	0.013	8	AR	1		0.588		
17:1....g	0.000		8	AR	1		0.000		
18:1 undifferentiated....g	13.510		0	AS	1		11.483		
18:1 c....g	13.350	0.390	8	AR	1		11.348		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.160	0.023	8	AR	1		0.136		
18:1-11t (18:1t n-7)....g									
20:1....g	0.275	0.038	8	AR	1		0.233		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		8	AR	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.222	0.201	8	AR	1		3.589		
18:2 undifferentiated....g	3.750		0	AS	1		3.188		
18:2 n-6 c,c....g	3.711	0.202	8	AR	1		3.154		
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		0.034		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.202		0	AS	1		0.171		
18:3 n-3 c,c,c (ALA)....g	0.202	0.024	8	AR	1		0.171		
18:3 n-6 c,c,c....g	0.000		8	AR	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.172	0.010	8	AR	1		0.146		
20:3 undifferentiated....g	0.033	0.008	8	AR	1		0.028		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.122	0.004	8	AR	1		0.103		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.006		0	BFFN	4		0.005		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.025		0	BFFN	4		0.021		
22:6 n-3 (DHA)....g	0.007		0	BFFN	4		0.006		
Fatty acids, total trans....g	0.229	0.028	8	AR	1		0.195		
Fatty acids, total trans-monoenoic....g	0.160		0	NC	4		0.136		
Fatty acids, total trans-polyenoic....g	0.040		0	NC	4		0.034		
Cholesterol....mg	99	4.885	16	AR	1		84		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.292		0	AR	1		0.248		

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
Threonine....g	0.958		0	AR	1		0.815		
Isoleucine....g	1.033		0	AR	1		0.878		
Leucine....g	1.802		0	AR	1		1.532		
Lysine....g	1.943		0	AR	1		1.652		
Methionine....g	0.603		0	AR	1		0.513		
Cystine....g	0.261		0	AR	1		0.222		
Phenylalanine....g	0.962		0	AR	1		0.817		
Tyrosine....g	0.957		0	AR	1		0.813		
Valine....g	1.137		0	AR	1		0.966		
Arginine....g	1.473		0	AR	1		1.252		
Histidine....g	0.893		0	AR	1		0.759		
Alanine....g	1.332		0	AR	1		1.132		
Aspartic acid....g	2.035		0	AR	1		1.730		
Glutamic acid....g	3.339		0	AR	1		2.838		
Glycine....g	1.263		0	AR	1		1.073		
Proline....g	1.109		0	AR	1		0.942		
Serine....g	0.906		0	AR	1		0.770		
Hydroxyproline....g	0.211		0	AR	1		0.180		
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 grilled patties

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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		62.96		
Energy	kcal	314		0	NC	4		355		
Energy	kJ	1314		0	NC	4		1485		
Protein	g	14.87	0.225	16	AR	1		16.81		
Total lipid (fat)	g	28.00		16	AR	1		31.64		
Ash	g	0.75	0.010	16	AR	1		0.85		
Carbohydrate, by difference	g	0.66		0	NC	4		0.75		
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	0.479	8	AR	1		18		
Iron, Fe	mg	0.90	0.053	8	AR	1		1.02		
Magnesium, Mg	mg	13	0.335	8	AR	1		14		
Phosphorus, P	mg	132	3.051	8	AR	1		150		
Potassium, K	mg	178	8.996	8	AR	1		202		
Sodium, Na	mg	69	5.715	8	AR	1		78		
Zinc, Zn	mg	1.89	0.160	8	AR	1		2.13		
Copper, Cu	mg	0.031	0.003	8	AR	1		0.035		
Manganese, Mn	mg	0.010	0.000	8	AR	1		0.012		
Selenium, Se	µg	25.6	5.595	8	AR	1		28.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.250	0.061	4	AR	1		0.283		
Riboflavin	mg	0.309	0.025	4	AR	1		0.349		
Niacin	mg	4.919	0.738	4	AR	1		5.558		
Pantothenic acid	mg	0.631		1	AR	1		0.713		
Vitamin B-6	mg	0.435		1	AR	1		0.492		
Folate, total	µg	2		1	AR	1		2		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	2		1	AR	1		2		
Folate, DFE	mcg_DFE	2		0	NC	4		2		
Choline, total	mg	51.3		1	AR	1		57.9		
Betaine	mg	4.5		1	AR	1		5.1		
Vitamin B-12	µg	0.82		1	AR	1		0.93		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	µg	0		0	Z	7		0		
Carotene, beta	µg	0		0	Z	7		0		
Carotene, alpha	µg	0		0	Z	7		0		
Cryptoxanthin, beta	µg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0	AS	1		0		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.61		1	AR	1		0.69		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.01		1	AR	1		0.01		
Tocopherol, gamma	mg	0.07		1	AR	1		0.08		
Tocopherol, delta	mg	0.00		1	AR	1		0.00		
Vitamin D (D2 + D3)	µg	0.7		0	AS	1		0.8		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.7		0	BFFN	4		0.8		
Vitamin D	IU	29		0	BFFN	4		33		
Vitamin K (phylloquinone)	µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone	µg	0.0		0	Z	7		0.0		
Menaquinone-4	µg									
Lipids:										

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
Fatty acids, total saturated....g	9.422		0	NC	4		10.647		
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		8	AR	1		0.000		
10:0....g	0.021	0.001	8	AR	1		0.024		
12:0....g	0.021	0.001	8	AR	1		0.024		
13:0....g									
14:0....g	0.356	0.356	8	AR	1		0.402		
15:0....g	0.015	0.001	8	AR	1		0.017		
16:0....g	5.895	0.069	8	AR	1		6.661		
17:0....g	0.092	0.006	8	AR	1		0.103		
18:0....g	2.967	0.046	8	AR	1		3.352		
20:0....g	0.057	0.006	8	AR	1		0.064		
22:0....g	0.000		8	AR	1		0.000		
24:0....g	0.000		8	AR	1		0.000		
Fatty acids, total monounsaturated....g	13.009		0	NC	4		14.700		
14:1....g	0.000		8	AR	1		0.000		
15:1....g	0.000		8	AR	1		0.000		
16:1 undifferentiated....g	0.658	0.017	8	AR	1		0.744		
17:1....g	0.000		8	AR	1		0.000		
18:1 undifferentiated....g	12.079		0	AS	1		13.649		
18:1 c....g	11.887	0.150	8	AR	1		13.432		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.192	0.018	8	AR	1		0.217		
18:1-11t (18:1t n-7)....g									
20:1....g	0.272	0.028	8	AR	1		0.307		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		8	AR	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.882		0	NC	4		4.386		
18:2 undifferentiated....g	3.385		0	AS	1		3.824		
18:2 n-6 c,c....g	3.336	0.189	8	AR	1		3.770		
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		0.055		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.163		0	AS	1		0.184		
18:3 n-3 c,c,c (ALA)....g	0.163	0.013	8	AR	1		0.184		
18:3 n-6 c,c,c....g	0.000		8	AR	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.160	0.008	8	AR	1		0.181		
20:3 undifferentiated....g	0.030	0.006	8	AR	1		0.034		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.102	0.003	8	AR	1		0.115		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.007		1	AR	1		0.008		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.027		1	AR	1		0.031		
22:6 n-3 (DHA)....g	0.007		1	AR	1		0.008		
Fatty acids, total trans....g	0.240		0	NC	4		0.272		
Fatty acids, total trans-monoenoic....g	0.192		0	NC	4		0.217		
Fatty acids, total trans-polyenoic....g	0.048		0	NC	4		0.055		
Cholesterol....mg	76	2.762	16	AR	1		86		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.192		0	AR	1		0.217		

