NDB No. 10994
Bacon, pre-sliced, reduced/low sodium, unprepared

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	45.01	1.515	6	A	1		11.70	200.73	
Energy....kcal	407		0	NC	4		106	1814	
Energy....kJ	1702		0	NC	4		443	7591	
Protein....g	12.53	0.500	6	A	1		3.26	55.89	
Total lipid (fat)....g	39.27	1.913	6	A	1		10.21	175.13	
Ash....g	2.40	0.073	6	A	1		0.63	10.73	
Carbohydrate, by difference....g	0.83		0	NR	4		0.22	3.72	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.83	0.088	3	A	1		0.22	3.72	
Sucrose....g	0.83	0.088	3	A	1		0.22	3.72	
Glucose (dextrose)....g	0.00	0.000	3	A	1		0.00	0.00	
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	4	0.244	6	A	1		1	19	
Iron, Fe....mg	0.42	0.032	6	A	1		0.11	1.89	
Magnesium, Mg....mg	12	0.577	6	A	1		3	54	
Phosphorus, P....mg	180	5.875	6	A	1		47	801	
Potassium, K....mg	506	13.184	6	A	1		132	2258	
Sodium, Na....mg	470	11.637	6	A	1		122	2097	
Zinc, Zn....mg	1.19	0.080	6	A	1		0.31	5.30	
Copper, Cu....mg	0.047	0.003	6	A	1		0.012	0.210	
Manganese, Mn....mg	0.011	0.000	6	A	1		0.003	0.049	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.50		0	BFPN	4		0.13	2.23	
Vitamin A, RAE....µg	0		0	AS	1		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	0.43		0	BFSN	4		0.11	1.91	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....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									

NDB No. 10994
Bacon, pre-sliced, reduced/low sodium, unprepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.149		0	A	1		0.039	0.665	
Threonine....g	0.551		0	A	1		0.143	2.458	
Isoleucine....g	0.593		0	A	1		0.154	2.646	
Leucine....g	1.031		0	A	1		0.268	4.600	
Lysine....g	1.114		0	A	1		0.290	4.970	
Methionine....g	0.343		0	A	1		0.089	1.532	
Cystine....g	0.141		0	A	1		0.037	0.630	
Phenylalanine....g	0.521		0	A	1		0.135	2.322	
Tyrosine....g	0.496		0	A	1		0.129	2.214	
Valine....g	0.634		0	A	1		0.165	2.827	
Arginine....g	0.807		0	A	1		0.210	3.601	
Histidine....g	0.510		0	A	1		0.133	2.273	
Alanine....g	0.718		0	A	1		0.187	3.201	
Aspartic acid....g	1.172		0	A	1		0.305	5.228	
Glutamic acid....g	1.914		0	A	1		0.498	8.538	
Glycine....g	0.566		0	A	1		0.147	2.526	
Proline....g	0.507		0	A	1		0.132	2.260	
Serine....g	0.523		0	A	1		0.136	2.334	
Hydroxyproline....g	0.044		0	BFPN	4		0.011	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 = 26g: 1 slice

Measure 2 = 446g: 1 package

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 10998
Canadian bacon, cooked, pan-fried

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	62.65	0.342	5	A	1		8.65		
Energy....kcal	146		0	NC	4		20		
Energy....kJ	609		0	NC	4		84		
Protein....g	27.97	0.400	5	A	1		3.86		
Total lipid (fat)....g	2.88	0.134	5	A	1		0.40		
Ash....g	4.57	0.052	5	A	1		0.63		
Carbohydrate, by difference....g	1.92		0	NC	4		0.27		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	1.20		1	A	1		0.17		
Sucrose....g	0.90		1	A	1		0.12		
Glucose (dextrose)....g	0.30		1	A	1		0.04		
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	7	0.057	5	A	1		1		
Iron, Fe....mg	0.57	0.011	5	A	1		0.08		
Magnesium, Mg....mg	26	0.278	5	A	1		4		
Phosphorus, P....mg	317	0.880	5	A	1		44		
Potassium, K....mg	945	7.770	5	A	1		130		
Sodium, Na....mg	1020	21.302	5	A	1		141		
Zinc, Zn....mg	1.72	0.009	5	A	1		0.24		
Copper, Cu....mg	0.062	0.001	5	A	1		0.009		
Manganese, Mn....mg	0.016	0.002	5	A	1		0.002		
Selenium, Se....µg	50.5		3	A	1		7.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.641		3	A	1		0.089		
Riboflavin....mg	0.184		3	A	1		0.025		
Niacin....mg	9.597		3	A	1		1.324		
Pantothenic acid....mg	0.720		1	A	1		0.099		
Vitamin B-6....mg	0.287		3	A	1		0.040		
Folate, total....µg	4		1	A	1		1		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	4		1	A	1		1		
Folate, DFE....µg	4		0	NC	4		1		
Choline, total....mg	104.8		0	BFPN	4		14.5		
Betaine....mg	4.7		0	BFPN	4		0.6		
Vitamin B-12....µg	0.42		3	A	1		0.06		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	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	0.37		2	A	1		0.05		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.03		2	A	1		0.00		
Tocopherol, gamma....mg	0.14		2	A	1		0.02		
Tocopherol, delta....mg	0.05		2	A	1		0.01		
Tocotrienol, alpha....mg	0.00		2	A	1		0.00		
Tocotrienol, beta....mg	0.00		2	A	1		0.00		

NDB No. 10998
Canadian 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
Tocotrienol, gamma....mg	0.00		2	A	1		0.00		
Tocotrienol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.2		2	AS	1		0.0		
Vitamin D2 (ergocalciferol)....µg	0.0		1	A	1		0.0		
Vitamin D3 (cholecalciferol)....µg	0.2		1	A	1		0.0		
Vitamin D....IU	9		1	A	1		1		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.076		0	NR	4		0.148		
4:0....g	0.000		3	A	1		0.000		
6:0....g	0.000		3	A	1		0.000		
8:0....g	0.000		3	A	1		0.000		
10:0....g	0.011		3	A	1		0.001		
12:0....g	0.004		3	A	1		0.000		
13:0....g									
14:0....g	0.039		3	A	1		0.005		
15:0....g	0.002		3	A	1		0.000		
16:0....g	0.670		3	A	1		0.092		
17:0....g	0.008		3	A	1		0.001		
18:0....g	0.333		3	A	1		0.046		
20:0....g	0.006		3	A	1		0.001		
22:0....g	0.003		3	A	1		0.000		
24:0....g	0.000		3	A	1		0.000		
Fatty acids, total monounsaturated....g	1.290		0	NR	4		0.178		
14:1....g	0.648		0	NR	4		0.089		
15:1....g	0.000		3	A	1		0.000		
16:1 undifferentiated....g	0.043		3	AS	1		0.006		
16:1 c....g	0.043		3	A	1		0.006		
16:1 t....g	0.000		3	A	1		0.000		
17:1....g	0.004		3	A	1		0.001		
18:1 undifferentiated....g	0.583		3	AS	1		0.080		
18:1 c....g	0.579		3	A	1		0.080		
18:1 t....g	0.003		3	A	1		0.000		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.011		3	A	1		0.002		
22:1 undifferentiated....g	0.000		3	AS	1		0.000		
22:1 c....g	0.000		3	A	1		0.000		
22:1 t....g	0.000		3	A	1		0.000		
24:1 c....g	0.000		3	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.500		0	NR	4		0.069		
18:2 undifferentiated....g	0.392		3	AS	1		0.054		
18:2 n-6 c,c....g	0.387		3	A	1		0.053		
18:2 CLAs....g	0.004		3	A	1		0.001		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.001		3	A	1		0.000		
18:3 undifferentiated....g	0.013		3	AS	1		0.002		
18:3 n-3 c,c,c (ALA)....g	0.012		3	A	1		0.002		
18:3 n-6 c,c,c....g	0.001		3	A	1		0.000		
18:3i....g	0.000		3	A	1		0.000		
18:4....g	0.000		3	A	1		0.000		
20:2 n-6 c,c....g	0.015		3	A	1		0.002		
20:3 undifferentiated....g	0.011		3	AS	1		0.002		
20:3 n-3....g	0.003		3	A	1		0.000		
20:3 n-6....g	0.008		3	A	1		0.001		
20:4 undifferentiated....g	0.065		3	A	1		0.009		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		3	A	1		0.000		
21:5....g									
22:4....g	0.011		3	A	1		0.002		
22:5 n-3 (DPA)....g	0.006		3	A	1		0.001		

NDB No. 10998
Canadian 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
22:6 n-3 (DHA)....g	0.002		3	A	1		0.000		
Fatty acids, total trans....g	0.008		0	NC	4		0.001		
Fatty acids, total trans-monoenoic....g	0.007		0	NC	4		0.001		
Fatty acids, total trans-polyenoic....g	0.001		0	NC	4		0.000		
Cholesterol....mg	66		3	A	1		9		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.332		0	A	1		0.046		
Threonine....g	1.226		0	A	1		0.169		
Isoleucine....g	1.320		0	A	1		0.182		
Leucine....g	2.294		0	A	1		0.317		
Lysine....g	2.479		0	A	1		0.342		
Methionine....g	0.764		0	A	1		0.105		
Cystine....g	0.314		0	A	1		0.043		
Phenylalanine....g	1.158		0	A	1		0.160		
Tyrosine....g	1.104		0	A	1		0.152		
Valine....g	1.410		0	A	1		0.195		
Arginine....g	1.796		0	A	1		0.248		
Histidine....g	1.134		0	A	1		0.156		
Alanine....g	1.597		0	A	1		0.220		
Aspartic acid....g	2.607		0	A	1		0.360		
Glutamic acid....g	4.258		0	A	1		0.588		
Glycine....g	1.260		0	A	1		0.174		
Proline....g	1.127		0	A	1		0.156		
Serine....g	1.164		0	A	1		0.161		
Hydroxyproline....g	0.097		0	A	1		0.013		
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 = 13.8g: 1 slice

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 10130
Canadian bacon, unprepared

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	72.31	0.373	5	A	1		61.46	41.22	122.93
Energy....kcal	111		0	NC	4		94	63	189
Energy....kJ	464		0	NC	4		394	264	789
Protein....g	20.24	0.729	5	A	1		17.21	11.54	34.41
Total lipid (fat)....g	2.76	0.380	5	A	1		2.34	1.57	4.68
Ash....g	3.40	0.096	5	A	1		2.89	1.94	5.78
Carbohydrate, by difference....g	1.29		0	NC	4		1.10	0.74	2.20
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.90		1	A	1		0.76	0.51	1.53
Sucrose....g	0.70		1	A	1		0.59	0.40	1.19
Glucose (dextrose)....g	0.20		1	A	1		0.17	0.11	0.34
Fructose....g	0.00		1	A	1		0.00	0.00	0.00
Lactose....g	0.00		1	A	1		0.00	0.00	0.00
Maltose....g	0.00		1	A	1		0.00	0.00	0.00
Galactose....g	0.00		1	A	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.438	5	A	1		5	3	10
Iron, Fe....mg	0.43	0.006	5	A	1		0.37	0.25	0.73
Magnesium, Mg....mg	20	0.690	5	A	1		17	12	35
Phosphorus, P....mg	238	2.665	5	A	1		202	136	404
Potassium, K....mg	703	7.593	5	A	1		597	401	1195
Sodium, Na....mg	743	22.792	5	A	1		631	423	1263
Zinc, Zn....mg	1.21	0.025	5	A	1		1.03	0.69	2.06
Copper, Cu....mg	0.054	0.008	5	A	1		0.045	0.031	0.091
Manganese, Mn....mg	0.016	0.002	5	A	1		0.013	0.009	0.027
Selenium, Se....µg	37.4		3	A	1		31.8	21.3	63.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.513		3	A	1		0.436	0.292	0.872
Riboflavin....mg	0.140		3	A	1		0.119	0.080	0.237
Niacin....mg	7.234		3	A	1		6.148	4.123	12.297
Pantothenic acid....mg	0.610		1	A	1		0.519	0.348	1.037
Vitamin B-6....mg	0.243		3	A	1		0.207	0.139	0.414
Folate, total....µg	4		1	A	1		4	3	8
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	4		1	A	1		4	3	8
Folate, DFE....µg	4		0	NC	4		4	3	8
Choline, total....mg	76.1		0	BFPN	4		64.7	43.4	129.4
Betaine....mg	3.4		0	BFPN	4		2.9	1.9	5.8
Vitamin B-12....µg	0.36		3	A	1		0.30	0.20	0.61
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	AS	1		0	0	0
Retinol....µg	0		1	A	1		0	0	0
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	0		0	AS	1		0	0	0
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.21		2	A	1		0.18	0.12	0.36
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.07		2	A	1		0.06	0.04	0.11
Tocopherol, gamma....mg	0.05		2	A	1		0.04	0.03	0.08
Tocopherol, delta....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, alpha....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, beta....mg	0.00		2	A	1		0.00	0.00	0.00

NDB No. 10130
Canadian bacon, unprepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.1		2	AS	1		0.1	0.1	0.3
Vitamin D2 (ergocalciferol)....µg	0.0		1	A	1		0.0	0.0	0.0
Vitamin D3 (cholecalciferol)....µg	0.1		1	A	1		0.1	0.1	0.3
Vitamin D....IU	6		1	A	1		5	3	10
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	0.0
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.914		0	NC	4		0.777	0.521	1.554
4:0....g	0.000		3	A	1		0.000	0.000	0.000
6:0....g	0.000		3	A	1		0.000	0.000	0.000
8:0....g	0.000		3	A	1		0.000	0.000	0.000
10:0....g	0.009		3	A	1		0.008	0.005	0.016
12:0....g	0.004		3	A	1		0.004	0.003	0.007
13:0....g									
14:0....g	0.032		3	A	1		0.027	0.018	0.054
15:0....g	0.002		3	A	1		0.002	0.001	0.004
16:0....g	0.566		3	A	1		0.481	0.323	0.962
17:0....g	0.007		3	A	1		0.006	0.004	0.012
18:0....g	0.287		3	A	1		0.244	0.163	0.488
20:0....g	0.005		3	A	1		0.004	0.003	0.008
22:0....g	0.002		3	A	1		0.002	0.001	0.003
24:0....g	0.000		3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	1.109		0	NC	4		0.942	0.632	1.885
14:1....g	0.000		3	A	1		0.000	0.000	0.000
15:1....g	0.000		3	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.067		3	AS	1		0.057	0.038	0.114
16:1 c....g	0.067		3	A	1		0.057	0.038	0.114
16:1 t....g	0.000		3	A	1		0.000	0.000	0.000
17:1....g	0.005		3	A	1		0.004	0.003	0.008
18:1 undifferentiated....g	1.014		3	AS	1		0.862	0.578	1.724
18:1 c....g	1.008		3	A	1		0.857	0.575	1.714
18:1 t....g	0.006		3	A	1		0.005	0.004	0.011
18:1-11 t (18:1t n-7)....g									
20:1....g	0.022		3	A	1		0.019	0.012	0.037
22:1 undifferentiated....g	0.001		3	AS	1		0.001	0.000	0.001
22:1 c....g	0.001		3	A	1		0.001	0.000	0.001
22:1 t....g	0.000		3	A	1		0.000	0.000	0.000
24:1 c....g	0.000		3	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.470		0	NC	4		0.400	0.268	0.799
18:2 undifferentiated....g	0.373		3	AS	1		0.317	0.213	0.635
18:2 n-6 c,c....g	0.370		3	A	1		0.314	0.211	0.628
18:2 CLAs....g	0.003		3	A	1		0.002	0.002	0.005
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.001		3	A	1		0.001	0.001	0.002
18:3 undifferentiated....g	0.012		3	AS	1		0.010	0.007	0.020
18:3 n-3 c,c,c (ALA)....g	0.012		3	A	1		0.010	0.007	0.020
18:3 n-6 c,c,c....g	0.000		3	A	1		0.000	0.000	0.000
18:3i....g	0.000		3	A	1		0.000	0.000	0.000
18:4....g	0.000		3	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.013		3	A	1		0.011	0.007	0.021
20:3 undifferentiated....g	0.010		3	AS	1		0.008	0.006	0.017
20:3 n-3....g	0.003		3	A	1		0.003	0.002	0.005
20:3 n-6....g	0.007		3	A	1		0.006	0.004	0.011
20:4 undifferentiated....g	0.049		3	A	1		0.041	0.028	0.083
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		3	A	1		0.000	0.000	0.001
21:5....g									
22:4....g	0.008		3	A	1		0.007	0.005	0.014
22:5 n-3 (DPA)....g	0.004		3	A	1		0.004	0.002	0.007

NDB No. 10130
Canadian bacon, unprepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.001		3	A	1		0.001	0.001	0.002
Fatty acids, total trans....g	0.007		0	NC	4		0.006	0.004	0.012
Fatty acids, total trans-monoenoic....g	0.006		0	NC	4		0.005	0.004	0.011
Fatty acids, total trans-polyenoic....g	0.001		0	NC	4		0.001	0.001	0.002
Cholesterol....mg	48		3	A	1		41	27	82
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.241		0	A	1		0.205	0.137	0.410
Threonine....g	0.890		0	A	1		0.757	0.507	1.513
Isoleucine....g	0.958		0	A	1		0.815	0.546	1.629
Leucine....g	1.666		0	A	1		1.416	0.950	2.832
Lysine....g	1.800		0	A	1		1.530	1.026	3.060
Methionine....g	0.555		0	A	1		0.472	0.316	0.943
Cystine....g	0.228		0	A	1		0.194	0.130	0.388
Phenylalanine....g	0.841		0	A	1		0.715	0.479	1.430
Tyrosine....g	0.802		0	A	1		0.682	0.457	1.363
Valine....g	1.024		0	A	1		0.870	0.584	1.741
Arginine....g	1.304		0	A	1		1.109	0.743	2.217
Histidine....g	0.823		0	A	1		0.700	0.469	1.400
Alanine....g	1.159		0	A	1		0.986	0.661	1.971
Aspartic acid....g	1.893		0	A	1		1.609	1.079	3.219
Glutamic acid....g	3.092		0	A	1		2.628	1.763	5.257
Glycine....g	0.915		0	A	1		0.778	0.521	1.555
Proline....g	0.818		0	A	1		0.696	0.467	1.391
Serine....g	0.845		0	A	1		0.719	0.482	1.437
Hydroxyproline....g	0.071		0	A	1		0.060	0.040	0.120
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 = 85g: 3 oz

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

Measure 3 = 170g: 1 package (6 oz)

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, 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									

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
14:0....g	0.090	0.020	5	A	1		0.025	0.101	0.101
15:0....g									
16:0....g	1.750	0.310	5	A	1		0.490	1.960	1.960
17:0....g									
18:0....g	0.960	0.160	5	A	1		0.269	1.075	1.075
20:0....g									
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									
21:5....g									
22:4....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 27 (2014)

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....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, 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									

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
14:0 ... g	0.110	0.020	7	A	1		0.031	0.123	0.123
15:0 ... g									
16:0 ... g	2.210	0.540	7	A	1		0.627	2.475	2.475
17:0 ... g									
18:0 ... g	1.250	0.320	7	A	1		0.354	1.400	1.400
20:0 ... g									
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									
21:5 ... g									
22:4 ... 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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	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....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, 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									

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
14:0....g	0.050	0.010	23	A	1		0.014	0.056	0.056
15:0....g									
16:0....g	0.880	0.250	22	A	1		0.246	0.986	0.986
17:0....g									
18:0....g	0.470	0.120	22	A	1		0.132	0.526	0.526
20:0....g									
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									
21:5....g									
22:4....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 27 (2014)

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....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, 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									

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
14:0....g	0.040	0.010	9	A	1		0.045		
15:0....g									
16:0....g	0.720	0.150	9	A	1		0.806		
17:0....g									
18:0....g	0.360	0.080	9	A	1		0.403		
20:0....g									
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									
21:5....g									
22:4....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 27 (2014)

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....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, 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									

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
14:0 ... g	0.040	0.010	8	A	1		0.045		
15:0 ... g									
16:0 ... g	0.650	0.090	8	A	1		0.728		
17:0 ... g									
18:0 ... g	0.340	0.040	8	A	1		0.381		
20:0 ... g									
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									
21:5 ... g									
22:4 ... 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 27 (2014)

NDB No. 10857
HORMEL Canadian Style Bacon

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	72.95	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....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, 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									

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
14:0 ... g	0.070	0.010	6	A	1		0.039		
15:0 ... g									
16:0 ... g	1.130	0.220	6	A	1		0.633		
17:0 ... g									
18:0 ... g	0.610	0.130	6	A	1		0.342		
20:0 ... g									
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									
21:5 ... g									
22:4 ... 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 27 (2014)

NDB No. 10851
HORMEL, Cure 81 Ham

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.25	0.840	85	A	1		62.37		
Energy....kcal	106		0	MC	9		89		
Energy....kJ	444				9		373		
Protein....g	18.43	0.610	326	A	1		15.48		
Total lipid (fat)....g	3.59	0.890	375	A	1		3.02		
Ash....g	3.52	0.140	48	A	1		2.96		
Carbohydrate, by difference....g	0.21		0	NC	4		0.18		
Fiber, total dietary....g									
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	4	0.293	10	A	1		3		
Iron, Fe....mg	0.80	0.064	9	A	1		0.67		
Magnesium, Mg....mg	20	1.037	10	A	1		17		
Phosphorus, P....mg									
Potassium, K....mg	319	5.212	9	A	1		268		
Sodium, Na....mg	1038	43.701	20	A	1		872		
Zinc, Zn....mg	2.00	0.112	10	A	1		1.68		
Copper, Cu....mg	0.100	0.020	10	A	1		0.084		
Manganese, Mn....mg									
Selenium, Se....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....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, 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									

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
14:0 ... g	0.040	0.000	9	A	1		0.034		
15:0 ... g									
16:0 ... g	0.750	0.130	10	A	1		0.630		
17:0 ... g									
18:0 ... g	0.400	0.060	10	A	1		0.336		
20:0 ... g									
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									
21:5 ... g									
22:4 ... 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 27 (2014)

NDB No. 10981
Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only

Refuse: 40% Bone 31%, Connective tissue 4%, 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	57.58	0.729	12	A	1		48.94	505.56	
Energy....kcal	255		0	NC	4		217	2243	
Energy....kJ	1069		0	NC	4		908	9383	
Protein....g	24.15	0.287	12	A	1		20.52	212.00	
Total lipid (fat)....g	17.65	0.677	12	A	1		15.00	154.95	
Ash....g	1.08	0.016	12	A	1		0.91	9.45	
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	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	44	7.245	12	A	1		37	385	
Iron, Fe....mg	0.96	0.025	12	A	1		0.82	8.46	
Magnesium, Mg....mg	17	0.323	12	A	1		14	147	
Phosphorus, P....mg	171	4.321	12	A	1		145	1501	
Potassium, K....mg	249	8.560	12	A	1		212	2188	
Sodium, Na....mg	98	1.069	12	A	1		83	856	
Zinc, Zn....mg	3.24	0.104	12	A	1		2.75	28.45	
Copper, Cu....mg	0.107	0.002	12	A	1		0.091	0.936	
Manganese, Mn....mg	0.011	0.000	12	A	1		0.009	0.094	
Selenium, Se....µg	33.7	3.724	12	A	1		28.7	296.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.479	0.026	12	A	1		0.407	4.203	
Riboflavin....mg	0.348	0.017	12	A	1		0.296	3.058	
Niacin....mg	7.883	0.208	12	A	1		6.701	69.216	
Pantothenic acid....mg	1.314		0	BFPN	4		1.117	11.537	
Vitamin B-6....mg	0.433		0	BFPN	4		0.368	3.798	
Folate, total....µg	0		0	BFPN	4		0	0	
Folic acid....µg									
Folate, food....µg	0		0	BFPN	4		0	0	
Folate, DFE....µg									
Choline, total....mg	83.0		0	BFPN	4		70.5	728.5	
Betaine....mg	3.2		0	BFPN	4		2.7	28.2	
Vitamin B-12....µg	0.75		0	BFPN	4		0.63	6.56	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	4		0	NC	4		4	39	
Retinol....µg	4		0	BFSN	4		4	39	
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	NC	4		12	128	
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	2.41	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.2		0	AS	1		1.0	10.2	
Vitamin D....IU	46		0	BFFN	4		39	407	
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									

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Pork loin, fresh, backribs, bone-in, cooked-roasted, 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
Lipids:									
Fatty acids, total saturated....g	6.221		0	NC	4		5.288	54.618	
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	0.019	0.001	6	A	1		0.016	0.170	
12:0....g	0.015	0.001	6	A	1		0.013	0.130	
13:0....g									
14:0....g	0.225	0.014	6	A	1		0.192	1.978	
15:0....g	0.010	0.001	6	A	1		0.008	0.088	
16:0....g	3.822	0.196	6	A	1		3.248	33.554	
17:0....g	0.059	0.003	6	A	1		0.050	0.518	
18:0....g	2.043	0.097	6	A	1		1.737	17.940	
20:0....g	0.027	0.002	6	A	1		0.023	0.239	
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	7.646		0	NC	4		6.500	67.136	
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	0.380	0.022	6	A	1		0.323	3.338	
17:1....g	0.000	0.000	6	A	1		0.000	0.000	
18:1 undifferentiated....g	7.149	0.361	6	AS	1		6.077	62.770	
18:1 c....g	7.033	0.347	6	A	1		5.978	61.753	
18:1 t....g	0.116	0.019	6	A	1		0.098	1.017	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.117	0.006	6	A	1		0.100	1.029	
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	2.788		0	NC	4		2.370	24.478	
18:2 undifferentiated....g	2.471	0.190	6	AS	1		2.100	21.696	
18:2 n-6 c,c....g	2.440	0.187	6	A	1		2.074	21.423	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.031	0.004	6	A	1		0.026	0.273	
18:3 undifferentiated....g	0.116	0.011	6	AS	1		0.099	1.021	
18:3 n-3 c,c,c (ALA)....g	0.104	0.010	6	A	1		0.088	0.914	
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000	0.000	
18:3i....g	0.012	0.002	6	A	1		0.010	0.107	
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.097	0.007	6	A	1		0.082	0.848	
20:3 undifferentiated....g	0.012	0.001	6	A	1		0.010	0.106	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.078	0.002	6	A	1		0.066	0.685	
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	0.014	0.001	6	A	1		0.012	0.121	
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans....g	0.159		0	NC	4		0.135	1.397	
Fatty acids, total trans-monoenoic....g	0.116		0	NC	4		0.098	1.017	
Fatty acids, total trans-polyenoic....g	0.043		0	NC	4		0.037	0.380	
Cholesterol....mg	84	1.766	6	A	1		71	738	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.287		0	A	1		0.244	2.523	
Threonine....g	1.062		0	A	1		0.903	9.323	
Isoleucine....g	1.143		0	A	1		0.972	10.039	
Leucine....g	1.987		0	A	1		1.689	17.449	

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Pork loin, fresh, backribs, bone-in, cooked-roasted, 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
Lysine....g	2.147		0	A	1		1.825	18.855	
Methionine....g	0.662		0	A	1		0.563	5.811	
Cystine....g	0.272		0	A	1		0.231	2.390	
Phenylalanine....g	1.003		0	A	1		0.853	8.809	
Tyrosine....g	0.957		0	A	1		0.813	8.400	
Valine....g	1.221		0	A	1		1.038	10.723	
Arginine....g	1.556		0	A	1		1.323	13.661	
Histidine....g	0.982		0	A	1		0.835	8.624	
Alanine....g	1.383		0	A	1		1.176	12.143	
Aspartic acid....g	2.259		0	A	1		1.920	19.831	
Glutamic acid....g	3.689		0	A	1		3.135	32.387	
Glycine....g	1.091		0	A	1		0.928	9.582	
Proline....g	0.976		0	A	1		0.830	8.572	
Serine....g	1.008		0	A	1		0.857	8.854	
Hydroxyproline....g	0.084		0	A	1		0.072	0.740	
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 = 85g: 3 oz

Measure 2 = 878g: 1 ribs

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

Food Group: 10 Pork Products

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NDB No. 10980
Pork loin, fresh, backribs, bone-in, raw, lean only

Refuse: 50% Bone 30%, Connective tissue 7%, 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	68.57	0.186	12	A	1		734.38		
Energy....kcal	172		0	NC	4		1842		
Energy....kJ	719		0	NC	4		7706		
Protein....g	20.85	0.110	12	A	1		223.29		
Total lipid (fat)....g	9.84	0.285	12	A	1		105.39		
Ash....g	1.10	0.042	12	A	1		11.81		
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	1.045	12	A	1		274		
Iron, Fe....mg	0.84	0.033	12	A	1		8.97		
Magnesium, Mg....mg	17	0.280	12	A	1		184		
Phosphorus, P....mg	165	4.560	12	A	1		1772		
Potassium, K....mg	268	7.169	12	A	1		2875		
Sodium, Na....mg	95	1.464	12	A	1		1015		
Zinc, Zn....mg	2.73	0.050	12	A	1		29.28		
Copper, Cu....mg	0.091	0.003	12	A	1		0.972		
Manganese, Mn....mg	0.009	0.000	12	A	1		0.097		
Selenium, Se....µg	33.3	3.290	12	A	1		357.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.496	0.027	12	A	1		5.307		
Riboflavin....mg	0.331	0.015	12	A	1		3.543		
Niacin....mg	7.247	0.251	12	A	1		77.612		
Pantothenic acid....mg	0.855	0.129	4	A	1		9.152		
Vitamin B-6....mg	0.465	0.009	4	A	1		4.975		
Folate, total....µg	0		0	BFPN	4		0		
Folic acid....µg									
Folate, food....µg	0		0	BFPN	4		0		
Folate, DFE....µg									
Choline, total....mg	71.6		0	BFPN	4		767.3		
Betaine....mg	2.8		0	BFPN	4		29.7		
Vitamin B-12....µg	0.54	0.039	4	A	1		5.73		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	3		0	NC	4		35		
Retinol....µg	3		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	11		0	NC	4		116		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.20		0	BFSN	4		2.18		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.9		0	AS	1		10.1		
Vitamin D....IU	38		0	BFFN	4		404		
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									

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Pork loin, fresh, backribs, bone-in, raw, lean only

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
Lipids:									
Fatty acids, total saturated....g	3.477		0	NC	4		37.234		
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	0.011	0.000	6	A	1		0.117		
12:0....g	0.009	0.000	6	A	1		0.094		
13:0....g									
14:0....g	0.127	0.006	6	A	1		1.364		
15:0....g	0.005	0.000	6	A	1		0.059		
16:0....g	2.145	0.092	6	A	1		22.973		
17:0....g	0.031	0.002	6	A	1		0.336		
18:0....g	1.133	0.055	6	A	1		12.136		
20:0....g	0.015	0.001	6	A	1		0.155		
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	4.278		0	NC	4		45.819		
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	0.229	0.013	6	A	1		2.453		
17:1....g	0.000	0.000	6	A	1		0.000		
18:1 undifferentiated....g	3.987	0.201	6	AS	1		42.703		
18:1 c....g	3.927	0.194	6	A	1		42.055		
18:1 t....g	0.061	0.012	6	A	1		0.648		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.062	0.003	6	A	1		0.664		
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	1.532		0	NC	4		16.408		
18:2 undifferentiated....g	1.336	0.091	6	AS	1		14.313		
18:2 n-6 c,c....g	1.320	0.088	6	A	1		14.137		
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.016	0.003	6	A	1		0.176		
18:3 undifferentiated....g	0.060	0.006	6	AS	1		0.642		
18:3 n-3 c,c,c (ALA)....g	0.054	0.005	6	A	1		0.574		
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000		
18:3i....g	0.006	0.001	6	A	1		0.068		
18:4....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c....g	0.051	0.002	6	A	1		0.543		
20:3 undifferentiated....g	0.006	0.000	6	A	1		0.060		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.069	0.002	6	A	1		0.739		
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	0.010	0.001	6	A	1		0.111		
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total trans....g	0.083		0	NC	4		0.892		
Fatty acids, total trans-monoenoic....g	0.061		0	NC	4		0.648		
Fatty acids, total trans-polyenoic....g	0.023		0	NC	4		0.244		
Cholesterol....mg	66	0.835	6	A	1		704		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.248		0	A	1		2.658		
Threonine....g	0.917		0	A	1		9.819		
Isoleucine....g	0.987		0	A	1		10.573		
Leucine....g	1.716		0	A	1		18.378		

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Pork loin, fresh, backribs, bone-in, raw, 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
Lysine....g	1.854		0	A	1		19.858		
Methionine....g	0.571		0	A	1		6.120		
Cystine....g	0.235		0	A	1		2.518		
Phenylalanine....g	0.866		0	A	1		9.278		
Tyrosine....g	0.826		0	A	1		8.847		
Valine....g	1.055		0	A	1		11.294		
Arginine....g	1.343		0	A	1		14.388		
Histidine....g	0.848		0	A	1		9.083		
Alanine....g	1.194		0	A	1		12.790		
Aspartic acid....g	1.950		0	A	1		20.887		
Glutamic acid....g	3.185		0	A	1		34.111		
Glycine....g	0.942		0	A	1		10.092		
Proline....g	0.843		0	A	1		9.028		
Serine....g	0.871		0	A	1		9.325		
Hydroxyproline....g	0.073		0	A	1		0.779		
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 = 1071g: 1 ribs

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

Food Group: 10 Pork Products

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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		63.90	173.67	
Energy....kcal	123		0	NC	4		105	284	
Energy....kJ	515		0	NC	4		437	1189	
Protein (N x 6.25)....g	21.64	0.236	12	A	1		18.39	49.98	
Total lipid (fat)....g	3.39	0.388	12	A	1		2.88	7.83	
Ash....g	1.02	0.017	12	A	1		0.86	2.35	
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	7	0.755	6	A	1		6	16	
Iron, Fe....mg	0.84	0.025	6	A	1		0.71	1.93	
Magnesium, Mg....mg	22	0.287	6	A	1		19	51	
Phosphorus, P....mg	207	2.408	6	A	1		176	478	
Potassium, K....mg	365	4.494	6	A	1		310	843	
Sodium, Na....mg	73	5.202	6	A	1		62	169	
Zinc, Zn....mg	3.18	0.078	6	A	1		2.71	7.35	
Copper, Cu....mg	0.057	0.006	6	A	1		0.048	0.132	
Manganese, Mn....mg	0.009	0.001	6	A	1		0.008	0.021	
Selenium, Se....µg	25.2	5.145	6	A	1		21.4	58.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.525	0.053	6	A	1		0.446	1.213	
Riboflavin....mg	0.423	0.021	6	A	1		0.360	0.978	
Niacin....mg	7.092	0.160	6	A	1		6.028	16.382	
Pantothenic acid....mg	0.802	0.126	4	A	1		0.682	1.854	
Vitamin B-6....mg	0.553	0.060	4	A	1		0.470	1.278	
Folate, total....µg	1	1.054	3	A	1		1	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1	1.054	3	A	1		1	3	
Folate, DFE....µg	1		0	NC	4		1	3	
Choline, total....mg	71.9	4.059	4	AS	1		61.1	166.0	
Betaine....mg	6.3	2.014	4	A	1		5.3	14.5	
Vitamin B-12....µg	0.64	0.092	4	A	1		0.55	1.49	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Retinol....µg	0		0	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		0	BFYN	4		0.07	0.18	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....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									

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
Lipids:									
Fatty acids, total saturated....g	1.187		0	NC	4		1.009	2.742	
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	0.041	0.003	4	A	1		0.035	0.094	
15:0....g	0.000	0.000	4	A	1		0.000	0.000	
16:0....g	0.768	0.045	4	A	1		0.653	1.775	
17:0....g	0.009	0.002	4	A	1		0.008	0.021	
18:0....g	0.369	0.024	4	A	1		0.314	0.852	
20:0....g	0.000	0.000	4	A	1		0.000	0.000	
22:0....g	0.000	0.000	4	A	1		0.000	0.000	
24:0....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	1.688		0	NC	4		1.434	3.898	
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	0.110	0.008	4	A	1		0.093	0.254	
17:1....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated....g	1.556	0.117	4	AS	1		1.322	3.593	
18:1 c....g	1.540	0.115	4	A	1		1.309	3.557	
18:1 t....g	0.016	0.002	4	A	1		0.013	0.036	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.022	0.002	4	A	1		0.019	0.051	
22:1 undifferentiated....g	0.000	0.000	4	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	4	A	1		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.509		0	NC	4		0.433	1.176	
18:2 undifferentiated....g	0.422	0.037	4	AS	1		0.358	0.974	
18:2 n-6 c,c....g	0.422	0.037	4	A	1		0.358	0.974	
18:2 CLAs....g									
18:2 t,t....g	0.000	0.000	4	A	1		0.000	0.000	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.013	0.001	4	AS	1		0.011	0.031	
18:3 n-3 c,c,c (ALA)....g	0.013	0.001	4	A	1		0.011	0.031	
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	0.014	0.001	4	A	1		0.012	0.033	
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	0.059	0.003	4	A	1		0.050	0.137	
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	0.016		0	NC	4		0.013	0.036	
Fatty acids, total trans-monoenoic....g	0.016		0	NC	4		0.013	0.036	
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	
Cholesterol....mg	63	0.686	12	A	1		53	145	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.258		0	A	1		0.219	0.595	
Threonine....g	0.952		0	A	1		0.809	2.198	
Isoleucine....g	1.025		0	A	1		0.871	2.367	
Leucine....g	1.781		0	A	1		1.514	4.114	

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
Lysine....g	1.924		0	A	1		1.636	4.445	
Methionine....g	0.593		0	A	1		0.504	1.370	
Cystine....g	0.244		0	A	1		0.207	0.564	
Phenylalanine....g	0.899		0	A	1		0.764	2.077	
Tyrosine....g	0.857		0	A	1		0.729	1.980	
Valine....g	1.094		0	A	1		0.930	2.528	
Arginine....g	1.394		0	A	1		1.185	3.221	
Histidine....g	0.880		0	A	1		0.748	2.033	
Alanine....g	1.239		0	A	1		1.053	2.863	
Aspartic acid....g	2.024		0	A	1		1.720	4.676	
Glutamic acid....g	3.306		0	A	1		2.810	7.636	
Glycine....g	0.978		0	A	1		0.831	2.259	
Proline....g	0.875		0	A	1		0.744	2.021	
Serine....g	0.904		0	A	1		0.768	2.087	
Hydroxyproline....g	0.075		0	A	1		0.064	0.174	
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 = 85g: 3 oz

Measure 2 = 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 27 (2014)

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		56.95	408.00	
Energy....kcal	156		0	NC	4		133	950	
Energy....kJ	652		0	NC	4		554	3973	
Protein (N x 6.25)....g	31.11	0.330	12	A	1		26.44	189.44	
Total lipid (fat)....g	2.56	0.166	12	A	1		2.18	15.59	
Ash....g	1.14	0.028	12	A	1		0.97	6.93	
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	5	0.140	6	A	1		4	31	
Iron, Fe....mg	1.06	0.045	6	A	1		0.90	6.45	
Magnesium, Mg....mg	25	0.219	6	A	1		22	155	
Phosphorus, P....mg	237	3.502	6	A	1		201	1443	
Potassium, K....mg	363	6.642	6	A	1		308	2209	
Sodium, Na....mg	43	1.325	6	A	1		36	259	
Zinc, Zn....mg	2.86	0.105	6	A	1		2.43	17.40	
Copper, Cu....mg	0.068	0.010	6	A	1		0.058	0.412	
Manganese, Mn....mg	0.009	0.000	6	A	1		0.008	0.055	
Selenium, Se....µg	37.7	7.088	6	A	1		32.1	229.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.603	0.055	6	A	1		0.512	3.670	
Riboflavin....mg	0.510	0.055	6	A	1		0.433	3.106	
Niacin....mg	7.685	0.512	6	A	1		6.532	46.802	
Pantothenic acid....mg	0.802	0.106	4	A	1		0.682	4.887	
Vitamin B-6....mg	0.491	0.062	4	A	1		0.418	2.993	
Folate, total....µg	1	0.833	3	A	1		1	5	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1	0.833	3	A	1		1	5	
Folate, DFE....µg	1		0	NC	4		1	5	
Choline, total....mg	106.6	2.029	4	AS	1		90.6	649.4	
Betaine....mg	6.3	1.925	4	A	1		5.3	38.2	
Vitamin B-12....µg	0.58	0.120	4	A	1		0.49	3.53	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	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	BFPN	4		0.10	0.69	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....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									

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
Lipids:									
Fatty acids, total saturated....g	0.791		0	NC	4		0.672	4.818	
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	0.023	0.002	4	A	1		0.020	0.143	
15:0....g	0.000	0.000	4	A	1		0.000	0.000	
16:0....g	0.501	0.034	4	A	1		0.426	3.052	
17:0....g	0.007	0.001	4	A	1		0.006	0.044	
18:0....g	0.259	0.016	4	A	1		0.220	1.579	
20:0....g	0.000	0.000	4	A	1		0.000	0.000	
22:0....g	0.000	0.000	4	A	1		0.000	0.000	
24:0....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	1.022		0	NC	4		0.869	6.226	
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	0.070	0.008	4	A	1		0.060	0.428	
17:1....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated....g	0.939	0.097	4	AS	1		0.798	5.718	
18:1 c....g	0.926	0.096	4	A	1		0.787	5.642	
18:1 t....g	0.012	0.002	4	A	1		0.011	0.076	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.013	0.001	4	A	1		0.011	0.081	
22:1 undifferentiated....g	0.000	0.000	4	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	4	A	1		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.474		0	NC	4		0.403	2.884	
18:2 undifferentiated....g	0.384	0.020	4	AS	1		0.327	2.341	
18:2 n-6 c,c....g	0.384	0.020	4	A	1		0.327	2.341	
18:2 CLAs....g									
18:2 t,t....g	0.000	0.000	4	A	1		0.000	0.000	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.009	0.001	4	AS	1		0.008	0.056	
18:3 n-3 c,c,c (ALA)....g	0.009	0.001	4	A	1		0.008	0.056	
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	0.012	0.001	4	A	1		0.010	0.071	
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	0.068	0.004	4	A	1		0.058	0.415	
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	0.012		0	NC	4		0.011	0.076	
Fatty acids, total trans-monoenoic....g	0.012		0	NC	4		0.011	0.076	
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	
Cholesterol....mg	84	1.125	12	A	1		72	514	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.370		0	A	1		0.315	2.255	
Threonine....g	1.368		0	A	1		1.163	8.331	
Isoleucine....g	1.473		0	A	1		1.252	8.970	
Leucine....g	2.560		0	A	1		2.176	15.592	