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
Threonine....g	0.631		0	AR	1		0.713		
Isoleucine....g	0.680		0	AR	1		0.768		
Leucine....g	1.187		0	AR	1		1.341		
Lysine....g	1.280		0	AR	1		1.446		
Methionine....g	0.397		0	AR	1		0.449		
Cystine....g	0.172		0	AR	1		0.194		
Phenylalanine....g	0.633		0	AR	1		0.715		
Tyrosine....g	0.630		0	AR	1		0.712		
Valine....g	0.748		0	AR	1		0.846		
Arginine....g	0.970		0	AR	1		1.096		
Histidine....g	0.588		0	AR	1		0.664		
Alanine....g	0.877		0	AR	1		0.991		
Aspartic acid....g	1.340		0	AR	1		1.514		
Glutamic acid....g	2.198		0	AR	1		2.484		
Glycine....g	0.831		0	AR	1		0.939		
Proline....g	0.730		0	AR	1		0.825		
Serine....g	0.597		0	AR	1		0.674		
Hydroxyproline....g	0.139		0	AR	1		0.157		
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 = 113g: 4 oz

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 10975
Pork, ground, 84% lean / 16% fat, cooked, crumbles

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	51.35	2.484	16	AR	1		43.65		
Energy....kcal	289		0	NC	4		246		
Energy....kJ	1211		0	NC	4		1029		
Protein....g	26.69	1.513	16	AR	1		22.69		
Total lipid (fat)....g	20.04	2.200	16	AR	1		17.03		
Ash....g	1.34	0.086	16	AR	1		1.14		
Carbohydrate, by difference....g	0.58		0	NC	4		0.49		
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	20	0.605	8	AR	1		17		
Iron, Fe....mg	1.10	0.039	8	AR	1		0.93		
Magnesium, Mg....mg	23	0.970	8	AR	1		20		
Phosphorus, P....mg	226	14.779	8	AR	1		192		
Potassium, K....mg	354	14.673	8	AR	1		301		
Sodium, Na....mg	89	4.064	8	AR	1		76		
Zinc, Zn....mg	2.57	0.118	8	AR	1		2.18		
Copper, Cu....mg	0.040	0.004	8	AR	1		0.034		
Manganese, Mn....mg	0.013	0.000	8	AR	1		0.011		
Selenium, Se....µg	42.4	6.327	8	AR	1		36.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.421	0.060	4	AR	1		0.357		
Riboflavin....mg	0.486	0.071	4	AR	1		0.413		
Niacin....mg	9.286	0.789	4	AR	1		7.893		
Pantothenic acid....mg	0.915		1	AR	1		0.777		
Vitamin B-6....mg	0.613		1	AR	1		0.521		
Folate, total....µg	1		1	AR	1		1		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	1		1	AR	1		1		
Folate, DFE....mcg_DFE	1		0	NC	4		1		
Choline, total....mg	89.7		1	AR	1		76.2		
Betaine....mg	8.5		1	AR	1		7.2		
Vitamin B-12....µg	1.02		1	AR	1		0.86		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.31		1	AR	1		0.26		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		1	AR	1		0.00		
Tocopherol, gamma....mg	0.04		1	AR	1		0.03		
Tocopherol, delta....mg	0.00		1	AR	1		0.00		
Vitamin D (D2 + D3)....µg	0.5		2	AS	1		0.4		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		1	A	1		0.4		
Vitamin D....IU	20		1	A	1		17		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	6.631	0.233	8	AR	1		5.636		
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		8	AR	1		0.000		
10:0....g	0.017	0.002	8	AR	1		0.014		
12:0....g	0.016	0.002	8	AR	1		0.014		
13:0....g									
14:0....g	0.243	0.008	8	AR	1		0.206		
15:0....g	0.012	0.001	8	AR	1		0.010		
16:0....g	4.150	0.188	8	AR	1		3.528		
17:0....g	0.062	0.004	8	AR	1		0.052		
18:0....g	2.072	0.076	8	AR	1		1.762		
20:0....g	0.040	0.007	8	AR	1		0.034		
22:0....g	0.000		8	AR	1		0.000		
24:0....g	0.000		8	AR	1		0.000		
Fatty acids, total monounsaturated....g	9.021	0.524	8	AR	1		7.667		
14:1....g	0.000		8	AR	1		0.000		
15:1....g	0.000		8	AR	1		0.000		
16:1 undifferentiated....g	0.467	0.012	8	AR	1		0.397		
17:1....g	0.000		8	AR	1		0.000		
18:1 undifferentiated....g	8.292		0	AS	1		7.048		
18:1 c....g	8.174	0.320	8	AR	1		6.948		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.118	0.022	8	AR	1		0.100		
18:1-11t (18:1t n-7)....g									
20:1....g	0.177	0.026	8	AR	1		0.151		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		8	AR	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.549	0.215	8	AR	1		2.167		
18:2 undifferentiated....g	2.214		0	AS	1		1.882		
18:2 n-6 c,c....g	2.182	0.198	8	AR	1		1.855		
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		0.027		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.118		0	AS	1		0.100		
18:3 n-3 c,c,c (ALA)....g	0.118	0.013	8	AR	1		0.100		
18:3 n-6 c,c,c....g	0.000		8	AR	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.104	0.009	8	AR	1		0.088		
20:3 undifferentiated....g	0.019	0.006	8	AR	1		0.016		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.093	0.010	8	AR	1		0.079		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005		1	AR	1		0.004		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.018		1	AR	1		0.015		
22:6 n-3 (DHA)....g	0.006		1	AR	1		0.005		
Fatty acids, total trans....g	0.143	0.016	8	AR	1		0.121		
Fatty acids, total trans-monoenoic....g	0.118		0	NC	4		0.100		
Fatty acids, total trans-polyenoic....g	0.032		0	NC	4		0.027		
Cholesterol....mg	89	3.553	16	AR	1		76		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.344		0	AR	1		0.293		

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
Threonine....g	1.132		0	AR	1		0.962		
Isoleucine....g	1.220		0	AR	1		1.037		
Leucine....g	2.129		0	AR	1		1.810		
Lysine....g	2.296		0	AR	1		1.951		
Methionine....g	0.713		0	AR	1		0.606		
Cystine....g	0.308		0	AR	1		0.262		
Phenylalanine....g	1.136		0	AR	1		0.966		
Tyrosine....g	1.130		0	AR	1		0.961		
Valine....g	1.343		0	AR	1		1.141		
Arginine....g	1.741		0	AR	1		1.480		
Histidine....g	1.055		0	AR	1		0.896		
Alanine....g	1.573		0	AR	1		1.337		
Aspartic acid....g	2.404		0	AR	1		2.043		
Glutamic acid....g	3.944		0	AR	1		3.352		
Glycine....g	1.492		0	AR	1		1.268		
Proline....g	1.310		0	AR	1		1.113		
Serine....g	1.071		0	AR	1		0.910		
Hydroxyproline....g	0.250		0	BFPN	4		0.212		
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 grilled patties

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 10978
Pork, ground, 84% lean / 16% 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	51.97	0.919	16	AR	1		44.17		
Energy....kcal	301		0	NC	4		256		
Energy....kJ	1260		0	NC	4		1071		
Protein....g	27.14	0.447	16	AR	1		23.07		
Total lipid (fat)....g	21.39	1.200	16	AR	1		18.18		
Ash....g	1.26	0.019	16	AR	1		1.07		
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	20	0.785	8	AR	1		17		
Iron, Fe....mg	1.16	0.060	8	AR	1		0.98		
Magnesium, Mg....mg	22	0.564	8	AR	1		18		
Phosphorus, P....mg	221	6.358	8	AR	1		188		
Potassium, K....mg	345	24.040	8	AR	1		293		
Sodium, Na....mg	89	4.347	8	AR	1		76		
Zinc, Zn....mg	2.54	0.206	8	AR	1		2.16		
Copper, Cu....mg	0.038	0.003	8	AR	1		0.033		
Manganese, Mn....mg	0.013	0.001	8	AR	1		0.011		
Selenium, Se....µg	43.5	7.288	8	AR	1		37.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.352	0.051	4	AR	1		0.299		
Riboflavin....mg	0.462	0.025	4	AR	1		0.392		
Niacin....mg	8.573	0.858	4	AR	1		7.287		
Pantothenic acid....mg	0.830		1	AR	1		0.706		
Vitamin B-6....mg	0.535		1	AR	1		0.455		
Folate, total....µg	4		1	AR	1		3		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	4		1	AR	1		3		
Folate, DFE....mcg_DFE	4		0	NC	4		3		
Choline, total....mg	85.6		1	AR	1		72.8		
Betaine....mg	7.4		1	AR	1		6.3		
Vitamin B-12....µg	0.97		1	AR	1		0.82		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.44		1	AR	1		0.37		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		1	AR	1		0.00		
Tocopherol, gamma....mg	0.04		1	AR	1		0.03		
Tocopherol, delta....mg	0.00		1	AR	1		0.00		
Vitamin D (D2 + D3)....µg	0.5		0	AS	1		0.5		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	BFFN	4		0.5		
Vitamin D....IU	22		0	BFFN	4		19		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	7.453	0.219	8	AR	1		6.335		
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		9	AR	1		0.000		
10:0....g	0.016	0.002	8	AR	1		0.014		
12:0....g	0.015	0.001	8	AR	1		0.012		
13:0....g									
14:0....g	0.272	0.009	8	AR	1		0.231		
15:0....g	0.012	0.001	8	AR	1		0.010		
16:0....g	4.646	0.136	9	AR	1		3.949		
17:0....g	0.081	0.007	8	AR	1		0.068		
18:0....g	2.337	0.069	9	AR	1		1.986		
20:0....g	0.036	0.004	8	AR	1		0.031		
22:0....g	0.000		8	AR	1		0.000		
24:0....g	0.000		8	AR	1		0.000		
Fatty acids, total monounsaturated....g	10.032	0.437	8	AR	1		8.528		
14:1....g	0.000		8	AR	1		0.000		
15:1....g	0.000		8	AR	1		0.000		
16:1 undifferentiated....g	0.519	0.025	8	AR	1		0.441		
17:1....g	0.000		8	AR	1		0.000		
18:1 undifferentiated....g	9.428		0	AS	1		8.013		
18:1 c....g	9.295	0.372	8	AR	1		7.901		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.132	0.023	8	AR	1		0.112		
18:1-11t (18:1t n-7)....g									
20:1....g	0.193	0.037	8	AR	1		0.164		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		8	AR	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.061	0.114	8	AR	1		2.602		
18:2 undifferentiated....g	2.606		0	AS	1		2.215		
18:2 n-6 c,c....g	2.569	0.110	8	AR	1		2.183		
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		0.032		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.144		0	AS	1		0.122		
18:3 n-3 c,c,c (ALA)....g	0.144	0.025	8	AR	1		0.122		
18:3 n-6 c,c,c....g	0.000		8	AR	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.125	0.009	8	AR	1		0.106		
20:3 undifferentiated....g	0.024	0.008	8	AR	1		0.021		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.111	0.004	8	AR	1		0.094		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005		0	BFFN	4		0.004		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.019		0	BFFN	4		0.016		
22:6 n-3 (DHA)....g	0.006		0	BFFN	4		0.005		
Fatty acids, total trans....g	0.192	0.029	8	AR	1		0.163		
Fatty acids, total trans-monoenoic....g	0.132		0	NC	4		0.112		
Fatty acids, total trans-polyenoic....g	0.037		0	NC	4		0.032		
Cholesterol....mg	97	4.964	16	AR	1		83		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.350		0	AR	1		0.298		

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
Threonine....g	1.151		0	AR	1		0.979		
Isoleucine....g	1.241		0	AR	1		1.054		
Leucine....g	2.165		0	AR	1		1.840		
Lysine....g	2.335		0	AR	1		1.984		
Methionine....g	0.725		0	AR	1		0.616		
Cystine....g	0.313		0	AR	1		0.266		
Phenylalanine....g	1.155		0	AR	1		0.982		
Tyrosine....g	1.149		0	AR	1		0.977		
Valine....g	1.366		0	AR	1		1.161		
Arginine....g	1.770		0	AR	1		1.505		
Histidine....g	1.072		0	AR	1		0.912		
Alanine....g	1.600		0	AR	1		1.360		
Aspartic acid....g	2.444		0	AR	1		2.078		
Glutamic acid....g	4.011		0	AR	1		3.409		
Glycine....g	1.517		0	AR	1		1.289		
Proline....g	1.332		0	AR	1		1.132		
Serine....g	1.089		0	AR	1		0.926		
Hydroxyproline....g	0.254		0	AR	1		0.216		
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 grilled patties

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 10972
Pork, ground, 84% lean / 16% fat, 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	64.67	0.266	16	AR	1		73.07		
Energy....kcal	218		0	NC	4		246		
Energy....kJ	911		0	NC	4		1029		
Protein....g	17.99	0.155	16	AR	1		20.32		
Total lipid (fat)....g	16.00		16	AR	1		18.08		
Ash....g	0.91	0.006	16	AR	1		1.03		
Carbohydrate, by difference....g	0.44		0	NC	4		0.49		
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	15	0.319	8	AR	1		17		
Iron, Fe....mg	0.88	0.047	8	AR	1		0.99		
Magnesium, Mg....mg	16	0.335	8	AR	1		18		
Phosphorus, P....mg	161	2.340	8	AR	1		182		
Potassium, K....mg	244	5.332	8	AR	1		276		
Sodium, Na....mg	68	5.230	8	AR	1		77		
Zinc, Zn....mg	1.91	0.145	8	AR	1		2.15		
Copper, Cu....mg	0.032	0.003	8	AR	1		0.036		
Manganese, Mn....mg	0.010	0.000	8	AR	1		0.012		
Selenium, Se....µg	30.2	5.424	8	AR	1		34.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.332	0.053	4	AR	1		0.375		
Riboflavin....mg	0.338	0.018	4	AR	1		0.382		
Niacin....mg	6.416	0.688	4	AR	1		7.250		
Pantothenic acid....mg	0.639		1	AR	1		0.722		
Vitamin B-6....mg	0.551		1	AR	1		0.623		
Folate, total....µg	2		1	AR	1		2		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	2		1	AR	1		2		
Folate, DFE....mcg_DFE	2		0	NC	4		2		
Choline, total....mg	61.5		1	AR	1		69.5		
Betaine....mg	5.5		1	AR	1		6.2		
Vitamin B-12....µg	0.73		1	AR	1		0.82		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.45		1	AR	1		0.51		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		1	AR	1		0.00		
Tocopherol, gamma....mg	0.05		1	AR	1		0.06		
Tocopherol, delta....mg	0.00		1	AR	1		0.00		
Vitamin D (D2 + D3)....µg	0.4		2	AS	1		0.5		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.4		1	A	1		0.5		
Vitamin D....IU	17		1	A	1		19		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	5.362	0.055	8	AR	1		6.058		
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		8	AR	1		0.000		
10:0....g	0.013	0.001	8	AR	1		0.015		
12:0....g	0.012	0.001	8	AR	1		0.014		
13:0....g									
14:0....g	0.202	0.202	8	AR	1		0.228		
15:0....g	0.009	0.001	8	AR	1		0.011		
16:0....g	3.358	0.035	8	AR	1		3.794		
17:0....g	0.052	0.003	8	AR	1		0.059		
18:0....g	1.695	0.024	8	AR	1		1.915		
20:0....g	0.030	0.006	8	AR	1		0.034		
22:0....g	0.000		8	AR	1		0.000		
24:0....g	0.000		8	AR	1		0.000		
Fatty acids, total monounsaturated....g	7.280	0.094	8	AR	1		8.226		
14:1....g	0.000		8	AR	1		0.000		
15:1....g	0.000		8	AR	1		0.000		
16:1 undifferentiated....g	0.382	0.009	8	AR	1		0.432		
17:1....g	0.000		8	AR	1		0.000		
18:1 undifferentiated....g	6.855		0	AS	1		7.746		
18:1 c....g	6.749	0.077	8	AR	1		7.627		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.105	0.009	8	AR	1		0.119		
18:1-11t (18:1t n-7)....g									
20:1....g	0.145	0.025	8	AR	1		0.164		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		8	AR	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.235	0.099	8	AR	1		2.526		
18:2 undifferentiated....g	1.948		0	AS	1		2.201		
18:2 n-6 c,c....g	1.918	0.099	8	AR	1		2.167		
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		0.034		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.094		0	AS	1		0.106		
18:3 n-3 c,c,c (ALA)....g	0.094	0.007	8	AR	1		0.106		
18:3 n-6 c,c,c....g	0.000		8	AR	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.091	0.004	8	AR	1		0.102		
20:3 undifferentiated....g	0.016	0.006	8	AR	1		0.018		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.083	0.002	8	AR	1		0.093		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005		1	AR	1		0.006		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.017		1	AR	1		0.019		
22:6 n-3 (DHA)....g	0.007		1	AR	1		0.008		
Fatty acids, total trans....g	0.111	0.013	8	AR	1		0.126		
Fatty acids, total trans-monoenoic....g	0.105		0	NC	4		0.119		
Fatty acids, total trans-polyenoic....g	0.030		0	NC	4		0.034		
Cholesterol....mg	68	2.047	16	AR	1		76		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.232		0	AR	1		0.262		