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
Lysine....g	2.767		0	A	1		2.352	16.848	
Methionine....g	0.853		0	A	1		0.725	5.193	
Cystine....g	0.351		0	A	1		0.298	2.136	
Phenylalanine....g	1.292		0	A	1		1.099	7.871	
Tyrosine....g	1.232		0	A	1		1.048	7.506	
Valine....g	1.573		0	A	1		1.337	9.582	
Arginine....g	2.004		0	A	1		1.704	12.207	
Histidine....g	1.265		0	A	1		1.076	7.706	
Alanine....g	1.782		0	A	1		1.514	10.851	
Aspartic acid....g	2.910		0	A	1		2.473	17.720	
Glutamic acid....g	4.752		0	A	1		4.039	28.940	
Glycine....g	1.406		0	A	1		1.195	8.562	
Proline....g	1.258		0	A	1		1.069	7.660	
Serine....g	1.299		0	A	1		1.104	7.911	
Hydroxyproline....g	0.109		0	A	1		0.092	0.661	
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 = 85g: 3 oz

Measure 2 = 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 27 (2014)

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		64.50	580.48	
Energy....kcal	113		0	NC	4		96	866	
Energy....kJ	474		0	NC	4		403	3623	
Protein (N x 6.25)....g	22.88	0.210	12	A	1		19.45	175.06	
Total lipid (fat)....g	1.71	0.158	12	A	1		1.46	13.12	
Ash....g	1.11	0.017	12	A	1		0.95	8.52	
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	5	0.237	6	A	1		4	37	
Iron, Fe....mg	0.80	0.097	6	A	1		0.68	6.13	
Magnesium, Mg....mg	25	0.430	6	A	1		21	188	
Phosphorus, P....mg	232	2.335	6	A	1		197	1771	
Potassium, K....mg	399	3.242	6	A	1		339	3050	
Sodium, Na....mg	50	2.039	6	A	1		42	381	
Zinc, Zn....mg	2.05	0.139	6	A	1		1.74	15.66	
Copper, Cu....mg	0.067	0.008	6	A	1		0.057	0.515	
Manganese, Mn....mg	0.009	0.002	6	A	1		0.007	0.067	
Selenium, Se....µg	26.4	5.108	6	A	1		22.5	202.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.654	0.057	6	A	1		0.556	5.004	
Riboflavin....mg	0.357	0.049	6	A	1		0.303	2.728	
Niacin....mg	7.183	0.762	6	A	1		6.106	54.952	
Pantothenic acid....mg	0.900	0.171	4	A	1		0.765	6.884	
Vitamin B-6....mg	0.689	0.048	4	A	1		0.586	5.273	
Folate, total....µg	0	0.375	4	A	1		0	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0	0.375	4	A	1		0	3	
Folate, DFE....µg	0		0	NC	4		0	3	
Choline, total....mg	79.9	2.836	4	AS	1		67.9	611.5	
Betaine....mg	6.7	1.644	4	A	1		5.7	51.5	
Vitamin B-12....µg	0.53	0.115	4	A	1		0.45	4.05	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Retinol....µg	0		0	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		0	BFYN	4		0.07	0.60	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....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									

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
Lipids:									
Fatty acids, total saturated....g	0.524		0	NC	4		0.445	4.008	
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	0.016	0.002	4	A	1		0.014	0.122	
15:0....g	0.000	0.000	4	A	1		0.000	0.000	
16:0....g	0.332	0.041	4	A	1		0.282	2.541	
17:0....g	0.005	0.000	4	A	1		0.004	0.039	
18:0....g	0.171	0.019	4	A	1		0.145	1.306	
20:0....g	0.000	0.000	4	A	1		0.000	0.000	
22:0....g	0.000	0.000	4	A	1		0.000	0.000	
24:0....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.687		0	NC	4		0.584	5.255	
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	0.046	0.008	4	A	1		0.039	0.350	
17:1....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated....g	0.632	0.094	4	AS	1		0.537	4.837	
18:1 c....g	0.623	0.093	4	A	1		0.530	4.769	
18:1 t....g	0.009	0.002	4	A	1		0.007	0.067	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.009	0.001	4	A	1		0.008	0.069	
22:1 undifferentiated....g	0.000	0.000	4	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	4	A	1		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.323		0	NC	4		0.275	2.471	
18:2 undifferentiated....g	0.257	0.010	4	AS	1		0.219	1.969	
18:2 n-6 c,c....g	0.257	0.010	4	A	1		0.219	1.969	
18:2 CLAs....g									
18:2 t,t....g	0.000	0.000	4	A	1		0.000	0.000	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.006	0.001	4	AS	1		0.005	0.048	
18:3 n-3 c,c,c (ALA)....g	0.006	0.001	4	A	1		0.005	0.048	
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	0.007	0.001	4	A	1		0.006	0.054	
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	0.005	4	A	1		0.044	0.399	
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	0.009		0	NC	4		0.007	0.067	
Fatty acids, total trans-monoenoic....g	0.009		0	NC	4		0.007	0.067	
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	
Cholesterol....mg	62	1.433	12	A	1		53	477	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.272		0	A	1		0.232	2.084	
Threonine....g	1.006		0	A	1		0.855	7.699	
Isoleucine....g	1.084		0	A	1		0.921	8.289	
Leucine....g	1.883		0	A	1		1.601	14.409	

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
Lysine....g	2.035		0	A	1		1.730	15.569	
Methionine....g	0.627		0	A	1		0.533	4.798	
Cystine....g	0.258		0	A	1		0.219	1.974	
Phenylalanine....g	0.951		0	A	1		0.808	7.274	
Tyrosine....g	0.907		0	A	1		0.771	6.936	
Valine....g	1.157		0	A	1		0.984	8.855	
Arginine....g	1.475		0	A	1		1.253	11.280	
Histidine....g	0.931		0	A	1		0.791	7.121	
Alanine....g	1.311		0	A	1		1.114	10.027	
Aspartic acid....g	2.141		0	A	1		1.819	16.375	
Glutamic acid....g	3.496		0	A	1		2.972	26.744	
Glycine....g	1.034		0	A	1		0.879	7.912	
Proline....g	0.925		0	A	1		0.786	7.078	
Serine....g	0.956		0	A	1		0.812	7.311	
Hydroxyproline....g	0.080		0	A	1		0.068	0.611	
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 = 85g: 3 oz

Measure 2 = 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 27 (2014)

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		57.17	250.86	
Energy....kcal	162		0	NC	4		138	604	
Energy....kJ	678		0	NC	4		576	2529	
Protein (N x 6.25)....g	28.47	0.318	12	A	1		24.20	106.18	
Total lipid (fat)....g	4.49	0.578	12	A	1		3.81	16.73	
Ash....g	1.13	0.012	12	A	1		0.96	4.22	
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	7	0.559	6	A	1		6	26	
Iron, Fe....mg	0.92	0.034	6	A	1		0.78	3.42	
Magnesium, Mg....mg	26	0.584	6	A	1		22	98	
Phosphorus, P....mg	240	3.572	6	A	1		204	896	
Potassium, K....mg	364	3.979	6	A	1		309	1357	
Sodium, Na....mg	54	3.919	6	A	1		46	203	
Zinc, Zn....mg	2.43	0.094	6	A	1		2.07	9.07	
Copper, Cu....mg	0.070	0.011	6	A	1		0.059	0.260	
Manganese, Mn....mg	0.012	0.001	6	A	1		0.010	0.043	
Selenium, Se....µg	33.7	6.648	6	A	1		28.6	125.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.542	0.068	6	A	1		0.460	2.020	
Riboflavin....mg	0.432	0.031	6	A	1		0.367	1.610	
Niacin....mg	10.412	0.500	6	A	1		8.850	38.835	
Pantothenic acid....mg	0.720	0.070	4	A	1		0.612	2.685	
Vitamin B-6....mg	0.541	0.065	4	A	1		0.460	2.017	
Folate, total....µg	2	0.574	4	A	1		2	7	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2	0.574	4	A	1		2	7	
Folate, DFE....µg	2		0	NC	4		2	7	
Choline, total....mg	99.0	2.283	4	AS	1		84.2	369.4	
Betaine....mg	4.0	1.233	4	A	1		3.4	14.9	
Vitamin B-12....µg	0.61	0.074	4	A	1		0.52	2.28	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Retinol....µg	0		0	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	0.10		0	BFPN	4		0.09	0.39	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....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									

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
Lipids:									
Fatty acids, total saturated....g	1.325		0	NC	4		1.126	4.941	
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		0.001	0.007	
12:0....g	0.000	0.000	4	A	1		0.000	0.000	
13:0....g									
14:0....g	0.044	0.004	4	A	1		0.037	0.164	
15:0....g	0.000	0.000	4	A	1		0.000	0.000	
16:0....g	0.836	0.106	4	A	1		0.711	3.118	
17:0....g	0.012	0.002	4	A	1		0.010	0.043	
18:0....g	0.429	0.051	4	A	1		0.365	1.601	
20:0....g	0.002	0.002	4	A	1		0.002	0.008	
22:0....g	0.000	0.000	4	A	1		0.000	0.000	
24:0....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	1.802		0	NC	4		1.532	6.722	
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	0.120	0.019	4	A	1		0.102	0.448	
17:1....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated....g	1.660	0.265	4	AS	1		1.411	6.190	
18:1 c....g	1.641	0.262	4	A	1		1.395	6.123	
18:1 t....g	0.018	0.004	4	A	1		0.015	0.068	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.022	0.003	4	A	1		0.019	0.084	
22:1 undifferentiated....g	0.000	0.000	4	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	4	A	1		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.578		0	NC	4		0.491	2.154	
18:2 undifferentiated....g	0.486	0.036	4	AS	1		0.413	1.811	
18:2 n-6 c,c....g	0.483	0.034	4	A	1		0.411	1.803	
18:2 CLAs....g									
18:2 t,t....g	0.002	0.002	4	A	1		0.002	0.008	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.014	0.002	4	AS	1		0.012	0.051	
18:3 n-3 c,c,c (ALA)....g	0.014	0.002	4	A	1		0.012	0.051	
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	0.015	0.001	4	A	1		0.013	0.057	
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	0.063	0.004	4	A	1		0.053	0.235	
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		0.017	0.076	
Fatty acids, total trans-monoenoic....g	0.018		0	NC	4		0.015	0.068	
Fatty acids, total trans-polyenoic....g	0.002		0	NC	4		0.002	0.008	
Cholesterol....mg	78	0.886	12	A	1		67	292	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.339		0	A	1		0.288	1.264	
Threonine....g	1.252		0	A	1		1.064	4.670	
Isoleucine....g	1.348		0	A	1		1.146	5.028	
Leucine....g	2.343		0	A	1		1.992	8.740	

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
Lysine....g	2.532		0	A	1		2.152	9.444	
Methionine....g	0.780		0	A	1		0.663	2.910	
Cystine....g	0.321		0	A	1		0.273	1.197	
Phenylalanine....g	1.183		0	A	1		1.005	4.412	
Tyrosine....g	1.128		0	A	1		0.959	4.207	
Valine....g	1.440		0	A	1		1.224	5.371	
Arginine....g	1.834		0	A	1		1.559	6.842	
Histidine....g	1.158		0	A	1		0.984	4.319	
Alanine....g	1.631		0	A	1		1.386	6.082	
Aspartic acid....g	2.663		0	A	1		2.263	9.933	
Glutamic acid....g	4.349		0	A	1		3.697	16.221	
Glycine....g	1.287		0	A	1		1.094	4.799	
Proline....g	1.151		0	A	1		0.978	4.293	
Serine....g	1.189		0	A	1		1.011	4.434	
Hydroxyproline....g	0.099		0	A	1		0.084	0.371	
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 = 85g: 3 oz

Measure 2 = 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 27 (2014)

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		63.21	319.78	
Energy....kcal	127		0	NC	4		108	546	
Energy....kJ	531		0	NC	4		452	2284	
Protein (N x 6.25)....g	22.54	0.344	12	A	1		19.16	96.94	
Total lipid (fat)....g	3.40	0.353	12	A	1		2.89	14.63	
Ash....g	1.07	0.022	12	A	1		0.91	4.61	
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	7	0.803	6	A	1		6	28	
Iron, Fe....mg	0.89	0.075	6	A	1		0.76	3.83	
Magnesium, Mg....mg	26	0.530	6	A	1		22	111	
Phosphorus, P....mg	229	2.097	6	A	1		195	986	
Potassium, K....mg	378	7.198	6	A	1		321	1624	
Sodium, Na....mg	54	2.230	6	A	1		46	234	
Zinc, Zn....mg	1.95	0.116	6	A	1		1.66	8.38	
Copper, Cu....mg	0.076	0.006	6	A	1		0.064	0.325	
Manganese, Mn....mg	0.014	0.002	6	A	1		0.012	0.059	
Selenium, Se....µg	25.8	4.900	6	A	1		21.9	110.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.645	0.061	6	A	1		0.548	2.773	
Riboflavin....mg	0.465	0.070	6	A	1		0.395	1.999	
Niacin....mg	9.602	0.480	6	A	1		8.161	41.287	
Pantothenic acid....mg	0.982	0.213	4	A	1		0.835	4.225	
Vitamin B-6....mg	0.722	0.086	4	A	1		0.614	3.105	
Folate, total....µg	0	0.300	4	A	1		0	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0	0.300	4	A	1		0	1	
Folate, DFE....µg	0		0	NC	4		0	1	
Choline, total....mg	88.9	9.576	4	AS	1		75.5	382.1	
Betaine....mg	4.8	1.913	4	A	1		4.0	20.5	
Vitamin B-12....µg	0.87	0.255	4	A	1		0.74	3.74	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Retinol....µg	0		0	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		0	BFYN	4		0.07	0.34	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....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									

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
Lipids:									
Fatty acids, total saturated....g	1.074		0	NC	4		0.912	4.616	
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	0.037	0.006	4	A	1		0.031	0.159	
15:0....g	0.000	0.000	4	A	1		0.000	0.000	
16:0....g	0.680	0.106	4	A	1		0.578	2.923	
17:0....g	0.008	0.000	4	A	1		0.007	0.036	
18:0....g	0.348	0.047	4	A	1		0.296	1.498	
20:0....g	0.000	0.000	4	A	1		0.000	0.000	
22:0....g	0.000	0.000	4	A	1		0.000	0.000	
24:0....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	1.473		0	NC	4		1.252	6.333	
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	0.096	0.017	4	A	1		0.081	0.411	
17:1....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated....g	1.359	0.226	4	AS	1		1.155	5.843	
18:1 c....g	1.344	0.227	4	A	1		1.142	5.778	
18:1 t....g	0.015	0.001	4	A	1		0.013	0.065	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.018	0.003	4	A	1		0.015	0.078	
22:1 undifferentiated....g	0.000	0.000	4	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	4	A	1		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.488		0	NC	4		0.415	2.100	
18:2 undifferentiated....g	0.406	0.042	4	AS	1		0.345	1.746	
18:2 n-6 c,c....g	0.406	0.042	4	A	1		0.345	1.746	
18:2 CLAs....g									
18:2 t,t....g	0.000	0.000	4	A	1		0.000	0.000	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.012	0.002	4	AS	1		0.010	0.053	
18:3 n-3 c,c,c (ALA)....g	0.012	0.002	4	A	1		0.010	0.053	
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	0.013	0.002	4	A	1		0.011	0.055	
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	0.005	4	A	1		0.049	0.247	
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	0.015		0	NC	4		0.013	0.065	
Fatty acids, total trans-monoenoic....g	0.015		0	NC	4		0.013	0.065	
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	
Cholesterol....mg	60	1.225	12	A	1		51	258	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.268		0	A	1		0.228	1.154	
Threonine....g	0.991		0	A	1		0.843	4.263	
Isoleucine....g	1.068		0	A	1		0.907	4.590	
Leucine....g	1.856		0	A	1		1.577	7.979	

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
Lysine....g	2.005		0	A	1		1.704	8.622	
Methionine....g	0.618		0	A	1		0.525	2.657	
Cystine....g	0.254		0	A	1		0.216	1.093	
Phenylalanine....g	0.937		0	A	1		0.796	4.028	
Tyrosine....g	0.893		0	A	1		0.759	3.841	
Valine....g	1.140		0	A	1		0.969	4.903	
Arginine....g	1.453		0	A	1		1.235	6.247	
Histidine....g	0.917		0	A	1		0.779	3.943	
Alanine....g	1.291		0	A	1		1.098	5.553	
Aspartic acid....g	2.109		0	A	1		1.793	9.068	
Glutamic acid....g	3.444		0	A	1		2.927	14.810	
Glycine....g	1.019		0	A	1		0.866	4.381	
Proline....g	0.912		0	A	1		0.775	3.920	
Serine....g	0.942		0	A	1		0.800	4.049	
Hydroxyproline....g	0.079		0	A	1		0.067	0.338	
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 = 85g: 3 oz

Measure 2 = 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....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									

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
Lipids:									
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 t....g	0.014	0.003	4	A	1		0.015		
18:1-11 t (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 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-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g	0.014		0	NC	4		0.015		
Fatty acids, total trans-monoenoic....g	0.014		0	NC	4		0.015		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	66	0.756	12	A	1		70		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.258		0	A	1		0.271		
Threonine....g	0.952		0	A	1		1.000		
Isoleucine....g	1.025		0	A	1		1.077		
Leucine....g	1.782		0	A	1		1.871		

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
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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 10864
Pork, bacon, rendered 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
Lipids:									
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 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-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:

Measure 1 = 85g: 3 oz

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

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.52	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....µg	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....µg	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		
Tocotrienol, alpha....mg	0.03		4	A	1		0.00		
Tocotrienol, beta....mg	0.00		2	A	1		0.00		
Tocotrienol, gamma....mg	0.00		2	A	1		0.00		
Tocotrienol, delta....mg	0.00	0.000	8	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		

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
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	14.187		0	NC	4		1.149		
4:0....g	0.000	0.000	4	Z	7		0.000		
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 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-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 27 (2014)

NDB No. 43378

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.32	0.355	8	A	1		0.99		
Energy....kcal	541		0	NC	4		43		
Energy....kJ	2262		0	NC	4		181		
Protein (N x 6.25)....g	37.04	0.995	8	A	1		2.96		
Total lipid (fat)....g	41.78	0.957	8	A	1		3.34		
Ash....g	7.43	0.162	8	A	1		0.59		
Carbohydrate, by difference....g	1.43		0	NC	4		0.11		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.378	8	A	1		1		
Iron, Fe....mg	1.44	0.086	8	A	1		0.11		
Magnesium, Mg....mg	33	1.331	8	A	1		3		
Phosphorus, P....mg	533	11.848	8	A	1		43		
Potassium, K....mg	565	14.871	8	A	1		45		
Sodium, Na....mg	1030		0	BFZN	4		82		
Zinc, Zn....mg	3.50	0.086	8	A	1		0.28		
Copper, Cu....mg	0.164	0.011	8	A	1		0.013		
Manganese, Mn....mg	0.022	0.000	8	A	1		0.002		
Selenium, Se....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....µg	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....µg	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		
Tocotrienol, alpha....mg	0.03		8	A	1		0.00		
Tocotrienol, beta....mg	0.00		2	A	1		0.00		
Tocotrienol, gamma....mg	0.00		2	A	1		0.00		
Tocotrienol, 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		

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
Dihydrophylloquinone....µg	0.0	0.000	8	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
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 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-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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	20.38	0.560	18	A	1		1.85	5.71	
Energy....kcal	476		0	NC	4		43	133	
Energy....kJ	1992		0	NC	4		181	558	
Protein (N x 6.25)....g	39.01	0.501	18	A	1		3.55	10.92	
Total lipid (fat)....g	34.12	0.611	18	A	1		3.11	9.55	
Ash....g	6.01	0.084	18	A	1		0.55	1.68	
Carbohydrate, by difference....g	0.48		0	NC	4		0.04	0.13	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	13	0.322	18	A	1		1	4	
Iron, Fe....mg	1.14	0.027	18	A	1		0.10	0.32	
Magnesium, Mg....mg	34	0.463	18	A	1		3	9	
Phosphorus, P....mg	389	5.774	18	A	1		35	109	
Potassium, K....mg	525	6.762	18	A	1		48	147	
Sodium, Na....mg	1783	27.993	18	A	1		162	499	
Zinc, Zn....mg	3.51	0.094	18	A	1		0.32	0.98	
Copper, Cu....mg	0.117	0.002	18	A	1		0.011	0.033	
Manganese, Mn....mg	0.023	0.001	18	A	1		0.002	0.006	
Selenium, Se....µg	65.1	3.848	9	A	1		5.9	18.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.554	0.022	9	A	1		0.050	0.155	
Riboflavin....mg	0.257	0.008	9	A	1		0.023	0.072	
Niacin....mg	10.714	0.282	9	A	1		0.975	3.000	
Pantothenic acid....mg	1.167	0.071	6	A	1		0.106	0.327	
Vitamin B-6....mg	0.513	0.024	9	A	1		0.047	0.144	
Folate, total....µg									
Folic acid....µg	0		0	NR	4		0	0	
Folate, food....µg									
Folate, DFE....µg									
Choline, total....mg	107.2		0	AS	1		9.8	30.0	
Betaine....mg	8.4		1	A	1		0.8	2.4	
Vitamin B-12....µg	1.00	0.030	9	A	1		0.09	0.28	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg									
Retinol....µg									
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									
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.48		3	A	1		0.04	0.13	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.68		3	A	1		0.06	0.19	
Tocopherol, gamma....mg	0.22		3	A	1		0.02	0.06	
Tocopherol, delta....mg	0.00		3	A	1		0.00	0.00	
Tocotrienol, alpha....mg	0.03		3	A	1		0.00	0.01	
Tocotrienol, beta....mg	0.01		3	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.04		3	A	1		0.00	0.01	
Tocotrienol, delta....mg	0.00		3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									

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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	11.644		0	NC	4		1.060	3.260	
4:0....g	0.000	0.000	9	A	1		0.000	0.000	
6:0....g	0.000	0.000	9	A	1		0.000	0.000	
8:0....g	0.000	0.000	9	A	1		0.000	0.000	
10:0....g	0.000	0.000	9	A	1		0.000	0.000	
12:0....g	0.000	0.000	9	A	1		0.000	0.000	
13:0....g									
14:0....g	0.430	0.014	9	A	1		0.039	0.120	
15:0....g	0.016	0.001	9	A	1		0.001	0.004	
16:0....g	7.446	0.173	9	A	1		0.678	2.085	
17:0....g	0.090	0.003	9	A	1		0.008	0.025	
18:0....g	3.580	0.070	9	A	1		0.326	1.002	
20:0....g	0.068	0.002	9	A	1		0.006	0.019	
22:0....g	0.013	0.001	9	A	1		0.001	0.004	
24:0....g	0.002	0.000	9	A	1		0.000	0.001	
Fatty acids, total monounsaturated....g	15.235		0	NC	4		1.386	4.266	
14:1....g	0.006	0.000	9	A	1		0.001	0.002	
15:1....g	0.000	0.000	9	A	1		0.000	0.000	
16:1 undifferentiated....g	0.765	0.026	9	AS	1		0.070	0.214	
16:1 c....g	0.760	0.026	9	A	1		0.069	0.213	
16:1 t....g	0.005	0.000	9	A	1		0.000	0.002	
17:1....g	0.094	0.002	9	A	1		0.009	0.026	
18:1 undifferentiated....g	14.073	0.315	9	AS	1		1.281	3.940	
18:1 c....g	13.990	0.316	9	A	1		1.273	3.917	
18:1 t....g	0.083	0.002	9	A	1		0.008	0.023	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.292	0.012	9	A	1		0.027	0.082	
22:1 undifferentiated....g	0.006	0.000	9	AS	1		0.001	0.002	
22:1 c....g	0.006	0.000	9	A	1		0.001	0.002	
22:1 t....g	0.000	0.000	9	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	9	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	5.602		0	NC	4		0.510	1.568	
18:2 undifferentiated....g	4.858	0.181	9	AS	1		0.442	1.360	
18:2 n-6 c,c....g	4.787	0.179	9	A	1		0.436	1.340	
18:2 CLAs....g	0.041	0.003	9	A	1		0.004	0.011	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.031	0.002	9	A	1		0.003	0.009	
18:3 undifferentiated....g	0.204	0.015	9	AS	1		0.019	0.057	
18:3 n-3 c,c,c (ALA)....g	0.199	0.015	9	A	1		0.018	0.056	
18:3 n-6 c,c,c....g	0.005	0.000	9	A	1		0.000	0.001	
18:3i....g									
18:4....g	0.000	0.000	9	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.212	0.007	9	A	1		0.019	0.059	
20:3 undifferentiated....g	0.071	0.003	9	AS	1		0.006	0.020	
20:3 n-3....g	0.031	0.003	9	A	1		0.003	0.009	
20:3 n-6....g	0.040	0.000	9	A	1		0.004	0.011	
20:4 undifferentiated....g	0.168	0.003	9	A	1		0.015	0.047	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005	0.001	9	A	1		0.000	0.001	
21:5....g									
22:4....g	0.048	0.001	9	A	1		0.004	0.014	
22:5 n-3 (DPA)....g	0.024	0.002	9	A	1		0.002	0.007	
22:6 n-3 (DHA)....g	0.007	0.001	9	A	1		0.001	0.002	
Fatty acids, total trans....g	0.119		0	NC	4		0.011	0.033	
Fatty acids, total trans-monoenoic....g	0.089		0	NC	4		0.008	0.025	
Fatty acids, total trans-polyenoic....g	0.031		0	NC	4		0.003	0.009	
Cholesterol....mg	111	1.879	18	A	1		10	31	
Phytosterols....mg									
Amino Acids:									

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
Tryptophan....g	0.464		0	A	1		0.042	0.130	
Threonine....g	1.716		0	A	1		0.156	0.480	
Isoleucine....g	1.847		0	A	1		0.168	0.517	
Leucine....g	3.211		0	A	1		0.292	0.899	
Lysine....g	3.470		0	A	1		0.316	0.971	
Methionine....g	1.069		0	A	1		0.097	0.299	
Cystine....g	0.440		0	A	1		0.040	0.123	
Phenylalanine....g	1.621		0	A	1		0.148	0.454	
Tyrosine....g	1.546		0	A	1		0.141	0.433	
Valine....g	1.973		0	A	1		0.180	0.553	
Arginine....g	2.514		0	A	1		0.229	0.704	
Histidine....g	1.587		0	A	1		0.144	0.444	
Alanine....g	2.235		0	A	1		0.203	0.626	
Aspartic acid....g	3.649		0	A	1		0.332	1.022	
Glutamic acid....g	5.960		0	A	1		0.542	1.669	
Glycine....g	1.763		0	A	1		0.160	0.494	
Proline....g	1.577		0	A	1		0.144	0.442	
Serine....g	1.629		0	A	1		0.148	0.456	
Hydroxyproline....g	0.136		0	BFPN	4		0.012	0.038	
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 = 9.1g: 1 slice cooked

Measure 2 = 28g: 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 27 (2014)

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

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	23.65	0.952	18	A	1		2.72		
Energy....kcal	468		0	NC	4		54		
Energy....kJ	1958		0	NC	4		225		
Protein (N x 6.25)....g	33.92	0.549	18	A	1		3.90		
Total lipid (fat)....g	35.09	0.983	18	A	1		4.04		
Ash....g	5.64	0.116	18	A	1		0.65		
Carbohydrate, by difference....g	1.70		0	NC	4		0.20		
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	0.383	18	A	1		1		
Iron, Fe....mg	0.95	0.019	18	A	1		0.11		
Magnesium, Mg....mg	31	0.716	18	A	1		4		
Phosphorus, P....mg	388	4.124	18	A	1		45		
Potassium, K....mg	499	9.686	18	A	1		57		
Sodium, Na....mg	1684	34.104	18	A	1		194		
Zinc, Zn....mg	3.06	0.054	18	A	1		0.35		
Copper, Cu....mg	0.105	0.002	18	A	1		0.012		
Manganese, Mn....mg	0.022	0.000	18	A	1		0.003		
Selenium, Se....µg	50.7	2.298	9	A	1		5.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.560	0.027	9	A	1		0.064		
Riboflavin....mg	0.232	0.007	9	A	1		0.027		
Niacin....mg	10.457	0.464	9	A	1		1.203		
Pantothenic acid....mg	1.100	0.045	6	A	1		0.126		
Vitamin B-6....mg	0.535	0.016	9	A	1		0.062		
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....µg	0		0	NC	4		0		
Choline, total....mg	89.5		0	AS	1		10.3		
Betaine....mg	8.1		1	A	1		0.9		
Vitamin B-12....µg	1.09	0.162	9	A	1		0.13		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	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		4		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.42		3	A	1		0.05		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	1.17		3	A	1		0.13		
Tocopherol, gamma....mg	0.52		3	A	1		0.06		
Tocopherol, delta....mg	0.00		3	A	1		0.00		
Tocotrienol, alpha....mg	0.05		3	A	1		0.01		
Tocotrienol, beta....mg	0.01		3	A	1		0.00		
Tocotrienol, gamma....mg	0.05		3	A	1		0.01		
Tocotrienol, delta....mg	0.00		3	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.4		1	AS	1		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.4		1	A	1		0.0		
Vitamin D....IU	17		1	A	1		2		
Vitamin K (phylloquinone)....µg	0.0	0.025	4	A	1		0.0		

NDB No. 10862
Pork, cured, bacon, pre-sliced, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	11.964		0	NC	4		1.376		
4:0....g	0.000	0.000	9	A	1		0.000		
6:0....g	0.000	0.000	9	A	1		0.000		
8:0....g	0.000	0.000	9	A	1		0.000		
10:0....g	0.000	0.000	9	A	1		0.000		
12:0....g	0.000	0.000	9	A	1		0.000		
13:0....g									
14:0....g	0.441	0.025	9	A	1		0.051		
15:0....g	0.018	0.001	9	A	1		0.002		
16:0....g	7.635	0.363	9	A	1		0.878		
17:0....g	0.105	0.005	9	A	1		0.012		
18:0....g	3.679	0.104	9	A	1		0.423		
20:0....g	0.070	0.002	9	A	1		0.008		
22:0....g	0.014	0.001	9	A	1		0.002		
24:0....g	0.002	0.000	9	A	1		0.000		
Fatty acids, total monounsaturated....g	15.530		0	NC	4		1.786		
14:1....g	0.006	0.001	9	A	1		0.001		
15:1....g	0.000	0.000	9	A	1		0.000		
16:1 undifferentiated....g	0.778	0.055	9	AS	1		0.089		
16:1 c....g	0.772	0.054	9	A	1		0.089		
16:1 t....g	0.006	0.001	9	A	1		0.001		
17:1....g	0.105	0.004	9	A	1		0.012		
18:1 undifferentiated....g	14.342	0.681	9	AS	1		1.649		
18:1 c....g	14.237	0.677	9	A	1		1.637		
18:1 t....g	0.104	0.014	9	A	1		0.012		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.294	0.013	9	A	1		0.034		
22:1 undifferentiated....g	0.006	0.000	9	AS	1		0.001		
22:1 c....g	0.006	0.000	9	A	1		0.001		
22:1 t....g	0.000	0.000	9	A	1		0.000		
24:1 c....g	0.000	0.000	9	A	1		0.000		
Fatty acids, total polyunsaturated....g	6.112		0	NC	4		0.703		
18:2 undifferentiated....g	5.327	0.256	9	AS	1		0.613		
18:2 n-6 c,c....g	5.247	0.249	9	A	1		0.603		
18:2 CLAs....g	0.047	0.006	9	A	1		0.005		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.033	0.004	9	A	1		0.004		
18:3 undifferentiated....g	0.229	0.020	9	AS	1		0.026		
18:3 n-3 c,c,c (ALA)....g	0.223	0.020	9	A	1		0.026		
18:3 n-6 c,c,c....g	0.006	0.000	9	A	1		0.001		
18:3i....g									
18:4....g	0.000	0.000	9	A	1		0.000		
20:2 n-6 c,c....g	0.224	0.009	9	A	1		0.026		
20:3 undifferentiated....g	0.074	0.004	9	AS	1		0.009		
20:3 n-3....g	0.032	0.004	9	A	1		0.004		
20:3 n-6....g	0.042	0.001	9	A	1		0.005		
20:4 undifferentiated....g	0.168	0.003	9	A	1		0.019		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	9	A	1		0.000		
21:5....g									
22:4....g	0.049	0.001	9	A	1		0.006		
22:5 n-3 (DPA)....g	0.026	0.002	9	A	1		0.003		
22:6 n-3 (DHA)....g	0.008	0.001	9	A	1		0.001		
Fatty acids, total trans....g	0.144		0	NC	4		0.017		
Fatty acids, total trans-monoenoic....g	0.110		0	NC	4		0.013		
Fatty acids, total trans-polyenoic....g	0.033		0	NC	4		0.004		
Cholesterol....mg	99	1.964	18	A	1		11		
Phytosterols....mg									
Amino Acids:									

NDB No. 10862
Pork, cured, bacon, pre-sliced, 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
Tryptophan....g	0.407		0	A	1		0.047		
Threonine....g	1.504		0	A	1		0.173		
Isoleucine....g	1.619		0	A	1		0.186		
Leucine....g	2.814		0	A	1		0.324		
Lysine....g	3.041		0	A	1		0.350		
Methionine....g	0.937		0	A	1		0.108		
Cystine....g	0.385		0	A	1		0.044		
Phenylalanine....g	1.421		0	A	1		0.163		
Tyrosine....g	1.355		0	A	1		0.156		
Valine....g	1.729		0	A	1		0.199		
Arginine....g	2.203		0	A	1		0.253		
Histidine....g	1.391		0	A	1		0.160		
Alanine....g	1.958		0	A	1		0.225		
Aspartic acid....g	3.198		0	A	1		0.368		
Glutamic acid....g	5.223		0	A	1		0.601		
Glycine....g	1.545		0	A	1		0.178		
Proline....g	1.382		0	A	1		0.159		
Serine....g	1.428		0	A	1		0.164		
Hydroxyproline....g	0.119		0	BFPN	4		0.014		
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 = 11.5g: 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 27 (2014)

NDB No. 10123
Pork, cured, bacon, unprepared

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	44.24	0.938	18	A	1		12.39	195.56	
Energy....kcal	417		0	NC	4		117	1842	
Energy....kJ	1744		0	NC	4		488	7708	
Protein (N x 6.25)....g	12.62	0.247	18	A	1		3.53	55.79	
Total lipid (fat)....g	39.69	1.165	18	A	1		11.11	175.42	
Ash....g	2.17	0.047	18	A	1		0.61	9.59	
Carbohydrate, by difference....g	1.28		0	NC	4		0.36	5.64	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	1.00		1	A	1		0.28	4.42	
Sucrose....g	1.00		1	A	1		0.28	4.42	
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	5	0.124	18	A	1		1	22	
Iron, Fe....mg	0.41	0.013	18	A	1		0.11	1.81	
Magnesium, Mg....mg	12	0.282	18	A	1		3	54	
Phosphorus, P....mg	144	3.508	18	A	1		40	637	
Potassium, K....mg	198	3.973	18	A	1		55	874	
Sodium, Na....mg	662	15.870	18	A	1		185	2926	
Zinc, Zn....mg	1.18	0.032	18	A	1		0.33	5.21	
Copper, Cu....mg	0.042	0.001	18	A	1		0.012	0.185	
Manganese, Mn....mg	0.011	0.000	18	A	1		0.003	0.049	
Selenium, Se....µg	20.1	2.411	9	A	1		5.6	88.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.276	0.010	9	A	1		0.077	1.221	
Riboflavin....mg	0.081	0.005	9	A	1		0.023	0.358	
Niacin....mg	4.022	0.162	9	A	1		1.126	17.778	
Pantothenic acid....mg	0.555	0.047	6	A	1		0.155	2.453	
Vitamin B-6....mg	0.266	0.012	9	A	1		0.074	1.176	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	47.8		0	AS	1		13.4	211.3	
Betaine....mg	3.7		1	A	1		1.0	16.3	
Vitamin B-12....µg	0.50	0.025	9	A	1		0.14	2.23	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	11		0	AS	1		3	49	
Retinol....µg	11	0.000	4	A	1		3	49	
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	165	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.43		3	A	1		0.12	1.92	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	1.01		3	A	1		0.28	4.45	
Tocopherol, gamma....mg	0.65		3	A	1		0.18	2.89	
Tocopherol, delta....mg	0.01		3	A	1		0.00	0.05	
Tocotrienol, alpha....mg	0.03		3	A	1		0.01	0.13	
Tocotrienol, beta....mg	0.02		3	A	1		0.00	0.07	

NDB No. 10123
Pork, cured, bacon, unprepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.05		3	A	1		0.01	0.23	
Tocotrienol, delta....mg	0.00		3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.4		1	AS	1		0.1	1.7	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.4		1	A	1		0.1	1.7	
Vitamin D....IU	16		1	A	1		4	69	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	13.296		0	NC	4		3.723	58.766	
4:0....g	0.000	0.000	9	A	1		0.000	0.000	
6:0....g	0.000	0.000	9	A	1		0.000	0.000	
8:0....g	0.000	0.000	9	A	1		0.000	0.000	
10:0....g	0.000	0.000	9	A	1		0.000	0.000	
12:0....g	0.000	0.000	9	A	1		0.000	0.000	
13:0....g									
14:0....g	0.498	0.028	9	A	1		0.139	2.200	
15:0....g	0.018	0.001	9	A	1		0.005	0.081	
16:0....g	8.558	0.426	9	A	1		2.396	37.825	
17:0....g	0.110	0.007	9	A	1		0.031	0.485	
18:0....g	4.018	0.184	9	A	1		1.125	17.759	
20:0....g	0.079	0.006	9	A	1		0.022	0.348	
22:0....g	0.013	0.001	9	A	1		0.004	0.058	
24:0....g	0.002	0.000	9	A	1		0.001	0.010	
Fatty acids, total monounsaturated....g	17.439		0	NC	4		4.883	77.082	
14:1....g	0.007	0.001	9	A	1		0.002	0.030	
15:1....g	0.000	0.000	9	A	1		0.000	0.000	
16:1 undifferentiated....g	0.874	0.042	9	AS	1		0.245	3.865	
16:1 c....g	0.868	0.042	9	A	1		0.243	3.838	
16:1 t....g	0.006	0.001	9	A	1		0.002	0.027	
17:1....g	0.103	0.008	9	A	1		0.029	0.457	
18:1 undifferentiated....g	16.119	0.790	9	AS	1		4.513	71.245	
18:1 c....g	16.027	0.787	9	A	1		4.488	70.841	
18:1 t....g	0.091	0.006	9	A	1		0.026	0.404	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.330	0.018	9	A	1		0.092	1.459	
22:1 undifferentiated....g	0.006	0.001	9	AS	1		0.002	0.026	
22:1 c....g	0.006	0.001	9	A	1		0.002	0.026	
22:1 t....g	0.000	0.000	9	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	9	A	1		0.000	0.001	
Fatty acids, total polyunsaturated....g	6.454		0	NC	4		1.807	28.525	
18:2 undifferentiated....g	5.700	0.191	9	AS	1		1.596	25.193	
18:2 n-6 c,c....g	5.617	0.188	9	A	1		1.573	24.828	
18:2 CLAs....g	0.048	0.004	9	A	1		0.013	0.210	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.035	0.003	9	A	1		0.010	0.155	
18:3 undifferentiated....g	0.240	0.034	9	AS	1		0.067	1.060	
18:3 n-3 c,c,c (ALA)....g	0.234	0.033	9	A	1		0.065	1.034	
18:3 n-6 c,c,c....g	0.006	0.001	9	A	1		0.002	0.026	
18:3i....g									
18:4....g	0.000	0.000	9	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.246	0.010	9	A	1		0.069	1.085	
20:3 undifferentiated....g	0.070	0.006	9	AS	1		0.020	0.311	
20:3 n-3....g	0.032	0.005	9	A	1		0.009	0.143	
20:3 n-6....g	0.038	0.001	9	A	1		0.011	0.168	
20:4 undifferentiated....g	0.119	0.002	9	A	1		0.033	0.527	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.000	9	A	1		0.001	0.016	
21:5....g									
22:4....g	0.044	0.001	9	A	1		0.012	0.197	
22:5 n-3 (DPA)....g	0.022	0.002	9	A	1		0.006	0.095	

NDB No. 10123
Pork, cured, bacon, unprepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.005	0.001	9	A	1		0.001	0.023	
Fatty acids, total trans....g	0.133		0	NC	4		0.037	0.586	
Fatty acids, total trans-monoenoic....g	0.098		0	NC	4		0.027	0.431	
Fatty acids, total trans-polyenoic....g	0.035		0	NC	4		0.010	0.155	
Cholesterol....mg	66	1.592	18	A	1		18	291	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.150		0	A	1		0.042	0.664	
Threonine....g	0.555		0	A	1		0.155	2.453	
Isoleucine....g	0.598		0	A	1		0.167	2.642	
Leucine....g	1.039		0	A	1		0.291	4.592	
Lysine....g	1.123		0	A	1		0.314	4.962	
Methionine....g	0.346		0	A	1		0.097	1.529	
Cystine....g	0.142		0	A	1		0.040	0.629	
Phenylalanine....g	0.524		0	A	1		0.147	2.318	
Tyrosine....g	0.500		0	A	1		0.140	2.210	
Valine....g	0.638		0	A	1		0.179	2.822	
Arginine....g	0.813		0	A	1		0.228	3.595	
Histidine....g	0.513		0	A	1		0.144	2.269	
Alanine....g	0.723		0	A	1		0.202	3.196	
Aspartic acid....g	1.181		0	A	1		0.331	5.219	
Glutamic acid....g	1.928		0	A	1		0.540	8.523	
Glycine....g	0.570		0	A	1		0.160	2.521	
Proline....g	0.510		0	A	1		0.143	2.256	
Serine....g	0.527		0	A	1		0.148	2.330	
Hydroxyproline....g	0.044		0	BFPN	4		0.012	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 = 28g: 1 slice raw

Measure 2 = 442g: 1 package

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	26.93	1.982	6		1		22.89	9.16	45.78
Energy....kcal	459		0	NC	4		390	156	780
Energy....kJ	1920		0		4		1632	653	3265
Protein (N x 6.25)....g	28.95	1.933	6		1		24.61	9.84	49.22
Total lipid (fat)....g	36.70	0.975	6		1		31.20	12.48	62.39
Ash....g	6.37	0.400	6		1		5.41	2.17	10.83
Carbohydrate, by difference....g	1.05		0	NC	4		0.89	0.36	1.79
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	14	1.961	6		1		12	5	24
Iron, Fe....mg	1.97	0.097	6		1		1.67	0.67	3.35
Magnesium, Mg....mg	26	2.302	6		1		22	9	44
Phosphorus, P....mg	265	27.269	6		1		225	90	451
Potassium, K....mg	466	38.945	6		1		396	158	792
Sodium, Na....mg	2099	197.512	5		1		1784	714	3568
Zinc, Zn....mg	3.68	0.280	6		1		3.13	1.25	6.26
Copper, Cu....mg	0.153	0.029	6		1		0.130	0.052	0.260
Manganese, Mn....mg	0.044	0.008	4		1		0.037	0.015	0.075
Selenium, Se....µg	24.7		0	BFZN	4		21.0	8.4	42.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.737	0.040	6		1		0.626	0.251	1.253
Riboflavin....mg	0.368	0.046	6		1		0.313	0.125	0.626
Niacin....mg	7.592	0.559	6		1		6.453	2.581	12.906
Pantothenic acid....mg	0.922		0		1		0.784	0.313	1.567
Vitamin B-6....mg	0.340	0.027	5		1		0.289	0.116	0.578
Folate, total....µg	4		0		1		3	1	7
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	4		0		1		3	1	7
Folate, DFE....µg	4		0	NC	4		3	1	7
Choline, total....mg	96.3		0	BFPN	4		81.8	32.7	163.7
Betaine....mg	2.7		0	BFPN	4		2.3	0.9	4.6
Vitamin B-12....µg	1.77	0.048	6		1		1.50	0.60	3.01
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	NC	4		0	0	0
Retinol....µg	0		0	NR	4		0	0	0
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	0		0		1		0	0	0
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.25		0	BFSN	4		0.21	0.09	0.43
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.8		0	AS	1		0.7	0.3	1.4
Vitamin D....IU	33		0	BFNN	4		28	11	56
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	0.1
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	12.770		0		1		10.855	4.342	21.709
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		1		0.000	0.000	0.000
10:0....g	0.100	0.032	4		1		0.085	0.034	0.170
12:0....g	0.080	0.027	4		1		0.068	0.027	0.136
13:0....g									
14:0....g	0.630	0.087	4		1		0.536	0.214	1.071
15:0....g									
16:0....g	7.390	0.435	4		1		6.282	2.513	12.563
17:0....g									
18:0....g	4.560	0.288	4		1		3.876	1.550	7.752
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	16.400		0		1		13.940	5.576	27.880
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.670	0.163	4		1		1.420	0.568	2.839
17:1....g									
18:1 undifferentiated....g	14.730	0.902	4		1		12.521	5.008	25.041
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.650		0		1		4.803	1.921	9.605
18:2 undifferentiated....g	4.860	0.608	4		1		4.131	1.652	8.262
18:3 undifferentiated....g	0.790	0.157	4		1		0.672	0.269	1.343
18:4....g	0.000		0		1		0.000	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	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	105	4.245	4		1		89	36	179
Phytosterols....mg	0		0		4		0	0	0
Amino Acids:									
Tryptophan....g	0.278		0		1		0.236	0.095	0.473
Threonine....g	1.112		0		1		0.945	0.378	1.890
Isoleucine....g	1.177		0		1		1.000	0.400	2.001
Leucine....g	2.015		0		1		1.713	0.685	3.426
Lysine....g	2.149		0		1		1.827	0.731	3.653
Methionine....g	0.639		0		1		0.543	0.217	1.086
Cystine....g	0.296		0		1		0.252	0.101	0.503
Phenylalanine....g	1.116		0		1		0.949	0.379	1.897
Tyrosine....g	0.843		0		1		0.717	0.287	1.433
Valine....g	1.394		0		1		1.185	0.474	2.370
Arginine....g	1.769		0		1		1.504	0.601	3.007
Histidine....g	0.834		0		1		0.709	0.284	1.418
Alanine....g	1.621		0		1		1.378	0.551	2.756
Aspartic acid....g	2.390		0		1		2.032	0.813	4.063
Glutamic acid....g	3.974		0		1		3.378	1.351	6.756
Glycine....g	2.071		0		1		1.760	0.704	3.521
Proline....g	1.538		0		1		1.307	0.523	2.615
Serine....g	1.089		0		1		0.926	0.370	1.851
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

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
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 = 85g: 3 oz

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

Measure 3 = 170g: 1 package (12 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 27 (2014)

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		40.30	32.24	161.19
Energy....kcal	388		0	NC	4		330	264	1319
Energy....kJ	1623		0		4		1380	1104	5520
Protein (N x 6.25)....g	11.74	0.157	38		1		9.98	7.98	39.92
Total lipid (fat)....g	37.16	0.626	40		1		31.59	25.27	126.34
Ash....g	3.00	0.052	6		1		2.55	2.04	10.20
Carbohydrate, by difference....g	0.70		0	NC	4		0.60	0.48	2.38
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8	1.528	3		1		7	5	27
Iron, Fe....mg	0.94	0.056	6		1		0.80	0.64	3.20
Magnesium, Mg....mg	12	0.476	6		1		10	8	41
Phosphorus, P....mg	137	17.192	6		1		116	93	466
Potassium, K....mg	204	11.965	6		1		173	139	694
Sodium, Na....mg	987	40.062	6		1		839	671	3356
Zinc, Zn....mg	1.66	0.076	6		1		1.41	1.13	5.64
Copper, Cu....mg	0.063	0.008	6		1		0.054	0.043	0.214
Manganese, Mn....mg	0.030	0.002	3		1		0.026	0.020	0.102
Selenium, Se....µg	25.0		0	BFZN	4		21.3	17.0	85.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	27.2	3.399	5		1		23.1	18.5	92.5
Thiamin....mg	0.475	0.026	6		1		0.404	0.323	1.615
Riboflavin....mg	0.180	0.021	6		1		0.153	0.122	0.612
Niacin....mg	3.650	0.214	6		1		3.103	2.482	12.410
Pantothenic acid....mg	0.476		0		1		0.405	0.324	1.618
Vitamin B-6....mg	0.210	0.013	5		1		0.179	0.143	0.714
Folate, total....µg	3		0		1		3	2	10
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	3		0		1		3	2	10
Folate, DFE....µg	3		0	NC	4		3	2	10
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.99	0.015	6		1		0.84	0.67	3.37
Vitamin A, RAE....µg	0		0		1		0	0	0
Retinol....µg	0		0		1		0	0	0
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0	0	0
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	12.910		0		1		10.974	8.779	43.894
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.210	0.084	4		1		0.179	0.143	0.714
12:0....g	0.210	0.095	4		1		0.179	0.143	0.714
13:0....g									
14:0....g	0.720	0.118	4		1		0.612	0.490	2.448
15:0....g									
16:0....g	7.520	0.280	4		1		6.392	5.114	25.568
17:0....g									
18:0....g	4.270	0.291	4		1		3.630	2.904	14.518
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	16.790		0		1		14.272	11.417	57.086
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.840	0.095	4		1		1.564	1.251	6.256
17:1....g									
18:1 undifferentiated....g	14.950	0.724	4		1		12.708	10.166	50.830
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.550		0		1		4.718	3.774	18.870
18:2 undifferentiated....g	4.660	0.460	4		1		3.961	3.169	15.844
18:3 undifferentiated....g	0.900	0.258	4		1		0.765	0.612	3.060
18:4....g	0.000		0		4		0.000	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	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	69	2.250	4		1		59	47	235
Phytosterols....mg	0		0		4		0	0	0
Amino Acids:									
Tryptophan....g	0.113		0		1		0.096	0.077	0.384
Threonine....g	0.451		0		1		0.383	0.307	1.533
Isoleucine....g	0.477		0		1		0.405	0.324	1.622
Leucine....g	0.817		0		1		0.694	0.556	2.778
Lysine....g	0.871		0		1		0.740	0.592	2.961
Methionine....g	0.259		0		1		0.220	0.176	0.881
Cystine....g	0.120		0		1		0.102	0.082	0.408
Phenylalanine....g	0.453		0		1		0.385	0.308	1.540
Tyrosine....g	0.342		0		1		0.291	0.233	1.163
Valine....g	0.565		0		1		0.480	0.384	1.921
Arginine....g	0.717		0		1		0.609	0.488	2.438
Histidine....g	0.338		0		1		0.287	0.230	1.149
Alanine....g	0.657		0		1		0.558	0.447	2.234
Aspartic acid....g	0.969		0		1		0.824	0.659	3.295
Glutamic acid....g	1.611		0		1		1.369	1.095	5.477
Glycine....g	0.839		0		1		0.713	0.571	2.853
Proline....g	0.623		0		1		0.530	0.424	2.118
Serine....g	0.441		0		1		0.375	0.300	1.499
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.

NDB No. 10128

Pork, cured, breakfast strips, raw or unheated

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 68g: 3 slices

Measure 3 = 340g: 1 package (12 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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.70		0		1		85.76	29.00	
Energy....kcal	185		0	NC	4		257	87	
Energy....kJ	774		0		4		1076	364	
Protein (N x 6.25)....g	24.24		0		1		33.69	11.39	
Total lipid (fat)....g	8.44		0		1		11.73	3.97	
Ash....g	4.27		0		1		5.94	2.01	
Carbohydrate, by difference....g	1.35		0	NC	4		1.88	0.63	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0		1		14	5	
Iron, Fe....mg	0.82		0		1		1.14	0.39	
Magnesium, Mg....mg	21		0		1		29	10	
Phosphorus, P....mg	296		0		1		411	139	
Potassium, K....mg	390		0		1		542	183	
Sodium, Na....mg	1546		0		1		2149	727	
Zinc, Zn....mg	1.70		0		1		2.36	0.80	
Copper, Cu....mg	0.054		0		1		0.075	0.025	
Manganese, Mn....mg	0.027		0		1		0.038	0.013	
Selenium, Se....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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.1		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	2.840		0		1		3.948	1.335	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
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									
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	

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
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 = 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 27 (2014)

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	2658	
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	946		0	LC	8		268	4291	
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....µg	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....µg	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	
Tocotrienol, alpha....mg	0.03		1	A	1		0.01	0.14	
Tocotrienol, beta....mg	0.00		1	A	1		0.00	0.00	

NDB No. 10132
Pork, cured, feet, pickled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.4		0	AS	1		0.1	1.8	
Vitamin D2 (ergocalciferol)....µg									
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 t....g	0.035		1	A	1		0.010	0.159	
18:1-11 t (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 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-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 27 (2014)

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		57.15	1996.79	
Energy ... kcal	161		0	PIK	4		137	4792	
Energy ... kJ	675		0	PIK	4		574	20050	
Protein ... g	20.10		0	PAK	1		17.08	596.89	
Total lipid (fat) ... g	8.56		0	PAK	1		7.27	254.13	
Ash ... g	3.13		0	PAK	1		2.66	92.86	
Carbohydrate, by difference ... g	0.99		0	PIK	4		0.84	29.33	
Fiber, total dietary ... g	0.0		0	PIK	4		0.0	0.0	
Sugars, total ... g	0.78		0	PAK	1		0.67	23.27	
Sucrose ... g	0.67		0	PAK	1		0.57	19.96	
Glucose (dextrose) ... g	0.07		0	PAK	1		0.06	1.99	
Fructose ... g	0.04		0	PAK	1		0.04	1.32	
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		7	233	
Iron, Fe ... mg	0.69		0	PAK	1		0.59	20.57	
Magnesium, Mg ... mg	18		0	PAK	1		15	523	
Phosphorus, P ... mg	238		0	PAK	1		202	7055	
Potassium, K ... mg	244		0	PAK	1		207	7242	
Sodium, Na ... mg	1101		0	PAK	1		936	32693	
Zinc, Zn ... mg	1.74		0	PAK	1		1.48	51.68	
Copper, Cu ... mg	0.123		0	PAK	1		0.104	3.638	
Manganese, Mn ... mg	0.022		0	PAK	1		0.019	0.656	
Selenium, Se ... µg	26.3		0	PAK	1		22.4	781.2	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	PIK	4		0.0	0.0	
Thiamin ... mg	0.348		0	PAK	1		0.296	10.329	
Riboflavin ... mg	0.180		0	PAK	1		0.153	5.336	
Niacin ... mg	4.290		0	PAK	1		3.646	127.398	
Pantothenic acid ... mg	0.519		0	PAK	1		0.441	15.404	
Vitamin B-6 ... mg	0.410		0	PAK	1		0.348	12.168	
Folate, total ... µg	4		0	PAK	1		3	110	
Folic acid ... µg	0		0	PIK	4		0	0	
Folate, food ... µg	4		0	PIK	4		3	110	
Folate, DFE ... µg	4		0	NC	4		3	110	
Choline, total ... mg	74.9		0	PAK	1		63.6	2223.3	
Betaine ... mg	4.5		0	PAK	1		3.8	132.4	
Vitamin B-12 ... µg	0.35		0	PAK	1		0.30	10.54	
Vitamin B-12, added ... µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE ... µg	11		0	PAK	1		10	333	
Retinol ... µg	11		0	PAK	1		10	333	
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		32	1111	
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		0.18	6.40	
Vitamin E, added ... mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta ... mg	0.00		0	PAK	1		0.00	0.05	
Tocopherol, gamma ... mg	0.06		0	PAK	1		0.05	1.70	
Tocopherol, delta ... mg	0.00		0	PAK	1		0.00	0.06	
Tocotrienol, alpha ... mg	0.01		0	PAK	1		0.00	0.15	
Tocotrienol, beta ... mg	0.00		0	PAK	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.02		0	PAK	1		0.02	0.61	
Tocotrienol, delta....mg	0.00		0	PAK	1		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	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		1.9	66.9	
Lipids:									
Fatty acids, total saturated....g	2.897		0	PIK	4		2.463	86.050	
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		0.004	0.145	
12:0....g	0.005		0	PAK	1		0.005	0.157	
13:0....g									
14:0....g	0.105		0	PAK	1		0.090	3.127	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	1.840		0	PAK	1		1.564	54.653	
17:0....g	0.022		0	PAK	1		0.019	0.661	
18:0....g	0.893		0	PAK	1		0.759	26.519	
20:0....g	0.015		0	PAK	1		0.013	0.444	
22:0....g	0.012		0	PAK	1		0.010	0.343	
24:0....g									
Fatty acids, total monounsaturated....g	3.918		0	PIK	4		3.331	116.378	
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		0.185	6.479	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	3.640		0	PAK	1		3.094	108.096	
20:1....g	0.061		0	PAK	1		0.052	1.803	
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		0.867	30.297	
18:2 undifferentiated....g	0.898		0	PAK	1		0.763	26.669	
18:3 undifferentiated....g	0.037		0	PAK	1		0.032	1.111	
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.036		0	PAK	1		0.030	1.059	
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
20:4 undifferentiated....g	0.049		0	PAK	1		0.042	1.458	
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	0.067		0	PIK	4		0.057	1.985	
Cholesterol....mg	63		0	PAK	1		54	1877	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.187		0	PAK	1		0.159	5.542	
Threonine....g	0.894		0	PAK	1		0.760	26.546	
Isoleucine....g	0.903		0	PAK	1		0.767	26.817	
Leucine....g	1.603		0	PAK	1		1.362	47.600	
Lysine....g	1.686		0	PAK	1		1.433	50.070	
Methionine....g	0.477		0	PAK	1		0.406	14.176	
Cystine....g	0.226		0	PAK	1		0.192	6.709	
Phenylalanine....g	0.801		0	PAK	1		0.681	23.795	
Tyrosine....g	0.647		0	PAK	1		0.550	19.222	
Valine....g	1.014		0	PAK	1		0.862	30.118	
Arginine....g	1.283		0	PAK	1		1.091	38.104	
Histidine....g	0.876		0	PAK	1		0.744	26.003	
Alanine....g	1.186		0	PAK	1		1.008	35.235	

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
Aspartic acid.....g	1.751		0	PAK	1		1.488	52.009	
Glutamic acid.....g	2.867		0	PAK	1		2.437	85.149	
Glycine.....g	1.072		0	PAK	1		0.911	31.836	
Proline.....g	0.868		0	PAK	1		0.738	25.790	
Serine.....g	0.785		0	PAK	1		0.667	23.316	
Hydroxyproline.....g	0.130		0	PAK	1		0.111	3.866	
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: 1 serving (3 oz)

Measure 2 = 2970g: 1 roast rump

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	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	
Tocotrienol, alpha....mg	0.03		0	PAK	1		0.01	0.15	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.02		0	PAK	1		0.01	0.09	
Tocotrienol, delta....mg	0.00		0	PAK	1		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	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	
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	0.100		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	

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
Aspartic acid.....g	1.217		0	PAK	1		0.345	5.521	
Glutamic acid.....g	1.988		0	PAK	1		0.564	9.017	
Glycine.....g	0.764		0	PAK	1		0.217	3.465	
Proline.....g	0.609		0	PAK	1		0.173	2.762	
Serine.....g	0.545		0	PAK	1		0.155	2.472	
Hydroxyproline.....g	0.110		0	PAK	1		0.031	0.500	
Others:									
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 27 (2014)

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		60.28	2106.35	
Energy....kcal	121		0	NC	4		103	3599	
Energy....kJ	507		0	NC	4		431	15059	
Protein....g	21.41	1.100	5	A	1		18.20	635.97	
Total lipid (fat)....g	3.56	0.364	5	A	1		3.03	105.77	
Ash....g	3.23	0.163	5	A	1		2.75	96.08	
Carbohydrate, by difference....g	0.87		0	NC	4		0.74	25.84	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.84	0.399	4	A	1		0.72	25.00	
Sucrose....g	0.75	0.443	4	A	1		0.64	22.28	
Glucose (dextrose)....g	0.04	0.042	4	A	1		0.04	1.25	
Fructose....g	0.05	0.049	4	A	1		0.04	1.47	
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		7	240	
Iron, Fe....mg	0.71		2	A	1		0.60	21.13	
Magnesium, Mg....mg	18		2	A	1		15	530	
Phosphorus, P....mg	246		2	A	1		209	7291	
Potassium, K....mg	250		2	A	1		212	7410	
Sodium, Na....mg	1150		2	A	1		978	34155	
Zinc, Zn....mg	1.81		2	A	1		1.54	53.76	
Copper, Cu....mg	0.098		2	A	1		0.084	2.922	
Manganese, Mn....mg	0.022		2	A	1		0.019	0.656	
Selenium, Se....µg	27.5		2	A	1		23.4	816.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.356		2	A	1		0.303	10.570	
Riboflavin....mg	0.189		2	A	1		0.161	5.625	
Niacin....mg	4.430		2	A	1		3.766	131.571	
Pantothenic acid....mg	0.531		2	A	1		0.451	15.769	
Vitamin B-6....mg	0.434		2	A	1		0.369	12.888	
Folate, total....µg	4		1	A	1		3	119	
Folic acid....µg	0		1	Z	7		0	0	
Folate, food....µg	4		1	NR	4		3	119	
Folate, DFE....µg	4		0	NC	4		3	119	
Choline, total....mg	83.6		0	AS	1		71.0	2481.5	
Betaine....mg	5.0		1	A	1		4.2	147.7	
Vitamin B-12....µg	0.36		2	A	1		0.31	10.69	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	11		0	AS	1		9	329	
Retinol....µg	11		1	A	1		9	329	
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		31	1096	
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		0.17	5.94	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.05		1	A	1		0.04	1.49	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.00		1	A	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.01		1	A	1		0.01	0.44	
Tocotrienol, delta....mg	0.00		1	A	1		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		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		2.1	74.7	
Lipids:									
Fatty acids, total saturated....g	1.254		0	NC	4		1.066	37.235	
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		0.038	1.321	
15:0....g	0.000		1	A	1		0.000	0.000	
16:0....g	0.783		1	A	1		0.666	23.266	
17:0....g	0.009		1	A	1		0.008	0.262	
18:0....g	0.403		1	A	1		0.343	11.980	
20:0....g	0.006		1	A	1		0.006	0.192	
22:0....g	0.007		1	A	1		0.006	0.214	
24:0....g									
Fatty acids, total monounsaturated....g	1.610		0	NC	4		1.368	47.803	
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		0.080	2.813	
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	1.494		0	AS	1		1.270	44.364	
18:1 c....g	1.476		1	A	1		1.255	43.837	
18:1 t....g	0.018		1	A	1		0.015	0.527	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.021		1	A	1		0.018	0.626	
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		0.329	11.498	
18:2 undifferentiated....g	0.326		0	AS	1		0.277	9.694	
18:2 n-6 c,c....g	0.308		1	A	1		0.262	9.140	
18:2 CLAs....g	0.005		1	A	1		0.004	0.144	
18:2 t,t....g	0.014		1	A	1		0.012	0.409	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.011		0	AS	1		0.009	0.313	
18:3 n-3 c,c,c (ALA)....g	0.011		1	A	1		0.009	0.313	
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		0.008	0.289	
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		0.034	1.203	
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		0.027	0.936	
Fatty acids, total trans-monoenoic....g	0.018		0	NC	4		0.015	0.527	
Fatty acids, total trans-polyenoic....g	0.014		0	NC	4		0.012	0.409	

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		53	1847	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.201		0	A	1		0.171	5.968	
Threonine....g	0.958		0	A	1		0.814	28.451	
Isoleucine....g	0.967		0	A	1		0.822	28.709	
Leucine....g	1.716		0	A	1		1.458	50.951	
Lysine....g	1.809		0	A	1		1.538	53.728	
Methionine....g	0.512		0	A	1		0.435	15.213	
Cystine....g	0.240		0	A	1		0.204	7.141	
Phenylalanine....g	0.857		0	A	1		0.728	25.441	
Tyrosine....g	0.695		0	A	1		0.591	20.637	
Valine....g	1.083		0	A	1		0.921	32.177	
Arginine....g	1.370		0	A	1		1.165	40.694	
Histidine....g	0.933		0	A	1		0.793	27.700	
Alanine....g	1.261		0	A	1		1.072	37.456	
Aspartic acid....g	1.868		0	A	1		1.588	55.476	
Glutamic acid....g	3.065		0	A	1		2.605	91.018	
Glycine....g	1.118		0	A	1		0.951	33.215	
Proline....g	0.919		0	A	1		0.781	27.298	
Serine....g	0.838		0	A	1		0.712	24.895	
Hydroxyproline....g	0.139		0	A	1		0.118	4.120	
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 = 85g: 1 serving (3 oz)

Measure 2 = 2970g: 1 roast rump

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		65.47		
Energy ... kcal	95		0	NC	4		81		
Energy ... kJ	399		0	NC	4		339		
Protein (N x 6.25) ... g	15.43		1	A	1		13.12		
Total lipid (fat) ... g	3.48		1	A	1		2.96		
Ash ... g	3.49		1	A	1		2.97		
Carbohydrate, by difference ... g	0.67		0	NR	4		0.57		
Fiber, total dietary ... g	0.0		0	Z	7		0.0		
Sugars, total ... g	0.67		0	BFSN	4		0.57		
Sucrose ... g	0.59		0	BFSN	4		0.50		
Glucose (dextrose) ... g	0.03		0	BFSN	4		0.03		
Fructose ... g	0.04		0	BFSN	4		0.03		
Lactose ... g	0.00		0	BFSN	4		0.00		
Maltose ... g	0.00		0	BFSN	4		0.00		
Galactose ... g	0.00		0	BFSN	4		0.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	7		1	A	1		6		
Iron, Fe ... mg	1.13		1	A	1		0.96		
Magnesium, Mg ... mg	16		1	A	1		14		
Phosphorus, P ... mg	235		1	A	1		200		
Potassium, K ... mg	205		1	A	1		174		
Sodium, Na ... mg	1170		1	A	1		995		
Zinc, Zn ... mg	1.37		1	A	1		1.16		
Copper, Cu ... mg	0.091		1	A	1		0.077		
Manganese, Mn ... mg	0.022		1	A	1		0.019		
Selenium, Se ... µg	28.8		1	A	1		24.5		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0		
Thiamin ... mg	0.235		1	A	1		0.200		
Riboflavin ... mg	0.213		1	A	1		0.181		
Niacin ... mg	5.320		1	A	1		4.522		
Pantothenic acid ... mg	0.377		1	A	1		0.320		
Vitamin B-6 ... mg	0.265		1	A	1		0.225		
Folate, total ... µg	3		0	BFPN	4		2		
Folic acid ... µg	0		0	BFPN	4		0		
Folate, food ... µg	3		0	BFPN	4		2		
Folate, DFE ... µg	3		0	NC	4		2		
Choline, total ... mg	63.8		0	BFNN	4		54.2		
Betaine ... mg	3.8		0	BFNN	4		3.2		
Vitamin B-12 ... µg	0.54		1	A	1		0.46		
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... µg	9		0	NC	4		7		
Retinol ... µg	9		0	BFSN	4		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	29		0	NC	4		25		
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		0.13		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg	0.00		0	BFSN	4		0.00		
Tocopherol, gamma ... mg	0.04		0	BFSN	4		0.03		
Tocopherol, delta ... mg	0.00		0	BFSN	4		0.00		
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									

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
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.227		0	BFFN	4		1.043		
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	0.000		0	BFFN	4		0.000		
12:0....g	0.000		0	BFFN	4		0.000		
13:0....g									
14:0....g	0.044		0	BFFN	4		0.037		
15:0....g	0.000		0	BFFN	4		0.000		
16:0....g	0.767		0	BFFN	4		0.652		
17:0....g	0.009		0	BFFN	4		0.007		
18:0....g	0.395		0	BFFN	4		0.336		
20:0....g	0.006		0	BFFN	4		0.005		
22:0....g	0.007		0	BFFN	4		0.006		
24:0....g									
Fatty acids, total monounsaturated....g	1.575		0	BFFN	4		1.339		
14:1....g	0.000		0	BFFN	4		0.000		
15:1....g	0.000		0	BFFN	4		0.000		
16:1 undifferentiated....g	0.093		0	BFFN	4		0.079		
17:1....g	0.000		0	BFFN	4		0.000		
18:1 undifferentiated....g	1.462		0	BFFN	4		1.242		
18:1 c....g	1.444		0	BFFN	4		1.228		
18:1 t....g	0.017		0	BFFN	4		0.015		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.021		0	BFFN	4		0.018		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.379		0	BFFN	4		0.322		
18:2 undifferentiated....g	0.319		0	BFFN	4		0.271		
18:2 n-6 c,c....g	0.301		0	BFFN	4		0.256		
18:2 CLAs....g									
18:2 t,t....g	0.013		0	BFFN	4		0.011		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.010		0	BFFN	4		0.009		
18:3 n-3 c,c,c (ALA)....g	0.010		0	BFFN	4		0.009		
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	0.010		0	BFFN	4		0.008		
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	0.040		0	BFFN	4		0.034		
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	0.031		0	BFFN	4		0.026		
Fatty acids, total trans-monoenoic....g	0.017		0	BFFN	4		0.015		
Fatty acids, total trans-polyenoic....g	0.013		0	BFFN	4		0.011		
Cholesterol....mg	53		1	A	1		45		
Phytosterols....mg									

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
Amino Acids:									
Tryptophan....g	0.145		0	A	1		0.123		
Threonine....g	0.690		0	A	1		0.587		
Isoleucine....g	0.697		0	A	1		0.592		
Leucine....g	1.236		0	A	1		1.051		
Lysine....g	1.304		0	A	1		1.108		
Methionine....g	0.369		0	A	1		0.314		
Cystine....g	0.173		0	A	1		0.147		
Phenylalanine....g	0.617		0	A	1		0.525		
Tyrosine....g	0.501		0	A	1		0.426		
Valine....g	0.781		0	A	1		0.664		
Arginine....g	0.987		0	A	1		0.839		
Histidine....g	0.672		0	A	1		0.571		
Alanine....g	0.909		0	A	1		0.773		
Aspartic acid....g	1.346		0	A	1		1.144		
Glutamic acid....g	2.208		0	A	1		1.877		
Glycine....g	0.806		0	A	1		0.685		
Proline....g	0.662		0	A	1		0.563		
Serine....g	0.604		0	A	1		0.513		
Hydroxyproline....g	0.100		0	A	1		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 = 85g: 3 oz

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		53.91	1937.02	
Energy ... kcal	200		0	PIK	4		170	6114	
Energy ... kJ	838		0	PIK	4		712	25583	
Protein ... g	18.62		0	PAK	1		15.83	568.61	
Total lipid (fat) ... g	13.37		0	PAK	1		11.37	408.34	
Ash ... g	3.24		0	PAK	1		2.75	98.80	
Carbohydrate, by difference ... g	1.35		0	PIK	4		1.15	41.22	
Fiber, total dietary ... g	0.0		0	PIK	4		0.0	0.0	
Sugars, total ... g	0.79		0	PAK	1		0.67	24.16	
Sucrose ... g	0.57		0	PAK	1		0.48	17.33	
Glucose (dextrose) ... g	0.17		0	PAK	1		0.15	5.26	
Fructose ... g	0.05		0	PAK	1		0.04	1.57	
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		7	262	
Iron, Fe ... mg	1.37		0	PAK	1		1.16	41.76	
Magnesium, Mg ... mg	17		0	PAK	1		15	533	
Phosphorus, P ... mg	207		0	PAK	1		176	6333	
Potassium, K ... mg	232		0	PAK	1		197	7094	
Sodium, Na ... mg	988		0	PAK	1		839	30162	
Zinc, Zn ... mg	2.72		0	PAK	1		2.31	82.99	
Copper, Cu ... mg	0.161		0	PAK	1		0.137	4.929	
Manganese, Mn ... mg	0.022		0	PAK	1		0.019	0.675	
Selenium, Se ... µg	24.2		0	PAK	1		20.6	740.2	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	PIK	4		0.0	0.0	
Thiamin ... mg	0.261		0	PAK	1		0.222	7.968	
Riboflavin ... mg	0.173		0	PAK	1		0.147	5.296	
Niacin ... mg	4.695		0	PAK	1		3.991	143.389	
Pantothenic acid ... mg	0.519		0	PAK	1		0.441	15.844	
Vitamin B-6 ... mg	0.320		0	PAK	1		0.272	9.775	
Folate, total ... µg	1		0	PAK	1		1	31	
Folic acid ... µg	0		0	PIK	4		0	0	
Folate, food ... µg	1		0	PIK	4		1	31	
Folate, DFE ... µg	1		0	NC	4		1	31	
Choline, total ... mg	73.9		0	PAK	1		62.8	2255.5	
Betaine ... mg	2.3		0	PAK	1		2.0	71.3	
Vitamin B-12 ... µg	0.55		0	PAK	1		0.47	16.72	
Vitamin B-12, added ... µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE ... µg	11		0	PAK	1		10	346	
Retinol ... µg	11		0	PAK	1		10	346	
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		32	1154	
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		0.25	8.95	
Vitamin E, added ... mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta ... mg	0.01		0	PAK	1		0.01	0.33	
Tocopherol, gamma ... mg	0.08		0	PAK	1		0.07	2.55	
Tocopherol, delta ... mg	0.01		0	PAK	1		0.01	0.30	
Tocotrienol, alpha ... mg	0.03		0	PAK	1		0.02	0.78	
Tocotrienol, beta ... mg	0.00		0	PAK	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.03		0	PAK	1		0.02	0.78	
Tocotrienol, delta....mg	0.00		0	PAK	1		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	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		3.8	138.2	
Lipids:									
Fatty acids, total saturated....g	4.371		0	PIK	4		3.715	133.479	
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		0.008	0.272	
12:0....g	0.010		0	PAK	1		0.008	0.295	
13:0....g									
14:0....g	0.157		0	PAK	1		0.133	4.781	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	2.784		0	PAK	1		2.366	85.021	
17:0....g	0.033		0	PAK	1		0.028	1.016	
18:0....g	1.339		0	PAK	1		1.138	40.890	
20:0....g	0.022		0	PAK	1		0.019	0.667	
22:0....g	0.018		0	PAK	1		0.015	0.540	
24:0....g									
Fatty acids, total monounsaturated....g	6.143		0	PIK	4		5.221	187.593	
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		0.274	9.855	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	5.720		0	PAK	1		4.862	174.678	
20:1....g	0.100		0	PAK	1		0.085	3.060	
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		1.484	53.337	
18:2 undifferentiated....g	1.539		0	PAK	1		1.308	47.006	
18:3 undifferentiated....g	0.063		0	PAK	1		0.054	1.934	
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.067		0	PAK	1		0.057	2.053	
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
20:4 undifferentiated....g	0.077		0	PAK	1		0.065	2.345	
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	0.093		0	PIK	4		0.079	2.848	
Cholesterol....mg	66		0	PAK	1		56	2014	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.171		0	PAK	1		0.145	5.225	
Threonine....g	0.823		0	PAK	1		0.700	25.142	
Isoleucine....g	0.833		0	PAK	1		0.708	25.428	
Leucine....g	1.478		0	PAK	1		1.256	45.142	
Lysine....g	1.551		0	PAK	1		1.318	47.369	
Methionine....g	0.439		0	PAK	1		0.373	13.409	
Cystine....g	0.209		0	PAK	1		0.178	6.397	
Phenylalanine....g	0.740		0	PAK	1		0.629	22.591	
Tyrosine....g	0.595		0	PAK	1		0.506	18.177	
Valine....g	0.937		0	PAK	1		0.796	28.616	
Arginine....g	1.186		0	PAK	1		1.008	36.215	
Histidine....g	0.811		0	PAK	1		0.690	24.775	
Alanine....g	1.101		0	PAK	1		0.936	33.639	

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
Aspartic acid.....g	1.621		0	PAK	1		1.377	49.490	
Glutamic acid.....g	2.648		0	PAK	1		2.251	80.859	
Glycine.....g	1.013		0	PAK	1		0.861	30.938	
Proline.....g	0.810		0	PAK	1		0.688	24.724	
Serine.....g	0.726		0	PAK	1		0.617	22.166	
Hydroxyproline.....g	0.121		0	PAK	1		0.103	3.683	
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: 1 serving (3 oz)

Measure 2 = 3054g: 1 roast shank

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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	0.66		0	NR	4		0.19	3.00	
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 ... µg	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 ... µg	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	
Tocotrienol, alpha ... mg	0.03		0	PAK	1		0.01	0.15	
Tocotrienol, beta ... mg	0.00		0	PAK	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.02		0	PAK	1		0.01	0.09	
Tocotrienol, delta....mg	0.00		0	PAK	1		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	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	
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	0.084		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	

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
Aspartic acid.....g	1.450		0	PAK	1		0.411	6.576	
Glutamic acid.....g	2.370		0	PAK	1		0.672	10.749	
Glycine.....g	0.903		0	PAK	1		0.256	4.094	
Proline.....g	0.723		0	PAK	1		0.205	3.281	
Serine.....g	0.649		0	PAK	1		0.184	2.946	
Hydroxyproline.....g	0.127		0	PAK	1		0.036	0.577	
Others:									
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 27 (2014)

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		59.48	2136.91	
Energy....kcal	128		0	NC	4		109	3920	
Energy....kJ	537		0	NC	4		456	16399	
Protein....g	20.92	1.068	6	A	1		17.79	639.04	
Total lipid (fat)....g	4.43	0.611	6	A	1		3.76	135.24	
Ash....g	3.48	0.190	6	A	1		2.96	106.26	
Carbohydrate, by difference....g	1.20		0	NC	4		1.02	36.55	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.91	0.338	5	A	1		0.77	27.80	
Sucrose....g	0.70	0.403	5	A	1		0.60	21.38	
Glucose (dextrose)....g	0.15	0.147	5	A	1		0.12	4.48	
Fructose....g	0.06	0.063	5	A	1		0.05	1.94	
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		8	281	
Iron, Fe....mg	1.56	0.421	3	A	1		1.33	47.74	
Magnesium, Mg....mg	18	0.797	3	A	1		15	546	
Phosphorus, P....mg	216	13.383	3	A	1		184	6607	
Potassium, K....mg	241	17.214	3	A	1		205	7360	
Sodium, Na....mg	1060	105.499	3	A	1		901	32383	
Zinc, Zn....mg	3.09	0.569	3	A	1		2.62	94.27	
Copper, Cu....mg	0.122		2	A	1		0.104	3.723	
Manganese, Mn....mg	0.022	0.000	3	A	1		0.019	0.675	
Selenium, Se....µg	26.2	4.333	3	A	1		22.2	799.1	
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		0.218	7.847	
Riboflavin....mg	0.192	0.029	3	A	1		0.163	5.850	
Niacin....mg	5.073	0.179	3	A	1		4.312	154.938	
Pantothenic acid....mg	0.544	0.085	3	A	1		0.462	16.602	
Vitamin B-6....mg	0.348	0.059	3	A	1		0.296	10.627	
Folate, total....µg	1		2	A	1		1	31	
Folic acid....µg	0		2	Z	7		0	0	
Folate, food....µg	1		2	NR	4		1	31	
Folate, DFE....µg	1		0	NC	4		1	31	
Choline, total....mg	91.1		0	AS	1		77.5	2783.5	
Betaine....mg	2.9		2	A	1		2.4	87.9	
Vitamin B-12....µg	0.60	0.133	3	A	1		0.51	18.42	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	11		0	AS	1		9	338	
Retinol....µg	11		2	A	1		9	338	
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		31	1127	
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		0.24	8.55	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.01		2	A	1		0.01	0.30	
Tocopherol, gamma....mg	0.07		2	A	1		0.06	2.29	
Tocopherol, delta....mg	0.01		2	A	1		0.01	0.23	
Tocotrienol, alpha....mg	0.02		2	A	1		0.02	0.61	
Tocotrienol, beta....mg	0.00		2	A	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.01		2	A	1		0.01	0.46	
Tocotrienol, delta....mg	0.00		2	A	1		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		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		4.7	170.6	
Lipids:									
Fatty acids, total saturated....g	1.402		0	NC	4		1.192	42.831	
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		0.039	1.403	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	0.875		2	A	1		0.743	26.710	
17:0....g	0.009		2	A	1		0.007	0.267	
18:0....g	0.456		2	A	1		0.388	13.940	
20:0....g	0.006		2	A	1		0.005	0.194	
22:0....g	0.010		2	A	1		0.009	0.316	
24:0....g									
Fatty acids, total monounsaturated....g	1.911		0	NC	4		1.624	58.351	
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		0.084	3.003	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	1.881		0	AS	1		1.599	57.449	
18:1 c....g	1.866		2	A	1		1.586	56.999	
18:1 t....g	0.015		2	A	1		0.013	0.449	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.030		2	A	1		0.025	0.902	
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		0.545	19.565	
18:2 undifferentiated....g	0.537		0	AS	1		0.457	16.405	
18:2 n-6 c,c....g	0.505		2	A	1		0.429	15.430	
18:2 CLAs....g	0.018		1	A	1		0.016	0.562	
18:2 t,t....g	0.014		2	A	1		0.012	0.414	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.015		0	AS	1		0.013	0.464	
18:3 n-3 c,c,c (ALA)....g	0.015		2	A	1		0.013	0.464	
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		0.019	0.681	
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		0.056	2.014	
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		0.024	0.863	
Fatty acids, total trans-monoenoic....g	0.015		0	NC	4		0.013	0.449	
Fatty acids, total trans-polyenoic....g	0.014		0	NC	4		0.012	0.414	

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		55	1972	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.196		0	A	1		0.167	5.997	
Threonine....g	0.936		0	A	1		0.796	28.589	
Isoleucine....g	0.945		0	A	1		0.803	28.848	
Leucine....g	1.676		0	A	1		1.425	51.197	
Lysine....g	1.768		0	A	1		1.503	53.987	
Methionine....g	0.501		0	A	1		0.425	15.287	
Cystine....g	0.235		0	A	1		0.200	7.176	
Phenylalanine....g	0.837		0	A	1		0.712	25.564	
Tyrosine....g	0.679		0	A	1		0.577	20.736	
Valine....g	1.059		0	A	1		0.900	32.332	
Arginine....g	1.339		0	A	1		1.138	40.891	
Histidine....g	0.911		0	A	1		0.775	27.834	
Alanine....g	1.232		0	A	1		1.048	37.637	
Aspartic acid....g	1.825		0	A	1		1.551	55.744	
Glutamic acid....g	2.995		0	A	1		2.545	91.457	
Glycine....g	1.093		0	A	1		0.929	33.375	
Proline....g	0.898		0	A	1		0.763	27.429	
Serine....g	0.819		0	A	1		0.696	25.015	
Hydroxyproline....g	0.136		0	A	1		0.115	4.139	
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 = 85g: 1 serving (3 oz)