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
Threonine....g	0.763		0	AR	1		0.862		
Isoleucine....g	0.822		0	AR	1		0.929		
Leucine....g	1.435		0	AR	1		1.621		
Lysine....g	1.547		0	AR	1		1.748		
Methionine....g	0.480		0	AR	1		0.543		
Cystine....g	0.208		0	AR	1		0.235		
Phenylalanine....g	0.766		0	AR	1		0.865		
Tyrosine....g	0.762		0	AR	1		0.861		
Valine....g	0.905		0	AR	1		1.023		
Arginine....g	1.173		0	AR	1		1.326		
Histidine....g	0.711		0	AR	1		0.803		
Alanine....g	1.060		0	AR	1		1.198		
Aspartic acid....g	1.620		0	AR	1		1.831		
Glutamic acid....g	2.658		0	AR	1		3.004		
Glycine....g	1.005		0	AR	1		1.136		
Proline....g	0.883		0	AR	1		0.997		
Serine....g	0.722		0	AR	1		0.815		
Hydroxyproline....g	0.168		0	AR	1		0.190		
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 = 113g: 4 oz

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 10976
Pork, ground, 96% lean / 4% fat, cooked, crumbles

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	61.03	2.555	14	AR	1		51.88		
Energy....kcal	187		0	NC	4		159		
Energy....kJ	781		0	NC	4		664		
Protein....g	30.55	1.513	14	AR	1		25.97		
Total lipid (fat)....g	7.15	1.300	14	AR	1		6.08		
Ash....g	1.49	0.089	14	AR	1		1.27		
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	0.868	7	AR	1		17		
Iron, Fe....mg	1.05	0.026	7	AR	1		0.89		
Magnesium, Mg....mg	27	1.145	7	AR	1		23		
Phosphorus, P....mg	261	16.441	7	AR	1		222		
Potassium, K....mg	428	15.306	7	AR	1		364		
Sodium, Na....mg	84	4.524	7	AR	1		72		
Zinc, Zn....mg	2.56	0.143	7	AR	1		2.17		
Copper, Cu....mg	0.041	0.004	7	AR	1		0.035		
Manganese, Mn....mg	0.013	0.001	7	AR	1		0.011		
Selenium, Se....µg	46.7	6.636	7	AR	1		39.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.500	0.071	3	AR	1		0.425		
Riboflavin....mg	0.484	0.074	3	AR	1		0.411		
Niacin....mg	11.050	0.966	3	AR	1		9.392		
Pantothenic acid....mg	0.846		1	AR	1		0.719		
Vitamin B-6....mg	0.717		1	AR	1		0.610		
Folate, total....µg	0		1	AR	1		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		1	AR	1		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	99.4		1	AR	1		84.5		
Betaine....mg	9.8		1	AR	1		8.3		
Vitamin B-12....µg	0.86		1	AR	1		0.73		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.26		1	AR	1		0.22		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		1	AR	1		0.00		
Tocopherol, gamma....mg	0.04		1	AR	1		0.03		
Tocopherol, delta....mg	0.00		1	AR	1		0.00		
Vitamin D (D2 + D3)....µg	0.2		0	AS	1		0.2		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.2		0	BFFN	4		0.2		
Vitamin D....IU	7		0	BFFN	4		6		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.951	0.235	8	AR	1		1.658		
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		7	AR	1		0.000		
10:0....g	0.009		7	AR	1		0.007		
12:0....g	0.008		7	AR	1		0.006		
13:0....g									
14:0....g	0.063	0.008	7	AR	1		0.053		
15:0....g	0.013		7	AR	1		0.011		
16:0....g	1.162	0.196	7	AR	1		0.988		
17:0....g	0.017	0.002	7	AR	1		0.014		
18:0....g	0.601	0.072	7	AR	1		0.511		
20:0....g	0.013		7	AR	1		0.011		
22:0....g	0.000		7	AR	1		0.000		
24:0....g	0.000		7	AR	1		0.000		
Fatty acids, total monounsaturated....g	2.714	0.584	8	AR	1		2.307		
14:1....g	0.000		7	AR	1		0.000		
15:1....g	0.000		7	AR	1		0.000		
16:1 undifferentiated....g	0.145	0.008	7	AR	1		0.123		
17:1....g	0.000		7	AR	1		0.000		
18:1 undifferentiated....g	2.327		0	AS	1		1.978		
18:1 c....g	2.271	0.308	7	AR	1		1.930		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.056	0.025	7	AR	1		0.048		
18:1-11t (18:1t n-7)....g									
20:1....g	0.043	0.029	7	AR	1		0.037		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		7	AR	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.776	0.154	8	AR	1		0.659		
18:2 undifferentiated....g	0.659		0	AS	1		0.560		
18:2 n-6 c,c....g	0.645	0.135	7	AR	1		0.548		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.014		7	AR	1		0.012		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.026		0	AS	1		0.022		
18:3 n-3 c,c,c (ALA)....g	0.026	0.014	7	AR	1		0.022		
18:3 n-6 c,c,c....g	0.000		7	AR	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.027	0.006	7	AR	1		0.023		
20:3 undifferentiated....g	0.004		7	AR	1		0.003		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.070	0.010	7	AR	1		0.059		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		1	AR	1		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		1	AR	1		0.009		
22:6 n-3 (DHA)....g	0.004		1	AR	1		0.003		
Fatty acids, total trans....g	0.030	0.009	8	AR	1		0.025		
Fatty acids, total trans-monoenoic....g	0.056		0	NC	4		0.048		
Fatty acids, total trans-polyenoic....g	0.014		0	NC	4		0.012		
Cholesterol....mg	78	4.867	14	AR	1		66		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.394		0	AR	1		0.335		

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
Threonine....g	1.296		0	AR	1		1.102		
Isoleucine....g	1.396		0	AR	1		1.187		
Leucine....g	2.437		0	AR	1		2.071		
Lysine....g	2.628		0	AR	1		2.234		
Methionine....g	0.816		0	AR	1		0.694		
Cystine....g	0.353		0	AR	1		0.300		
Phenylalanine....g	1.300		0	AR	1		1.105		
Tyrosine....g	1.293		0	AR	1		1.099		
Valine....g	1.537		0	AR	1		1.306		
Arginine....g	1.992		0	AR	1		1.693		
Histidine....g	1.207		0	AR	1		1.026		
Alanine....g	1.800		0	AR	1		1.530		
Aspartic acid....g	2.751		0	AR	1		2.339		
Glutamic acid....g	4.514		0	AR	1		3.837		
Glycine....g	1.707		0	AR	1		1.451		
Proline....g	1.499		0	AR	1		1.274		
Serine....g	1.226		0	AR	1		1.042		
Hydroxyproline....g	0.286		0	AR	1		0.243		
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 grilled patties