Measure 2 = 3054g: 1 roast shank

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		65.05		
Energy....kcal	91		0	NC	4		78		
Energy....kJ	382		0	NC	4		325		
Protein (N x 6.25)....g	18.65		1	A	1		15.85		
Total lipid (fat)....g	1.87		1	A	1		1.59		
Ash....g	3.09		1	A	1		2.62		
Carbohydrate, by difference....g	0.71		0	NR	4		0.60		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.71		0	BFSN	4		0.60		
Sucrose....g	0.55		0	BFSN	4		0.47		
Glucose (dextrose)....g	0.11		0	BFSN	4		0.10		
Fructose....g	0.05		0	BFSN	4		0.04		
Lactose....g	0.00		0	BFSN	4		0.00		
Maltose....g	0.00		0	BFSN	4		0.00		
Galactose....g	0.00		0	BFSN	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	7		1	A	1		6		
Iron, Fe....mg	0.76		1	A	1		0.65		
Magnesium, Mg....mg	18		1	A	1		15		
Phosphorus, P....mg	229		1	A	1		195		
Potassium, K....mg	229		1	A	1		195		
Sodium, Na....mg	1040		1	A	1		884		
Zinc, Zn....mg	1.99		1	A	1		1.69		
Copper, Cu....mg	0.097		1	A	1		0.082		
Manganese, Mn....mg	0.022		1	A	1		0.019		
Selenium, Se....µg	40.0		1	A	1		34.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.322		1	A	1		0.274		
Riboflavin....mg	0.218		1	A	1		0.185		
Niacin....mg	3.590		1	A	1		3.051		
Pantothenic acid....mg	0.460		1	A	1		0.391		
Vitamin B-6....mg	0.246		1	A	1		0.209		
Folate, total....µg	1		0	BFPN	4		1		
Folic acid....µg	0		0	BFPN	4		0		
Folate, food....µg	1		0	BFPN	4		1		
Folate, DFE....µg	1		0	NC	4		1		
Choline, total....mg	76.9		0	BFNN	4		65.4		
Betaine....mg	2.4		0	BFNN	4		2.1		
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....µg	9		0	NC	4		7		
Retinol....µg	9		0	BFSN	4		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	29		0	NC	4		25		
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		0.19		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.01		0	BFSN	4		0.01		
Tocopherol, gamma....mg	0.06		0	BFSN	4		0.05		
Tocopherol, delta....mg	0.01		0	BFSN	4		0.00		
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									

NDB No. 10885

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.592		0	BFFN	4		0.503		
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	0.000		0	BFFN	4		0.000		
12:0....g	0.000		0	BFFN	4		0.000		
13:0....g									
14:0....g	0.019		0	BFFN	4		0.016		
15:0....g	0.000		0	BFFN	4		0.000		
16:0....g	0.369		0	BFFN	4		0.314		
17:0....g	0.004		0	BFFN	4		0.003		
18:0....g	0.193		0	BFFN	4		0.164		
20:0....g	0.003		0	BFFN	4		0.002		
22:0....g	0.004		0	BFFN	4		0.004		
24:0....g									
Fatty acids, total monounsaturated....g	0.806		0	BFFN	4		0.685		
14:1....g	0.000		0	BFFN	4		0.000		
15:1....g	0.000		0	BFFN	4		0.000		
16:1 undifferentiated....g	0.042		0	BFFN	4		0.035		
17:1....g	0.000		0	BFFN	4		0.000		
18:1 undifferentiated....g	0.794		0	BFFN	4		0.675		
18:1 c....g	0.788		0	BFFN	4		0.670		
18:1 t....g	0.006		0	BFFN	4		0.005		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.012		0	BFFN	4		0.011		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.270		0	BFFN	4		0.230		
18:2 undifferentiated....g	0.227		0	BFFN	4		0.193		
18:2 n-6 c,c....g	0.213		0	BFFN	4		0.181		
18:2 CLAs....g	0.008		0	BFFN	4		0.007		
18:2 t,t....g	0.006		0	BFFN	4		0.005		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.006		0	BFFN	4		0.005		
18:3 n-3 c,c,c (ALA)....g	0.006		0	BFFN	4		0.005		
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	0.009		0	BFFN	4		0.008		
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	0.028		0	BFFN	4		0.024		
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	0.012		0	BFFN	4		0.010		
Fatty acids, total trans-monoenoic....g	0.006		0	BFFN	4		0.005		
Fatty acids, total trans-polyenoic....g	0.006		0	BFFN	4		0.005		
Cholesterol....mg	50		1	A	1		43		
Phytosterols....mg									

NDB No. 10885

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.175		0	A	1		0.149		
Threonine....g	0.834		0	A	1		0.709		
Isoleucine....g	0.842		0	A	1		0.716		
Leucine....g	1.494		0	A	1		1.270		
Lysine....g	1.576		0	A	1		1.339		
Methionine....g	0.446		0	A	1		0.379		
Cystine....g	0.209		0	A	1		0.178		
Phenylalanine....g	0.746		0	A	1		0.634		
Tyrosine....g	0.605		0	A	1		0.514		
Valine....g	0.944		0	A	1		0.802		
Arginine....g	1.193		0	A	1		1.014		
Histidine....g	0.812		0	A	1		0.690		
Alanine....g	1.098		0	A	1		0.934		
Aspartic acid....g	1.627		0	A	1		1.383		
Glutamic acid....g	2.669		0	A	1		2.269		
Glycine....g	0.974		0	A	1		0.828		
Proline....g	0.800		0	A	1		0.680		
Serine....g	0.730		0	A	1		0.621		
Hydroxyproline....g	0.121		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 = 85g: 3 oz

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		55.65	285.47	
Energy....kcal	166		0	NC	4		141	725	
Energy....kJ	695		0	NC	4		591	3032	
Protein....g	20.80		0	PAK	1		17.68	90.67	
Total lipid (fat)....g	8.73		0	PAK	1		7.42	38.04	
Ash....g	3.89		0	PAK	1		3.30	16.94	
Carbohydrate, by difference....g	1.54		0	NR	4		1.31	6.70	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	1.54		0	PAK	1		1.31	6.70	
Sucrose....g	0.29		0	PAK	1		0.25	1.27	
Glucose (dextrose)....g	1.19		0	PAK	1		1.01	5.20	
Fructose....g	0.05		0	PAK	1		0.04	0.23	
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		9	48	
Iron, Fe....mg	1.07		0	PAK	1		0.91	4.65	
Magnesium, Mg....mg	19		0	PAK	1		16	84	
Phosphorus, P....mg	251		0	PAK	1		214	1096	
Potassium, K....mg	280		0	PAK	1		238	1222	
Sodium, Na....mg	1309		0	PAK	1		1112	5706	
Zinc, Zn....mg	2.19		0	PAK	1		1.86	9.53	
Copper, Cu....mg	0.137		0	PAK	1		0.117	0.599	
Manganese, Mn....mg	0.022		0	PAK	1		0.019	0.096	
Selenium, Se....µg	28.7		0	PAK	1		24.4	125.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.374		0	PAK	1		0.318	1.629	
Riboflavin....mg	0.174		0	PAK	1		0.148	0.759	
Niacin....mg	5.215		0	PAK	1		4.433	22.738	
Pantothenic acid....mg	0.697		0	PAK	1		0.592	3.037	
Vitamin B-6....mg	0.437		0	PAK	1		0.371	1.905	
Folate, total....µg	2		0	PAK	1		1	7	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	2		0	PIK	4		1	7	
Folate, DFE....µg	2		0	NC	4		1	7	
Choline, total....mg	81.8		0	PAK	1		69.5	356.6	
Betaine....mg	5.0		0	PAK	1		4.2	21.7	
Vitamin B-12....µg	0.56		0	PAK	1		0.47	2.43	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	12		0	PAK	1		10	51	
Retinol....µg	12		0	PAK	1		10	51	
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		33	169	
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		0.23	1.16	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.01		0	PAK	1		0.01	0.03	
Tocopherol, gamma....mg	0.06		0	PAK	1		0.05	0.26	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.01	
Tocotrienol, alpha....mg	0.04		0	PAK	1		0.03	0.16	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	

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: 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
Tocotrienol, gamma....mg	0.01		0	PAK	1		0.01	0.03	
Tocotrienol, delta....mg	0.00		0	PAK	1		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	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		2.6	13.4	
Lipids:									
Fatty acids, total saturated....g	2.901		0	PIK	4		2.466	12.650	
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		0.004	0.019	
12:0....g	0.005		0	PAK	1		0.004	0.021	
13:0....g									
14:0....g	0.105		0	PAK	1		0.090	0.459	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	1.851		0	PAK	1		1.573	8.069	
17:0....g	0.019		0	PAK	1		0.016	0.081	
18:0....g	0.890		0	PAK	1		0.756	3.879	
20:0....g	0.012		0	PAK	1		0.011	0.054	
22:0....g	0.015		0	PAK	1		0.013	0.067	
24:0....g									
Fatty acids, total monounsaturated....g	4.032		0	PIK	4		3.427	17.579	
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		0.189	0.969	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	3.745		0	PAK	1		3.184	16.330	
20:1....g	0.064		0	PAK	1		0.055	0.280	
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		1.045	5.358	
18:2 undifferentiated....g	1.064		0	PAK	1		0.904	4.639	
18:3 undifferentiated....g	0.044		0	PAK	1		0.037	0.191	
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.045		0	PAK	1		0.038	0.194	
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
20:4 undifferentiated....g	0.077		0	PAK	1		0.065	0.335	
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	0.067		0	PIK	4		0.057	0.290	
Cholesterol....mg	66		0	PAK	1		56	287	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.193		0	PAK	1		0.164	0.843	
Threonine....g	0.926		0	PAK	1		0.787	4.036	
Isoleucine....g	0.935		0	PAK	1		0.795	4.076	
Leucine....g	1.659		0	PAK	1		1.411	7.235	
Lysine....g	1.746		0	PAK	1		1.484	7.613	
Methionine....g	0.494		0	PAK	1		0.420	2.155	
Cystine....g	0.234		0	PAK	1		0.199	1.019	
Phenylalanine....g	0.829		0	PAK	1		0.705	3.616	
Tyrosine....g	0.670		0	PAK	1		0.570	2.923	
Valine....g	1.050		0	PAK	1		0.892	4.577	
Arginine....g	1.328		0	PAK	1		1.129	5.790	
Histidine....g	0.906		0	PAK	1		0.770	3.950	
Alanine....g	1.227		0	PAK	1		1.043	5.351	

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
Aspartic acid.....g	1.812		0	PAK	1		1.540	7.902	
Glutamic acid.....g	2.968		0	PAK	1		2.523	12.940	
Glycine.....g	1.106		0	PAK	1		0.940	4.823	
Proline.....g	0.898		0	PAK	1		0.763	3.914	
Serine.....g	0.813		0	PAK	1		0.691	3.543	
Hydroxyproline.....g	0.135		0	PAK	1		0.115	0.587	
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: 1 serving (3 oz)

Measure 2 = 436g: 1 slice

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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	164		0	NC	4		47	745	
Energy....kJ	687		0	NC	4		195	3116	
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	1.10		0	NR	4		0.31	4.99	
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....µg	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....µg	9		0	NC	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	NC	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	
Tocotrienol, alpha....mg	0.03		0	PAK	1		0.01	0.14	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.02		0	PAK	1		0.01	0.08	
Tocotrienol, delta....mg	0.00		0	PAK	1		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	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	
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	0.084		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	

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
Aspartic acid.....g	1.369		0	PAK	1		0.388	6.211	
Glutamic acid.....g	2.238		0	PAK	1		0.635	10.153	
Glycine.....g	0.852		0	PAK	1		0.242	3.865	
Proline.....g	0.683		0	PAK	1		0.194	3.098	
Serine.....g	0.613		0	PAK	1		0.174	2.782	
Hydroxyproline.....g	0.120		0	PAK	1		0.034	0.544	
Others:									
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 27 (2014)

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		58.29	298.99	
Energy....kcal	131		0	NC	4		111	571	
Energy....kJ	548		0	NC	4		466	2389	
Protein....g	22.04	0.585	8	A	1		18.73	96.09	
Total lipid (fat)....g	4.30	0.416	8	A	1		3.65	18.74	
Ash....g	4.06	0.150	8	A	1		3.45	17.71	
Carbohydrate, by difference....g	1.48		0	NR	4		1.26	6.45	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	1.48		0	NR	4		1.26	6.45	
Sucrose....g	0.32	0.215	7	A	1		0.27	1.41	
Glucose (dextrose)....g	1.10		0	NR	4		0.94	4.80	
Fructose....g	0.06	0.058	7	A	1		0.05	0.25	
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		10	50	
Iron, Fe....mg	1.12	0.097	5	A	1		0.95	4.89	
Magnesium, Mg....mg	20	0.678	5	A	1		17	85	
Phosphorus, P....mg	260	2.702	5	A	1		221	1134	
Potassium, K....mg	289	12.296	5	A	1		246	1260	
Sodium, Na....mg	1374	75.273	5	A	1		1168	5991	
Zinc, Zn....mg	2.29	0.048	5	A	1		1.95	10.00	
Copper, Cu....mg	0.118	0.010	5	A	1		0.100	0.512	
Manganese, Mn....mg	0.022	0.000	5	A	1		0.019	0.096	
Selenium, Se....µg	30.0	8.764	5	A	1		25.5	130.9	
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		0.326	1.672	
Riboflavin....mg	0.182	0.025	5	A	1		0.155	0.794	
Niacin....mg	5.436	0.332	5	A	1		4.621	23.701	
Pantothenic acid....mg	0.726	0.054	5	A	1		0.617	3.165	
Vitamin B-6....mg	0.461	0.041	5	A	1		0.392	2.011	
Folate, total....µg	2	0.250	4	A	1		1	8	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2	0.250	4	NR	4		1	8	
Folate, DFE....µg	2		0	NC	4		1	8	
Choline, total....mg	90.2		0	AS	1		76.7	393.5	
Betaine....mg	5.5	0.915	4	A	1		4.7	24.0	
Vitamin B-12....µg	0.58	0.025	5	A	1		0.49	2.54	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	12		0	AS	1		10	50	
Retinol....µg	12	0.114	4	A	1		10	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	38		0	AS	1		33	168	
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		0.22	1.12	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00	0.005	4	A	1		0.00	0.02	
Tocopherol, gamma....mg	0.05	0.006	4	A	1		0.04	0.23	
Tocopherol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, alpha....mg	0.03	0.014	4	A	1		0.03	0.15	
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	4	A	1		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	0.000	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		2.9	14.8	
Lipids:									
Fatty acids, total saturated....g	1.439		0	NC	4		1.223	6.275	
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		0.044	0.223	
15:0....g	0.000	0.000	4	A	1		0.000	0.000	
16:0....g	0.911	0.161	4	A	1		0.775	3.974	
17:0....g	0.006	0.002	4	A	1		0.005	0.027	
18:0....g	0.454	0.076	4	A	1		0.386	1.978	
20:0....g	0.005	0.002	4	A	1		0.004	0.020	
22:0....g	0.012	0.001	4	A	1		0.010	0.052	
24:0....g									
Fatty acids, total monounsaturated....g	1.989		0	NC	4		1.690	8.671	
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		0.096	0.491	
17:1....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated....g	1.847		0	AS	1		1.570	8.051	
18:1 c....g	1.827	0.348	4	A	1		1.553	7.968	
18:1 t....g	0.019	0.004	4	A	1		0.016	0.084	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.029	0.006	4	A	1		0.025	0.128	
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		0.584	2.997	
18:2 undifferentiated....g	0.572		0	AS	1		0.487	2.496	
18:2 n-6 c,c....g	0.556	0.094	4	A	1		0.473	2.426	
18:2 CLAs....g									
18:2 t,t....g	0.016	0.003	4	A	1		0.014	0.070	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.020		0	AS	1		0.017	0.089	
18:3 n-3 c,c,c (ALA)....g	0.020	0.004	4	A	1		0.017	0.089	
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		0.019	0.098	
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		0.061	0.314	
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		0.030	0.153	
Fatty acids, total trans-monoenoic....g	0.019		0	NC	4		0.016	0.084	
Fatty acids, total trans-polyenoic....g	0.016		0	NC	4		0.014	0.070	

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		55	284	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.207		0	A	1		0.176	0.902	
Threonine....g	0.986		0	A	1		0.838	4.299	
Isoleucine....g	0.995		0	A	1		0.846	4.338	
Leucine....g	1.766		0	A	1		1.501	7.698	
Lysine....g	1.862		0	A	1		1.583	8.118	
Methionine....g	0.527		0	A	1		0.448	2.299	
Cystine....g	0.247		0	A	1		0.210	1.079	
Phenylalanine....g	0.882		0	A	1		0.749	3.844	
Tyrosine....g	0.715		0	A	1		0.608	3.118	
Valine....g	1.115		0	A	1		0.948	4.862	
Arginine....g	1.410		0	A	1		1.199	6.149	
Histidine....g	0.960		0	A	1		0.816	4.185	
Alanine....g	1.298		0	A	1		1.103	5.659	
Aspartic acid....g	1.923		0	A	1		1.634	8.382	
Glutamic acid....g	3.154		0	A	1		2.681	13.752	
Glycine....g	1.151		0	A	1		0.978	5.019	
Proline....g	0.946		0	A	1		0.804	4.125	
Serine....g	0.863		0	A	1		0.733	3.761	
Hydroxyproline....g	0.143		0	A	1		0.121	0.622	
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 = 85g: 1 serving (3 oz)

Measure 2 = 436g: 1 slice

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		65.24		
Energy....kcal	95		0	NC	4		81		
Energy....kJ	398		0	NC	4		338		
Protein (N x 6.25)....g	17.38		1	A	1		14.77		
Total lipid (fat)....g	2.29		1	A	1		1.95		
Ash....g	3.26		1	A	1		2.77		
Carbohydrate, by difference....g	1.23		0	NR	4		1.05		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	1.23		0	BFSN	4		1.05		
Sucrose....g	0.24		0	BFSN	4		0.20		
Glucose (dextrose)....g	0.95		0	BFSN	4		0.81		
Fructose....g	0.04		0	BFSN	4		0.04		
Lactose....g	0.00		0	BFSN	4		0.00		
Maltose....g	0.00		0	BFSN	4		0.00		
Galactose....g	0.00		0	BFSN	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	9		1	A	1		8		
Iron, Fe....mg	1.08		1	A	1		0.92		
Magnesium, Mg....mg	17		1	A	1		15		
Phosphorus, P....mg	235		1	A	1		200		
Potassium, K....mg	221		1	A	1		188		
Sodium, Na....mg	1090		1	A	1		927		
Zinc, Zn....mg	1.86		1	A	1		1.58		
Copper, Cu....mg	0.198		1	A	1		0.168		
Manganese, Mn....mg	0.022		1	A	1		0.019		
Selenium, Se....µg	35.3		1	A	1		30.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.374		1	A	1		0.318		
Riboflavin....mg	0.214		1	A	1		0.182		
Niacin....mg	4.710		1	A	1		4.004		
Pantothenic acid....mg	0.426		1	A	1		0.362		
Vitamin B-6....mg	0.295		1	A	1		0.251		
Folate, total....µg	1		0	BFPN	4		1		
Folic acid....µg	0		0	BFPN	4		0		
Folate, food....µg	1		0	BFPN	4		1		
Folate, DFE....µg	1		0	NC	4		1		
Choline, total....mg	69.7		0	BFNN	4		59.3		
Betaine....mg	4.2		0	BFNN	4		3.6		
Vitamin B-12....µg	0.39		1	A	1		0.33		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	9		0	NC	4		7		
Retinol....µg	9		0	BFSN	4		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	28		0	NC	4		24		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.19		0	BFSN	4		0.16		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	BFSN	4		0.00		
Tocopherol, gamma....mg	0.04		0	BFSN	4		0.03		
Tocopherol, delta....mg	0.00		0	BFSN	4		0.00		
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									

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
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.768		0	BFFN	4		0.653		
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	0.000		0	BFFN	4		0.000		
12:0....g	0.000		0	BFFN	4		0.000		
13:0....g									
14:0....g	0.027		0	BFFN	4		0.023		
15:0....g	0.000		0	BFFN	4		0.000		
16:0....g	0.486		0	BFFN	4		0.413		
17:0....g	0.003		0	BFFN	4		0.003		
18:0....g	0.242		0	BFFN	4		0.206		
20:0....g	0.003		0	BFFN	4		0.002		
22:0....g	0.006		0	BFFN	4		0.005		
24:0....g									
Fatty acids, total monounsaturated....g	1.061		0	BFFN	4		0.902		
14:1....g	0.000		0	BFFN	4		0.000		
15:1....g	0.000		0	BFFN	4		0.000		
16:1 undifferentiated....g	0.060		0	BFFN	4		0.051		
17:1....g	0.000		0	BFFN	4		0.000		
18:1 undifferentiated....g	0.985		0	BFFN	4		0.838		
18:1 c....g	0.975		0	BFFN	4		0.829		
18:1 t....g	0.010		0	BFFN	4		0.009		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.016		0	BFFN	4		0.013		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.367		0	BFFN	4		0.312		
18:2 undifferentiated....g	0.305		0	BFFN	4		0.260		
18:2 n-6 c,c....g	0.297		0	BFFN	4		0.252		
18:2 CLAs....g									
18:2 t,t....g	0.009		0	BFFN	4		0.007		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.011		0	BFFN	4		0.009		
18:3 n-3 c,c,c (ALA)....g	0.011		0	BFFN	4		0.009		
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	0.012		0	BFFN	4		0.010		
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	0.038		0	BFFN	4		0.033		
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	0.019		0	BFFN	4		0.016		
Fatty acids, total trans-monoenoic....g	0.010		0	BFFN	4		0.009		
Fatty acids, total trans-polyenoic....g	0.009		0	BFFN	4		0.007		
Cholesterol....mg	54		1	A	1		46		
Phytosterols....mg									

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
Amino Acids:									
Tryptophan....g	0.163		0	A	1		0.139		
Threonine....g	0.778		0	A	1		0.661		
Isoleucine....g	0.785		0	A	1		0.667		
Leucine....g	1.392		0	A	1		1.184		
Lysine....g	1.468		0	A	1		1.248		
Methionine....g	0.416		0	A	1		0.353		
Cystine....g	0.195		0	A	1		0.166		
Phenylalanine....g	0.695		0	A	1		0.591		
Tyrosine....g	0.564		0	A	1		0.479		
Valine....g	0.879		0	A	1		0.747		
Arginine....g	1.112		0	A	1		0.945		
Histidine....g	0.757		0	A	1		0.643		
Alanine....g	1.024		0	A	1		0.870		
Aspartic acid....g	1.516		0	A	1		1.289		
Glutamic acid....g	2.487		0	A	1		2.114		
Glycine....g	0.908		0	A	1		0.772		
Proline....g	0.746		0	A	1		0.634		
Serine....g	0.680		0	A	1		0.578		
Hydroxyproline....g	0.113		0	A	1		0.096		
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 27 (2014)

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		60.62	134.80	
Energy ... kcal	125		0	PIK	4		106	236	
Energy ... kJ	523		0	PIK	4		444	988	
Protein ... g	18.62		0	PAK	1		15.83	35.19	
Total lipid (fat) ... g	5.05		0	PAK	1		4.29	9.54	
Ash ... g	3.76		0	PAK	1		3.19	7.10	
Carbohydrate, by difference ... g	1.72		0	NR	4		1.46	3.24	
Fiber, total dietary ... g	0.0		0	PIK	4		0.0	0.0	
Sugars, total ... g	1.72		0	PAK	1		1.46	3.24	
Sucrose ... g	0.12		0	PAK	1		0.10	0.23	
Glucose (dextrose) ... g	1.53		0	PAK	1		1.30	2.89	
Fructose ... g	0.06		0	PAK	1		0.05	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	9		0	PAK	1		7	17	
Iron, Fe ... mg	0.85		0	PAK	1		0.72	1.61	
Magnesium, Mg ... mg	21		0	PAK	1		17	39	
Phosphorus, P ... mg	281		0	PAK	1		239	532	
Potassium, K ... mg	334		0	PAK	1		284	631	
Sodium, Na ... mg	1212		0	PAK	1		1030	2290	
Zinc, Zn ... mg	1.93		0	PAK	1		1.64	3.64	
Copper, Cu ... mg	0.117		0	PAK	1		0.100	0.222	
Manganese, Mn ... mg	0.022		0	PAK	1		0.019	0.042	
Selenium, Se ... µg	38.8		0	PAK	1		33.0	73.4	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	PIK	4		0.0	0.0	
Thiamin ... mg	0.406		0	PAK	1		0.345	0.768	
Riboflavin ... mg	0.188		0	PAK	1		0.160	0.355	
Niacin ... mg	5.838		0	PAK	1		4.962	11.034	
Pantothenic acid ... mg	0.755		0	PAK	1		0.642	1.428	
Vitamin B-6 ... mg	0.430		0	PAK	1		0.365	0.813	
Folate, total ... µg	1		0	PAK	1		1	3	
Folic acid ... µg	0		0	PIK	4		0	0	
Folate, food ... µg	1		0	PIK	4		1	3	
Folate, DFE ... µg	1		0	NC	4		1	3	
Choline, total ... mg	77.8		0	PAK	1		66.1	147.0	
Betaine ... mg	4.7		0	PAK	1		4.0	8.8	
Vitamin B-12 ... µg	0.47		0	PAK	1		0.40	0.88	
Vitamin B-12, added ... µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE ... µg	13		0	PAK	1		11	24	
Retinol ... µg	13		0	PAK	1		11	24	
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		36	81	
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		0.20	0.45	
Vitamin E, added ... mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta ... mg	0.01		0	PAK	1		0.01	0.02	
Tocopherol, gamma ... mg	0.04		0	PAK	1		0.03	0.07	
Tocopherol, delta ... mg	0.01		0	PAK	1		0.00	0.01	
Tocotrienol, alpha ... mg	0.04		0	PAK	1		0.03	0.07	
Tocotrienol, beta ... mg	0.00		0	PAK	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.01		0	PAK	1		0.00	0.01	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.9		0	PAK	1		0.7	1.7	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.9		0	PIK	4		0.7	1.7	
Vitamin D....IU	35		0	PIK	4		30	67	
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		3.4	7.5	
Lipids:									
Fatty acids, total saturated....g	1.717		0	PIK	4		1.459	3.245	
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		0.001	0.002	
12:0....g	0.003		0	PAK	1		0.002	0.005	
13:0....g									
14:0....g	0.061		0	PAK	1		0.052	0.116	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	1.082		0	PAK	1		0.920	2.045	
17:0....g	0.011		0	PAK	1		0.010	0.021	
18:0....g	0.540		0	PAK	1		0.459	1.021	
20:0....g	0.009		0	PAK	1		0.007	0.016	
22:0....g	0.010		0	PAK	1		0.008	0.018	
24:0....g									
Fatty acids, total monounsaturated....g	2.321		0	PIK	4		1.973	4.387	
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		0.114	0.254	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	2.151		0	PAK	1		1.829	4.066	
18:1 c....g	2.128		0	PAK	1		1.809	4.021	
18:1 t....g	0.024		0	PAK	1		0.020	0.045	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.036		0	PAK	1		0.030	0.067	
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		0.560	1.246	
18:2 undifferentiated....g	0.559		0	PAK	1		0.476	1.057	
18:2 n-6 c,c....g	0.541		0	PAK	1		0.460	1.022	
18:2 CLAs....g	0.003		0	PAK	1		0.003	0.006	
18:2 t,t....g	0.015		0	PAK	1		0.013	0.029	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.022		0	PAK	1		0.019	0.042	
18:3 n-3 c,c,c (ALA)....g	0.022		0	PAK	1		0.019	0.042	
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		0.019	0.042	
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		0.047	0.105	
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		0.033	0.074	
Fatty acids, total trans-monoenoic....g	0.024		0	PIK	4		0.020	0.045	
Fatty acids, total trans-polyenoic....g	0.015		0	PIK	4		0.013	0.029	

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		46	102	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.174		0	PAK	1		0.148	0.329	
Threonine....g	0.832		0	PAK	1		0.707	1.572	
Isoleucine....g	0.840		0	PAK	1		0.714	1.587	
Leucine....g	1.490		0	PAK	1		1.267	2.816	
Lysine....g	1.571		0	PAK	1		1.335	2.968	
Methionine....g	0.445		0	PAK	1		0.378	0.840	
Cystine....g	0.209		0	PAK	1		0.178	0.395	
Phenylalanine....g	0.744		0	PAK	1		0.633	1.407	
Tyrosine....g	0.603		0	PAK	1		0.513	1.140	
Valine....g	0.941		0	PAK	1		0.800	1.779	
Arginine....g	1.191		0	PAK	1		1.012	2.251	
Histidine....g	0.811		0	PAK	1		0.689	1.533	
Alanine....g	1.097		0	PAK	1		0.933	2.073	
Aspartic acid....g	1.624		0	PAK	1		1.380	3.069	
Glutamic acid....g	2.663		0	PAK	1		2.263	5.033	
Glycine....g	0.977		0	PAK	1		0.830	1.846	
Proline....g	0.800		0	PAK	1		0.680	1.512	
Serine....g	0.728		0	PAK	1		0.619	1.377	
Hydroxyproline....g	0.121		0	PAK	1		0.103	0.228	
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: 1 serving (3 oz)

Measure 2 = 189g: 1 slice

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		61.25	136.19	
Energy....kcal	119		0	NC	4		101	225	
Energy....kJ	498		0	NC	4		423	941	
Protein....g	18.82	0.230	12	A	1		16.00	35.57	
Total lipid (fat)....g	4.09	0.415	12	A	1		3.48	7.73	
Ash....g	3.79	0.120	12	A	1		3.22	7.16	
Carbohydrate, by difference....g	1.75		0	NR	4		1.48	3.30	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	1.75	0.239	12	A	1		1.48	3.30	
Sucrose....g	0.13	0.116	12	A	1		0.11	0.24	
Glucose (dextrose)....g	1.56	0.267	12	A	1		1.32	2.94	
Fructose....g	0.06	0.053	12	A	1		0.05	0.12	
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		8	17	
Iron, Fe....mg	0.86	0.050	4	A	1		0.73	1.62	
Magnesium, Mg....mg	21	0.872	4	A	1		18	39	
Phosphorus, P....mg	284	8.159	4	A	1		241	536	
Potassium, K....mg	337	11.871	4	A	1		286	636	
Sodium, Na....mg	1223	64.856	4	A	1		1039	2311	
Zinc, Zn....mg	1.94	0.113	4	A	1		1.65	3.67	
Copper, Cu....mg	0.113	0.006	4	A	1		0.096	0.214	
Manganese, Mn....mg	0.022	0.000	4	A	1		0.019	0.042	
Selenium, Se....µg	39.3	1.590	4	A	1		33.4	74.3	
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		0.348	0.773	
Riboflavin....mg	0.190	0.008	4	A	1		0.161	0.359	
Niacin....mg	5.895	0.562	4	A	1		5.011	11.141	
Pantothenic acid....mg	0.762	0.036	4	A	1		0.648	1.441	
Vitamin B-6....mg	0.435	0.030	4	A	1		0.369	0.822	
Folate, total....µg	1	0.648	4	A	1		1	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1	0.648	4	NR	4		1	3	
Folate, DFE....µg	1		0	NC	4		1	3	
Choline, total....mg	79.4		0	AS	1		67.5	150.0	
Betaine....mg	4.8	0.832	4	A	1		4.0	9.0	
Vitamin B-12....µg	0.47	0.017	4	A	1		0.40	0.89	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	13		0	AS	1		11	24	
Retinol....µg	13	0.247	4	A	1		11	24	
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		36	81	
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		0.20	0.45	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.01	0.006	4	A	1		0.01	0.02	
Tocopherol, gamma....mg	0.04	0.005	4	A	1		0.03	0.07	
Tocopherol, delta....mg	0.00	0.005	4	A	1		0.00	0.01	
Tocotrienol, alpha....mg	0.03	0.015	4	A	1		0.03	0.07	
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.00	0.004	4	A	1		0.00	0.01	
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.9		0	AS	1		0.7	1.6	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.9		0	BFNN	4		0.7	1.6	
Vitamin D....IU	34		0	BFNN	4		29	65	
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		3.4	7.6	
Lipids:									
Fatty acids, total saturated....g	1.401		0	NC	4		1.191	2.649	
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		0.001	0.003	
13:0....g									
14:0....g	0.050	0.016	3	A	1		0.042	0.094	
15:0....g	0.000	0.000	3	A	1		0.000	0.000	
16:0....g	0.879	0.277	3	A	1		0.747	1.662	
17:0....g	0.009	0.002	3	A	1		0.007	0.016	
18:0....g	0.446	0.137	3	A	1		0.379	0.843	
20:0....g	0.007	0.003	3	A	1		0.006	0.013	
22:0....g	0.009	0.001	3	A	1		0.008	0.017	
24:0....g									
Fatty acids, total monounsaturated....g	1.879		0	NC	4		1.597	3.552	
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		0.094	0.209	
17:1....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated....g	1.741		0	AS	1		1.480	3.290	
18:1 c....g	1.721	0.545	3	A	1		1.463	3.253	
18:1 t....g	0.019	0.004	3	A	1		0.016	0.037	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.028	0.009	3	A	1		0.024	0.053	
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		0.459	1.020	
18:2 undifferentiated....g	0.451		0	AS	1		0.384	0.853	
18:2 n-6 c,c....g	0.438	0.093	3	A	1		0.373	0.828	
18:2 CLAs....g									
18:2 t,t....g	0.013	0.002	3	A	1		0.011	0.025	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.017		0	AS	1		0.014	0.032	
18:3 n-3 c,c,c (ALA)....g	0.017	0.003	3	A	1		0.014	0.032	
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		0.015	0.033	
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		0.046	0.103	
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		0.027	0.061	
Fatty acids, total trans-monoenoic....g	0.019		0	NC	4		0.016	0.037	
Fatty acids, total trans-polyenoic....g	0.013		0	NC	4		0.011	0.025	

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		46	102	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.177		0	A	1		0.150	0.334	
Threonine....g	0.842		0	A	1		0.716	1.591	
Isoleucine....g	0.850		0	A	1		0.722	1.606	
Leucine....g	1.508		0	A	1		1.282	2.850	
Lysine....g	1.590		0	A	1		1.352	3.005	
Methionine....g	0.450		0	A	1		0.383	0.851	
Cystine....g	0.211		0	A	1		0.180	0.399	
Phenylalanine....g	0.753		0	A	1		0.640	1.423	
Tyrosine....g	0.611		0	A	1		0.519	1.154	
Valine....g	0.952		0	A	1		0.809	1.800	
Arginine....g	1.204		0	A	1		1.024	2.276	
Histidine....g	0.820		0	A	1		0.697	1.549	
Alanine....g	1.108		0	A	1		0.942	2.095	
Aspartic acid....g	1.642		0	A	1		1.396	3.103	
Glutamic acid....g	2.694		0	A	1		2.290	5.091	
Glycine....g	0.983		0	A	1		0.836	1.858	
Proline....g	0.808		0	A	1		0.687	1.527	
Serine....g	0.737		0	A	1		0.626	1.392	
Hydroxyproline....g	0.122		0	A	1		0.104	0.230	
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 = 85g: 1 serving (3 oz)

Measure 2 = 189g: 1 slice

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		60.96	1339.03	
Energy....kcal	126		0	PIK	4		107	2353	
Energy....kJ	527		0	PIK	4		448	9844	
Protein....g	17.77		0	PAK	1		15.11	331.78	
Total lipid (fat)....g	5.48		0	PAK	1		4.66	102.39	
Ash....g	3.63		0	PAK	1		3.09	67.76	
Carbohydrate, by difference....g	1.54		0	NR	4		1.31	28.78	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	1.54		0	PAK	1		1.31	28.78	
Sucrose....g	0.13		0	PAK	1		0.11	2.37	
Glucose (dextrose)....g	1.36		0	PAK	1		1.15	25.35	
Fructose....g	0.06		0	PAK	1		0.05	1.06	
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		7	161	
Iron, Fe....mg	0.82		0	PAK	1		0.69	15.23	
Magnesium, Mg....mg	19		0	PAK	1		16	360	
Phosphorus, P....mg	268		0	PAK	1		228	4997	
Potassium, K....mg	313		0	PAK	1		266	5847	
Sodium, Na....mg	1181		0	PAK	1		1003	22040	
Zinc, Zn....mg	1.80		0	PAK	1		1.53	33.68	
Copper, Cu....mg	0.097		0	PAK	1		0.082	1.802	
Manganese, Mn....mg	0.022		0	PAK	1		0.019	0.413	
Selenium, Se....µg	33.8		0	PAK	1		28.7	631.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.360		0	PAK	1		0.306	6.726	
Riboflavin....mg	0.181		0	PAK	1		0.154	3.373	
Niacin....mg	5.734		0	PAK	1		4.874	107.059	
Pantothenic acid....mg	0.714		0	PAK	1		0.607	13.335	
Vitamin B-6....mg	0.390		0	PAK	1		0.331	7.276	
Folate, total....µg	1		0	PAK	1		1	19	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	1		0	PIK	4		1	19	
Folate, DFE....µg	1		0	NC	4		1	19	
Choline, total....mg	72.5		0	PAK	1		61.6	1354.0	
Betaine....mg	4.2		0	PAK	1		3.5	77.5	
Vitamin B-12....µg	0.40		0	PAK	1		0.34	7.43	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	13		0	PAK	1		11	244	
Retinol....µg	13		0	PAK	1		11	244	
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		37	815	
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		0.18	3.89	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.01		0	PAK	1		0.01	0.16	
Tocopherol, gamma....mg	0.03		0	PAK	1		0.03	0.60	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.01	
Tocotrienol, alpha....mg	0.02		0	PAK	1		0.01	0.29	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.01		0	PAK	1		0.00	0.10	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.7		0	PAK	1		0.6	13.4	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.7		0	PIK	4		0.6	13.4	
Vitamin D....IU	29		0	PIK	4		24	534	
Vitamin K (phylloquinone)....µg	0.0		0	PAK	1		0.0	0.5	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	4.0		0	PAK	1		3.4	74.0	
Lipids:									
Fatty acids, total saturated....g	1.787		0	PIK	4		1.519	33.358	
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		0.003	0.065	
12:0....g	0.002		0	PAK	1		0.002	0.044	
13:0....g									
14:0....g	0.064		0	PAK	1		0.055	1.203	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	1.132		0	PAK	1		0.962	21.126	
17:0....g	0.013		0	PAK	1		0.011	0.237	
18:0....g	0.555		0	PAK	1		0.472	10.366	
20:0....g	0.007		0	PAK	1		0.006	0.124	
22:0....g	0.010		0	PAK	1		0.009	0.193	
24:0....g									
Fatty acids, total monounsaturated....g	2.490		0	PIK	4		2.116	46.487	
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		0.126	2.775	
17:1....g	0.003		0	PAK	1		0.002	0.050	
18:1 undifferentiated....g	2.302		0	PAK	1		1.956	42.970	
18:1 c....g	2.280		0	PAK	1		1.938	42.568	
18:1 t....g	0.022		0	PAK	1		0.018	0.401	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.037		0	PAK	1		0.032	0.693	
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		0.577	12.682	
18:2 undifferentiated....g	0.578		0	PAK	1		0.491	10.789	
18:2 n-6 c,c....g	0.561		0	PAK	1		0.477	10.478	
18:2 CLAs....g	0.004		0	PAK	1		0.003	0.065	
18:2 t,t....g	0.013		0	PAK	1		0.011	0.246	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.025		0	PAK	1		0.021	0.462	
18:3 n-3 c,c,c (ALA)....g	0.025		0	PAK	1		0.021	0.462	
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		0.020	0.439	
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		0.045	0.991	
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		0.007	0.161	
Fatty acids, total trans-monoenoic....g	0.005		0	PIK	4		0.005	0.101	
Fatty acids, total trans-polyenoic....g	0.003		0	PIK	4		0.003	0.059	

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		46	1006	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.166		0	PAK	1		0.141	3.105	
Threonine....g	0.794		0	PAK	1		0.675	14.821	
Isoleucine....g	0.801		0	PAK	1		0.681	14.960	
Leucine....g	1.422		0	PAK	1		1.209	26.550	
Lysine....g	1.499		0	PAK	1		1.274	27.979	
Methionine....g	0.424		0	PAK	1		0.361	7.922	
Cystine....g	0.200		0	PAK	1		0.170	3.726	
Phenylalanine....g	0.710		0	PAK	1		0.604	13.261	
Tyrosine....g	0.576		0	PAK	1		0.489	10.746	
Valine....g	0.899		0	PAK	1		0.764	16.775	
Arginine....g	1.136		0	PAK	1		0.966	21.217	
Histidine....g	0.774		0	PAK	1		0.658	14.452	
Alanine....g	1.047		0	PAK	1		0.890	19.552	
Aspartic acid....g	1.550		0	PAK	1		1.317	28.933	
Glutamic acid....g	2.541		0	PAK	1		2.160	47.445	
Glycine....g	0.933		0	PAK	1		0.793	17.421	
Proline....g	0.764		0	PAK	1		0.649	14.265	
Serine....g	0.695		0	PAK	1		0.591	12.981	
Hydroxyproline....g	0.115		0	PAK	1		0.098	2.149	
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: 1 serving (3 oz)

Measure 2 = 1867g: 1 roast

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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	1.42		0	NR	4		0.40	6.44	
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....µg	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....µg	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	
Tocotrienol, alpha....mg	0.03		0	PAK	1		0.01	0.12	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.00		0	PAK	1		0.00	0.01	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.6		0	PAK	1		0.2	2.5	
Vitamin D2 (ergocalciferol)....µg									
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 t....g	0.027		0	PAK	1		0.008	0.123	
18:1-11 t (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 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-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 27 (2014)

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		61.70	1355.13	
Energy....kcal	117		0	NC	4		99	2183	
Energy....kJ	489		0	NC	4		416	9136	
Protein....g	17.99	0.410	12	A	1		15.29	335.78	
Total lipid (fat)....g	4.39	0.356	12	A	1		3.73	81.92	
Ash....g	3.66	0.081	12	A	1		3.11	68.40	
Carbohydrate, by difference....g	1.57		0	NR	4		1.34	29.34	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	1.57	0.206	12	A	1		1.34	29.34	
Sucrose....g	0.13	0.121	12	A	1		0.11	2.43	
Glucose (dextrose)....g	1.38	0.222	12	A	1		1.18	25.83	
Fructose....g	0.06	0.058	12	A	1		0.05	1.08	
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	2.157	4	A	1		7	162	
Iron, Fe....mg	0.82	0.072	4	A	1		0.70	15.36	
Magnesium, Mg....mg	19	0.786	4	A	1		16	361	
Phosphorus, P....mg	270	7.427	4	A	1		230	5041	
Potassium, K....mg	316	13.410	4	A	1		269	5900	
Sodium, Na....mg	1193	22.867	4	A	1		1014	22264	
Zinc, Zn....mg	1.82	0.097	4	A	1		1.55	33.98	
Copper, Cu....mg	0.091	0.007	4	A	1		0.077	1.698	
Manganese, Mn....mg	0.022	0.000	4	A	1		0.019	0.413	
Selenium, Se....µg	34.2	1.083	4	A	1		29.1	639.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.362	0.036	4	A	1		0.308	6.763	
Riboflavin....mg	0.183	0.007	4	A	1		0.155	3.411	
Niacin....mg	5.797	0.560	4	A	1		4.928	108.238	
Pantothenic acid....mg	0.721	0.039	4	A	1		0.613	13.469	
Vitamin B-6....mg	0.394	0.030	4	A	1		0.335	7.360	
Folate, total....µg	1	0.000	4	A	1		1	19	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1	0.000	4	NR	4		1	19	
Folate, DFE....µg	1		0	NC	4		1	19	
Choline, total....mg	74.2		0	AS	1		63.1	1386.2	
Betaine....mg	4.3	1.036	4	A	1		3.6	79.4	
Vitamin B-12....µg	0.40	0.012	4	A	1		0.34	7.47	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	13		0	AS	1		11	245	
Retinol....µg	13	0.212	4	A	1		11	245	
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		37	815	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.20	0.016	4	A	1		0.17	3.83	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.01	0.005	4	A	1		0.01	0.16	
Tocopherol, gamma....mg	0.03	0.000	4	A	1		0.03	0.56	
Tocopherol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, alpha....mg	0.01	0.005	4	A	1		0.01	0.28	
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.00	0.004	4	A	1		0.00	0.07	
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.7		0	AS	1		0.6	12.8	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.7		0	BFNN	4		0.6	12.8	
Vitamin D....IU	28		0	BFNN	4		23	514	
Vitamin K (phylloquinone)....µg	0.0	0.025	4	A	1		0.0	0.5	
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....µg	4.1	0.696	4	A	1		3.5	75.8	
Lipids:									
Fatty acids, total saturated....g	1.424		0	NC	4		1.210	26.579	
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	0.001	4	A	1		0.002	0.046	
12:0....g	0.001	0.001	4	A	1		0.001	0.023	
13:0....g									
14:0....g	0.051	0.005	4	A	1		0.043	0.952	
15:0....g	0.000	0.000	4	A	1		0.000	0.000	
16:0....g	0.898	0.086	4	A	1		0.763	16.769	
17:0....g	0.010	0.001	4	A	1		0.008	0.181	
18:0....g	0.447	0.037	4	A	1		0.380	8.344	
20:0....g	0.005	0.002	4	A	1		0.004	0.088	
22:0....g	0.009	0.001	4	A	1		0.008	0.176	
24:0....g									
Fatty acids, total monounsaturated....g	1.983		0	NC	4		1.686	37.022	
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	0.122	0.012	4	A	1		0.103	2.272	
17:1....g	0.003	0.003	4	A	1		0.002	0.051	
18:1 undifferentiated....g	1.830		0	AS	1		1.556	34.168	
18:1 c....g	1.814	0.180	4	A	1		1.542	33.861	
18:1 t....g	0.016	0.003	4	A	1		0.014	0.307	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.028	0.003	4	A	1		0.024	0.531	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.542		0	NC	4		0.460	10.110	
18:2 undifferentiated....g	0.453		0	AS	1		0.385	8.461	
18:2 n-6 c,c....g	0.443	0.066	4	A	1		0.377	8.270	
18:2 CLAs....g									
18:2 t,t....g	0.010	0.001	4	A	1		0.009	0.191	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.019		0	AS	1		0.016	0.354	
18:3 n-3 c,c,c (ALA)....g	0.019	0.002	4	A	1		0.016	0.354	
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	0.018	0.003	4	A	1		0.015	0.335	
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	0.051	0.002	4	A	1		0.044	0.960	
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									
Cholesterol....mg	53	1.083	12	A	1		45	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		0.143	3.151	
Threonine....g	0.805		0	A	1		0.684	15.022	
Isoleucine....g	0.812		0	A	1		0.690	15.158	
Leucine....g	1.441		0	A	1		1.225	26.901	
Lysine....g	1.519		0	A	1		1.291	28.367	
Methionine....g	0.430		0	A	1		0.366	8.032	
Cystine....g	0.202		0	A	1		0.172	3.770	
Phenylalanine....g	0.719		0	A	1		0.612	13.433	
Tyrosine....g	0.584		0	A	1		0.496	10.896	
Valine....g	0.910		0	A	1		0.773	16.989	
Arginine....g	1.151		0	A	1		0.978	21.486	
Histidine....g	0.783		0	A	1		0.666	14.625	
Alanine....g	1.059		0	A	1		0.900	19.776	
Aspartic acid....g	1.569		0	A	1		1.334	29.291	
Glutamic acid....g	2.574		0	A	1		2.188	48.056	
Glycine....g	0.939		0	A	1		0.798	17.537	
Proline....g	0.772		0	A	1		0.656	14.413	
Serine....g	0.704		0	A	1		0.598	13.144	
Hydroxyproline....g	0.117		0	BFPN	4		0.099	2.175	
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 = 85g: 3 oz

Measure 2 = 1867g: 1 roast whole

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		62.86		
Energy....kcal	110		0	NC	4		93		
Energy....kJ	459		0	NC	4		390		
Protein....g	17.34	0.190	12	A	1		14.74		
Total lipid (fat)....g	3.97	0.313	12	A	1		3.37		
Ash....g	3.56	0.109	12	A	1		3.03		
Carbohydrate, by difference....g	1.45		0	NR	4		1.23		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	1.45	0.217	12	A	1		1.23		
Sucrose....g	0.09	0.093	12	A	1		0.08		
Glucose (dextrose)....g	1.31	0.239	12	A	1		1.11		
Fructose....g	0.05	0.040	12	A	1		0.04		
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		7		
Iron, Fe....mg	0.86	0.095	4	A	1		0.73		
Magnesium, Mg....mg	19	0.587	4	A	1		16		
Phosphorus, P....mg	265	6.824	4	A	1		225		
Potassium, K....mg	317	7.805	4	A	1		269		
Sodium, Na....mg	1141	53.789	4	A	1		970		
Zinc, Zn....mg	1.79	0.079	4	A	1		1.52		
Copper, Cu....mg	0.101	0.009	4	A	1		0.086		
Manganese, Mn....mg	0.022	0.000	4	A	1		0.019		
Selenium, Se....µg	35.1	1.567	4	A	1		29.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.402	0.015	4	A	1		0.342		
Riboflavin....mg	0.187	0.008	4	A	1		0.159		
Niacin....mg	5.473	0.561	4	A	1		4.652		
Pantothenic acid....mg	0.734	0.043	4	A	1		0.624		
Vitamin B-6....mg	0.413	0.026	4	A	1		0.351		
Folate, total....µg	2	0.250	4	A	1		1		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	2	0.250	4	NR	4		1		
Folate, DFE....µg	2		0	NC	4		1		
Choline, total....mg	71.7		0	AS	1		61.0		
Betaine....mg	3.5	0.518	4	A	1		3.0		
Vitamin B-12....µg	0.47	0.028	4	A	1		0.40		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	13		0	AS	1		11		
Retinol....µg	13	0.558	4	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		36		
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		0.18		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.01	0.006	4	A	1		0.01		
Tocopherol, gamma....mg	0.03	0.000	4	A	1		0.03		
Tocopherol, delta....mg	0.01	0.005	4	A	1		0.01		
Tocotrienol, alpha....mg	0.02	0.013	4	A	1		0.02		
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00		

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
Tocotrienol, gamma....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.6		0	AS	1		0.5		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.6		0	BFNN	4		0.5		
Vitamin D....IU	23		0	BFNN	4		20		
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		3.0		
Lipids:									
Fatty acids, total saturated....g	1.428		0	NC	4		1.213		
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		0.001		
13:0....g									
14:0....g	0.050	0.007	4	A	1		0.042		
15:0....g	0.000	0.000	4	A	1		0.000		
16:0....g	0.902	0.142	4	A	1		0.767		
17:0....g	0.009	0.002	4	A	1		0.008		
18:0....g	0.453	0.070	4	A	1		0.385		
20:0....g	0.005	0.002	4	A	1		0.004		
22:0....g	0.007	0.002	4	A	1		0.006		
24:0....g									
Fatty acids, total monounsaturated....g	1.938		0	NC	4		1.647		
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		0.096		
17:1....g	0.002	0.002	4	A	1		0.002		
18:1 undifferentiated....g	1.794		0	AS	1		1.525		
18:1 c....g	1.773	0.278	4	A	1		1.507		
18:1 t....g	0.020	0.001	4	A	1		0.017		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.029	0.005	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	0.577		0	NC	4		0.490		
18:2 undifferentiated....g	0.488		0	AS	1		0.415		
18:2 n-6 c,c....g	0.472	0.044	4	A	1		0.401		
18:2 CLAs....g									
18:2 t,t....g	0.016	0.002	4	A	1		0.013		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.020		0	AS	1		0.017		
18:3 n-3 c,c,c (ALA)....g	0.020	0.002	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	0.019	0.003	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	0.050	0.001	4	A	1		0.043		
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		0.031		
Fatty acids, total trans-monoenoic....g	0.020		0	NC	4		0.017		
Fatty acids, total trans-polyenoic....g	0.016		0	NC	4		0.013		

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		42		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.163		0	A	1		0.138		
Threonine....g	0.776		0	A	1		0.659		
Isoleucine....g	0.783		0	A	1		0.665		
Leucine....g	1.389		0	A	1		1.181		
Lysine....g	1.465		0	A	1		1.245		
Methionine....g	0.415		0	A	1		0.353		
Cystine....g	0.195		0	A	1		0.166		
Phenylalanine....g	0.694		0	A	1		0.590		
Tyrosine....g	0.563		0	A	1		0.478		
Valine....g	0.877		0	A	1		0.746		
Arginine....g	1.110		0	A	1		0.943		
Histidine....g	0.755		0	A	1		0.642		
Alanine....g	1.021		0	A	1		0.868		
Aspartic acid....g	1.513		0	A	1		1.286		
Glutamic acid....g	2.482		0	A	1		2.109		
Glycine....g	0.906		0	A	1		0.770		
Proline....g	0.744		0	A	1		0.633		
Serine....g	0.679		0	A	1		0.577		
Hydroxyproline....g	0.112		0	A	1		0.095		
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 27 (2014)

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		54.91	1636.34	
Energy ... kcal	186		0	PIK	4		158	4707	
Energy ... kJ	777		0	PIK	4		661	19692	
Protein ... g	19.46		0	PAK	1		16.54	493.04	
Total lipid (fat) ... g	11.48		0	PAK	1		9.76	290.90	
Ash ... g	3.30		0	PAK	1		2.81	83.64	
Carbohydrate, by difference ... g	1.15		0	PIK	4		0.98	29.08	
Fiber, total dietary ... g	0.0		0	PIK	4		0.0	0.0	
Sugars, total ... g	1.03		0	PAK	1		0.87	25.97	
Sucrose ... g	0.27		0	PAK	1		0.23	6.83	
Glucose (dextrose) ... g	0.58		0	PAK	1		0.49	14.61	
Fructose ... g	0.18		0	PAK	1		0.15	4.53	
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		8	242	
Iron, Fe ... mg	0.82		0	PAK	1		0.70	20.78	
Magnesium, Mg ... mg	18		0	PAK	1		15	461	
Phosphorus, P ... mg	213		0	PAK	1		181	5400	
Potassium, K ... mg	254		0	PAK	1		216	6427	
Sodium, Na ... mg	1181		0	PAK	1		1004	29921	
Zinc, Zn ... mg	1.95		0	PAK	1		1.65	49.31	
Copper, Cu ... mg	0.124		0	PAK	1		0.105	3.138	
Manganese, Mn ... mg	0.022		0	PAK	1		0.019	0.560	
Selenium, Se ... µg	39.4		0	PAK	1		33.5	998.1	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	PIK	4		0.0	0.0	
Thiamin ... mg	0.322		0	PAK	1		0.274	8.166	
Riboflavin ... mg	0.175		0	PAK	1		0.148	4.423	
Niacin ... mg	3.901		0	PAK	1		3.316	98.810	
Pantothenic acid ... mg	0.588		0	PAK	1		0.500	14.907	
Vitamin B-6 ... mg	0.316		0	PAK	1		0.268	7.994	
Folate, total ... µg	2		0	PAK	1		2	47	
Folic acid ... µg	0		0	PIK	4		0	0	
Folate, food ... µg	2		0	PIK	4		2	47	
Folate, DFE ... µg	2		0	NC	4		2	47	
Choline, total ... mg	80.4		0	PAK	1		68.3	2035.9	
Betaine ... mg	3.1		0	PAK	1		2.6	78.1	
Vitamin B-12 ... µg	0.47		0	PAK	1		0.40	11.82	
Vitamin B-12, added ... µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE ... µg	12		0	PAK	1		10	292	
Retinol ... µg	12		0	PAK	1		10	292	
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		33	973	
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		0.20	5.83	
Vitamin E, added ... mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta ... mg	0.02		0	PAK	1		0.02	0.49	
Tocopherol, gamma ... mg	0.06		0	PAK	1		0.05	1.52	
Tocopherol, delta ... mg	0.02		0	PAK	1		0.01	0.39	
Tocotrienol, alpha ... mg	0.02		0	PAK	1		0.02	0.61	
Tocotrienol, beta ... mg	0.00		0	PAK	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.04		0	PAK	1		0.03	0.90	
Tocotrienol, delta....mg	0.00		0	PAK	1		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	PAK	1		0.0	1.1	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	5.2		0	PAK	1		4.4	131.4	
Lipids:									
Fatty acids, total saturated....g	3.783		0	PIK	4		3.215	95.811	
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		0.006	0.172	
12:0....g	0.007		0	PAK	1		0.006	0.187	
13:0....g									
14:0....g	0.139		0	PAK	1		0.118	3.522	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	2.406		0	PAK	1		2.045	60.954	
17:0....g	0.028		0	PAK	1		0.024	0.711	
18:0....g	1.161		0	PAK	1		0.987	29.418	
20:0....g	0.018		0	PAK	1		0.015	0.456	
22:0....g	0.015		0	PAK	1		0.013	0.392	
24:0....g									
Fatty acids, total monounsaturated....g	5.265		0	PIK	4		4.476	133.370	
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		0.232	6.913	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	4.904		0	PAK	1		4.168	124.215	
20:1....g	0.089		0	PAK	1		0.075	2.243	
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		1.257	37.463	
18:2 undifferentiated....g	1.303		0	PAK	1		1.107	32.997	
18:3 undifferentiated....g	0.058		0	PAK	1		0.049	1.460	
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.057		0	PAK	1		0.048	1.440	
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
20:4 undifferentiated....g	0.062		0	PAK	1		0.053	1.567	
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	0.087		0	PIK	4		0.074	2.207	
Cholesterol....mg	67		0	PAK	1		57	1694	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.180		0	PAK	1		0.153	4.556	
Threonine....g	0.863		0	PAK	1		0.734	21.870	
Isoleucine....g	0.873		0	PAK	1		0.742	22.104	
Leucine....g	1.549		0	PAK	1		1.317	39.238	
Lysine....g	1.628		0	PAK	1		1.384	41.229	
Methionine....g	0.461		0	PAK	1		0.392	11.672	
Cystine....g	0.219		0	PAK	1		0.186	5.544	
Phenylalanine....g	0.775		0	PAK	1		0.659	19.624	
Tyrosine....g	0.625		0	PAK	1		0.531	15.825	
Valine....g	0.981		0	PAK	1		0.834	24.848	
Arginine....g	1.241		0	PAK	1		1.055	31.441	
Histidine....g	0.848		0	PAK	1		0.721	21.480	
Alanine....g	1.150		0	PAK	1		0.978	29.133	

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
Aspartic acid....g	1.695		0	PAK	1		1.441	42.938	
Glutamic acid....g	2.773		0	PAK	1		2.357	70.233	
Glycine....g	1.048		0	PAK	1		0.890	26.535	
Proline....g	0.843		0	PAK	1		0.717	21.364	
Serine....g	0.760		0	PAK	1		0.646	19.241	
Hydroxyproline....g	0.126		0	PAK	1		0.107	3.194	
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: 1 serving (3 oz)

Measure 2 = 2533g: 1 roast rump

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 ... µg	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 ... µg	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	
Tocotrienol, alpha ... mg	0.03		0	PAK	1		0.01	0.14	
Tocotrienol, beta ... mg	0.00		0	PAK	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.02		0	PAK	1		0.01	0.09	
Tocotrienol, delta....mg	0.00		0	PAK	1		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	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	
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	0.096		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	

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
Aspartic acid.....g	1.400		0	PAK	1		0.397	6.352	
Glutamic acid.....g	2.289		0	PAK	1		0.649	10.382	
Glycine.....g	0.872		0	PAK	1		0.247	3.957	
Proline.....g	0.699		0	PAK	1		0.198	3.170	
Serine.....g	0.627		0	PAK	1		0.178	2.845	
Hydroxyproline.....g	0.123		0	PAK	1		0.035	0.559	
Others:									
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 27 (2014)

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		59.10	1761.30	
Energy....kcal	131		0	NC	4		112	3328	
Energy....kJ	550		0	NC	4		467	13924	
Protein....g	21.28	0.655	5	A	1		18.08	538.92	
Total lipid (fat)....g	4.70	1.172	5	A	1		3.99	118.96	
Ash....g	3.49	0.239	5	A	1		2.97	88.40	
Carbohydrate, by difference....g	1.15		0	NR	4		0.98	29.16	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	1.15	0.359	4	A	1		0.98	29.16	
Sucrose....g	0.32	0.150	4	A	1		0.27	7.98	
Glucose (dextrose)....g	0.63	0.526	4	A	1		0.53	15.88	
Fructose....g	0.21	0.083	4	A	1		0.18	5.30	
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		9	258	
Iron, Fe....mg	0.87	0.089	3	A	1		0.74	22.03	
Magnesium, Mg....mg	19	0.869	3	A	1		16	472	
Phosphorus, P....mg	221	11.566	3	A	1		188	5589	
Potassium, K....mg	264	4.096	3	A	1		224	6679	
Sodium, Na....mg	1267	95.277	3	A	1		1077	32085	
Zinc, Zn....mg	2.08	0.052	3	A	1		1.77	52.77	
Copper, Cu....mg	0.089	0.014	3	A	1		0.076	2.254	
Manganese, Mn....mg	0.022	0.000	3	A	1		0.019	0.560	
Selenium, Se....µg	43.4	13.945	3	A	1		36.9	1098.5	
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		0.280	8.357	
Riboflavin....mg	0.188	0.033	3	A	1		0.160	4.761	
Niacin....mg	4.040	0.673	3	A	1		3.434	102.332	
Pantothenic acid....mg	0.618	0.025	3	A	1		0.525	15.660	
Vitamin B-6....mg	0.335	0.027	3	A	1		0.285	8.486	
Folate, total....µg	2		1	A	1		2	51	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2		1	NR	4		2	51	
Folate, DFE....µg	2		0	NC	4		2	51	
Choline, total....mg	94.0		0	AS	1		79.9	2380.7	
Betaine....mg	3.6		2	A	1		3.1	91.4	
Vitamin B-12....µg	0.49	0.029	3	A	1		0.42	12.50	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	11		0	AS	1		10	288	
Retinol....µg	11		2	A	1		10	288	
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		32	960	
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		0.18	5.32	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.02		1	A	1		0.02	0.50	
Tocopherol, gamma....mg	0.05		1	A	1		0.04	1.27	
Tocopherol, delta....mg	0.01		1	A	1		0.01	0.37	
Tocotrienol, alpha....mg	0.02		1	A	1		0.02	0.50	
Tocotrienol, beta....mg	0.00		1	A	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.03		1	A	1		0.03	0.76	
Tocotrienol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.1		2	A	1		0.0	1.3	
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4....µg	6.1		2	A	1		5.2	153.7	
Lipids:									
Fatty acids, total saturated....g	1.536		0	NC	4		1.305	38.903	
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		0.048	1.420	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	0.961		2	A	1		0.817	24.350	
17:0....g	0.009		2	A	1		0.008	0.240	
18:0....g	0.493		2	A	1		0.419	12.488	
20:0....g	0.006		2	A	1		0.005	0.156	
22:0....g	0.010		2	A	1		0.008	0.249	
24:0....g									
Fatty acids, total monounsaturated....g	2.127		0	NC	4		1.808	53.869	
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		0.087	2.589	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	1.989		0	AS	1		1.691	50.382	
18:1 c....g	1.966		2	A	1		1.671	49.788	
18:1 t....g	0.023		2	A	1		0.020	0.594	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.035		2	A	1		0.030	0.898	
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		0.539	16.054	
18:2 undifferentiated....g	0.538		0	AS	1		0.457	13.624	
18:2 n-6 c,c....g	0.505		2	A	1		0.429	12.792	
18:2 CLAs....g	0.017		1	A	1		0.015	0.436	
18:2 t,t....g	0.016		2	A	1		0.013	0.396	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.022		0	AS	1		0.019	0.553	
18:3 n-3 c,c,c (ALA)....g	0.022		2	A	1		0.019	0.553	
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		0.019	0.572	
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		0.044	1.304	
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		0.033	0.990	
Fatty acids, total trans-monoenoic....g	0.023		0	NC	4		0.020	0.594	
Fatty acids, total trans-polyenoic....g	0.016		0	NC	4		0.013	0.396	

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		56	1673	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.200		0	A	1		0.170	5.057	
Threonine....g	0.952		0	A	1		0.809	24.110	
Isoleucine....g	0.960		0	A	1		0.816	24.328	
Leucine....g	1.705		0	A	1		1.449	43.175	
Lysine....g	1.797		0	A	1		1.528	45.529	
Methionine....g	0.509		0	A	1		0.433	12.892	
Cystine....g	0.239		0	A	1		0.203	6.051	
Phenylalanine....g	0.851		0	A	1		0.723	21.559	
Tyrosine....g	0.690		0	A	1		0.587	17.488	
Valine....g	1.076		0	A	1		0.915	27.267	
Arginine....g	1.361		0	A	1		1.157	34.484	
Histidine....g	0.927		0	A	1		0.788	23.473	
Alanine....g	1.253		0	A	1		1.065	31.740	
Aspartic acid....g	1.856		0	A	1		1.578	47.010	
Glutamic acid....g	3.045		0	A	1		2.588	77.128	
Glycine....g	1.111		0	A	1		0.945	28.146	
Proline....g	0.913		0	A	1		0.776	23.132	
Serine....g	0.833		0	A	1		0.708	21.096	
Hydroxyproline....g	0.138		0	A	1		0.117	3.491	
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 = 85g: 1 serving (3 oz)

Measure 2 = 2533g: 1 roast rump

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	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	
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									

NDB No. 10887

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....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 t....g	0.017		0	BFFN	4		0.005	0.077	
18:1-11 t (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 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-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g	0.028		0	BFFN	4		0.008	0.128	
Fatty acids, total trans-monoenoic....g	0.017		0	BFFN	4		0.005	0.077	
Fatty acids, total trans-polyenoic....g	0.011		0	BFFN	4		0.003	0.051	
Cholesterol....mg	58		1	A	1		16	261	
Phytosterols....mg									

NDB No. 10887

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

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		51.03	1923.41	
Energy ... kcal	234		0	NC	4		199	7494	
Energy ... kJ	979		0	NC	4		832	31356	
Protein ... g	18.17		0	PAK	1		15.44	582.06	
Total lipid (fat) ... g	17.29		0	PAK	1		14.69	553.84	
Ash ... g	3.10		0	PAK	1		2.64	99.33	
Carbohydrate, by difference ... g	1.42		0	PIK	4		1.20	45.36	
Fiber, total dietary ... g	0.0		0	PIK	4		0.0	0.0	
Sugars, total ... g	0.99		0	PAK	1		0.84	31.80	
Sucrose ... g	0.47		0	PAK	1		0.40	15.20	
Glucose (dextrose) ... g	0.42		0	PAK	1		0.36	13.59	
Fructose ... g	0.09		0	PAK	1		0.08	3.01	
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	8		0	PAK	1		7	271	
Iron, Fe ... mg	1.00		0	PAK	1		0.85	31.99	
Magnesium, Mg ... mg	15		0	PAK	1		13	493	
Phosphorus, P ... mg	193		0	PAK	1		164	6184	
Potassium, K ... mg	216		0	PAK	1		184	6924	
Sodium, Na ... mg	945		0	PAK	1		803	30262	
Zinc, Zn ... mg	2.36		0	PAK	1		2.01	75.76	
Copper, Cu ... mg	0.162		0	PAK	1		0.137	5.180	
Manganese, Mn ... mg	0.022		0	PAK	1		0.019	0.708	
Selenium, Se ... µg	37.3		0	PAK	1		31.7	1196.4	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	PIK	4		0.0	0.0	
Thiamin ... mg	0.362		0	PAK	1		0.308	11.610	
Riboflavin ... mg	0.171		0	PAK	1		0.145	5.466	
Niacin ... mg	4.159		0	PAK	1		3.535	133.260	
Pantothenic acid ... mg	0.534		0	PAK	1		0.454	17.116	
Vitamin B-6 ... mg	0.346		0	PAK	1		0.294	11.085	
Folate, total ... µg	1		0	PAK	1		1	44	
Folic acid ... µg	0		0	PIK	4		0	0	
Folate, food ... µg	1		0	PIK	4		1	44	
Folate, DFE ... µg	1		0	NC	4		1	44	
Choline, total ... mg	75.2		0	PAK	1		63.9	2408.2	
Betaine ... mg	3.9		0	PAK	1		3.3	123.4	
Vitamin B-12 ... µg	0.42		0	PAK	1		0.36	13.43	
Vitamin B-12, added ... µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE ... µg	12		0	PAK	1		10	370	
Retinol ... µg	12		0	PAK	1		10	370	
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		33	1232	
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		0.26	9.81	
Vitamin E, added ... mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta ... mg	0.00		0	PAK	1		0.00	0.13	
Tocopherol, gamma ... mg	0.08		0	PAK	1		0.07	2.68	
Tocopherol, delta ... mg	0.01		0	PAK	1		0.00	0.17	
Tocotrienol, alpha ... mg	0.04		0	PAK	1		0.03	1.25	
Tocotrienol, beta ... mg	0.00		0	PAK	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.06		0	PAK	1		0.05	1.89	
Tocotrienol, delta....mg	0.00		0	PAK	1		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	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		3.0	112.9	
Lipids:									
Fatty acids, total saturated....g	5.715		0	PIK	4		4.858	183.108	
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		0.011	0.409	
12:0....g	0.014		0	PAK	1		0.012	0.444	
13:0....g									
14:0....g	0.204		0	PAK	1		0.174	6.551	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	3.647		0	PAK	1		3.100	116.858	
17:0....g	0.044		0	PAK	1		0.037	1.412	
18:0....g	1.742		0	PAK	1		1.481	55.808	
20:0....g	0.029		0	PAK	1		0.025	0.930	
22:0....g	0.022		0	PAK	1		0.018	0.694	
24:0....g									
Fatty acids, total monounsaturated....g	7.914		0	PIK	4		6.727	253.563	
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		0.357	13.475	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	7.362		0	PAK	1		6.258	235.891	
20:1....g	0.131		0	PAK	1		0.111	4.197	
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		1.939	73.094	
18:2 undifferentiated....g	2.019		0	PAK	1		1.716	64.690	
18:3 undifferentiated....g	0.086		0	PAK	1		0.073	2.767	
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.086		0	PAK	1		0.073	2.760	
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
20:4 undifferentiated....g	0.090		0	PAK	1		0.076	2.878	
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	0.133		0	PIK	4		0.113	4.249	
Cholesterol....mg	72		0	PAK	1		61	2312	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.165		0	PAK	1		0.140	5.295	
Threonine....g	0.799		0	PAK	1		0.679	25.594	
Isoleucine....g	0.809		0	PAK	1		0.687	25.913	
Leucine....g	1.436		0	PAK	1		1.221	46.011	
Lysine....g	1.503		0	PAK	1		1.278	48.167	
Methionine....g	0.425		0	PAK	1		0.362	13.633	
Cystine....g	0.205		0	PAK	1		0.174	6.554	
Phenylalanine....g	0.719		0	PAK	1		0.611	23.050	
Tyrosine....g	0.577		0	PAK	1		0.490	18.474	
Valine....g	0.912		0	PAK	1		0.775	29.219	
Arginine....g	1.155		0	PAK	1		0.981	36.990	
Histidine....g	0.792		0	PAK	1		0.673	25.365	
Alanine....g	1.077		0	PAK	1		0.915	34.507	

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
Aspartic acid....g	1.580		0	PAK	1		1.343	50.608	
Glutamic acid....g	2.576		0	PAK	1		2.189	82.522	
Glycine....g	1.007		0	PAK	1		0.856	32.269	
Proline....g	0.795		0	PAK	1		0.676	25.463	
Serine....g	0.707		0	PAK	1		0.601	22.646	
Hydroxyproline....g	0.118		0	PAK	1		0.100	3.770	
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: 1 serving (3 oz)

Measure 2 = 3204g: 1 roast shank

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 10907

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

Refuse: 17% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.56		0	PAK	1		17.45	279.21	
Energy	kcal	243		0	NC	4		69	1101	
Energy	kJ	1016		0	NC	4		288	4608	
Protein	g	14.28		0	PAK	1		4.05	64.78	
Total lipid (fat)	g	20.00		0	PAK	1		5.67	90.72	
Ash	g	2.74		0	PAK	1		0.78	12.45	
Carbohydrate, by difference	g	1.42		0	PIK	4		0.40	6.44	
Fiber, total dietary	g	0.0		0	PIK	4		0.0	0.0	
Sugars, total	g	0.86		0	PIK	4		0.24	3.91	
Sucrose	g	0.37		0	PIK	4		0.11	1.69	
Glucose (dextrose)	g	0.41		0	PIK	4		0.12	1.88	
Fructose	g	0.07		0	PIK	4		0.02	0.34	
Lactose	g	0.00		0	PIK	4		0.00	0.00	
Maltose	g	0.00		0	PIK	4		0.00	0.00	
Galactose	g	0.00		0	PIK	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0	PAK	1		2	29	
Iron, Fe	mg	0.82		0	PAK	1		0.23	3.71	
Magnesium, Mg	mg	14		0	PAK	1		4	64	
Phosphorus, P	mg	188		0	PAK	1		53	851	
Potassium, K	mg	215		0	PAK	1		61	973	
Sodium, Na	mg	936		0	PAK	1		265	4248	
Zinc, Zn	mg	1.85		0	PAK	1		0.52	8.39	
Copper, Cu	mg	0.122		0	PAK	1		0.035	0.553	
Manganese, Mn	mg	0.022		0	PAK	1		0.006	0.100	
Selenium, Se	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	µg	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	µg	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	
Tocotrienol, alpha	mg	0.06		0	PAK	1		0.02	0.26	
Tocotrienol, beta	mg	0.00		0	PAK	1		0.00	0.00	

NDB No. 10907

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.04		0	PAK	1		0.01	0.16	
Tocotrienol, delta....mg	0.00		0	PAK	1		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	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	
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	0.161		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	

NDB No. 10907

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g	1.241		0	PAK	1		0.352	5.627	
Glutamic acid.....g	2.019		0	PAK	1		0.572	9.159	
Glycine.....g	0.805		0	PAK	1		0.228	3.653	
Proline.....g	0.628		0	PAK	1		0.178	2.850	
Serine.....g	0.555		0	PAK	1		0.157	2.516	
Hydroxyproline.....g	0.127		0	PAK	1		0.036	0.577	
Others:									
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 27 (2014)

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		58.84	2218.06	
Energy....kcal	132		0	NC	4		112	4216	
Energy....kJ	551		0	NC	4		468	17639	
Protein....g	21.69	0.672	6	A	1		18.43	694.82	
Total lipid (fat)....g	4.45	0.160	6	A	1		3.78	142.58	
Ash....g	3.44	0.228	6	A	1		2.92	110.21	
Carbohydrate, by difference....g	1.26		0	NR	4		1.07	40.34	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	1.26	0.277	5	A	1		1.07	40.34	
Sucrose....g	0.65	0.322	5	A	1		0.55	20.89	
Glucose (dextrose)....g	0.48	0.347	5	A	1		0.41	15.31	
Fructose....g	0.13	0.058	5	A	1		0.11	4.14	
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		8	301	
Iron, Fe....mg	1.17	0.127	3	A	1		1.00	37.61	
Magnesium, Mg....mg	15	1.124	3	A	1		13	490	
Phosphorus, P....mg	202	4.359	3	A	1		172	6472	
Potassium, K....mg	224	14.799	3	A	1		190	7177	
Sodium, Na....mg	1045	49.482	3	A	1		888	33471	
Zinc, Zn....mg	2.82	0.264	3	A	1		2.40	90.46	
Copper, Cu....mg	0.099	0.004	3	A	1		0.084	3.160	
Manganese, Mn....mg	0.022	0.000	3	A	1		0.019	0.708	
Selenium, Se....µg	45.3	11.032	3	A	1		38.5	1452.5	
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		0.335	12.624	
Riboflavin....mg	0.199	0.037	3	A	1		0.169	6.363	
Niacin....mg	4.563	0.705	3	A	1		3.879	146.208	
Pantothenic acid....mg	0.580	0.041	3	A	1		0.493	18.571	
Vitamin B-6....mg	0.400	0.076	3	A	1		0.340	12.825	
Folate, total....µg	2		2	A	1		1	48	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2		2	NR	4		1	48	
Folate, DFE....µg	2		0	NC	4		1	48	
Choline, total....mg	103.3		0	AS	1		87.8	3310.0	
Betaine....mg	5.3		2	A	1		4.5	169.6	
Vitamin B-12....µg	0.46	0.056	3	A	1		0.39	14.74	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	11		0	AS	1		10	358	
Retinol....µg	11		2	A	1		10	358	
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		32	1194	
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		0.25	9.29	
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		0.06	2.24	
Tocopherol, delta....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha....mg	0.04		2	A	1		0.03	1.12	
Tocotrienol, beta....mg	0.00		2	A	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.05		2	A	1		0.05	1.76	
Tocotrienol, delta....mg	0.00		2	A	1		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		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		4.1	155.1	
Lipids:									
Fatty acids, total saturated....g	1.471		0	NC	4		1.251	47.140	
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		0.039	1.458	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	0.917		2	A	1		0.779	29.379	
17:0....g	0.009		2	A	1		0.008	0.287	
18:0....g	0.481		2	A	1		0.409	15.426	
20:0....g	0.007		2	A	1		0.006	0.224	
22:0....g	0.011		2	A	1		0.010	0.367	
24:0....g									
Fatty acids, total monounsaturated....g	1.966		0	NC	4		1.671	63.003	
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		0.084	3.153	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	1.839		0	AS	1		1.563	58.906	
18:1 c....g	1.812		2	A	1		1.540	58.056	
18:1 t....g	0.027		2	A	1		0.023	0.849	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.030		2	A	1		0.025	0.945	
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		0.606	22.846	
18:2 undifferentiated....g	0.596		0	AS	1		0.507	19.104	
18:2 n-6 c,c....g	0.568		2	A	1		0.483	18.212	
18:2 CLAs....g	0.011		1	A	1		0.009	0.349	
18:2 t,t....g	0.017		2	A	1		0.014	0.543	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.018		0	AS	1		0.015	0.577	
18:3 n-3 c,c,c (ALA)....g	0.018		2	A	1		0.015	0.577	
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		0.018	0.686	
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		0.066	2.480	
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		0.037	1.392	
Fatty acids, total trans-monoenoic....g	0.027		0	NC	4		0.023	0.849	
Fatty acids, total trans-polyenoic....g	0.017		0	NC	4		0.014	0.543	

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		61	2316	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.203		0	A	1		0.173	6.520	
Threonine....g	0.970		0	A	1		0.825	31.084	
Isoleucine....g	0.979		0	A	1		0.832	31.366	
Leucine....g	1.737		0	A	1		1.477	55.665	
Lysine....g	1.832		0	A	1		1.557	58.699	
Methionine....g	0.519		0	A	1		0.441	16.621	
Cystine....g	0.244		0	A	1		0.207	7.802	
Phenylalanine....g	0.868		0	A	1		0.737	27.795	
Tyrosine....g	0.704		0	A	1		0.598	22.546	
Valine....g	1.097		0	A	1		0.933	35.154	
Arginine....g	1.388		0	A	1		1.179	44.459	
Histidine....g	0.945		0	A	1		0.803	30.263	
Alanine....g	1.277		0	A	1		1.086	40.922	
Aspartic acid....g	1.892		0	A	1		1.608	60.609	
Glutamic acid....g	3.104		0	A	1		2.638	99.440	
Glycine....g	1.133		0	A	1		0.963	36.288	
Proline....g	0.931		0	A	1		0.791	29.823	
Serine....g	0.849		0	A	1		0.722	27.198	
Hydroxyproline....g	0.140		0	A	1		0.119	4.501	
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 = 85g: 1 serving (3 oz)

Measure 2 = 3204g: 1 roast shank

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		62.87		
Energy ... kcal	113		0	NC	4		96		
Energy ... kJ	471		0	NC	4		400		
Protein (N x 6.25) ... g	17.53		1	A	1		14.90		
Total lipid (fat) ... g	4.18		1	A	1		3.56		
Ash ... g	3.11		1	A	1		2.65		
Carbohydrate, by difference ... g	1.20		0	NC	4		1.02		
Fiber, total dietary ... g	0.0		0	Z	7		0.0		
Sugars, total ... g	1.06		0	BFSN	4		0.91		
Sucrose ... g	0.55		0	BFSN	4		0.47		
Glucose (dextrose) ... g	0.40		0	BFSN	4		0.34		
Fructose ... g	0.11		0	BFSN	4		0.09		
Lactose ... g	0.00		0	BFSN	4		0.00		
Maltose ... g	0.00		0	BFSN	4		0.00		
Galactose ... g	0.00		0	BFSN	4		0.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	8		1	A	1		6		
Iron, Fe ... mg	0.97		1	A	1		0.82		
Magnesium, Mg ... mg	15		1	A	1		13		
Phosphorus, P ... mg	209		1	A	1		178		
Potassium, K ... mg	234		1	A	1		199		
Sodium, Na ... mg	1090		1	A	1		927		
Zinc, Zn ... mg	2.19		1	A	1		1.86		
Copper, Cu ... mg	0.134		1	A	1		0.114		
Manganese, Mn ... mg	0.022		1	A	1		0.019		
Selenium, Se ... µg	28.1		1	A	1		23.9		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0		
Thiamin ... mg	0.696		1	A	1		0.592		
Riboflavin ... mg	0.225		1	A	1		0.191		
Niacin ... mg	3.580		1	A	1		3.043		
Pantothenic acid ... mg	0.632		1	A	1		0.537		
Vitamin B-6 ... mg	0.267		1	A	1		0.227		
Folate, total ... µg	1		0	BFPN	4		1		
Folic acid ... µg	0		0	BFPN	4		0		
Folate, food ... µg	1		0	BFPN	4		1		
Folate, DFE ... µg	1		0	NC	4		1		
Choline, total ... mg	85.7		0	BFNN	4		72.9		
Betaine ... mg	4.4		0	BFNN	4		3.7		
Vitamin B-12 ... µg	0.55		1	A	1		0.47		
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... µg	9		0	NC	4		8		
Retinol ... µg	9		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	32		0	NC	4		27		
Lycopene ... µg	0		0	Z	7		0		
Lutein + zeaxanthin ... µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	0.25		0	BFSN	4		0.21		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg	0.00		0	BFSN	4		0.00		
Tocopherol, gamma ... mg	0.06		0	BFSN	4		0.05		
Tocopherol, delta ... mg	0.00		0	BFSN	4		0.00		
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									