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 10979
Pork, ground, 96% lean / 4% 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	60.08	1.020	14	AR	1		51.07		
Energy....kcal	185		0	NC	4		157		
Energy....kJ	773		0	NC	4		657		
Protein....g	31.69	0.524	14	AR	1		26.94		
Total lipid (fat)....g	6.20	1.300	14	AR	1		5.27		
Ash....g	1.47	0.027	14	AR	1		1.25		
Carbohydrate, by difference....g	0.57		0	NC	4		0.48		
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	20	1.166	7	AR	1		17		
Iron, Fe....mg	1.11	0.065	7	AR	1		0.94		
Magnesium, Mg....mg	25	0.954	7	AR	1		21		
Phosphorus, P....mg	261	7.667	7	AR	1		222		
Potassium, K....mg	415	25.864	7	AR	1		353		
Sodium, Na....mg	88	4.808	7	AR	1		75		
Zinc, Zn....mg	2.59	0.222	7	AR	1		2.21		
Copper, Cu....mg	0.039	0.003	7	AR	1		0.033		
Manganese, Mn....mg	0.013	0.001	7	AR	1		0.011		
Selenium, Se....µg	49.1	7.568	7	AR	1		41.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.433	0.066	3	AR	1		0.368		
Riboflavin....mg	0.435	0.033	3	AR	1		0.369		
Niacin....mg	10.293	0.971	3	AR	1		8.749		
Pantothenic acid....mg	0.846		1	AR	1		0.719		
Vitamin B-6....mg	0.627		1	AR	1		0.533		
Folate, total....µg	3		1	AR	1		3		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	3		1	AR	1		3		
Folate, DFE....mcg_DFE	3		0	NC	4		3		
Choline, total....mg	95.2		1	AR	1		80.9		
Betaine....mg	9.5		1	AR	1		8.0		
Vitamin B-12....µg	0.83		1	AR	1		0.70		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.40		1	AR	1		0.34		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		1	AR	1		0.00		
Tocopherol, gamma....mg	0.03		1	AR	1		0.03		
Tocopherol, delta....mg	0.00		1	AR	1		0.00		
Vitamin D (D2 + D3)....µg	0.2		0	AS	1		0.1		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.2		0	BFFN	4		0.1		
Vitamin D....IU	6		0	BFFN	4		5		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.076	0.135	8	AR	1		1.764		
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		7	AR	1		0.000		
10:0....g	0.015		7	AR	1		0.013		
12:0....g	0.011		7	AR	1		0.010		
13:0....g									
14:0....g	0.073	0.005	7	AR	1		0.062		
15:0....g	0.007		7	AR	1		0.006		
16:0....g	1.296	0.082	7	AR	1		1.102		
17:0....g	0.018	0.007	7	AR	1		0.015		
18:0....g	0.657	0.045	7	AR	1		0.558		
20:0....g	0.044		7	AR	1		0.037		
22:0....g	0.000		7	AR	1		0.000		
24:0....g	0.000		7	AR	1		0.000		
Fatty acids, total monounsaturated....g	2.621	0.440	8	AR	1		2.228		
14:1....g	0.000		7	AR	1		0.000		
15:1....g	0.000		7	AR	1		0.000		
16:1 undifferentiated....g	0.167	0.012	7	AR	1		0.142		
17:1....g	0.000		7	AR	1		0.000		
18:1 undifferentiated....g	2.498		0	AS	1		2.123		
18:1 c....g	2.444	0.357	7	AR	1		2.078		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.053	0.023	7	AR	1		0.045		
18:1-11t (18:1t n-7)....g									
20:1....g	0.070	0.039	7	AR	1		0.060		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		7	AR	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.906	0.078	8	AR	1		0.770		
18:2 undifferentiated....g	0.759		0	AS	1		0.645		
18:2 n-6 c,c....g	0.734	0.070	7	AR	1		0.624		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.025		7	AR	1		0.021		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.027		0	AS	1		0.023		
18:3 n-3 c,c,c (ALA)....g	0.027	0.024	7	AR	1		0.023		
18:3 n-6 c,c,c....g	0.000		7	AR	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.032	0.009	7	AR	1		0.027		
20:3 undifferentiated....g	0.000		7	AR	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.091	0.005	7	AR	1		0.077		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		0	BFFN	4		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		0	BFFN	4		0.007		
22:6 n-3 (DHA)....g	0.004		0	BFFN	4		0.003		
Fatty acids, total trans....g	0.030	0.030	8	AR	1		0.025		
Fatty acids, total trans-monoenoic....g	0.053		0	NC	4		0.045		
Fatty acids, total trans-polyenoic....g	0.025		0	NC	4		0.021		
Cholesterol....mg	85	5.234	14	AR	1		73		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.409		0	AR	1		0.348		

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
Threonine....g	1.344		0	AR	1		1.143		
Isoleucine....g	1.448		0	AR	1		1.231		
Leucine....g	2.528		0	AR	1		2.149		
Lysine....g	2.726		0	AR	1		2.317		
Methionine....g	0.846		0	AR	1		0.719		
Cystine....g	0.366		0	AR	1		0.311		
Phenylalanine....g	1.349		0	AR	1		1.146		
Tyrosine....g	1.342		0	AR	1		1.141		
Valine....g	1.594		0	AR	1		1.355		
Arginine....g	2.067		0	AR	1		1.757		
Histidine....g	1.252		0	AR	1		1.064		
Alanine....g	1.868		0	AR	1		1.588		
Aspartic acid....g	2.854		0	AR	1		2.426		
Glutamic acid....g	4.683		0	AR	1		3.980		
Glycine....g	1.771		0	AR	1		1.505		
Proline....g	1.555		0	AR	1		1.322		
Serine....g	1.271		0	AR	1		1.081		
Hydroxyproline....g	0.297		0	AR	1		0.252		
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 grilled patties

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 10973
Pork, ground, 96% lean / 4% fat, 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	73.62	0.299	14	AR	1		83.19		
Energy....kcal	121		0	NC	4		137		
Energy....kJ	507		0	NC	4		573		
Protein....g	21.10	0.235	14	AR	1		23.84		
Total lipid (fat)....g	4.00		14	AR	1		4.52		
Ash....g	1.07	0.006	14	AR	1		1.21		
Carbohydrate, by difference....g	0.21		0	NC	4		0.24		
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	15	0.495	7	AR	1		17		
Iron, Fe....mg	0.86	0.053	7	AR	1		0.97		
Magnesium, Mg....mg	19	0.463	7	AR	1		22		
Phosphorus, P....mg	190	2.749	7	AR	1		215		
Potassium, K....mg	310	6.728	7	AR	1		350		
Sodium, Na....mg	67	5.763	7	AR	1		76		
Zinc, Zn....mg	1.93	0.161	7	AR	1		2.18		
Copper, Cu....mg	0.033	0.003	7	AR	1		0.038		
Manganese, Mn....mg	0.010	0.000	7	AR	1		0.012		
Selenium, Se....µg	34.8	5.600	7	AR	1		39.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.414	0.066	3	AR	1		0.468		
Riboflavin....mg	0.368	0.028	3	AR	1		0.415		
Niacin....mg	7.914	0.774	3	AR	1		8.943		
Pantothenic acid....mg	0.646		1	AR	1		0.730		
Vitamin B-6....mg	0.668		1	AR	1		0.754		
Folate, total....µg	2		1	AR	1		2		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	2		1	AR	1		2		
Folate, DFE....mcg_DFE	2		0	NC	4		2		
Choline, total....mg	71.7		1	AR	1		81.0		
Betaine....mg	6.4		1	AR	1		7.3		
Vitamin B-12....µg	0.64		1	AR	1		0.72		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.29		1	AR	1		0.32		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		1	AR	1		0.00		
Tocopherol, gamma....mg	0.04		1	AR	1		0.04		
Tocopherol, delta....mg	0.00		1	AR	1		0.00		
Vitamin D (D2 + D3)....µg	0.1		0	AS	1		0.1		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.1		0	BFFN	4		0.1		
Vitamin D....IU	4		0	BFFN	4		5		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.314	0.064	8	AR	1		1.485		
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		7	AR	1		0.000		
10:0....g	0.006		7	AR	1		0.006		
12:0....g	0.003		7	AR	1		0.003		
13:0....g									
14:0....g	0.049	0.049	7	AR	1		0.055		
15:0....g	0.004		7	AR	1		0.004		
16:0....g	0.821	0.041	7	AR	1		0.928		
17:0....g	0.012	0.002	7	AR	1		0.014		
18:0....g	0.423	0.020	7	AR	1		0.477		
20:0....g	0.004		7	AR	1		0.005		
22:0....g	0.000		7	AR	1		0.000		
24:0....g	0.000		7	AR	1		0.000		
Fatty acids, total monounsaturated....g	1.744	0.099	8	AR	1		1.971		
14:1....g	0.000		7	AR	1		0.000		
15:1....g	0.000		7	AR	1		0.000		
16:1 undifferentiated....g	0.106	0.005	7	AR	1		0.119		
17:1....g	0.000		7	AR	1		0.000		
18:1 undifferentiated....g	1.630		0	AS	1		1.842		
18:1 c....g	1.612	0.086	7	AR	1		1.822		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.018	0.005	7	AR	1		0.021		
18:1-11t (18:1t n-7)....g									
20:1....g	0.019	0.028	7	AR	1		0.021		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		7	AR	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.611	0.057	8	AR	1		0.690		
18:2 undifferentiated....g	0.511		0	AS	1		0.578		
18:2 n-6 c,c....g	0.499	0.053	7	AR	1		0.564		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.012		7	AR	1		0.014		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.025		0	AS	1		0.028		
18:3 n-3 c,c,c (ALA)....g	0.025	0.007	7	AR	1		0.028		
18:3 n-6 c,c,c....g	0.000		7	AR	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.021	0.002	7	AR	1		0.023		
20:3 undifferentiated....g	0.002		7	AR	1		0.002		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.063	0.003	7	AR	1		0.071		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		1	AR	1		0.003		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.007		1	AR	1		0.008		
22:6 n-3 (DHA)....g	0.006		1	AR	1		0.007		
Fatty acids, total trans....g	0.020	0.007	8	AR	1		0.022		
Fatty acids, total trans-monoenoic....g	0.018		0	NC	4		0.021		
Fatty acids, total trans-polyenoic....g	0.012		0	NC	4		0.014		
Cholesterol....mg	59	2.825	14	AR	1		67		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.272		0	AR	1		0.308		

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
Threonine....g	0.895		0	AR	1		1.011		
Isoleucine....g	0.964		0	AR	1		1.090		
Leucine....g	1.683		0	AR	1		1.902		
Lysine....g	1.815		0	AR	1		2.051		
Methionine....g	0.564		0	AR	1		0.637		
Cystine....g	0.244		0	AR	1		0.275		
Phenylalanine....g	0.898		0	AR	1		1.015		
Tyrosine....g	0.893		0	AR	1		1.009		
Valine....g	1.061		0	AR	1		1.199		
Arginine....g	1.376		0	AR	1		1.555		
Histidine....g	0.834		0	AR	1		0.942		
Alanine....g	1.243		0	AR	1		1.405		
Aspartic acid....g	1.900		0	AR	1		2.147		
Glutamic acid....g	3.118		0	AR	1		3.523		
Glycine....g	1.179		0	AR	1		1.332		
Proline....g	1.035		0	AR	1		1.170		
Serine....g	0.846		0	AR	1		0.956		
Hydroxyproline....g	0.197		0	AR	1		0.223		
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 = 113g: 4 oz

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 10956

Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled

Gracilis, Leg cap steak, URMIS #3646

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	68.72	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....µg	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....µg	1	0.594	4	A	1		2		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	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....µg	0.69	0.120	4	A	1		1.35		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....µg	0		0	A	1		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.358		0	NC	4		2.635		
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	0.000	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		

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
Threonine....g	1.212		0	A	1		2.352		
Isoleucine....g	1.306		0	A	1		2.533		
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 24 (2011)

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	µg	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	µg	2				4		0		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	2				4		0		
Folate, DFE	mcg_DFE	2		0	NC	4		0		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.30				4		0.07		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	µg	0		0	NR	4		0		
Carotene, beta	µg	0		0	Z	7		0		
Carotene, alpha	µg	0		0	Z	7		0		
Cryptoxanthin, beta	µg	0		0	Z	7		0		
Vitamin A, IU	IU	0				4		0		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	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)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone	µg	0.0		0	Z	7		0.0		
Menaquinone-4	µg									
Lipids:										

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
Fatty acids, total saturated....g	23.056				4		5.072		
4:0....g	0.000				4		0.000		
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.

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

Number of Data Points of zero 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 = 22g: 1 cup

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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		79.58		
Energy	kcal	171		0	NC	4		200		
Energy	kJ	716		0	NC	4		838		
Protein (N x 6.25)	g	19.11		1	A	1		22.35		
Total lipid (fat)	g	10.54		1	A	1		12.33		
Ash	g	2.76		1	A	1		3.23		
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		1	A	1		0.00		
Sucrose	g	0.00		1	A	1		0.00		
Glucose (dextrose)	g	0.00		1	A	1		0.00		
Fructose	g	0.00		1	A	1		0.00		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	0.00		1	A	1		0.00		
Galactose	g	0.00		1	A	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	19		1	A	1		22		
Iron, Fe	mg	1.14		1	A	1		1.33		
Magnesium, Mg	mg	6		1	A	1		7		
Phosphorus, P	mg	60		1	A	1		70		
Potassium, K	mg	47		1	A	1		55		
Sodium, Na	mg	1050		1	A	1		1229		
Zinc, Zn	mg	2.38		1	A	1		2.78		
Copper, Cu	mg	0.082		1	A	1		0.096		
Manganese, Mn	mg	0.022		1	A	1		0.026		
Selenium, Se	µg	26.3		1	A	1		30.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.080		1	A	1		0.093		
Riboflavin	mg	0.068		1	A	1		0.079		
Niacin	mg	1.100		1	A	1		1.287		
Pantothenic acid	mg	0.344		1	A	1		0.402		
Vitamin B-6	mg	0.064		1	A	1		0.075		
Folate, total	µg	1		1	A	1		1		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	1		1	NR	4		1		
Folate, DFE	mcg_DFE	1		0	NC	4		1		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.51		1	A	1		0.60		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	23		0	AS	1		27		
Retinol	µg	23		1	A	1		27		
Carotene, beta	µg	0		0	Z	7		0		
Carotene, alpha	µg	0		0	Z	7		0		
Cryptoxanthin, beta	µg	0		0	Z	7		0		
Vitamin A, IU	IU	76		0	AS	1		89		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.17		1	A	1		0.20		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.01		1	A	1		0.02		
Tocopherol, gamma	mg	0.02		1	A	1		0.02		
Tocopherol, delta	mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									