NDB No. 10889

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.384		0	BFFN	4		1.176		
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	0.000		0	BFFN	4		0.000		
12:0....g	0.000		0	BFFN	4		0.000		
13:0....g									
14:0....g	0.043		0	BFFN	4		0.036		
15:0....g	0.000		0	BFFN	4		0.000		
16:0....g	0.862		0	BFFN	4		0.733		
17:0....g	0.008		0	BFFN	4		0.007		
18:0....g	0.453		0	BFFN	4		0.385		
20:0....g	0.007		0	BFFN	4		0.006		
22:0....g	0.011		0	BFFN	4		0.009		
24:0....g									
Fatty acids, total monounsaturated....g	1.849		0	BFFN	4		1.572		
14:1....g	0.000		0	BFFN	4		0.000		
15:1....g	0.000		0	BFFN	4		0.000		
16:1 undifferentiated....g	0.093		0	BFFN	4		0.079		
17:1....g	0.000		0	BFFN	4		0.000		
18:1 undifferentiated....g	1.729		0	BFFN	4		1.470		
18:1 c....g	1.704		0	BFFN	4		1.448		
18:1 t....g	0.025		0	BFFN	4		0.021		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.028		0	BFFN	4		0.024		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.671		0	BFFN	4		0.570		
18:2 undifferentiated....g	0.561		0	BFFN	4		0.477		
18:2 n-6 c,c....g	0.535		0	BFFN	4		0.454		
18:2 CLAs....g	0.010		0	BFFN	4		0.009		
18:2 t,t....g	0.016		0	BFFN	4		0.014		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.017		0	BFFN	4		0.014		
18:3 n-3 c,c,c (ALA)....g	0.017		0	BFFN	4		0.014		
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	0.020		0	BFFN	4		0.017		
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	0.073		0	BFFN	4		0.062		
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	0.041		0	BFFN	4		0.035		
Fatty acids, total trans-monoenoic....g	0.025		0	BFFN	4		0.021		
Fatty acids, total trans-polyenoic....g	0.016		0	BFFN	4		0.014		
Cholesterol....mg	52		1	A	1		45		
Phytosterols....mg									

NDB No. 10889

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.165		0	A	1		0.140		
Threonine....g	0.784		0	A	1		0.667		
Isoleucine....g	0.791		0	A	1		0.673		
Leucine....g	1.405		0	A	1		1.194		
Lysine....g	1.481		0	A	1		1.259		
Methionine....g	0.419		0	A	1		0.356		
Cystine....g	0.197		0	A	1		0.167		
Phenylalanine....g	0.701		0	A	1		0.596		
Tyrosine....g	0.569		0	A	1		0.484		
Valine....g	0.887		0	A	1		0.754		
Arginine....g	1.122		0	A	1		0.954		
Histidine....g	0.764		0	A	1		0.649		
Alanine....g	1.033		0	A	1		0.878		
Aspartic acid....g	1.529		0	A	1		1.300		
Glutamic acid....g	2.509		0	A	1		2.133		
Glycine....g	0.916		0	A	1		0.778		
Proline....g	0.752		0	A	1		0.640		
Serine....g	0.686		0	A	1		0.583		
Hydroxyproline....g	0.114		0	A	1		0.097		
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 27 (2014)

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		57.13	299.75	
Energy ... kcal	155		0	NC	4		132	691	
Energy ... kJ	649		0	NC	4		551	2893	
Protein ... g	19.85		0	PAK	1		16.87	88.53	
Total lipid (fat) ... g	7.78		0	PAK	1		6.61	34.69	
Ash ... g	3.75		0	PAK	1		3.19	16.74	
Carbohydrate, by difference ... g	1.41		0	PIK	4		1.20	6.29	
Fiber, total dietary ... g	0.0		0	PIK	4		0.0	0.0	
Sugars, total ... g	1.03		0	PAK	1		0.88	4.60	
Sucrose ... g	0.00		0	PAK	1		0.00	0.00	
Glucose (dextrose) ... g	1.03		0	PAK	1		0.88	4.60	
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		9	49	
Iron, Fe ... mg	0.90		0	PAK	1		0.76	4.00	
Magnesium, Mg ... mg	19		0	PAK	1		16	84	
Phosphorus, P ... mg	250		0	PAK	1		213	1116	
Potassium, K ... mg	281		0	PAK	1		238	1251	
Sodium, Na ... mg	1188		0	PAK	1		1010	5300	
Zinc, Zn ... mg	2.16		0	PAK	1		1.83	9.62	
Copper, Cu ... mg	0.131		0	PAK	1		0.112	0.586	
Manganese, Mn ... mg	0.022		0	PAK	1		0.019	0.099	
Selenium, Se ... µg	23.8		0	PAK	1		20.2	106.1	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	PIK	4		0.0	0.0	
Thiamin ... mg	0.374		0	PAK	1		0.318	1.666	
Riboflavin ... mg	0.177		0	PAK	1		0.150	0.788	
Niacin ... mg	4.855		0	PAK	1		4.127	21.654	
Pantothenic acid ... mg	0.580		0	PAK	1		0.493	2.589	
Vitamin B-6 ... mg	0.427		0	PAK	1		0.363	1.905	
Folate, total ... µg	2		0	PAK	1		2	9	
Folic acid ... µg	0		0	PIK	4		0	0	
Folate, food ... µg	2		0	PIK	4		2	9	
Folate, DFE ... µg	2		0	NC	4		2	9	
Choline, total ... mg	84.1		0	PAK	1		71.5	375.3	
Betaine ... mg	3.6		0	PAK	1		3.0	15.8	
Vitamin B-12 ... µg	0.44		0	PAK	1		0.38	1.98	
Vitamin B-12, added ... µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE ... µg	11		0	PAK	1		10	51	
Retinol ... µg	11		0	PAK	1		10	51	
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		32	170	
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		0.13	0.66	
Vitamin E, added ... mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta ... mg	0.01		0	PAK	1		0.01	0.04	
Tocopherol, gamma ... mg	0.05		0	PAK	1		0.04	0.21	
Tocopherol, delta ... mg	0.00		0	PAK	1		0.00	0.01	
Tocotrienol, alpha ... mg	0.01		0	PAK	1		0.01	0.06	
Tocotrienol, beta ... mg	0.00		0	PAK	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.03		0	PAK	1		0.02	0.13	
Tocotrienol, delta....mg	0.00		0	PAK	1		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	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		2.5	12.9	
Lipids:									
Fatty acids, total saturated....g	2.586		0	PIK	4		2.198	11.535	
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		0.003	0.018	
12:0....g	0.004		0	PAK	1		0.004	0.020	
13:0....g									
14:0....g	0.091		0	PAK	1		0.077	0.406	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	1.649		0	PAK	1		1.401	7.353	
17:0....g	0.019		0	PAK	1		0.016	0.086	
18:0....g	0.794		0	PAK	1		0.675	3.541	
20:0....g	0.012		0	PAK	1		0.010	0.054	
22:0....g	0.013		0	PAK	1		0.011	0.057	
24:0....g									
Fatty acids, total monounsaturated....g	3.577		0	PIK	4		3.041	15.954	
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		0.163	0.856	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	3.328		0	PAK	1		2.829	14.843	
20:1....g	0.057		0	PAK	1		0.049	0.255	
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		0.877	4.602	
18:2 undifferentiated....g	0.894		0	PAK	1		0.760	3.987	
18:3 undifferentiated....g	0.036		0	PAK	1		0.031	0.161	
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.038		0	PAK	1		0.032	0.169	
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
20:4 undifferentiated....g	0.064		0	PAK	1		0.054	0.286	
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		0.049	0.259	
Cholesterol....mg	64		0	PAK	1		55	286	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.185		0	PAK	1		0.157	0.823	
Threonine....g	0.884		0	PAK	1		0.751	3.941	
Isoleucine....g	0.892		0	PAK	1		0.759	3.981	
Leucine....g	1.584		0	PAK	1		1.347	7.065	
Lysine....g	1.667		0	PAK	1		1.417	7.435	
Methionine....g	0.472		0	PAK	1		0.401	2.105	
Cystine....g	0.223		0	PAK	1		0.190	0.995	
Phenylalanine....g	0.792		0	PAK	1		0.673	3.531	
Tyrosine....g	0.640		0	PAK	1		0.544	2.855	
Valine....g	1.002		0	PAK	1		0.852	4.469	
Arginine....g	1.268		0	PAK	1		1.077	5.654	
Histidine....g	0.865		0	PAK	1		0.735	3.857	
Alanine....g	1.171		0	PAK	1		0.996	5.224	

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
Aspartic acid.....g	1.730		0	PAK	1		1.470	7.715	
Glutamic acid.....g	2.833		0	PAK	1		2.408	12.636	
Glycine.....g	1.055		0	PAK	1		0.897	4.706	
Proline.....g	0.857		0	PAK	1		0.728	3.821	
Serine.....g	0.776		0	PAK	1		0.659	3.459	
Hydroxyproline.....g	0.129		0	PAK	1		0.109	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 = 85g: 1 serving (3 oz)

Measure 2 = 446g: 1 slice

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.07		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....µg	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....µg	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	
Tocotrienol, alpha....mg	0.02		0	PAK	1		0.01	0.09	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.01		0	PAK	1		0.00	0.06	
Tocotrienol, delta....mg	0.00		0	PAK	1		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	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	
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	0.072		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	

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
Aspartic acid.....g	1.193		0	PAK	1		0.338	5.410	
Glutamic acid.....g	1.951		0	PAK	1		0.553	8.851	
Glycine.....g	0.736		0	PAK	1		0.209	3.337	
Proline.....g	0.593		0	PAK	1		0.168	2.690	
Serine.....g	0.535		0	PAK	1		0.152	2.424	
Hydroxyproline.....g	0.101		0	PAK	1		0.029	0.457	
Others:									
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 27 (2014)

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		59.68	313.15	
Energy ... kcal	122		0	NC	4		103	543	
Energy ... kJ	509		0	NC	4		433	2271	
Protein ... g	20.90	0.544	5	A	1		17.76	93.21	
Total lipid (fat) ... g	3.63	0.240	5	A	1		3.09	16.19	
Ash ... g	3.90	0.318	5	A	1		3.32	17.40	
Carbohydrate, by difference ... g	1.35		0	NC	4		1.15	6.04	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	1.10	0.643	4	A	1		0.94	4.92	
Sucrose ... g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose) ... g	1.10	0.643	4	A	1		0.94	4.92	
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		10	51	
Iron, Fe ... mg	0.93	0.048	3	A	1		0.79	4.15	
Magnesium, Mg ... mg	19	0.921	3	A	1		16	85	
Phosphorus, P ... mg	258	3.215	3	A	1		219	1151	
Potassium, K ... mg	289	10.525	3	A	1		245	1287	
Sodium, Na ... mg	1237	164.756	3	A	1		1051	5516	
Zinc, Zn ... mg	2.25	0.035	3	A	1		1.92	10.05	
Copper, Cu ... mg	0.113	0.017	3	A	1		0.096	0.502	
Manganese, Mn ... mg	0.022	0.000	3	A	1		0.019	0.099	
Selenium, Se ... µg	24.5	11.199	3	A	1		20.9	109.4	
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		0.325	1.707	
Riboflavin ... mg	0.184	0.029	3	A	1		0.157	0.822	
Niacin ... mg	5.023	0.842	3	A	1		4.270	22.404	
Pantothenic acid ... mg	0.596	0.067	3	A	1		0.507	2.660	
Vitamin B-6 ... mg	0.449	0.021	3	A	1		0.381	2.001	
Folate, total ... µg	2		2	A	1		2	9	
Folic acid ... µg	0		2	Z	7		0	0	
Folate, food ... µg	2		2	NR	4		2	9	
Folate, DFE ... µg	2		0	NC	4		2	9	
Choline, total ... mg	92.1		0	AS	1		78.3	410.8	
Betaine ... mg	3.9		2	A	1		3.3	17.3	
Vitamin B-12 ... µg	0.46	0.034	3	A	1		0.39	2.04	
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... µg	11		0	AS	1		10	51	
Retinol ... µg	11		2	A	1		10	51	
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		32	169	
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		0.11	0.58	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg	0.01		2	A	1		0.01	0.03	
Tocopherol, gamma ... mg	0.04		2	A	1		0.03	0.18	
Tocopherol, delta ... mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha ... mg	0.01		2	A	1		0.01	0.04	
Tocotrienol, beta ... mg	0.00		2	A	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.02		2	A	1		0.02	0.11	
Tocotrienol, delta....mg	0.00		2	A	1		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		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		2.7	14.2	
Lipids:									
Fatty acids, total saturated....g	1.217		0	NC	4		1.034	5.427	
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		0.034	0.178	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	0.769		2	A	1		0.654	3.430	
17:0....g	0.008		2	A	1		0.007	0.036	
18:0....g	0.385		2	A	1		0.328	1.719	
20:0....g	0.005		2	A	1		0.004	0.022	
22:0....g	0.009		2	A	1		0.008	0.042	
24:0....g									
Fatty acids, total monounsaturated....g	1.662		0	NC	4		1.413	7.414	
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		0.076	0.396	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	1.549		0	AS	1		1.317	6.908	
18:1 c....g	1.533		2	A	1		1.303	6.839	
18:1 t....g	0.016		2	A	1		0.013	0.069	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.024		2	A	1		0.021	0.109	
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		0.439	2.305	
18:2 undifferentiated....g	0.427		0	AS	1		0.363	1.906	
18:2 n-6 c,c....g	0.414		2	A	1		0.352	1.848	
18:2 CLAs....g									
18:2 t,t....g	0.013		2	A	1		0.011	0.058	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.014		0	AS	1		0.012	0.062	
18:3 n-3 c,c,c (ALA)....g	0.014		2	A	1		0.012	0.062	
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		0.014	0.075	
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		0.050	0.261	
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		0.024	0.127	
Fatty acids, total trans-monoenoic....g	0.016		0	NC	4		0.013	0.069	
Fatty acids, total trans-polyenoic....g	0.013		0	NC	4		0.011	0.058	

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		54	283	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.196		0	A	1		0.167	0.875	
Threonine....g	0.935		0	A	1		0.795	4.170	
Isoleucine....g	0.943		0	A	1		0.802	4.208	
Leucine....g	1.674		0	A	1		1.423	7.468	
Lysine....g	1.766		0	A	1		1.501	7.875	
Methionine....g	0.500		0	A	1		0.425	2.230	
Cystine....g	0.235		0	A	1		0.199	1.047	
Phenylalanine....g	0.836		0	A	1		0.711	3.729	
Tyrosine....g	0.678		0	A	1		0.576	3.025	
Valine....g	1.057		0	A	1		0.899	4.716	
Arginine....g	1.337		0	A	1		1.137	5.964	
Histidine....g	0.910		0	A	1		0.774	4.060	
Alanine....g	1.231		0	A	1		1.046	5.490	
Aspartic acid....g	1.823		0	A	1		1.550	8.131	
Glutamic acid....g	2.991		0	A	1		2.542	13.340	
Glycine....g	1.092		0	A	1		0.928	4.868	
Proline....g	0.897		0	A	1		0.763	4.001	
Serine....g	0.818		0	A	1		0.695	3.649	
Hydroxyproline....g	0.135		0	A	1		0.115	0.604	
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 = 85g: 1 serving (3 oz)

Measure 2 = 446g: 1 slice

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		64.21		
Energy ... kcal	103		0	NC	4		88		
Energy ... kJ	432		0	NC	4		367		
Protein (N x 6.25) ... g	14.47		1	A	1		12.30		
Total lipid (fat) ... g	3.78		1	A	1		3.21		
Ash ... g	3.39		1	A	1		2.88		
Carbohydrate, by difference ... g	2.82		0	NC	4		2.40		
Fiber, total dietary ... g	0.0		0	Z	7		0.0		
Sugars, total ... g	0.91		0	BFSN	4		0.77		
Sucrose ... g	0.00		0	BFSN	4		0.00		
Glucose (dextrose) ... g	0.91		0	BFSN	4		0.77		
Fructose ... g	0.00		0	BFSN	4		0.00		
Lactose ... g	0.00		0	BFSN	4		0.00		
Maltose ... g	0.00		0	BFSN	4		0.00		
Galactose ... g	0.00		0	BFSN	4		0.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	9		1	A	1		7		
Iron, Fe ... mg	1.50		1	A	1		1.28		
Magnesium, Mg ... mg	14		1	A	1		12		
Phosphorus, P ... mg	222		1	A	1		189		
Potassium, K ... mg	209		1	A	1		178		
Sodium, Na ... mg	1160		1	A	1		986		
Zinc, Zn ... mg	1.66		1	A	1		1.41		
Copper, Cu ... mg	0.137		1	A	1		0.116		
Manganese, Mn ... mg	0.022		1	A	1		0.019		
Selenium, Se ... µg	13.0		1	A	1		11.1		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0		
Thiamin ... mg	0.423		1	A	1		0.360		
Riboflavin ... mg	0.178		1	A	1		0.151		
Niacin ... mg	4.380		1	A	1		3.723		
Pantothenic acid ... mg	0.387		1	A	1		0.329		
Vitamin B-6 ... mg	0.362		1	A	1		0.308		
Folate, total ... µg	1		0	BFPN	4		1		
Folic acid ... µg	0		0	BFPN	4		0		
Folate, food ... µg	1		0	BFPN	4		1		
Folate, DFE ... µg	1		0	NC	4		1		
Choline, total ... mg	72.8		0	BFNN	4		61.9		
Betaine ... mg	3.1		0	BFNN	4		2.6		
Vitamin B-12 ... µg	0.48		1	A	1		0.41		
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... µg	9		0	NC	4		8		
Retinol ... µg	9		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	31		0	NC	4		26		
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		0.09		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg	0.01		0	BFSN	4		0.01		
Tocopherol, gamma ... mg	0.03		0	BFSN	4		0.03		
Tocopherol, delta ... mg	0.00		0	BFSN	4		0.00		
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									

NDB No. 10888

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.266		0	BFFN	4		1.076		
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	0.000		0	BFFN	4		0.000		
12:0....g	0.000		0	BFFN	4		0.000		
13:0....g									
14:0....g	0.042		0	BFFN	4		0.035		
15:0....g	0.000		0	BFFN	4		0.000		
16:0....g	0.800		0	BFFN	4		0.680		
17:0....g	0.008		0	BFFN	4		0.007		
18:0....g	0.401		0	BFFN	4		0.341		
20:0....g	0.005		0	BFFN	4		0.004		
22:0....g	0.010		0	BFFN	4		0.008		
24:0....g									
Fatty acids, total monounsaturated....g	1.730		0	BFFN	4		1.470		
14:1....g	0.000		0	BFFN	4		0.000		
15:1....g	0.000		0	BFFN	4		0.000		
16:1 undifferentiated....g	0.093		0	BFFN	4		0.079		
17:1....g	0.000		0	BFFN	4		0.000		
18:1 undifferentiated....g	1.612		0	BFFN	4		1.370		
18:1 c....g	1.596		0	BFFN	4		1.356		
18:1 t....g	0.016		0	BFFN	4		0.014		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.025		0	BFFN	4		0.022		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.538		0	BFFN	4		0.457		
18:2 undifferentiated....g	0.445		0	BFFN	4		0.378		
18:2 n-6 c,c....g	0.431		0	BFFN	4		0.367		
18:2 CLAs....g									
18:2 t,t....g	0.014		0	BFFN	4		0.011		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.015		0	BFFN	4		0.012		
18:3 n-3 c,c,c (ALA)....g	0.015		0	BFFN	4		0.012		
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		0.015		
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		0.052		
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		0.025		
Fatty acids, total trans-monoenoic....g	0.016		0	BFFN	4		0.014		
Fatty acids, total trans-polyenoic....g	0.014		0	BFFN	4		0.011		
Cholesterol....mg	49		1	A	1		41		
Phytosterols....mg									

NDB No. 10888

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.136		0	A	1		0.115		
Threonine....g	0.648		0	A	1		0.550		
Isoleucine....g	0.653		0	A	1		0.555		
Leucine....g	1.160		0	A	1		0.986		
Lysine....g	1.223		0	A	1		1.039		
Methionine....g	0.346		0	A	1		0.294		
Cystine....g	0.163		0	A	1		0.138		
Phenylalanine....g	0.579		0	A	1		0.492		
Tyrosine....g	0.470		0	A	1		0.399		
Valine....g	0.732		0	A	1		0.622		
Arginine....g	0.926		0	A	1		0.787		
Histidine....g	0.630		0	A	1		0.536		
Alanine....g	0.852		0	A	1		0.725		
Aspartic acid....g	1.263		0	A	1		1.073		
Glutamic acid....g	2.072		0	A	1		1.761		
Glycine....g	0.756		0	A	1		0.643		
Proline....g	0.621		0	A	1		0.528		
Serine....g	0.567		0	A	1		0.482		
Hydroxyproline....g	0.094		0	A	1		0.080		
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 27 (2014)

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						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.14		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	4.69		0	NR	4		6.38	3.98	
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....µg	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....µg	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	
Tocotrienol, alpha....mg	0.03		0	PAK	1		0.03	0.02	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, 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									
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 t....g	0.024		0	PAK	1		0.032	0.020	
18:1-11 t (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 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-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 27 (2014)

NDB No. 10870

Pork, cured, ham and water product, slice, boneless, separable lean only, 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	71.20	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	4.69		0	NR	4		6.48	3.99	
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		0	Z	7		0	0	
Folate, food....µg	3		2	NR	4		3	2	
Folate, DFE....µg	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....µg	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	
Tocotrienol, alpha....mg	0.03		2	A	1		0.03	0.02	
Tocotrienol, beta....mg	0.00		2	A	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, 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									
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 t....g	0.023		2	A	1		0.032	0.020	
18:1-11 t (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 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-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 27 (2014)

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		61.30	1438.66	
Energy....kcal	123		0	PIK	4		104	2447	
Energy....kJ	513		0	PIK	4		436	10237	
Protein....g	13.88		0	PAK	1		11.80	276.99	
Total lipid (fat)....g	5.46		0	PAK	1		4.64	108.92	
Ash....g	4.05		0	PAK	1		3.44	80.82	
Carbohydrate, by difference....g	4.61		0	NR	4		3.92	91.94	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	4.61		0	PAK	1		3.92	91.94	
Sucrose....g	0.04		0	PAK	1		0.03	0.77	
Glucose (dextrose)....g	3.95		0	PAK	1		3.36	78.84	
Fructose....g	0.47		0	PAK	1		0.40	9.41	
Lactose....g	0.00		0	PAK	1		0.00	0.00	
Maltose....g	0.15		0	PAK	1		0.12	2.92	
Galactose....g	0.00		0	PAK	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	PAK	1		7	163	
Iron, Fe....mg	0.74		0	PAK	1		0.63	14.86	
Magnesium, Mg....mg	15		0	PAK	1		13	308	
Phosphorus, P....mg	224		0	PAK	1		190	4459	
Potassium, K....mg	245		0	PAK	1		208	4888	
Sodium, Na....mg	1335		0	PAK	1		1135	26633	
Zinc, Zn....mg	1.64		0	PAK	1		1.40	32.82	
Copper, Cu....mg	0.095		0	PAK	1		0.081	1.904	
Manganese, Mn....mg	0.038		0	PAK	1		0.032	0.748	
Selenium, Se....µg	29.1		0	PAK	1		24.7	580.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.260		0	PAK	1		0.221	5.196	
Riboflavin....mg	0.141		0	PAK	1		0.119	2.803	
Niacin....mg	3.620		0	PAK	1		3.077	72.218	
Pantothenic acid....mg	0.644		0	PAK	1		0.548	12.856	
Vitamin B-6....mg	0.260		0	PAK	1		0.221	5.196	
Folate, total....µg	2		0	PAK	1		2	40	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	2		0	PIK	4		2	40	
Folate, DFE....µg	2		0	NC	4		2	40	
Choline, total....mg	63.4		0	PAK	1		53.9	1265.0	
Betaine....mg	4.4		0	PAK	1		3.7	87.2	
Vitamin B-12....µg	0.37		0	PAK	1		0.32	7.48	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	13		0	PAK	1		11	264	
Retinol....µg	13		0	PAK	1		11	264	
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		37	879	
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		0.19	4.49	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.01		0	PAK	1		0.01	0.20	
Tocopherol, gamma....mg	0.04		0	PAK	1		0.03	0.80	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha....mg	0.04		0	PAK	1		0.03	0.80	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.01		0	PAK	1		0.01	0.15	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.7		0	PAK	1		0.6	13.4	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.7		0	PIK	4		0.6	13.4	
Vitamin D....IU	27		0	PIK	4		23	534	
Vitamin K (phylloquinone)....µg	0.0		0	PAK	1		0.0	0.0	
Dihydrophylloquinone....µg	0.2		0	PAK	1		0.2	4.4	
Menaquinone-4....µg	4.0		0	PAK	1		3.4	80.4	
Lipids:									
Fatty acids, total saturated....g	1.841		0	PIK	4		1.565	36.725	
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		0.058	1.357	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	1.159		0	PAK	1		0.985	23.121	
17:0....g	0.015		0	PAK	1		0.013	0.298	
18:0....g	0.580		0	PAK	1		0.493	11.580	
20:0....g	0.008		0	PAK	1		0.007	0.160	
22:0....g	0.011		0	PAK	1		0.009	0.209	
24:0....g									
Fatty acids, total monounsaturated....g	2.458		0	PIK	4		2.089	49.031	
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		0.111	2.602	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	2.286		0	PAK	1		1.943	45.603	
18:1 c....g	2.256		0	PAK	1		1.918	45.005	
18:1 t....g	0.030		0	PAK	1		0.025	0.598	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.041		0	PAK	1		0.035	0.826	
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		0.724	16.982	
18:2 undifferentiated....g	0.741		0	PAK	1		0.630	14.791	
18:2 n-6 c,c....g	0.724		0	PAK	1		0.616	14.453	
18:2 CLAs....g	0.000		0	PAK	1		0.000	0.000	
18:2 t,t....g	0.017		0	PAK	1		0.014	0.338	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.030		0	PAK	1		0.026	0.607	
18:3 n-3 c,c,c (ALA)....g	0.030		0	PAK	1		0.026	0.607	
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		0.027	0.638	
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		0.040	0.946	
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		37	863	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.130		0	PAK	1		0.111	2.599	
Threonine....g	0.621		0	PAK	1		0.528	12.392	
Isoleucine....g	0.627		0	PAK	1		0.533	12.504	
Leucine....g	1.112		0	PAK	1		0.945	22.191	
Lysine....g	1.173		0	PAK	1		0.997	23.400	
Methionine....g	0.332		0	PAK	1		0.282	6.626	
Cystine....g	0.156		0	PAK	1		0.133	3.110	
Phenylalanine....g	0.555		0	PAK	1		0.472	11.081	
Tyrosine....g	0.451		0	PAK	1		0.383	8.988	
Valine....g	0.702		0	PAK	1		0.597	14.014	
Arginine....g	0.888		0	PAK	1		0.755	17.724	
Histidine....g	0.605		0	PAK	1		0.514	12.064	
Alanine....g	0.818		0	PAK	1		0.695	16.314	
Aspartic acid....g	1.211		0	PAK	1		1.029	24.162	
Glutamic acid....g	1.987		0	PAK	1		1.689	39.642	
Glycine....g	0.725		0	PAK	1		0.616	14.466	
Proline....g	0.596		0	PAK	1		0.507	11.889	
Serine....g	0.543		0	PAK	1		0.462	10.843	
Hydroxyproline....g	0.090		0	PAK	1		0.076	1.794	
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: 1 serving (3 oz)

Measure 2 = 1995g: 1 roast

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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	4.21		0	NR	4		1.19	19.09	
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....µg	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....µg	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	
Tocotrienol, alpha....mg	0.02		0	PAK	1		0.01	0.09	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, 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									
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 t....g	0.023		0	PAK	1		0.007	0.104	
18:1-11 t (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 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-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 27 (2014)

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		61.30	1438.66	
Energy....kcal	123		0	NC	4		104	2447	
Energy....kJ	513		0	NC	4		436	10237	
Protein....g	13.88	0.367	4	A	1		11.80	276.99	
Total lipid (fat)....g	5.46	1.403	4	A	1		4.64	108.92	
Ash....g	4.05	0.071	4	A	1		3.44	80.82	
Carbohydrate, by difference....g	4.61		0	NR	4		3.92	91.94	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	4.61	0.781	4	A	1		3.92	91.94	
Sucrose....g	0.04	0.039	4	A	1		0.03	0.77	
Glucose (dextrose)....g	3.95	0.677	4	A	1		3.36	78.84	
Fructose....g	0.47	0.472	4	A	1		0.40	9.41	
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose....g	0.15	0.085	4	A	1		0.12	2.92	
Galactose....g	0.00	0.000	4	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		2	A	1		7	163	
Iron, Fe....mg	0.74		2	A	1		0.63	14.86	
Magnesium, Mg....mg	15		2	A	1		13	308	
Phosphorus, P....mg	224		2	A	1		190	4459	
Potassium, K....mg	245		2	A	1		208	4888	
Sodium, Na....mg	1335		2	A	1		1135	26633	
Zinc, Zn....mg	1.64		2	A	1		1.40	32.82	
Copper, Cu....mg	0.095		2	A	1		0.081	1.904	
Manganese, Mn....mg	0.038		2	A	1		0.032	0.748	
Selenium, Se....µg	29.1		2	A	1		24.7	580.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.260		2	A	1		0.221	5.196	
Riboflavin....mg	0.141		2	A	1		0.119	2.803	
Niacin....mg	3.620		2	A	1		3.077	72.218	
Pantothenic acid....mg	0.644		2	A	1		0.548	12.856	
Vitamin B-6....mg	0.260		2	A	1		0.221	5.196	
Folate, total....µg	2		2	A	1		2	40	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2		2	NR	4		2	40	
Folate, DFE....µg	2		0	NC	4		2	40	
Choline, total....mg	63.4		0	AS	1		53.9	1265.0	
Betaine....mg	4.4		2	A	1		3.7	87.2	
Vitamin B-12....µg	0.37		2	A	1		0.32	7.48	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	13		0	AS	1		11	264	
Retinol....µg	13		2	A	1		11	264	
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		37	879	
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		0.19	4.49	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.01		2	A	1		0.01	0.20	
Tocopherol, gamma....mg	0.04		2	A	1		0.03	0.80	
Tocopherol, delta....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha....mg	0.04		2	A	1		0.03	0.80	
Tocotrienol, beta....mg	0.00		2	A	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.01		2	A	1		0.01	0.15	
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.7		0	AS	1		0.6	13.4	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.7		0	BFNN	4		0.6	13.4	
Vitamin D....IU	27		0	BFNN	4		23	534	
Vitamin K (phylloquinone)....µg	0.0		1	A	1		0.0	0.0	
Dihydrophylloquinone....µg	0.2		1	A	1		0.2	4.4	
Menaquinone-4....µg	4.0		1	A	1		3.4	80.4	
Lipids:									
Fatty acids, total saturated....g	1.841		0	NC	4		1.565	36.725	
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		0.058	1.357	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	1.159		2	A	1		0.985	23.121	
17:0....g	0.015		2	A	1		0.013	0.298	
18:0....g	0.580		2	A	1		0.493	11.580	
20:0....g	0.008		2	A	1		0.007	0.160	
22:0....g	0.011		2	A	1		0.009	0.209	
24:0....g									
Fatty acids, total monounsaturated....g	2.458		0	NC	4		2.089	49.031	
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		0.111	2.602	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	2.286		0	AS	1		1.943	45.603	
18:1 c....g	2.256		2	A	1		1.918	45.005	
18:1 t....g	0.030		2	A	1		0.025	0.598	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.041		2	A	1		0.035	0.826	
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		0.724	16.982	
18:2 undifferentiated....g	0.741		0	AS	1		0.630	14.791	
18:2 n-6 c,c....g	0.724		2	A	1		0.616	14.453	
18:2 CLAs....g									
18:2 t,t....g	0.017		2	A	1		0.014	0.338	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.030		0	AS	1		0.026	0.607	
18:3 n-3 c,c,c (ALA)....g	0.030		2	A	1		0.026	0.607	
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		0.027	0.638	
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		0.040	0.946	
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		0.040	0.936	
Fatty acids, total trans-monoenoic....g	0.030		0	NC	4		0.025	0.598	
Fatty acids, total trans-polyenoic....g	0.017		0	NC	4		0.014	0.338	

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		37	863	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.130		0	A	1		0.111	2.599	
Threonine....g	0.621		0	A	1		0.528	12.392	
Isoleucine....g	0.627		0	A	1		0.533	12.504	
Leucine....g	1.112		0	A	1		0.945	22.191	
Lysine....g	1.173		0	A	1		0.997	23.400	
Methionine....g	0.332		0	A	1		0.282	6.626	
Cystine....g	0.156		0	A	1		0.133	3.110	
Phenylalanine....g	0.555		0	A	1		0.472	11.081	
Tyrosine....g	0.451		0	A	1		0.383	8.988	
Valine....g	0.702		0	A	1		0.597	14.014	
Arginine....g	0.888		0	A	1		0.755	17.724	
Histidine....g	0.605		0	A	1		0.514	12.064	
Alanine....g	0.818		0	A	1		0.695	16.314	
Aspartic acid....g	1.211		0	A	1		1.029	24.162	
Glutamic acid....g	1.987		0	A	1		1.689	39.642	
Glycine....g	0.725		0	A	1		0.616	14.466	
Proline....g	0.596		0	A	1		0.507	11.889	
Serine....g	0.543		0	A	1		0.462	10.843	
Hydroxyproline....g	0.090		0	BFPN	4		0.076	1.794	
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 = 85g: 1 serving (3 oz)

Measure 2 = 1995g: 1 roast

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		62.10		
Energy....kcal	116		0	NC	4		99		
Energy....kJ	486		0	NC	4		413		
Protein....g	14.07	0.228	4	A	1		11.96		
Total lipid (fat)....g	4.86	1.359	4	A	1		4.14		
Ash....g	4.01	0.056	4	A	1		3.41		
Carbohydrate, by difference....g	4.22		0	NR	4		3.59		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	4.22	0.714	4	A	1		3.59		
Sucrose....g	0.00	0.000	4	A	1		0.00		
Glucose (dextrose)....g	3.66	0.658	4	A	1		3.11		
Fructose....g	0.41	0.415	4	A	1		0.35		
Lactose....g	0.00	0.000	4	A	1		0.00		
Maltose....g	0.14	0.083	4	A	1		0.12		
Galactose....g	0.00	0.000	4	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		2	A	1		7		
Iron, Fe....mg	0.78		2	A	1		0.66		
Magnesium, Mg....mg	17		2	A	1		15		
Phosphorus, P....mg	229		2	A	1		194		
Potassium, K....mg	268		2	A	1		227		
Sodium, Na....mg	1310		2	A	1		1114		
Zinc, Zn....mg	1.60		2	A	1		1.36		
Copper, Cu....mg	0.107		2	A	1		0.091		
Manganese, Mn....mg	0.040		2	A	1		0.034		
Selenium, Se....µg	29.4		2	A	1		25.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.284		2	A	1		0.242		
Riboflavin....mg	0.146		2	A	1		0.124		
Niacin....mg	3.870		2	A	1		3.289		
Pantothenic acid....mg	0.661		2	A	1		0.561		
Vitamin B-6....mg	0.294		2	A	1		0.250		
Folate, total....µg	4		2	A	1		3		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	4		2	NR	4		3		
Folate, DFE....µg	4		0	NC	4		3		
Choline, total....mg	64.9		0	AS	1		55.1		
Betaine....mg	3.2		2	A	1		2.7		
Vitamin B-12....µg	0.34		2	A	1		0.29		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	13		0	AS	1		11		
Retinol....µg	13		2	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	45		0	AS	1		38		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.14		2	A	1		0.12		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.02		2	A	1		0.01		
Tocopherol, gamma....mg	0.04		2	A	1		0.03		
Tocopherol, delta....mg	0.00		2	A	1		0.00		
Tocotrienol, alpha....mg	0.02		2	A	1		0.02		
Tocotrienol, beta....mg	0.00		2	A	1		0.00		

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
Tocotrienol, gamma....mg	0.00		2	A	1		0.00		
Tocotrienol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.6		0	AS	1		0.5		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.6		0	BFNN	4		0.5		
Vitamin D....IU	23		0	BFNN	4		20		
Vitamin K (phylloquinone)....µg	0.0		2	A	1		0.0		
Dihydrophylloquinone....µg	0.0		2	A	1		0.0		
Menaquinone-4....µg	4.3		2	A	1		3.7		
Lipids:									
Fatty acids, total saturated....g	1.447		0	NC	4		1.230		
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	0.000		2	A	1		0.000		
12:0....g	0.000		2	A	1		0.000		
13:0....g									
14:0....g	0.054		2	A	1		0.046		
15:0....g	0.000		2	A	1		0.000		
16:0....g	0.926		2	A	1		0.787		
17:0....g	0.012		2	A	1		0.010		
18:0....g	0.445		2	A	1		0.379		
20:0....g	0.000		2	A	1		0.000		
22:0....g	0.009		2	A	1		0.008		
24:0....g									
Fatty acids, total monounsaturated....g	2.041		0	NC	4		1.735		
14:1....g	0.000		2	A	1		0.000		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.119		2	A	1		0.101		
17:1....g	0.000		2	A	1		0.000		
18:1 undifferentiated....g	1.888		0	AS	1		1.605		
18:1 c....g	1.865		2	A	1		1.586		
18:1 t....g	0.022		2	A	1		0.019		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.033		2	A	1		0.028		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.644		0	NC	4		0.547		
18:2 undifferentiated....g	0.552		0	AS	1		0.469		
18:2 n-6 c,c....g	0.539		2	A	1		0.458		
18:2 CLAs....g									
18:2 t,t....g	0.013		2	A	1		0.011		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.022		0	AS	1		0.019		
18:3 n-3 c,c,c (ALA)....g	0.022		2	A	1		0.019		
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.023		2	A	1		0.020		
20:3 undifferentiated....g	0.000		2	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.046		2	A	1		0.039		
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		0.030		
Fatty acids, total trans-monoenoic....g	0.022		0	NC	4		0.019		
Fatty acids, total trans-polyenoic....g	0.013		0	NC	4		0.011		

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		36		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.132		0	A	1		0.112		
Threonine....g	0.630		0	A	1		0.535		
Isoleucine....g	0.635		0	A	1		0.540		
Leucine....g	1.127		0	A	1		0.958		
Lysine....g	1.189		0	A	1		1.010		
Methionine....g	0.337		0	A	1		0.286		
Cystine....g	0.158		0	A	1		0.134		
Phenylalanine....g	0.563		0	A	1		0.478		
Tyrosine....g	0.457		0	A	1		0.388		
Valine....g	0.712		0	A	1		0.605		
Arginine....g	0.900		0	A	1		0.765		
Histidine....g	0.613		0	A	1		0.521		
Alanine....g	0.829		0	A	1		0.704		
Aspartic acid....g	1.227		0	A	1		1.043		
Glutamic acid....g	2.014		0	A	1		1.712		
Glycine....g	0.735		0	A	1		0.625		
Proline....g	0.604		0	A	1		0.513		
Serine....g	0.551		0	A	1		0.468		
Hydroxyproline....g	0.091		0	BFPN	4		0.077		
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 27 (2014)

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		54.72	1720.76	
Energy....kcal	177		0	NC	4		150	4725	
Energy....kJ	740		0	NC	4		629	19769	
Protein....g	22.47		0	PAK	1		19.10	600.60	
Total lipid (fat)....g	9.39		0	PAK	1		7.98	250.95	
Ash....g	3.17		0	PAK	1		2.69	84.68	
Carbohydrate, by difference....g	0.60		0	PIK	4		0.51	16.01	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.45		0	PAK	1		0.39	12.15	
Sucrose....g	0.06		0	PAK	1		0.05	1.56	
Glucose (dextrose)....g	0.24		0	PAK	1		0.21	6.53	
Fructose....g	0.15		0	PAK	1		0.13	4.06	
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		8	264	
Iron, Fe....mg	0.99		0	PAK	1		0.84	26.38	
Magnesium, Mg....mg	21		0	PAK	1		18	568	
Phosphorus, P....mg	260		0	PAK	1		221	6940	
Potassium, K....mg	477		0	PAK	1		405	12749	
Sodium, Na....mg	841		0	PAK	1		715	22488	
Zinc, Zn....mg	2.35		0	PAK	1		2.00	62.79	
Copper, Cu....mg	0.120		0	PAK	1		0.102	3.205	
Manganese, Mn....mg	0.022		0	PAK	1		0.019	0.591	
Selenium, Se....µg	46.2		0	PAK	1		39.3	1236.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.327		0	PAK	1		0.278	8.747	
Riboflavin....mg	0.222		0	PAK	1		0.189	5.947	
Niacin....mg	7.127		0	PAK	1		6.058	190.498	
Pantothenic acid....mg	0.478		0	PAK	1		0.406	12.770	
Vitamin B-6....mg	0.364		0	PAK	1		0.309	9.723	
Folate, total....µg	1		0	PAK	1		1	27	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	1		0	PIK	4		1	27	
Folate, DFE....µg	1		0	NC	4		1	27	
Choline, total....mg	98.6		0	PAK	1		83.8	2636.4	
Betaine....mg	2.7		0	PAK	1		2.3	71.7	
Vitamin B-12....µg	0.58		0	PAK	1		0.49	15.51	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	11		0	PAK	1		10	304	
Retinol....µg	11		0	PAK	1		10	304	
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		32	1012	
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		0.23	7.33	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.00	0.04	
Tocopherol, gamma....mg	0.05		0	PAK	1		0.05	1.42	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.06	
Tocotrienol, alpha....mg	0.01		0	PAK	1		0.00	0.15	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.04		0	PAK	1		0.04	1.16	
Tocotrienol, delta....mg	0.00		0	PAK	1		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	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		7.3	228.7	
Lipids:									
Fatty acids, total saturated....g	3.116		0	PIK	4		2.649	83.289	
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		0.004	0.136	
12:0....g	0.006		0	PAK	1		0.005	0.148	
13:0....g									
14:0....g	0.115		0	PAK	1		0.098	3.076	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	2.003		0	PAK	1		1.703	53.550	
17:0....g	0.027		0	PAK	1		0.023	0.732	
18:0....g	0.927		0	PAK	1		0.788	24.787	
20:0....g	0.014		0	PAK	1		0.012	0.385	
22:0....g	0.018		0	PAK	1		0.015	0.476	
24:0....g									
Fatty acids, total monounsaturated....g	4.364		0	PIK	4		3.709	116.639	
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		0.212	6.662	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	4.048		0	PAK	1		3.440	108.190	
20:1....g	0.067		0	PAK	1		0.057	1.787	
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		1.136	35.728	
18:2 undifferentiated....g	1.156		0	PAK	1		0.983	30.900	
18:3 undifferentiated....g	0.048		0	PAK	1		0.041	1.280	
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.045		0	PAK	1		0.038	1.203	
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
20:4 undifferentiated....g	0.088		0	PAK	1		0.075	2.345	
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	0.072		0	PIK	4		0.061	1.920	
Cholesterol....mg	72		0	PAK	1		61	1929	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.209		0	PAK	1		0.177	5.580	
Threonine....g	1.000		0	PAK	1		0.850	26.721	
Isoleucine....g	1.010		0	PAK	1		0.858	26.992	
Leucine....g	1.792		0	PAK	1		1.524	47.910	
Lysine....g	1.886		0	PAK	1		1.603	50.405	
Methionine....g	0.534		0	PAK	1		0.454	14.271	
Cystine....g	0.253		0	PAK	1		0.215	6.750	
Phenylalanine....g	0.896		0	PAK	1		0.762	23.948	
Tyrosine....g	0.724		0	PAK	1		0.615	19.352	
Valine....g	1.134		0	PAK	1		0.964	30.311	
Arginine....g	1.435		0	PAK	1		1.219	38.346	
Histidine....g	0.979		0	PAK	1		0.832	26.164	
Alanine....g	1.326		0	PAK	1		1.127	35.448	