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
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		1	A	1		0.0		
Dihydrophylloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg	6.0		1	A	1		7.0		
Lipids:									
Fatty acids, total saturated.....g	3.231		0	NC	4		3.780		
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		
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	0.121		1	A	1		0.141		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	2.128		1	A	1		2.490		
17:0.....g	0.021		1	A	1		0.024		
18:0.....g	0.931		1	A	1		1.089		
20:0.....g	0.013		1	A	1		0.015		
22:0.....g	0.017		1	A	1		0.020		
24:0.....g									
Fatty acids, total monounsaturated.....g	5.134		0	NC	4		6.007		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.298		1	A	1		0.349		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	4.764		0	AS	1		5.574		
18:1 c.....g	4.700		1	A	1		5.499		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.064		1	A	1		0.075		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.072		1	A	1		0.084		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.198		0	NC	4		1.401		
18:2 undifferentiated.....g	1.035		0	AS	1		1.211		
18:2 n-6 c,c.....g	0.986		1	A	1		1.154		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.049		1	A	1		0.057		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.042		0	AS	1		0.049		
18:3 n-3 c,c,c (ALA).....g	0.042		1	A	1		0.049		
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	0.045		1	A	1		0.053		
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		0.089		
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	0.113		0	NC	4		0.132		
Fatty acids, total trans-monoenoic.....g	0.064		0	NC	4		0.075		
Fatty acids, total trans-polyenoic.....g	0.049		0	NC	4		0.057		

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
Cholesterol....mg	89		1	A	1		104		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.038		0	BFPN	4		0.045		
Threonine....g	0.516		0	BFPN	4		0.603		
Isoleucine....g	0.325		0	BFPN	4		0.380		
Leucine....g	0.841		0	BFPN	4		0.984		
Lysine....g	0.822		0	BFPN	4		0.962		
Methionine....g	0.211		0	BFPN	4		0.246		
Cystine....g	0.168		0	BFPN	4		0.197		
Phenylalanine....g	0.554		0	BFPN	4		0.648		
Tyrosine....g	0.305		0	BFPN	4		0.357		
Valine....g	0.478		0	BFPN	4		0.559		
Arginine....g	1.433		0	BFPN	4		1.677		
Histidine....g	0.211		0	BFPN	4		0.246		
Alanine....g	1.566		0	BFPN	4		1.832		
Aspartic acid....g	1.375		0	BFPN	4		1.609		
Glutamic acid....g	2.101		0	BFPN	4		2.459		
Glycine....g	3.343		0	BFPN	4		3.912		
Proline....g	2.005		0	BFPN	4		2.346		
Serine....g	0.765		0	BFPN	4		0.894		
Hydroxyproline....g									
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 = 117g: 3 oz

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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....µg	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....µg	1	0.687	4	A	1		1		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	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....µg	0.76	0.103	4	A	1		0.70		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....µg	0		0	A	1		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.322		0	NC	4		1.216		
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	0.000	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		

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
Threonine....g	1.208		0	A	1		1.111		
Isoleucine....g	1.301		0	A	1		1.197		
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 24 (2011)

NDB No. 10158
USDA Commodity, pork, canned

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	65.82	2.357	3	A	1		536.46		
Energy....kcal	196		0	NC	4		1601		
Energy....kJ	822		0	NC	4		6699		
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....µg	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....µg	1		2	A	1		8		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	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....µg	0.93	0.070	3	A	1		7.57		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	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)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg	14.9		2	A	1		121.8		
Lipids:									

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
Fatty acids, total saturated.....g	4.225		0	NC	4		34.430		
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		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									
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 = 815g: 1 can

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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		20.36	12.21	
Energy	kcal	149		0	NC	4		42	25	
Energy	kJ	623		0	NC	4		177	106	
Protein (N x 6.25)	g	18.84		1	A	1		5.34	3.20	
Total lipid (fat)	g	7.62		1	A	1		2.16	1.29	
Ash	g	3.50		1	A	1		0.99	0.60	
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	6		1	A	1		2	1	
Iron, Fe	mg	0.85		1	A	1		0.24	0.14	
Magnesium, Mg	mg	21		1	A	1		6	4	
Phosphorus, P	mg	292		1	A	1		83	50	
Potassium, K	mg	281		1	A	1		80	48	
Sodium, Na	mg	1155		1	A	1		328	196	
Zinc, Zn	mg	2.23		1	A	1		0.63	0.38	
Copper, Cu	mg	0.114		1	A	1		0.032	0.019	
Manganese, Mn	mg	0.047		0	BFSN	4		0.013	0.008	
Selenium, Se	µg	19.8		0	BFZN	4		5.6	3.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	23.3		1	A	1		6.6	4.0	
Thiamin	mg	0.530		1	A	1		0.150	0.090	
Riboflavin	mg	0.238		1	A	1		0.067	0.040	
Niacin	mg	3.553		1	A	1		1.007	0.604	
Pantothenic acid	mg	0.873		1	A	1		0.247	0.148	
Vitamin B-6	mg	0.256		1	A	1		0.073	0.044	
Folate, total	µg	3		0	BFSN	4		1	1	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	3		0	BFSN	4		1	1	
Folate, DFE	mcg_DFE	3		0	NC	4		1	1	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	1.41		1	A	1		0.40	0.24	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		1	A	1		0	0	
Retinol	µg	0		1	A	1		0	0	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		1	A	1		0	0	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	1.701		1	A	1		0.482	0.289	

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
4:0....g	0.000		1	A	1		0.000	0.000	
6:0....g	0.000		1	A	1		0.000	0.000	
8:0....g	0.004		1	A	1		0.001	0.001	
10:0....g	0.010		1	A	1		0.003	0.002	
12:0....g	0.006		1	A	1		0.002	0.001	
13:0....g									
14:0....g	0.055		1	A	1		0.016	0.009	
15:0....g									
16:0....g	1.112		1	A	1		0.315	0.189	
17:0....g									
18:0....g	0.451		1	A	1		0.128	0.077	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.864		1	A	1		0.812	0.487	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.190		1	A	1		0.054	0.032	
17:1....g									
18:1 undifferentiated....g	2.625		1	A	1		0.744	0.446	
20:1....g	0.046		1	A	1		0.013	0.008	
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.747		1	A	1		0.212	0.127	
18:2 undifferentiated....g	0.595		1	A	1		0.169	0.101	
18:3 undifferentiated....g	0.034		1	A	1		0.010	0.006	
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.077		1	A	1		0.022	0.013	
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.005		1	A	1		0.001	0.001	
Fatty acids, total trans....g									
Cholesterol....mg	73		1	A	1		21	12	
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 boneless

Measure 2 = 17g: 1 cubic inch 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 24 (2011)

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		20.53	12.31	
Energy....kcal	133		0	NC	4		38	23	
Energy....kJ	556		0		4		158	95	
Protein (N x 6.25)....g	17.44		1	A	1		4.94	2.96	
Total lipid (fat)....g	6.16		1	A	1		1.75	1.05	
Ash....g	3.29		1	A	1		0.93	0.56	
Carbohydrate, by difference....g	0.69		0	NC	4		0.20	0.12	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	7		1	A	1		2	1	
Iron, Fe....mg	1.07		1	A	1		0.30	0.18	
Magnesium, Mg....mg	20		1	A	1		6	3	
Phosphorus, P....mg	278		1	A	1		79	47	
Potassium, K....mg	272		1	A	1		77	46	
Sodium, Na....mg	1210		1	A	1		343	206	
Zinc, Zn....mg	2.30		1	A	1		0.65	0.39	
Copper, Cu....mg	0.111		1	A	1		0.031	0.019	
Manganese, Mn....mg	0.031		0	BFNN	4		0.009	0.005	
Selenium, Se....µg	16.4		0	BFZN	4		4.6	2.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	22.7		1	A	1		6.4	3.9	
Thiamin....mg	0.534		1	A	1		0.151	0.091	
Riboflavin....mg	0.187		1	A	1		0.053	0.032	
Niacin....mg	2.525		1	A	1		0.716	0.429	
Pantothenic acid....mg	0.659		1	A	1		0.187	0.112	
Vitamin B-6....mg	0.229		1	A	1		0.065	0.039	
Folate, total....µg	4		0	BFZN	4		1	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0	BFZN	4		1	1	
Folate, DFE....mcg_DFE	4		0	NC	4		1	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.68		1	A	1		0.19	0.12	
Vitamin A, RAE....mcg_RAE	2		1	A	1		0	0	
Retinol....µg	2		1	A	1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	5		1	A	1		1	1	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.673		1	A	1		0.474	0.284	
4:0....g	0.000		1	A	1		0.000	0.000	