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
Aspartic acid....g	1.958		0	PAK	1		1.664	52.336	
Glutamic acid....g	3.206		0	PAK	1		2.725	85.696	
Glycine....g	1.197		0	PAK	1		1.017	31.989	
Proline....g	0.970		0	PAK	1		0.825	25.939	
Serine....g	0.878		0	PAK	1		0.746	23.464	
Hydroxyproline....g	0.146		0	PAK	1		0.124	3.890	
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: 1 serving (3 oz)

Measure 2 = 2673g: 1 roast rump

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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	0.43		0	NR	4		0.12	1.96	
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 ... µg	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 ... µg	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	
Tocotrienol, alpha ... mg	0.04		0	PAK	1		0.01	0.16	
Tocotrienol, beta ... mg	0.00		0	PAK	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.02		0	PAK	1		0.01	0.10	
Tocotrienol, delta....mg	0.00		0	PAK	1		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	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	
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	0.105		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	

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
Aspartic acid.....g	1.715		0	PAK	1		0.486	7.781	
Glutamic acid.....g	2.805		0	PAK	1		0.795	12.722	
Glycine.....g	1.065		0	PAK	1		0.302	4.832	
Proline.....g	0.855		0	PAK	1		0.242	3.878	
Serine.....g	0.769		0	PAK	1		0.218	3.486	
Hydroxyproline.....g	0.149		0	PAK	1		0.042	0.675	
Others:									
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 27 (2014)

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		57.71	1814.91	
Energy ... kcal	137		0	NC	4		116	3649	
Energy ... kJ	571		0	NC	4		485	15267	
Protein ... g	24.14	0.743	8	A	1		20.52	645.23	
Total lipid (fat) ... g	4.25	0.295	8	A	1		3.61	113.57	
Ash ... g	3.29	0.159	8	A	1		2.79	87.85	
Carbohydrate, by difference ... g	0.48		0	NR	4		0.40	12.72	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.48	0.260	7	A	1		0.40	12.71	
Sucrose ... g	0.07	0.043	7	A	1		0.06	1.75	
Glucose (dextrose) ... g	0.24	0.136	7	A	1		0.20	6.41	
Fructose ... g	0.17	0.143	7	A	1		0.14	4.56	
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		9	277	
Iron, Fe ... mg	1.04	0.116	3	A	1		0.89	27.87	
Magnesium, Mg ... mg	22	1.378	3	A	1		19	586	
Phosphorus, P ... mg	271	1.856	3	A	1		230	7235	
Potassium, K ... mg	511	169.382	3	A	1		435	13668	
Sodium, Na ... mg	861	56.746	3	A	1		732	23023	
Zinc, Zn ... mg	2.50	0.296	3	A	1		2.12	66.73	
Copper, Cu ... mg	0.094	0.010	3	A	1		0.080	2.521	
Manganese, Mn ... mg	0.022	0.000	3	A	1		0.019	0.591	
Selenium, Se ... µg	49.9	3.226	3	A	1		42.4	1334.7	
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		0.283	8.907	
Riboflavin ... mg	0.238	0.016	3	A	1		0.202	6.360	
Niacin ... mg	7.620	0.885	3	A	1		6.477	203.680	
Pantothenic acid ... mg	0.486	0.047	3	A	1		0.413	12.981	
Vitamin B-6 ... mg	0.384	0.023	3	A	1		0.326	10.254	
Folate, total ... µg	1		2	A	1		1	27	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	1		2	NR	4		1	27	
Folate, DFE ... µg	1		0	NC	4		1	27	
Choline, total ... mg	110.6		0	AS	1		94.1	2957.6	
Betaine ... mg	3.0		2	A	1		2.6	80.5	
Vitamin B-12 ... µg	0.61	0.043	3	A	1		0.52	16.39	
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... µg	11		0	AS	1		10	300	
Retinol ... µg	11		2	A	1		10	300	
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		32	1000	
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		0.23	7.08	
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		0.04	1.20	
Tocopherol, delta ... mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha ... mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta ... mg	0.00		2	A	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.04		2	A	1		0.03	1.07	
Tocotrienol, delta....mg	0.00		2	A	1		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		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		8.2	256.5	
Lipids:									
Fatty acids, total saturated....g	1.418		0	NC	4		1.205	37.908	
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		0.045	1.402	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	0.915		2	A	1		0.777	24.445	
17:0....g	0.014		2	A	1		0.012	0.372	
18:0....g	0.418		2	A	1		0.355	11.170	
20:0....g	0.005		2	A	1		0.005	0.146	
22:0....g	0.014		2	A	1		0.012	0.374	
24:0....g									
Fatty acids, total monounsaturated....g	1.995		0	NC	4		1.696	53.337	
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		0.105	3.301	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	1.846		0	AS	1		1.569	49.341	
18:1 c....g	1.825		2	A	1		1.551	48.780	
18:1 t....g	0.021		2	A	1		0.018	0.561	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.026		2	A	1		0.022	0.695	
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		0.604	19.009	
18:2 undifferentiated....g	0.588		0	AS	1		0.500	15.712	
18:2 n-6 c,c....g	0.556		2	A	1		0.472	14.849	
18:2 CLAs....g	0.018		1	A	1		0.015	0.478	
18:2 t,t....g	0.014		2	A	1		0.012	0.385	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.021		0	AS	1		0.018	0.560	
18:3 n-3 c,c,c (ALA)....g	0.021		2	A	1		0.018	0.560	
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		0.016	0.507	
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		0.071	2.231	
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		0.030	0.946	
Fatty acids, total trans-monoenoic....g	0.021		0	NC	4		0.018	0.561	
Fatty acids, total trans-polyenoic....g	0.014		0	NC	4		0.012	0.385	

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		61	1930	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.227		0	A	1		0.193	6.055	
Threonine....g	1.080		0	A	1		0.918	28.866	
Isoleucine....g	1.090		0	A	1		0.926	29.127	
Leucine....g	1.934		0	A	1		1.644	51.692	
Lysine....g	2.039		0	A	1		1.733	54.510	
Methionine....g	0.577		0	A	1		0.491	15.435	
Cystine....g	0.271		0	A	1		0.230	7.245	
Phenylalanine....g	0.966		0	A	1		0.821	25.811	
Tyrosine....g	0.783		0	A	1		0.666	20.937	
Valine....g	1.221		0	A	1		1.038	32.645	
Arginine....g	1.545		0	A	1		1.313	41.286	
Histidine....g	1.051		0	A	1		0.894	28.103	
Alanine....g	1.422		0	A	1		1.208	38.001	
Aspartic acid....g	2.106		0	A	1		1.790	56.284	
Glutamic acid....g	3.455		0	A	1		2.936	92.343	
Glycine....g	1.261		0	A	1		1.072	33.698	
Proline....g	1.036		0	A	1		0.881	27.695	
Serine....g	0.945		0	A	1		0.803	25.257	
Hydroxyproline....g	0.156		0	A	1		0.133	4.180	
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 = 85g: 1 serving (3 oz)

Measure 2 = 2673g: 1 roast rump

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		60.18		
Energy	kcal	122		0	NC	4		104		
Energy	kJ	512		0	NC	4		435		
Protein (N x 6.25)	g	22.71		1	A	1		19.30		
Total lipid (fat)	g	3.47		1	A	1		2.95		
Ash	g	2.96		1	A	1		2.51		
Carbohydrate, by difference	g	0.43		0	NR	4		0.37		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.43		0	BFSN	4		0.37		
Sucrose	g	0.06		0	BFSN	4		0.05		
Glucose (dextrose)	g	0.22		0	BFSN	4		0.19		
Fructose	g	0.16		0	BFSN	4		0.13		
Lactose	g	0.00		0	BFSN	4		0.00		
Maltose	g	0.00		0	BFSN	4		0.00		
Galactose	g	0.00		0	BFSN	4		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	9		1	A	1		8		
Iron, Fe	mg	1.05		1	A	1		0.89		
Magnesium, Mg	mg	21		1	A	1		17		
Phosphorus, P	mg	253		1	A	1		215		
Potassium, K	mg	303		1	A	1		258		
Sodium, Na	mg	893		1	A	1		759		
Zinc, Zn	mg	2.40		1	A	1		2.04		
Copper, Cu	mg	0.109		1	A	1		0.093		
Manganese, Mn	mg	0.022		1	A	1		0.019		
Selenium, Se	µg	41.0		1	A	1		34.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.265		1	A	1		0.225		
Riboflavin	mg	0.225		1	A	1		0.191		
Niacin	mg	7.230		1	A	1		6.146		
Pantothenic acid	mg	0.377		1	A	1		0.320		
Vitamin B-6	mg	0.336		1	A	1		0.286		
Folate, total	µg	1		0	BFPN	4		1		
Folic acid	µg	0		0	BFPN	4		0		
Folate, food	µg	1		0	BFPN	4		1		
Folate, DFE	µg	1		0	NC	4		1		
Choline, total	mg	102.2		0	BFNN	4		86.9		
Betaine	mg	2.8		0	BFNN	4		2.4		
Vitamin B-12	µg	0.51		1	A	1		0.43		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	µg	10		0	NC	4		9		
Retinol	µg	10		0	BFSN	4		9		
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	34		0	NC	4		29		
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	0.00		0	BFSN	4		0.00		
Tocopherol, gamma	mg	0.04		0	BFSN	4		0.03		
Tocopherol, delta	mg	0.00		0	BFSN	4		0.00		
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									

NDB No. 10890

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.160		0	BFFN	4		0.986		
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	0.000		0	BFFN	4		0.000		
12:0....g	0.000		0	BFFN	4		0.000		
13:0....g									
14:0....g	0.043		0	BFFN	4		0.036		
15:0....g	0.000		0	BFFN	4		0.000		
16:0....g	0.748		0	BFFN	4		0.636		
17:0....g	0.011		0	BFFN	4		0.010		
18:0....g	0.342		0	BFFN	4		0.291		
20:0....g	0.004		0	BFFN	4		0.004		
22:0....g	0.011		0	BFFN	4		0.010		
24:0....g									
Fatty acids, total monounsaturated....g	1.632		0	BFFN	4		1.387		
14:1....g	0.000		0	BFFN	4		0.000		
15:1....g	0.000		0	BFFN	4		0.000		
16:1 undifferentiated....g	0.101		0	BFFN	4		0.086		
17:1....g	0.000		0	BFFN	4		0.000		
18:1 undifferentiated....g	1.510		0	BFFN	4		1.283		
18:1 c....g	1.492		0	BFFN	4		1.269		
18:1 t....g	0.017		0	BFFN	4		0.015		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.021		0	BFFN	4		0.018		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.582		0	BFFN	4		0.494		
18:2 undifferentiated....g	0.481		0	BFFN	4		0.409		
18:2 n-6 c,c....g	0.454		0	BFFN	4		0.386		
18:2 CLAs....g	0.015		0	BFFN	4		0.012		
18:2 t,t....g	0.012		0	BFFN	4		0.010		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.017		0	BFFN	4		0.015		
18:3 n-3 c,c,c (ALA)....g	0.017		0	BFFN	4		0.015		
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	0.015		0	BFFN	4		0.013		
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	0.068		0	BFFN	4		0.058		
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	0.029		0	BFFN	4		0.025		
Fatty acids, total trans-monoenoic....g	0.017		0	BFFN	4		0.015		
Fatty acids, total trans-polyenoic....g	0.012		0	BFFN	4		0.010		
Cholesterol....mg	68		1	A	1		58		
Phytosterols....mg									

NDB No. 10890

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.213		0	A	1		0.181		
Threonine....g	1.016		0	A	1		0.863		
Isoleucine....g	1.025		0	A	1		0.871		
Leucine....g	1.819		0	A	1		1.546		
Lysine....g	1.918		0	A	1		1.630		
Methionine....g	0.543		0	A	1		0.462		
Cystine....g	0.255		0	A	1		0.217		
Phenylalanine....g	0.908		0	A	1		0.772		
Tyrosine....g	0.737		0	A	1		0.626		
Valine....g	1.149		0	A	1		0.976		
Arginine....g	1.453		0	A	1		1.235		
Histidine....g	0.989		0	A	1		0.841		
Alanine....g	1.337		0	A	1		1.137		
Aspartic acid....g	1.981		0	A	1		1.684		
Glutamic acid....g	3.250		0	A	1		2.762		
Glycine....g	1.186		0	A	1		1.008		
Proline....g	0.975		0	A	1		0.828		
Serine....g	0.889		0	A	1		0.755		
Hydroxyproline....g	0.147		0	A	1		0.125		
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 27 (2014)

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		53.50	1995.35	
Energy ... kcal	191		0	PIK	4		162	6054	
Energy ... kJ	799		0	PIK	4		679	25331	
Protein ... g	22.88		0	PAK	1		19.45	725.36	
Total lipid (fat) ... g	10.93		0	PAK	1		9.29	346.59	
Ash ... g	2.98		0	PAK	1		2.53	94.32	
Carbohydrate, by difference ... g	0.33		0	NR	4		0.28	10.45	
Fiber, total dietary ... g	0.0		0	PIK	4		0.0	0.0	
Sugars, total ... g	0.33		0	PAK	1		0.28	10.44	
Sucrose ... g	0.05		0	PAK	1		0.04	1.45	
Glucose (dextrose) ... g	0.15		0	PAK	1		0.12	4.60	
Fructose ... g	0.14		0	PAK	1		0.12	4.40	
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		6	230	
Iron, Fe ... mg	1.11		0	PAK	1		0.95	35.32	
Magnesium, Mg ... mg	20		0	PAK	1		17	631	
Phosphorus, P ... mg	244		0	PAK	1		208	7744	
Potassium, K ... mg	424		0	PAK	1		360	13443	
Sodium, Na ... mg	801		0	PAK	1		681	25405	
Zinc, Zn ... mg	2.82		0	PAK	1		2.39	89.31	
Copper, Cu ... mg	0.193		0	PAK	1		0.164	6.119	
Manganese, Mn ... mg	0.022		0	PAK	1		0.019	0.701	
Selenium, Se ... µg	44.5		0	PAK	1		37.8	1411.2	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	PIK	4		0.0	0.0	
Thiamin ... mg	0.289		0	PAK	1		0.246	9.161	
Riboflavin ... mg	0.185		0	PAK	1		0.157	5.870	
Niacin ... mg	7.190		0	PAK	1		6.112	227.931	
Pantothenic acid ... mg	0.539		0	PAK	1		0.458	17.072	
Vitamin B-6 ... mg	0.358		0	PAK	1		0.304	11.355	
Folate, total ... µg	3		0	PAK	1		2	87	
Folic acid ... µg	0		0	PIK	4		0	0	
Folate, food ... µg	3		0	PIK	4		2	87	
Folate, DFE ... µg	3		0	NC	4		2	87	
Choline, total ... mg	91.0		0	PAK	1		77.3	2884.4	
Betaine ... mg	2.5		0	PAK	1		2.1	79.5	
Vitamin B-12 ... µg	0.64		0	PAK	1		0.55	20.33	
Vitamin B-12, added ... µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE ... µg	11		0	PAK	1		10	357	
Retinol ... µg	11		0	PAK	1		10	357	
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		32	1189	
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		0.25	9.44	
Vitamin E, added ... mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta ... mg	0.00		0	PAK	1		0.00	0.06	
Tocopherol, gamma ... mg	0.05		0	PAK	1		0.04	1.59	
Tocopherol, delta ... mg	0.00		0	PAK	1		0.00	0.08	
Tocotrienol, alpha ... mg	0.02		0	PAK	1		0.02	0.62	
Tocotrienol, beta ... mg	0.00		0	PAK	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.02		0	PAK	1		0.01	0.56	
Tocotrienol, delta....mg	0.00		0	PAK	1		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	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		5.2	195.4	
Lipids:									
Fatty acids, total saturated....g	3.545		0	PIK	4		3.013	112.379	
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		0.005	0.190	
12:0....g	0.007		0	PAK	1		0.006	0.206	
13:0....g									
14:0....g	0.125		0	PAK	1		0.106	3.965	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	2.281		0	PAK	1		1.938	72.293	
17:0....g	0.026		0	PAK	1		0.022	0.825	
18:0....g	1.067		0	PAK	1		0.907	33.813	
20:0....g	0.017		0	PAK	1		0.015	0.549	
22:0....g	0.017		0	PAK	1		0.014	0.537	
24:0....g									
Fatty acids, total monounsaturated....g	5.120		0	PIK	4		4.352	162.299	
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		0.233	8.678	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	4.766		0	PAK	1		4.051	151.085	
20:1....g	0.080		0	PAK	1		0.068	2.536	
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		1.148	42.814	
18:2 undifferentiated....g	1.180		0	PAK	1		1.003	37.406	
18:3 undifferentiated....g	0.048		0	PAK	1		0.041	1.524	
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.049		0	PAK	1		0.042	1.558	
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
20:4 undifferentiated....g	0.073		0	PAK	1		0.062	2.325	
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		0.067	2.503	
Cholesterol....mg	74		0	PAK	1		63	2350	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.212		0	PAK	1		0.180	6.729	
Threonine....g	1.017		0	PAK	1		0.865	32.244	
Isoleucine....g	1.028		0	PAK	1		0.873	32.576	
Leucine....g	1.824		0	PAK	1		1.550	57.823	
Lysine....g	1.918		0	PAK	1		1.631	60.812	
Methionine....g	0.543		0	PAK	1		0.462	17.217	
Cystine....g	0.257		0	PAK	1		0.219	8.153	
Phenylalanine....g	0.912		0	PAK	1		0.775	28.908	
Tyrosine....g	0.736		0	PAK	1		0.626	23.345	
Valine....g	1.154		0	PAK	1		0.981	36.593	
Arginine....g	1.460		0	PAK	1		1.241	46.296	
Histidine....g	0.997		0	PAK	1		0.847	31.600	
Alanine....g	1.351		0	PAK	1		1.148	42.826	

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
Aspartic acid.....g	1.994		0	PAK	1		1.695	63.197	
Glutamic acid.....g	3.263		0	PAK	1		2.774	103.448	
Glycine.....g	1.222		0	PAK	1		1.039	38.752	
Proline.....g	0.989		0	PAK	1		0.841	31.357	
Serine.....g	0.894		0	PAK	1		0.760	28.329	
Hydroxyproline.....g	0.148		0	PAK	1		0.126	4.699	
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: 1 serving (3 oz)

Measure 2 = 3170g: 1 roast shank

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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	0.32		0	NR	4		0.09	1.46	
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 ... µg	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 ... µg	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	
Tocotrienol, alpha ... mg	0.03		0	PAK	1		0.01	0.13	
Tocotrienol, beta ... mg	0.00		0	PAK	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.02		0	PAK	1		0.00	0.08	
Tocotrienol, delta....mg	0.00		0	PAK	1		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	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	
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	0.085		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	

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
Aspartic acid....g	1.947		0	PAK	1		0.552	8.832	
Glutamic acid....g	3.187		0	PAK	1		0.903	14.454	
Glycine....g	1.196		0	PAK	1		0.339	5.425	
Proline....g	0.967		0	PAK	1		0.274	4.385	
Serine....g	0.873		0	PAK	1		0.247	3.959	
Hydroxyproline....g	0.162		0	PAK	1		0.046	0.733	
Others:									
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 27 (2014)

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		56.93	2123.11	
Energy....kcal	145		0	NC	4		123	4584	
Energy....kJ	605		0	NC	4		514	19179	
Protein....g	24.95	0.718	7	A	1		21.21	790.99	
Total lipid (fat)....g	4.97	0.440	7	A	1		4.23	157.64	
Ash....g	3.09	0.205	7	A	1		2.63	97.96	
Carbohydrate, by difference....g	0.34		0	NR	4		0.29	10.67	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.34	0.252	6	A	1		0.29	10.67	
Sucrose....g	0.05	0.036	6	A	1		0.04	1.66	
Glucose (dextrose)....g	0.13	0.087	6	A	1		0.11	3.97	
Fructose....g	0.16	0.159	6	A	1		0.14	5.04	
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		6	237	
Iron, Fe....mg	1.20	0.086	3	A	1		1.02	38.04	
Magnesium, Mg....mg	21	0.902	3	A	1		17	651	
Phosphorus, P....mg	255	7.796	3	A	1		217	8094	
Potassium, K....mg	458	159.548	3	A	1		389	14508	
Sodium, Na....mg	820	27.425	3	A	1		697	25983	
Zinc, Zn....mg	3.06	0.169	3	A	1		2.60	97.11	
Copper, Cu....mg	0.173	0.059	3	A	1		0.147	5.482	
Manganese, Mn....mg	0.022	0.000	3	A	1		0.019	0.701	
Selenium, Se....µg	48.7	2.155	3	A	1		41.4	1543.8	
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		0.247	9.213	
Riboflavin....mg	0.198	0.011	3	A	1		0.169	6.286	
Niacin....mg	7.793	0.474	3	A	1		6.624	247.045	
Pantothenic acid....mg	0.557	0.132	3	A	1		0.473	17.656	
Vitamin B-6....mg	0.381	0.043	3	A	1		0.324	12.086	
Folate, total....µg	3		2	A	1		3	95	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		2	NR	4		3	95	
Folate, DFE....µg	3		0	NC	4		3	95	
Choline, total....mg	104.3		0	AS	1		88.7	3307.5	
Betaine....mg	2.9		2	A	1		2.4	91.2	
Vitamin B-12....µg	0.69	0.130	3	A	1		0.59	21.87	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	11		0	AS	1		9	351	
Retinol....µg	11		2	A	1		9	351	
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		31	1170	
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		0.25	9.19	
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		0.03	1.27	
Tocopherol, delta....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha....mg	0.01		2	A	1		0.01	0.47	
Tocotrienol, beta....mg	0.00		2	A	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.01		2	A	1		0.01	0.32	
Tocotrienol, delta....mg	0.00		2	A	1		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		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		6.0	224.1	
Lipids:									
Fatty acids, total saturated....g	1.564		0	NC	4		1.330	49.585	
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		0.043	1.622	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	1.010		2	A	1		0.859	32.029	
17:0....g	0.010		2	A	1		0.008	0.305	
18:0....g	0.474		2	A	1		0.403	15.020	
20:0....g	0.007		2	A	1		0.006	0.221	
22:0....g	0.012		2	A	1		0.010	0.388	
24:0....g									
Fatty acids, total monounsaturated....g	2.380		0	NC	4		2.023	75.440	
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		0.107	3.994	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	2.221		0	AS	1		1.888	70.408	
18:1 c....g	2.198		2	A	1		1.868	69.675	
18:1 t....g	0.023		2	A	1		0.020	0.732	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.033		2	A	1		0.028	1.039	
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		0.510	19.009	
18:2 undifferentiated....g	0.500		0	AS	1		0.425	15.835	
18:2 n-6 c,c....g	0.478		2	A	1		0.406	15.147	
18:2 CLAs....g	0.009		1	A	1		0.007	0.275	
18:2 t,t....g	0.013		2	A	1		0.011	0.413	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.016		0	AS	1		0.013	0.497	
18:3 n-3 c,c,c (ALA)....g	0.016		2	A	1		0.013	0.497	
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		0.016	0.583	
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		0.056	2.095	
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		0.031	1.146	
Fatty acids, total trans-monoenoic....g	0.023		0	NC	4		0.020	0.732	
Fatty acids, total trans-polyenoic....g	0.013		0	NC	4		0.011	0.413	

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		63	2361	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.234		0	A	1		0.199	7.423	
Threonine....g	1.116		0	A	1		0.949	35.387	
Isoleucine....g	1.126		0	A	1		0.957	35.707	
Leucine....g	1.999		0	A	1		1.699	63.370	
Lysine....g	2.108		0	A	1		1.792	66.824	
Methionine....g	0.597		0	A	1		0.507	18.922	
Cystine....g	0.280		0	A	1		0.238	8.882	
Phenylalanine....g	0.998		0	A	1		0.848	31.643	
Tyrosine....g	0.810		0	A	1		0.688	25.667	
Valine....g	1.262		0	A	1		1.073	40.020	
Arginine....g	1.597		0	A	1		1.357	50.614	
Histidine....g	1.087		0	A	1		0.924	34.452	
Alanine....g	1.470		0	A	1		1.249	46.586	
Aspartic acid....g	2.177		0	A	1		1.850	68.999	
Glutamic acid....g	3.571		0	A	1		3.035	113.204	
Glycine....g	1.303		0	A	1		1.108	41.311	
Proline....g	1.071		0	A	1		0.910	33.951	
Serine....g	0.977		0	A	1		0.830	30.963	
Hydroxyproline....g	0.162		0	A	1		0.137	5.124	
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 = 85g: 1 serving (3 oz)

Measure 2 = 3170g: 1 roast shank

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		59.92		
Energy....kcal	130		0	NC	4		111		
Energy....kJ	546		0	NC	4		464		
Protein (N x 6.25)....g	25.11		1	A	1		21.34		
Total lipid (fat)....g	3.33		1	A	1		2.83		
Ash....g	2.63		1	A	1		2.24		
Carbohydrate, by difference....g	0.30		0	NR	4		0.26		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.30		0	BFSN	4		0.26		
Sucrose....g	0.05		0	BFSN	4		0.04		
Glucose (dextrose)....g	0.11		0	BFSN	4		0.10		
Fructose....g	0.14		0	BFSN	4		0.12		
Lactose....g	0.00		0	BFSN	4		0.00		
Maltose....g	0.00		0	BFSN	4		0.00		
Galactose....g	0.00		0	BFSN	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	7		1	A	1		6		
Iron, Fe....mg	1.10		1	A	1		0.94		
Magnesium, Mg....mg	20		1	A	1		17		
Phosphorus, P....mg	250		1	A	1		213		
Potassium, K....mg	299		1	A	1		254		
Sodium, Na....mg	809		1	A	1		688		
Zinc, Zn....mg	2.79		1	A	1		2.37		
Copper, Cu....mg	0.117		1	A	1		0.099		
Manganese, Mn....mg	0.022		1	A	1		0.019		
Selenium, Se....µg	52.3		1	A	1		44.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.235		1	A	1		0.200		
Riboflavin....mg	0.246		1	A	1		0.209		
Niacin....mg	5.280		1	A	1		4.488		
Pantothenic acid....mg	0.516		1	A	1		0.439		
Vitamin B-6....mg	0.393		1	A	1		0.334		
Folate, total....µg	3		0	BFPN	4		3		
Folic acid....µg	0		0	BFPN	4		0		
Folate, food....µg	3		0	BFPN	4		3		
Folate, DFE....µg	3		0	NC	4		3		
Choline, total....mg	97.3		0	BFNN	4		82.7		
Betaine....mg	2.7		0	BFNN	4		2.3		
Vitamin B-12....µg	0.37		1	A	1		0.31		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	10		0	NC	4		8		
Retinol....µg	10		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	33		0	NC	4		28		
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		0.22		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	BFSN	4		0.00		
Tocopherol, gamma....mg	0.04		0	BFSN	4		0.03		
Tocopherol, delta....mg	0.00		0	BFSN	4		0.00		
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									

NDB No. 10891

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.048		0	BFFN	4		0.891		
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	0.000		0	BFFN	4		0.000		
12:0....g	0.000		0	BFFN	4		0.000		
13:0....g									
14:0....g	0.034		0	BFFN	4		0.029		
15:0....g	0.000		0	BFFN	4		0.000		
16:0....g	0.677		0	BFFN	4		0.576		
17:0....g	0.006		0	BFFN	4		0.005		
18:0....g	0.318		0	BFFN	4		0.270		
20:0....g	0.005		0	BFFN	4		0.004		
22:0....g	0.008		0	BFFN	4		0.007		
24:0....g									
Fatty acids, total monounsaturated....g	1.595		0	BFFN	4		1.356		
14:1....g	0.000		0	BFFN	4		0.000		
15:1....g	0.000		0	BFFN	4		0.000		
16:1 undifferentiated....g	0.084		0	BFFN	4		0.072		
17:1....g	0.000		0	BFFN	4		0.000		
18:1 undifferentiated....g	1.489		0	BFFN	4		1.265		
18:1 c....g	1.473		0	BFFN	4		1.252		
18:1 t....g	0.015		0	BFFN	4		0.013		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.022		0	BFFN	4		0.019		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.402		0	BFFN	4		0.342		
18:2 undifferentiated....g	0.335		0	BFFN	4		0.285		
18:2 n-6 c,c....g	0.320		0	BFFN	4		0.272		
18:2 CLAs....g	0.006		0	BFFN	4		0.005		
18:2 t,t....g	0.009		0	BFFN	4		0.007		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.010		0	BFFN	4		0.009		
18:3 n-3 c,c,c (ALA)....g	0.010		0	BFFN	4		0.009		
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	0.012		0	BFFN	4		0.010		
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	0.044		0	BFFN	4		0.038		
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	0.024		0	BFFN	4		0.021		
Fatty acids, total trans-monoenoic....g	0.015		0	BFFN	4		0.013		
Fatty acids, total trans-polyenoic....g	0.009		0	BFFN	4		0.007		
Cholesterol....mg	63		1	A	1		53		
Phytosterols....mg									

NDB No. 10891

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan.....g	0.236		0	A	1		0.200		
Threonine.....g	1.123		0	A	1		0.955		
Isoleucine.....g	1.133		0	A	1		0.963		
Leucine.....g	2.011		0	A	1		1.710		
Lysine.....g	2.121		0	A	1		1.803		
Methionine.....g	0.601		0	A	1		0.510		
Cystine.....g	0.282		0	A	1		0.240		
Phenylalanine.....g	1.004		0	A	1		0.854		
Tyrosine.....g	0.815		0	A	1		0.692		
Valine.....g	1.270		0	A	1		1.080		
Arginine.....g	1.606		0	A	1		1.366		
Histidine.....g	1.094		0	A	1		0.929		
Alanine.....g	1.479		0	A	1		1.257		
Aspartic acid.....g	2.190		0	A	1		1.862		
Glutamic acid.....g	3.593		0	A	1		3.054		
Glycine.....g	1.311		0	A	1		1.115		
Proline.....g	1.078		0	A	1		0.916		
Serine.....g	0.983		0	A	1		0.835		
Hydroxyproline.....g	0.163		0	A	1		0.138		
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 27 (2014)

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		53.85	281.95	
Energy....kcal	180		0	NC	4		153	800	
Energy....kJ	753		0	NC	4		640	3349	
Protein....g	26.18		0	PAK	1		22.25	116.51	
Total lipid (fat)....g	8.28		0	PAK	1		7.04	36.84	
Ash....g	2.80		0	PAK	1		2.38	12.45	
Carbohydrate, by difference....g	0.17		0	PIK	4		0.14	0.74	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.02		0	PAK	1		0.02	0.10	
Sucrose....g	0.00		0	PAK	1		0.00	0.00	
Glucose (dextrose)....g	0.02		0	PAK	1		0.02	0.10	
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		10	51	
Iron, Fe....mg	1.15		0	PAK	1		0.98	5.11	
Magnesium, Mg....mg	22		0	PAK	1		19	98	
Phosphorus, P....mg	280		0	PAK	1		238	1248	
Potassium, K....mg	344		0	PAK	1		292	1531	
Sodium, Na....mg	821		0	PAK	1		698	3656	
Zinc, Zn....mg	2.87		0	PAK	1		2.44	12.79	
Copper, Cu....mg	0.115		0	PAK	1		0.098	0.513	
Manganese, Mn....mg	0.022		0	PAK	1		0.019	0.098	
Selenium, Se....µg	48.2		0	PAK	1		40.9	214.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.306		0	PAK	1		0.260	1.361	
Riboflavin....mg	0.247		0	PAK	1		0.210	1.100	
Niacin....mg	8.520		0	PAK	1		7.242	37.913	
Pantothenic acid....mg	0.464		0	PAK	1		0.395	2.066	
Vitamin B-6....mg	0.376		0	PAK	1		0.320	1.674	
Folate, total....µg	1		0	PAK	1		1	4	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	1		0	PIK	4		1	4	
Folate, DFE....µg	1		0	NC	4		1	4	
Choline, total....mg	127.4		0	PAK	1		108.3	566.8	
Betaine....mg	1.7		0	PAK	1		1.4	7.5	
Vitamin B-12....µg	0.58		0	PAK	1		0.49	2.58	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	13		0	PAK	1		11	59	
Retinol....µg	13		0	PAK	1		11	59	
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		38	197	
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		0.20	1.07	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.01		0	PAK	1		0.01	0.07	
Tocopherol, gamma....mg	0.04		0	PAK	1		0.03	0.17	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.01	
Tocotrienol, alpha....mg	0.05		0	PAK	1		0.04	0.22	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.03		0	PAK	1		0.03	0.15	
Tocotrienol, delta....mg	0.00		0	PAK	1		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	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		4.3	22.6	
Lipids:									
Fatty acids, total saturated....g	2.427		0	PIK	4		2.063	10.800	
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		0.003	0.017	
12:0....g	0.004		0	PAK	1		0.004	0.019	
13:0....g									
14:0....g	0.088		0	PAK	1		0.075	0.391	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	1.552		0	PAK	1		1.319	6.904	
17:0....g	0.022		0	PAK	1		0.019	0.100	
18:0....g	0.728		0	PAK	1		0.619	3.241	
20:0....g	0.011		0	PAK	1		0.009	0.049	
22:0....g	0.018		0	PAK	1		0.015	0.079	
24:0....g									
Fatty acids, total monounsaturated....g	3.206		0	PIK	4		2.725	14.266	
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		0.165	0.863	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	2.960		0	PAK	1		2.516	13.170	
20:1....g	0.052		0	PAK	1		0.045	0.233	
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		0.904	4.734	
18:2 undifferentiated....g	0.901		0	PAK	1		0.766	4.010	
18:3 undifferentiated....g	0.033		0	PAK	1		0.028	0.148	
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.035		0	PAK	1		0.030	0.156	
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
20:4 undifferentiated....g	0.095		0	PAK	1		0.080	0.421	
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	0.048		0	PIK	4		0.041	0.214	
Cholesterol....mg	80		0	PAK	1		68	354	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.244		0	PAK	1		0.207	1.086	
Threonine....g	1.167		0	PAK	1		0.992	5.193	
Isoleucine....g	1.178		0	PAK	1		1.002	5.244	
Leucine....g	2.092		0	PAK	1		1.778	9.308	
Lysine....g	2.202		0	PAK	1		1.872	9.800	
Methionine....g	0.624		0	PAK	1		0.530	2.775	
Cystine....g	0.294		0	PAK	1		0.250	1.309	
Phenylalanine....g	1.045		0	PAK	1		0.888	4.651	
Tyrosine....g	0.846		0	PAK	1		0.719	3.763	
Valine....g	1.322		0	PAK	1		1.124	5.885	
Arginine....g	1.673		0	PAK	1		1.422	7.444	
Histidine....g	1.140		0	PAK	1		0.969	5.075	
Alanine....g	1.544		0	PAK	1		1.312	6.871	

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
Aspartic acid....g	2.282		0	PAK	1		1.940	10.156	
Glutamic acid....g	3.740		0	PAK	1		3.179	16.641	
Glycine....g	1.385		0	PAK	1		1.177	6.163	
Proline....g	1.128		0	PAK	1		0.959	5.021	
Serine....g	1.024		0	PAK	1		0.870	4.555	
Hydroxyproline....g	0.170		0	PAK	1		0.144	0.755	
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: 1 serving (3 oz)

Measure 2 = 445g: 1 slice

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		57.08		
Energy ... kcal	159		0	NC	4		135		
Energy ... kJ	663		0	NC	4		564		
Protein ... g	22.82		0	PAK	1		19.40		
Total lipid (fat) ... g	7.40		0	PAK	1		6.29		
Ash ... g	2.73		0	PAK	1		2.32		
Carbohydrate, by difference ... g	0.17		0	PIK	4		0.14		
Fiber, total dietary ... g	0.0		0	PIK	4		0.0		
Sugars, total ... g	0.04		0	PIK	4		0.03		
Sucrose ... g	0.00		0	PIK	4		0.00		
Glucose (dextrose) ... g	0.04		0	PIK	4		0.03		
Fructose ... g	0.00		0	PIK	4		0.00		
Lactose ... g	0.00		0	PIK	4		0.00		
Maltose ... g	0.00		0	PIK	4		0.00		
Galactose ... g	0.00		0	PIK	4		0.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	9		0	PAK	1		8		
Iron, Fe ... mg	1.05		0	PAK	1		0.89		
Magnesium, Mg ... mg	19		0	PAK	1		16		
Phosphorus, P ... mg	248		0	PAK	1		210		
Potassium, K ... mg	289		0	PAK	1		245		
Sodium, Na ... mg	839		0	PAK	1		713		
Zinc, Zn ... mg	2.20		0	PAK	1		1.87		
Copper, Cu ... mg	0.097		0	PAK	1		0.082		
Manganese, Mn ... mg	0.022		0	PAK	1		0.019		
Selenium, Se ... µg	43.7		0	PAK	1		37.2		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	PIK	4		0.0		
Thiamin ... mg	0.239		0	PAK	1		0.203		
Riboflavin ... mg	0.230		0	PAK	1		0.196		
Niacin ... mg	6.227		0	PAK	1		5.293		
Pantothenic acid ... mg	0.407		0	PAK	1		0.346		
Vitamin B-6 ... mg	0.337		0	PAK	1		0.286		
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 ... µg	1		0	NC	4		1		
Choline, total ... mg	116.7		0	PIK	4		99.2		
Betaine ... mg	1.7		0	PIK	4		1.4		
Vitamin B-12 ... µg	0.57		0	PAK	1		0.49		
Vitamin B-12, added ... µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE ... µg	12		0	PIK	4		10		
Retinol ... µg	12		0	PIK	4		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	39		0	PIK	4		33		
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		0.21		
Vitamin E, added ... mg	0.00		0	PIK	4		0.00		
Tocopherol, beta ... mg	0.01		0	PIK	4		0.01		
Tocopherol, gamma ... mg	0.04		0	PIK	4		0.03		
Tocopherol, delta ... mg	0.00		0	PIK	4		0.00		
Tocotrienol, alpha ... mg	0.02		0	PAK	1		0.01		

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
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00		
Tocotrienol, gamma....mg	0.01		0	PAK	1		0.01		
Tocotrienol, 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	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0		
Menaquinone-4....µg	0.0		0	PAK	1		0.0		
Lipids:									
Fatty acids, total saturated....g	2.236		0	PIK	4		1.901		
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		0.000		
12:0....g	0.000		0	PIK	4		0.000		
13:0....g									
14:0....g	0.081		0	PIK	4		0.069		
15:0....g	0.000		0	PIK	4		0.000		
16:0....g	1.424		0	PIK	4		1.210		
17:0....g	0.021		0	PIK	4		0.018		
18:0....g	0.688		0	PIK	4		0.584		
20:0....g	0.010		0	PIK	4		0.009		
22:0....g	0.013		0	PIK	4		0.011		
24:0....g									
Fatty acids, total monounsaturated....g	2.965		0	PIK	4		2.520		
14:1....g	0.000		0	PIK	4		0.000		
15:1....g	0.000		0	PIK	4		0.000		
16:1 undifferentiated....g	0.163		0	PIK	4		0.138		
17:1....g	0.000		0	PIK	4		0.000		
18:1 undifferentiated....g	2.755		0	PIK	4		2.342		
20:1....g	0.047		0	PIK	4		0.040		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.967		0	PIK	4		0.822		
18:2 undifferentiated....g	0.835		0	PIK	4		0.709		
18:3 undifferentiated....g	0.033		0	PIK	4		0.028		
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.033		0	PIK	4		0.028		
20:3 undifferentiated....g	0.000		0	PIK	4		0.000		
20:4 undifferentiated....g	0.066		0	PIK	4		0.056		
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	0.049		0	PIK	4		0.041		
Cholesterol....mg	63		0	PAK	1		54		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.213		0	PAK	1		0.181		
Threonine....g	1.017		0	PAK	1		0.864		
Isoleucine....g	1.027		0	PAK	1		0.873		
Leucine....g	1.823		0	PAK	1		1.549		
Lysine....g	1.919		0	PAK	1		1.631		
Methionine....g	0.543		0	PAK	1		0.462		
Cystine....g	0.256		0	PAK	1		0.218		
Phenylalanine....g	0.911		0	PAK	1		0.774		
Tyrosine....g	0.737		0	PAK	1		0.626		
Valine....g	1.153		0	PAK	1		0.980		