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
6:0 ... g	0.000		1	A	1		0.000	0.000	
8:0 ... g	0.000		1	A	1		0.000	0.000	
10:0 ... g	0.011		1	A	1		0.003	0.002	
12:0 ... g	0.006		1	A	1		0.002	0.001	
13:0 ... g									
14:0 ... g	0.057		1	A	1		0.016	0.010	
15:0 ... g									
16:0 ... g	1.068		1	A	1		0.303	0.182	
17:0 ... g									
18:0 ... g	0.444		1	A	1		0.126	0.075	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.655		1	A	1		0.753	0.451	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.174		1	A	1		0.049	0.030	
17:1 ... g									
18:1 undifferentiated ... g	2.437		1	A	1		0.691	0.414	
20:1 ... g	0.040		1	A	1		0.011	0.007	
22:1 undifferentiated ... g	0.000		1	A	1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.777		1	A	1		0.220	0.132	
18:2 undifferentiated ... g	0.595		1	A	1		0.169	0.101	
18:3 undifferentiated ... g	0.029		1	A	1		0.008	0.005	
18:4 ... g	0.082		1	A	1		0.023	0.014	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.004		1	A	1		0.001	0.001	
20:5 n-3 (EPA) ... g	0.000		1	A	1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.011		1	A	1		0.003	0.002	
22:6 n-3 (DHA) ... g	0.011		1	A	1		0.003	0.002	
Fatty acids, total trans ... g									
Cholesterol ... mg	71		1	A	1		20	12	
Phytosterols ... mg									
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.

Common Measures:

Measure 1 = 28.35g: 1 oz boneless

Measure 2 = 17g: 1 cubic inch 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 24 (2011)

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		48.52		
Energy	kcal	265		0	NC	4		225		
Energy	kJ	1109		0		4		942		
Protein (N x 6.25)	g	23.55		1	A	1		20.02		
Total lipid (fat)	g	18.19		1	A	1		15.46		
Ash	g	1.19		1	A	1		1.01		
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									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		1	A	1		7		
Iron, Fe	mg	1.51		1	A	1		1.28		
Magnesium, Mg	mg	23		1	A	1		20		
Phosphorus, P	mg	231		1	A	1		196		
Potassium, K	mg	311		1	A	1		264		
Sodium, Na	mg	76		1	A	1		64		
Zinc, Zn	mg	3.59		1	A	1		3.05		
Copper, Cu	mg	0.131		1	A	1		0.111		
Manganese, Mn	mg	0.010		0	BFNN	4		0.009		
Selenium, Se	µg	35.4		0	BFZN	4		30.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.3		1	A	1		2.0		
Thiamin	mg	0.598		1	A	1		0.508		
Riboflavin	mg	0.247		1	A	1		0.210		
Niacin	mg	3.597		1	A	1		3.057		
Pantothenic acid	mg	0.923		1	A	1		0.785		
Vitamin B-6	mg	0.167		1	A	1		0.142		
Folate, total	µg	6		0	BFPN	4		5		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	6		0	BFPN	4		5		
Folate, DFE	mcg_DFE	6		0	NC	4		5		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	2.30		1	A	1		1.96		
Vitamin A, RAE	mcg_RAE	5		1	A	1		4		
Retinol	µg	5		1	A	1		4		
Carotene, beta	µg	0		0	Z	7		0		
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	15		1	A	1		13		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	5.515		1	A	1		4.688		
4:0	g	0.000		1	A	1		0.000		

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
6:0 ... g	0.000		1	A	1		0.000		
8:0 ... g	0.005		1	A	1		0.004		
10:0 ... g	0.025		1	A	1		0.021		
12:0 ... g	0.014		1	A	1		0.012		
13:0 ... g									
14:0 ... g	0.181		1	A	1		0.154		
15:0 ... g									
16:0 ... g	3.623		1	A	1		3.080		
17:0 ... g									
18:0 ... g	1.505		1	A	1		1.279		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	9.141		1	A	1		7.770		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.556		1	A	1		0.473		
17:1 ... g									
18:1 undifferentiated ... g	8.435		1	A	1		7.170		
20:1 ... g	0.139		1	A	1		0.118		
22:1 undifferentiated ... g	0.002		1	A	1		0.002		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.337		1	A	1		1.986		
18:2 undifferentiated ... g	2.034		1	A	1		1.729		
18:3 undifferentiated ... g	0.089		1	A	1		0.076		
18:4 ... g	0.000		1	A	1		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.110		1	A	1		0.094		
20:5 n-3 (EPA) ... g	0.003		1	A	1		0.003		
22:5 n-3 (DPA) ... g	0.000		1	A	1		0.000		
22:6 n-3 (DHA) ... g	0.008		1	A	1		0.007		
Fatty acids, total trans ... g									
Cholesterol ... mg	105		1	A	1		89		
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: 1 oz grilled patties

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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		72.84		
Energy	kcal	221		0	NC	4		250		
Energy	kJ	925		0		4		1045		
Protein	g	15.41		0	BFSN	4		17.41		
Total lipid (fat)	g	17.18		1	A	1		19.41		
Ash	g	0.79		0	BFSN	4		0.89		
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									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0	BFNN	4		16		
Iron, Fe	mg	0.91		0	BFNN	4		1.03		
Magnesium, Mg	mg	20		0	BFNN	4		23		
Phosphorus, P	mg	181		0	BFNN	4		205		
Potassium, K	mg	297		0	BFNN	4		336		
Sodium, Na	mg	58		0	BFNN	4		66		
Zinc, Zn	mg	2.28		0	BFNN	4		2.58		
Copper, Cu	mg	0.047		0	BFNN	4		0.053		
Manganese, Mn	mg	0.010		0	BFNN	4		0.011		
Selenium, Se	µg	24.6		0	BFZN	4		27.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0	BFSN	4		0.7		
Thiamin	mg	0.668		0	BFSN	4		0.755		
Riboflavin	mg	0.214		0	BFSN	4		0.242		
Niacin	mg	3.959		0	BFSN	4		4.474		
Pantothenic acid	mg	0.610		0	BFSN	4		0.689		
Vitamin B-6	mg	0.350		0	BFSN	4		0.396		
Folate, total	µg	5		0	BFSN	4		6		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	5		0	BFSN	4		6		
Folate, DFE	mcg_DFE	5		0	NC	4		6		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.64		0	BFSN	4		0.72		
Vitamin A, RAE	mcg_RAE	2		0	BFSN	4		2		
Retinol	µg	2		0	BFSN	4		2		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	6		0	BFSN	4		7		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	6.379		0	BFFN	4		7.208		
4:0	g	0.000		0	BFFN	4		0.000		

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
6:0 ... g	0.000		0	BFFN	4		0.000		
8:0 ... g	0.008		0	BFFN	4		0.009		
10:0 ... g	0.008		0	BFFN	4		0.009		
12:0 ... g	0.016		0	BFFN	4		0.018		
13:0 ... g									
14:0 ... g	0.267		0	BFFN	4		0.302		
15:0 ... g									
16:0 ... g	3.866		0	BFFN	4		4.369		
17:0 ... g									
18:0 ... g	2.067		0	BFFN	4		2.336		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.651		0	BFFN	4		8.646		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.527		0	BFFN	4		0.596		
17:1 ... g									
18:1 undifferentiated ... g	6.889		0	BFFN	4		7.785		
20:1 ... g	0.130		0	BFFN	4		0.147		
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.548		0	BFFN	4		1.749		
18:2 undifferentiated ... g	1.354		0	BFFN	4		1.530		
18:3 undifferentiated ... g	0.057		0	BFFN	4		0.064		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.065		0	BFFN	4		0.073		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
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									
Cholesterol ... mg	58		0	BFFN	4		66		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg									
Theobromine ... mg									

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Common Measures:

Measure 1 = 113g: 1 oz crumbles

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)