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
Arginine.....g	1.458		0	PAK	1		1.239		
Histidine.....g	0.994		0	PAK	1		0.845		
Alanine.....g	1.346		0	PAK	1		1.144		
Aspartic acid.....g	1.989		0	PAK	1		1.691		
Glutamic acid.....g	3.259		0	PAK	1		2.770		
Glycine.....g	1.208		0	PAK	1		1.027		
Proline.....g	0.984		0	PAK	1		0.836		
Serine.....g	0.892		0	PAK	1		0.758		
Hydroxyproline.....g	0.158		0	PAK	1		0.134		
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 = 85g: 3 oz

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		55.99	293.13	
Energy....kcal	150		0	NC	4		128	669	
Energy....kJ	629		0	NC	4		535	2800	
Protein....g	27.75		2	A	1		23.59	123.49	
Total lipid (fat)....g	4.38		2	A	1		3.72	19.48	
Ash....g	2.85		2	A	1		2.42	12.69	
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		10	54	
Iron, Fe....mg	1.20		2	A	1		1.02	5.36	
Magnesium, Mg....mg	23		2	A	1		19	101	
Phosphorus, P....mg	291		2	A	1		247	1293	
Potassium, K....mg	358		2	A	1		304	1591	
Sodium, Na....mg	835		2	A	1		709	3714	
Zinc, Zn....mg	3.03		2	A	1		2.58	13.48	
Copper, Cu....mg	0.096		2	A	1		0.082	0.427	
Manganese, Mn....mg	0.022		2	A	1		0.019	0.098	
Selenium, Se....µg	51.0		2	A	1		43.4	227.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.308		2	A	1		0.262	1.373	
Riboflavin....mg	0.261		2	A	1		0.222	1.161	
Niacin....mg	9.010		2	A	1		7.658	40.094	
Pantothenic acid....mg	0.469		2	A	1		0.399	2.087	
Vitamin B-6....mg	0.392		2	A	1		0.333	1.744	
Folate, total....µg	1		1	A	1		1	4	
Folic acid....µg	0		1	Z	7		0	0	
Folate, food....µg	1		1	NR	4		1	4	
Folate, DFE....µg	1		0	NC	4		1	4	
Choline, total....mg	138.9		0	AS	1		118.0	617.9	
Betaine....mg	1.8		1	A	1		1.6	8.2	
Vitamin B-12....µg	0.60		2	A	1		0.51	2.69	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	13		0	AS	1		11	59	
Retinol....µg	13		1	A	1		11	59	
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		38	198	
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		0.20	1.02	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.01		1	A	1		0.01	0.07	
Tocopherol, gamma....mg	0.03		1	A	1		0.03	0.13	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha....mg	0.05		1	A	1		0.04	0.22	
Tocotrienol, beta....mg	0.00		1	A	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.03		1	A	1		0.03	0.13	
Tocotrienol, delta....mg	0.00		1	A	1		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		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		4.7	24.6	
Lipids:									
Fatty acids, total saturated....g	1.110		0	NC	4		0.943	4.938	
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		0.033	0.174	
15:0....g	0.000		1	A	1		0.000	0.000	
16:0....g	0.706		1	A	1		0.600	3.141	
17:0....g	0.012		1	A	1		0.010	0.053	
18:0....g	0.334		1	A	1		0.284	1.486	
20:0....g	0.004		1	A	1		0.003	0.018	
22:0....g	0.015		1	A	1		0.013	0.066	
24:0....g									
Fatty acids, total monounsaturated....g	1.351		0	NC	4		1.148	6.012	
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		0.082	0.427	
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	1.234		0	AS	1		1.049	5.491	
18:1 c....g	1.222		1	A	1		1.039	5.438	
18:1 t....g	0.012		1	A	1		0.010	0.053	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.021		1	A	1		0.018	0.093	
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		0.490	2.567	
18:2 undifferentiated....g	0.458		0	AS	1		0.389	2.038	
18:2 n-6 c,c....g	0.451		1	A	1		0.383	2.007	
18:2 CLAs....g									
18:2 t,t....g	0.007		1	A	1		0.006	0.031	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.012		0	AS	1		0.010	0.053	
18:3 n-3 c,c,c (ALA)....g	0.012		1	A	1		0.010	0.053	
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		0.013	0.066	
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		0.078	0.409	
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		0.016	0.085	
Fatty acids, total trans-monoenoic....g	0.012		0	NC	4		0.010	0.053	
Fatty acids, total trans-polyenoic....g	0.007		0	NC	4		0.006	0.031	

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		68	357	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.260		0	A	1		0.221	1.159	
Threonine....g	1.241		0	A	1		1.055	5.524	
Isoleucine....g	1.253		0	A	1		1.065	5.574	
Leucine....g	2.223		0	A	1		1.890	9.893	
Lysine....g	2.344		0	A	1		1.993	10.432	
Methionine....g	0.664		0	A	1		0.564	2.954	
Cystine....g	0.312		0	A	1		0.265	1.387	
Phenylalanine....g	1.110		0	A	1		0.944	4.940	
Tyrosine....g	0.900		0	A	1		0.765	4.007	
Valine....g	1.404		0	A	1		1.193	6.248	
Arginine....g	1.776		0	A	1		1.509	7.902	
Histidine....g	1.209		0	A	1		1.027	5.378	
Alanine....g	1.634		0	A	1		1.389	7.273	
Aspartic acid....g	2.421		0	A	1		2.058	10.772	
Glutamic acid....g	3.971		0	A	1		3.376	17.673	
Glycine....g	1.449		0	A	1		1.232	6.449	
Proline....g	1.191		0	A	1		1.012	5.300	
Serine....g	1.086		0	A	1		0.923	4.834	
Hydroxyproline....g	0.180		0	A	1		0.153	0.800	
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 = 85g: 1 serving (3 oz)

Measure 2 = 445g: 1 slice

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		59.75	302.24	
Energy....kcal	123		0	NC	4		105	530	
Energy....kJ	515		0	NC	4		438	2216	
Protein (N x 6.25)....g	24.34		1	A	1		20.69	104.68	
Total lipid (fat)....g	2.87		1	A	1		2.44	12.32	
Ash....g	2.80		1	A	1		2.38	12.04	
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		8	41	
Iron, Fe....mg	1.10		1	A	1		0.94	4.73	
Magnesium, Mg....mg	20		1	A	1		17	87	
Phosphorus, P....mg	258		1	A	1		219	1109	
Potassium, K....mg	300		1	A	1		255	1290	
Sodium, Na....mg	861		1	A	1		732	3702	
Zinc, Zn....mg	2.30		1	A	1		1.95	9.89	
Copper, Cu....mg	0.097		1	A	1		0.082	0.417	
Manganese, Mn....mg	0.022		1	A	1		0.019	0.095	
Selenium, Se....µg	46.5		1	A	1		39.5	200.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.240		1	A	1		0.204	1.032	
Riboflavin....mg	0.251		1	A	1		0.213	1.079	
Niacin....mg	6.590		1	A	1		5.602	28.337	
Pantothenic acid....mg	0.413		1	A	1		0.351	1.775	
Vitamin B-6....mg	0.352		1	A	1		0.299	1.513	
Folate, total....µg	1		0	BFPN	4		1	4	
Folic acid....µg	0		0	BFPN	4		0	0	
Folate, food....µg	1		0	BFPN	4		1	4	
Folate, DFE....µg	1		0	NC	4		1	4	
Choline, total....mg	125.3		0	BFNN	4		106.5	538.7	
Betaine....mg	1.7		0	BFNN	4		1.4	7.1	
Vitamin B-12....µg	0.60		1	A	1		0.51	2.58	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	12		0	NC	4		10	50	
Retinol....µg	12		0	BFSN	4		10	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	39		0	NC	4		33	167	
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		0.17	0.86	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.01		0	BFSN	4		0.01	0.06	
Tocopherol, gamma....mg	0.03		0	BFSN	4		0.02	0.11	
Tocopherol, delta....mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									

NDB No. 10892

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....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		0.617	3.124	
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		0.022	0.110	
15:0....g	0.000		0	BFFN	4		0.000	0.000	
16:0....g	0.462		0	BFFN	4		0.393	1.987	
17:0....g	0.008		0	BFFN	4		0.007	0.034	
18:0....g	0.219		0	BFFN	4		0.186	0.940	
20:0....g	0.003		0	BFFN	4		0.002	0.011	
22:0....g	0.010		0	BFFN	4		0.008	0.042	
24:0....g									
Fatty acids, total monounsaturated....g	0.884		0	BFFN	4		0.752	3.803	
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		0.053	0.270	
17:1....g	0.000		0	BFFN	4		0.000	0.000	
18:1 undifferentiated....g	0.808		0	BFFN	4		0.687	3.474	
18:1 c....g	0.800		0	BFFN	4		0.680	3.440	
18:1 t....g	0.008		0	BFFN	4		0.007	0.034	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.014		0	BFFN	4		0.012	0.059	
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		0.321	1.624	
18:2 undifferentiated....g	0.300		0	BFFN	4		0.255	1.289	
18:2 n-6 c,c....g	0.295		0	BFFN	4		0.251	1.270	
18:2 CLAs....g									
18:2 t,t....g	0.005		0	BFFN	4		0.004	0.020	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.008		0	BFFN	4		0.007	0.034	
18:3 n-3 c,c,c (ALA)....g	0.008		0	BFFN	4		0.007	0.034	
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		0.008	0.042	
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		0.051	0.259	
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		0.011	0.053	
Fatty acids, total trans-monoenoic....g	0.008		0	BFFN	4		0.007	0.034	
Fatty acids, total trans-polyenoic....g	0.005		0	BFFN	4		0.004	0.020	
Cholesterol....mg	63		1	A	1		54	272	
Phytosterols....mg									

NDB No. 10892

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.228		0	A	1		0.194	0.982	
Threonine....g	1.089		0	A	1		0.926	4.683	
Isoleucine....g	1.099		0	A	1		0.934	4.725	
Leucine....g	1.950		0	A	1		1.658	8.386	
Lysine....g	2.057		0	A	1		1.748	8.843	
Methionine....g	0.582		0	A	1		0.495	2.504	
Cystine....g	0.273		0	A	1		0.232	1.175	
Phenylalanine....g	0.974		0	A	1		0.828	4.187	
Tyrosine....g	0.790		0	A	1		0.671	3.397	
Valine....g	1.232		0	A	1		1.047	5.296	
Arginine....g	1.558		0	A	1		1.324	6.698	
Histidine....g	1.060		0	A	1		0.901	4.559	
Alanine....g	1.434		0	A	1		1.219	6.165	
Aspartic acid....g	2.123		0	A	1		1.805	9.131	
Glutamic acid....g	3.484		0	A	1		2.961	14.981	
Glycine....g	1.271		0	A	1		1.081	5.467	
Proline....g	1.045		0	A	1		0.888	4.493	
Serine....g	0.953		0	A	1		0.810	4.097	
Hydroxyproline....g	0.158		0	A	1		0.134	0.678	
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 = 85g: 3 oz

Measure 2 = 430g: 1 slice

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 10926

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.93		0	PAK	1		60.29	196.46	
Energy....kcal	118		0	PIK	4		100	327	
Energy....kJ	494		0	PIK	4		420	1369	
Protein....g	20.89		0	PAK	1		17.75	57.85	
Total lipid (fat)....g	3.40		0	PAK	1		2.89	9.41	
Ash....g	3.80		0	PAK	1		3.23	10.53	
Carbohydrate, by difference....g	1.04		0	NR	4		0.89	2.89	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	1.04		0	PAK	1		0.89	2.89	
Sucrose....g	0.31		0	PAK	1		0.27	0.87	
Glucose (dextrose)....g	0.72		0	PAK	1		0.61	2.00	
Fructose....g	0.01		0	PAK	1		0.01	0.03	
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		5	17	
Iron, Fe....mg	0.93		0	PAK	1		0.79	2.59	
Magnesium, Mg....mg	22		0	PAK	1		19	61	
Phosphorus, P....mg	321		0	PAK	1		273	890	
Potassium, K....mg	363		0	PAK	1		309	1006	
Sodium, Na....mg	1160		0	PAK	1		986	3214	
Zinc, Zn....mg	2.13		0	PAK	1		1.81	5.91	
Copper, Cu....mg	0.272		0	PAK	1		0.231	0.753	
Manganese, Mn....mg	0.026		0	PAK	1		0.022	0.072	
Selenium, Se....µg	36.9		0	PAK	1		31.3	102.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.513		0	PAK	1		0.436	1.420	
Riboflavin....mg	0.217		0	PAK	1		0.185	0.601	
Niacin....mg	7.374		0	PAK	1		6.268	20.425	
Pantothenic acid....mg	0.839		0	PAK	1		0.713	2.323	
Vitamin B-6....mg	0.504		0	PAK	1		0.429	1.397	
Folate, total....µg	1		0	PAK	1		1	3	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	1		0	PIK	4		1	3	
Folate, DFE....µg	1		0	NC	4		1	3	
Choline, total....mg	81.9		0	PAK	1		69.6	226.8	
Betaine....mg	6.2		0	PAK	1		5.3	17.3	
Vitamin B-12....µg	0.42		0	PAK	1		0.36	1.18	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	13		0	PAK	1		11	37	
Retinol....µg	13		0	PAK	1		11	37	
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		37	122	
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		0.18	0.60	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.01		0	PAK	1		0.00	0.01	
Tocopherol, gamma....mg	0.03		0	PAK	1		0.03	0.08	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha....mg	0.02		0	PAK	1		0.01	0.04	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.9		0	PAK	1		0.8	2.6	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.9		0	PIK	4		0.8	2.6	
Vitamin D....IU	37		0	PIK	4		32	104	
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		2.7	8.9	
Lipids:									
Fatty acids, total saturated....g	1.054		0	PIK	4		0.896	2.921	
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	0.001	
12:0....g	0.001		0	PAK	1		0.001	0.004	
13:0....g									
14:0....g	0.037		0	PAK	1		0.031	0.102	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	0.667		0	PAK	1		0.567	1.847	
17:0....g	0.006		0	PAK	1		0.005	0.018	
18:0....g	0.329		0	PAK	1		0.280	0.912	
20:0....g	0.005		0	PAK	1		0.004	0.013	
22:0....g	0.009		0	PAK	1		0.008	0.025	
24:0....g									
Fatty acids, total monounsaturated....g	1.445		0	PIK	4		1.228	4.003	
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		0.074	0.242	
17:1....g	0.003		0	PAK	1		0.003	0.009	
18:1 undifferentiated....g	1.334		0	PAK	1		1.134	3.696	
18:1 c....g	1.320		0	PAK	1		1.122	3.657	
18:1 t....g	0.014		0	PAK	1		0.012	0.039	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.020		0	PAK	1		0.017	0.056	
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		0.386	1.258	
18:2 undifferentiated....g	0.368		0	PAK	1		0.313	1.020	
18:2 n-6 c,c....g	0.358		0	PAK	1		0.305	0.992	
18:2 CLAs....g	0.001		0	PAK	1		0.001	0.002	
18:2 t,t....g	0.009		0	PAK	1		0.008	0.026	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.016		0	PAK	1		0.013	0.044	
18:3 n-3 c,c,c (ALA)....g	0.016		0	PAK	1		0.013	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	0.013		0	PAK	1		0.011	0.035	
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		0.049	0.159	
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		0.002	0.005	
Fatty acids, total trans-monoenoic....g	0.001		0	PIK	4		0.001	0.003	
Fatty acids, total trans-polyenoic....g	0.001		0	PIK	4		0.001	0.002	

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		49	159	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.196		0	PAK	1		0.167	0.543	
Threonine....g	0.934		0	PAK	1		0.794	2.587	
Isoleucine....g	0.943		0	PAK	1		0.801	2.611	
Leucine....g	1.673		0	PAK	1		1.422	4.634	
Lysine....g	1.764		0	PAK	1		1.499	4.886	
Methionine....g	0.499		0	PAK	1		0.425	1.383	
Cystine....g	0.235		0	PAK	1		0.199	0.650	
Phenylalanine....g	0.835		0	PAK	1		0.710	2.314	
Tyrosine....g	0.677		0	PAK	1		0.576	1.877	
Valine....g	1.057		0	PAK	1		0.898	2.927	
Arginine....g	1.336		0	PAK	1		1.136	3.701	
Histidine....g	0.910		0	PAK	1		0.773	2.520	
Alanine....g	1.230		0	PAK	1		1.046	3.408	
Aspartic acid....g	1.822		0	PAK	1		1.549	5.046	
Glutamic acid....g	2.989		0	PAK	1		2.540	8.279	
Glycine....g	1.092		0	PAK	1		0.928	3.024	
Proline....g	0.897		0	PAK	1		0.762	2.484	
Serine....g	0.817		0	PAK	1		0.695	2.264	
Hydroxyproline....g	0.135		0	PAK	1		0.115	0.375	
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: 1 serving (3 oz)

Measure 2 = 277g: 1 slice

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		60.44	196.95	
Energy ... kcal	116		0	NC	4		99	322	
Energy ... kJ	486		0	NC	4		413	1346	
Protein ... g	20.95	0.454	11	A	1		17.80	58.02	
Total lipid (fat) ... g	3.16	0.210	11	A	1		2.68	8.74	
Ash ... g	3.81	0.098	11	A	1		3.24	10.55	
Carbohydrate, by difference ... g	1.05		0	NR	4		0.89	2.90	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	1.05	0.188	11	A	1		0.89	2.90	
Sucrose ... g	0.32	0.135	11	A	1		0.27	0.87	
Glucose (dextrose) ... g	0.72	0.215	11	A	1		0.61	2.00	
Fructose ... g	0.01	0.010	11	A	1		0.01	0.03	
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		5	17	
Iron, Fe ... mg	0.94	0.082	4	A	1		0.80	2.59	
Magnesium, Mg ... mg	22	0.419	4	A	1		19	61	
Phosphorus, P ... mg	322	3.764	4	A	1		274	892	
Potassium, K ... mg	364	11.431	4	A	1		309	1008	
Sodium, Na ... mg	1163	71.932	4	A	1		988	3221	
Zinc, Zn ... mg	2.14	0.066	4	A	1		1.82	5.92	
Copper, Cu ... mg	0.271	0.082	4	A	1		0.231	0.752	
Manganese, Mn ... mg	0.026	0.004	4	A	1		0.022	0.072	
Selenium, Se ... µg	37.0	7.872	4	A	1		31.4	102.4	
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		0.437	1.424	
Riboflavin ... mg	0.218	0.018	4	A	1		0.185	0.603	
Niacin ... mg	7.395	0.369	4	A	1		6.286	20.484	
Pantothenic acid ... mg	0.841	0.052	4	A	1		0.715	2.329	
Vitamin B-6 ... mg	0.506	0.020	4	A	1		0.430	1.401	
Folate, total ... µg	1	0.337	4	A	1		1	3	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	1	0.337	4	NR	4		1	3	
Folate, DFE ... µg	1		0	NC	4		1	3	
Choline, total ... mg	82.3		0	AS	1		69.9	227.9	
Betaine ... mg	6.3	1.885	4	A	1		5.3	17.4	
Vitamin B-12 ... µg	0.42	0.033	4	A	1		0.36	1.18	
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... µg	13		0	AS	1		11	37	
Retinol ... µg	13	0.076	4	A	1		11	37	
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		37	122	
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		0.18	0.60	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg	0.00	0.005	4	A	1		0.00	0.01	
Tocopherol, gamma ... mg	0.03	0.004	4	A	1		0.03	0.08	
Tocopherol, delta ... mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, alpha ... mg	0.01	0.009	4	A	1		0.01	0.04	
Tocotrienol, beta ... mg	0.00	0.000	4	A	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.9		0	AS	1		0.8	2.6	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.9		0	BFNN	4		0.8	2.6	
Vitamin D....IU	37		0	BFNN	4		32	103	
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		2.7	9.0	
Lipids:									
Fatty acids, total saturated....g	0.975		0	NC	4		0.828	2.699	
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		0.001	0.003	
13:0....g									
14:0....g	0.034	0.006	4	A	1		0.029	0.094	
15:0....g	0.000	0.000	4	A	1		0.000	0.000	
16:0....g	0.615	0.085	4	A	1		0.523	1.705	
17:0....g	0.006	0.001	4	A	1		0.005	0.016	
18:0....g	0.305	0.038	4	A	1		0.259	0.845	
20:0....g	0.004	0.001	4	A	1		0.004	0.012	
22:0....g	0.009	0.000	4	A	1		0.007	0.024	
24:0....g									
Fatty acids, total monounsaturated....g	1.333		0	NC	4		1.133	3.693	
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		0.069	0.226	
17:1....g	0.003	0.002	4	A	1		0.003	0.009	
18:1 undifferentiated....g	1.230		0	AS	1		1.046	3.408	
18:1 c....g	1.217	0.149	4	A	1		1.035	3.372	
18:1 t....g	0.013	0.002	4	A	1		0.011	0.036	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.018	0.003	4	A	1		0.015	0.050	
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		0.361	1.175	
18:2 undifferentiated....g	0.341		0	AS	1		0.290	0.945	
18:2 n-6 c,c....g	0.332	0.028	4	A	1		0.283	0.921	
18:2 CLAs....g									
18:2 t,t....g	0.009	0.000	4	A	1		0.007	0.024	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.014		0	AS	1		0.012	0.040	
18:3 n-3 c,c,c (ALA)....g	0.014	0.004	4	A	1		0.012	0.040	
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		0.010	0.032	
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		0.049	0.159	
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		0.018	0.060	
Fatty acids, total trans-monoenoic....g	0.013		0	NC	4		0.011	0.036	
Fatty acids, total trans-polyenoic....g	0.009		0	NC	4		0.007	0.024	

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		49	159	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.197		0	A	1		0.167	0.544	
Threonine....g	0.937		0	A	1		0.797	2.596	
Isoleucine....g	0.946		0	A	1		0.804	2.619	
Leucine....g	1.678		0	A	1		1.426	4.648	
Lysine....g	1.770		0	A	1		1.504	4.902	
Methionine....g	0.501		0	A	1		0.426	1.388	
Cystine....g	0.235		0	A	1		0.200	0.651	
Phenylalanine....g	0.838		0	A	1		0.712	2.321	
Tyrosine....g	0.680		0	A	1		0.578	1.883	
Valine....g	1.060		0	A	1		0.901	2.936	
Arginine....g	1.340		0	A	1		1.139	3.713	
Histidine....g	0.912		0	A	1		0.775	2.527	
Alanine....g	1.234		0	A	1		1.049	3.417	
Aspartic acid....g	1.827		0	A	1		1.553	5.061	
Glutamic acid....g	2.998		0	A	1		2.548	8.304	
Glycine....g	1.094		0	A	1		0.930	3.030	
Proline....g	0.899		0	A	1		0.764	2.490	
Serine....g	0.820		0	A	1		0.697	2.271	
Hydroxyproline....g	0.136		0	A	1		0.115	0.376	
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 = 85g: 1 serving (3 oz)

Measure 2 = 277g: 1 slice

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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	139		0	NC	4		201	1278	118
Energy....kJ	581		0	NC	4		842	5345	494
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	1.06		0	NR	4		1.53	9.71	0.90
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....µg	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....µg	13		0	NC	4		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	NC	4		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
Tocotrienol, alpha....mg	0.00		0	PAK	1		0.00	0.01	0.00
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	0.00

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
Tocotrienol, gamma....mg	0.00		0	PAK	1		0.00	0.02	0.00
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.8		0	AS	1		1.2	7.6	0.7
Vitamin D2 (ergocalciferol)....µg									
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	0.950		0	NC	4		1.377	8.738	0.807
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	1.925		0	NC	4		2.791	17.708	1.636
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 t....g	0.012		0	PAK	1		0.018	0.113	0.010
18:1-11 t (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	0.625		0	NC	4		0.906	5.746	0.531
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 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-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 27 (2014)

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	1.18		0	NR	4		0.33	5.34	
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	µg	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	µg	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	
Tocotrienol, alpha....mg	0.01		0	PAK	1		0.00	0.04	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma....mg	0.01		0	PAK	1		0.00	0.02	
Tocotrienol, delta....mg	0.00		0	PAK	1		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 t....g	0.024		0	PIK	4		0.007	0.110	
18:1-11 t (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 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-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 27 (2014)

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	1.22		0	NR	4		0.34	5.52	
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....µg	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....µg	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	
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									

NDB No. 10893

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	AS	1		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 t....g	0.012		0	BFFN	4		0.003	0.056	
18:1-11 t (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 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-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g	0.022		0	BFFN	4		0.006	0.101	
Fatty acids, total trans-monoenoic....g	0.012		0	BFFN	4		0.003	0.056	
Fatty acids, total trans-polyenoic....g	0.010		0	BFFN	4		0.003	0.046	
Cholesterol....mg	57		1	A	1		16	257	
Phytosterols....mg									

NDB No. 10893

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

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz spiral slice

Measure 2 = 453.6g: 1 lb spiral slice

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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	1.08		0	NR	4		1.56	9.91	0.92
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		3	A	1		0.00	0.00	0.00
Lactose....g	0.00		3	A	1		0.00	0.00	0.00
Maltose....g	0.00		3	A	1		0.00	0.00	0.00
Galactose....g	0.00		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		0	Z	7		0	0	0
Folate, food....µg	1		1	NR	4		1	9	1
Folate, DFE....µg	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....µg	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
Tocotrienol, alpha....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, beta....mg	0.00		1	A	1		0.00	0.00	0.00

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
Tocotrienol, gamma....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, 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									
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 t....g	0.006		1	A	1		0.009	0.055	0.005
18:1-11 t (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 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-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 27 (2014)

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		60.88	1072.17	
Energy....kcal	114		0	PIK	4		97	1703	
Energy....kJ	476		0	PIK	4		405	7124	
Protein....g	20.54		0	PAK	1		17.46	307.55	
Total lipid (fat)....g	3.13		0	PAK	1		2.66	46.92	
Ash....g	3.86		0	PAK	1		3.28	57.80	
Carbohydrate, by difference....g	0.84		0	PIK	4		0.71	12.56	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.81		0	PAK	1		0.69	12.15	
Sucrose....g	0.37		0	PAK	1		0.31	5.54	
Glucose (dextrose)....g	0.44		0	PAK	1		0.38	6.62	
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		5	91	
Iron, Fe....mg	0.84		0	PAK	1		0.72	12.64	
Magnesium, Mg....mg	22		0	PAK	1		18	325	
Phosphorus, P....mg	318		0	PAK	1		270	4760	
Potassium, K....mg	367		0	PAK	1		312	5487	
Sodium, Na....mg	1179		0	PAK	1		1002	17646	
Zinc, Zn....mg	1.98		0	PAK	1		1.68	29.61	
Copper, Cu....mg	0.272		0	PAK	1		0.231	4.074	
Manganese, Mn....mg	0.027		0	PAK	1		0.023	0.405	
Selenium, Se....µg	32.7		0	PAK	1		27.8	488.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.619		0	PAK	1		0.526	9.263	
Riboflavin....mg	0.215		0	PAK	1		0.183	3.223	
Niacin....mg	6.820		0	PAK	1		5.797	102.102	
Pantothenic acid....mg	0.890		0	PAK	1		0.757	13.330	
Vitamin B-6....mg	0.461		0	PAK	1		0.392	6.900	
Folate, total....µg	2		0	PAK	1		2	27	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	2		0	PIK	4		2	27	
Folate, DFE....µg	2		0	NC	4		2	27	
Choline, total....mg	79.6		0	PAK	1		67.7	1191.5	
Betaine....mg	7.8		0	PAK	1		6.6	116.9	
Vitamin B-12....µg	0.42		0	PAK	1		0.35	6.23	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	13		0	PAK	1		11	196	
Retinol....µg	13		0	PAK	1		11	196	
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		37	654	
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		0.23	3.99	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.01		0	PAK	1		0.01	0.10	
Tocopherol, gamma....mg	0.03		0	PAK	1		0.02	0.40	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.07	
Tocotrienol, alpha....mg	0.03		0	PAK	1		0.03	0.50	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	

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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
Tocotrienol, gamma....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.8		0	PAK	1		0.6	11.3	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.8		0	PIK	4		0.6	11.3	
Vitamin D....IU	30		0	PIK	4		26	454	
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		2.0	36.0	
Lipids:									
Fatty acids, total saturated....g	1.084		0	PIK	4		0.922	16.232	
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		0.001	0.017	
12:0....g	0.003		0	PAK	1		0.002	0.042	
13:0....g									
14:0....g	0.039		0	PAK	1		0.033	0.581	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	0.685		0	PAK	1		0.582	10.249	
17:0....g	0.008		0	PAK	1		0.006	0.114	
18:0....g	0.336		0	PAK	1		0.286	5.031	
20:0....g	0.005		0	PAK	1		0.004	0.072	
22:0....g	0.008		0	PAK	1		0.007	0.126	
24:0....g									
Fatty acids, total monounsaturated....g	1.479		0	PIK	4		1.257	22.141	
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		0.078	1.372	
17:1....g	0.003		0	PAK	1		0.003	0.044	
18:1 undifferentiated....g	1.364		0	PAK	1		1.159	20.417	
18:1 c....g	1.349		0	PAK	1		1.146	20.190	
18:1 t....g	0.015		0	PAK	1		0.013	0.227	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.021		0	PAK	1		0.017	0.308	
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		0.385	6.772	
18:2 undifferentiated....g	0.370		0	PAK	1		0.314	5.535	
18:2 n-6 c,c....g	0.363		0	PAK	1		0.308	5.430	
18:2 CLAs....g	0.000		0	PAK	1		0.000	0.006	
18:2 t,t....g	0.007		0	PAK	1		0.006	0.099	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.017		0	PAK	1		0.014	0.248	
18:3 n-3 c,c,c (ALA)....g	0.017		0	PAK	1		0.014	0.248	
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		0.010	0.184	
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		0.046	0.806	
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	0.014	
Fatty acids, total trans-monoenoic....g	0.001		0	PIK	4		0.001	0.009	
Fatty acids, total trans-polyenoic....g	0.000		0	PIK	4		0.000	0.005	

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		47	833	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.193		0	PAK	1		0.164	2.885	
Threonine....g	0.919		0	PAK	1		0.781	13.757	
Isoleucine....g	0.927		0	PAK	1		0.788	13.882	
Leucine....g	1.646		0	PAK	1		1.399	24.636	
Lysine....g	1.735		0	PAK	1		1.475	25.978	
Methionine....g	0.491		0	PAK	1		0.418	7.356	
Cystine....g	0.231		0	PAK	1		0.196	3.453	
Phenylalanine....g	0.822		0	PAK	1		0.699	12.302	
Tyrosine....g	0.667		0	PAK	1		0.567	9.978	
Valine....g	1.039		0	PAK	1		0.883	15.559	
Arginine....g	1.314		0	PAK	1		1.117	19.678	
Histidine....g	0.895		0	PAK	1		0.761	13.395	
Alanine....g	1.210		0	PAK	1		1.029	18.114	
Aspartic acid....g	1.792		0	PAK	1		1.523	26.827	
Glutamic acid....g	2.940		0	PAK	1		2.499	44.011	
Glycine....g	1.073		0	PAK	1		0.912	16.070	
Proline....g	0.882		0	PAK	1		0.750	13.203	
Serine....g	0.804		0	PAK	1		0.684	12.038	
Hydroxyproline....g	0.133		0	PAK	1		0.113	1.992	
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: 1 serving (3 oz)

Measure 2 = 1497g: 1 roast

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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	1.02		0	NR	4		0.29	4.64	
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....µg	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....µg	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	
Tocotrienol, alpha....mg	0.04		0	PAK	1		0.01	0.18	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.01		0	PAK	1		0.00	0.02	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.6		0	PAK	1		0.2	2.9	
Vitamin D2 (ergocalciferol)....µg									
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	
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	
18:3 undifferentiated....g	0.014		0	PAK	1		0.004	0.064	
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	
20:4 undifferentiated....g	0.056		0	PAK	1		0.016	0.254	
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	0.022		0	PIK	4		0.006	0.101	
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	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 27 (2014)

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		60.96	1073.55	
Energy ... kcal	113		0	NC	4		96	1688	
Energy ... kJ	472		0	NC	4		401	7062	
Protein ... g	20.57	0.625	9	A	1		17.49	307.99	
Total lipid (fat) ... g	3.01	0.220	9	A	1		2.56	45.08	
Ash ... g	3.87	0.230	9	A	1		3.29	57.86	
Carbohydrate, by difference ... g	0.84		0	NC	4		0.71	12.52	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.81	0.116	9	A	1		0.69	12.17	
Sucrose ... g	0.37	0.145	9	A	1		0.32	5.55	
Glucose (dextrose) ... g	0.44	0.126	9	A	1		0.38	6.62	
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		5	91	
Iron, Fe ... mg	0.85	0.058	3	A	1		0.72	12.65	
Magnesium, Mg ... mg	22	1.224	3	A	1		18	325	
Phosphorus, P ... mg	318	8.090	3	A	1		271	4765	
Potassium, K ... mg	367	27.622	3	A	1		312	5494	
Sodium, Na ... mg	1180	40.000	3	A	1		1003	17665	
Zinc, Zn ... mg	1.98	0.139	3	A	1		1.68	29.64	
Copper, Cu ... mg	0.272	0.134	3	A	1		0.231	4.072	
Manganese, Mn ... mg	0.027	0.005	3	A	1		0.023	0.405	
Selenium, Se ... µg	32.7	5.652	3	A	1		27.8	489.5	
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		0.527	9.276	
Riboflavin ... mg	0.216	0.010	3	A	1		0.183	3.228	
Niacin ... mg	6.830	0.540	3	A	1		5.805	102.244	
Pantothenic acid ... mg	0.892	0.023	3	A	1		0.758	13.348	
Vitamin B-6 ... mg	0.462	0.016	3	A	1		0.392	6.910	
Folate, total ... µg	2	0.767	3	A	1		2	27	
Folic acid ... µg	0	0.000	3	Z	7		0	0	
Folate, food ... µg	2	0.767	3	NR	4		2	27	
Folate, DFE ... µg	2		0	NC	4		2	27	
Choline, total ... mg	79.8		0	AS	1		67.8	1194.5	
Betaine ... mg	7.8	1.706	3	A	1		6.7	117.2	
Vitamin B-12 ... µg	0.42	0.054	3	A	1		0.35	6.24	
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... µg	13		0	AS	1		11	196	
Retinol ... µg	13	0.284	3	A	1		11	196	
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		37	654	
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		0.23	3.99	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg	0.01	0.007	3	A	1		0.01	0.10	
Tocopherol, gamma ... mg	0.03	0.007	3	A	1		0.02	0.40	
Tocopherol, delta ... mg	0.00	0.005	3	A	1		0.00	0.07	
Tocotrienol, alpha ... mg	0.03	0.020	3	A	1		0.03	0.50	
Tocotrienol, beta ... mg	0.00	0.000	3	A	1		0.00	0.00	

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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
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.8		0	AS	1		0.6	11.3	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.8		0	BFNN	4		0.6	11.3	
Vitamin D....IU	30		0	BFNN	4		26	452	
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		2.0	36.1	
Lipids:									
Fatty acids, total saturated....g	1.044		0	NC	4		0.887	15.626	
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		0.001	0.015	
12:0....g	0.003	0.001	3	A	1		0.002	0.040	
13:0....g									
14:0....g	0.037	0.003	3	A	1		0.032	0.559	
15:0....g	0.000	0.000	3	A	1		0.000	0.000	
16:0....g	0.659	0.054	3	A	1		0.560	9.860	
17:0....g	0.007	0.001	3	A	1		0.006	0.109	
18:0....g	0.324	0.029	3	A	1		0.275	4.850	
20:0....g	0.005	0.000	3	A	1		0.004	0.069	
22:0....g	0.008	0.000	3	A	1		0.007	0.124	
24:0....g									
Fatty acids, total monounsaturated....g	1.422		0	NC	4		1.209	21.294	
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		0.075	1.327	
17:1....g	0.003	0.003	3	A	1		0.003	0.044	
18:1 undifferentiated....g	1.311		0	AS	1		1.115	19.629	
18:1 c....g	1.297	0.083	3	A	1		1.102	19.410	
18:1 t....g	0.015	0.002	3	A	1		0.012	0.219	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.020	0.003	3	A	1		0.017	0.293	
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		0.372	6.544	
18:2 undifferentiated....g	0.356		0	AS	1		0.303	5.328	
18:2 n-6 c,c....g	0.350	0.025	3	A	1		0.297	5.234	
18:2 CLAs....g									
18:2 t,t....g	0.006	0.003	3	A	1		0.005	0.094	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.016		0	AS	1		0.014	0.239	
18:3 n-3 c,c,c (ALA)....g	0.016	0.004	3	A	1		0.014	0.239	
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		0.010	0.174	
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		0.046	0.803	
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		0.018	0.313	
Fatty acids, total trans-monoenoic....g	0.015		0	NC	4		0.012	0.219	
Fatty acids, total trans-polyenoic....g	0.006		0	NC	4		0.005	0.094	

NDB No. 10883

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		47	832	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.193		0	A	1		0.164	2.890	
Threonine....g	0.920		0	A	1		0.782	13.779	
Isoleucine....g	0.929		0	A	1		0.789	13.904	
Leucine....g	1.648		0	A	1		1.401	24.675	
Lysine....g	1.738		0	A	1		1.477	26.020	
Methionine....g	0.492		0	A	1		0.418	7.368	
Cystine....g	0.231		0	A	1		0.196	3.458	
Phenylalanine....g	0.823		0	A	1		0.700	12.321	
Tyrosine....g	0.668		0	A	1		0.567	9.994	
Valine....g	1.041		0	A	1		0.885	15.583	
Arginine....g	1.316		0	A	1		1.119	19.708	
Histidine....g	0.896		0	A	1		0.762	13.415	
Alanine....g	1.212		0	A	1		1.030	18.139	
Aspartic acid....g	1.795		0	A	1		1.525	26.866	
Glutamic acid....g	2.944		0	A	1		2.503	44.079	
Glycine....g	1.075		0	A	1		0.913	16.086	
Proline....g	0.883		0	A	1		0.751	13.220	
Serine....g	0.805		0	A	1		0.685	12.056	
Hydroxyproline....g	0.133		0	A	1		0.113	1.995	
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 = 85g: 1 serving (3 oz)

Measure 2 = 1497g: 1 roast

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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	1.03		0	NR	4		0.29	4.65	
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	Z	7		0	0	
Folate, food....µg	1	0.250	4	NR	4		0	3	
Folate, DFE....µg	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....µg	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	
Tocotrienol, alpha....mg	0.04	0.011	4	A	1		0.01	0.18	
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.00	0.005	4	A	1		0.00	0.02	
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.6		0	AS	1		0.2	2.8	
Vitamin D2 (ergocalciferol)....µg									
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 t....g	0.013	0.002	4	A	1		0.004	0.059	
18:1-11 t (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 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-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 27 (2014)

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						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.67		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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.8		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	1.810		0		1		2.534	1.539	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
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									
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	

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
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 = 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.8		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	2.610		0		1		3.654	2.219	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
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									
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	

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
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 = 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	2.700		0		1		3.780	0.756	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
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									
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	

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
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 = 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.8		0	AS	1		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									

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
Lipids:									
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	
21:5....g									
22:4....g									
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 27 (2014)

NDB No. 43325

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.80		0		1		18.65	11.19	
Energy....kcal	165		0		1		47	28	
Energy....kJ	690		0		1		196	117	
Protein (N x 6.25)....g	22.00		0		1		6.24	3.74	
Total lipid (fat)....g	7.70		0		1		2.18	1.31	
Ash....g	4.00		0	NC	4		1.13	0.68	
Carbohydrate, by difference....g	0.50		0	NC	4		0.14	0.09	
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	1	
Iron, Fe....mg	1.40		0		1		0.40	0.24	
Magnesium, Mg....mg	19		0		1		5	3	
Phosphorus, P....mg	248		0		1		70	42	
Potassium, K....mg	362		0		1		103	62	
Sodium, Na....mg	969		0		1		275	165	
Zinc, Zn....mg	2.63		0		1		0.75	0.45	
Copper, Cu....mg	0.119		0		1		0.034	0.020	
Manganese, Mn....mg									
Selenium, Se....µg	19.5		0	BFZN	4		5.5	3.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.740		0		1		0.210	0.126	
Riboflavin....mg	0.280		0		1		0.079	0.048	
Niacin....mg	5.320		0		1		1.508	0.904	
Pantothenic acid....mg									
Vitamin B-6....mg	0.350		0		1		0.099	0.060	
Folate, total....µg	3		0		1		1	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		0		1		1	1	
Folate, DFE....µg	3		0	NC	4		1	1	
Choline, total....mg	86.0		0	BFPN	4		24.4	14.6	
Betaine....mg	5.8		0	BFPN	4		1.6	1.0	
Vitamin B-12....µg	0.68		0		1		0.19	0.12	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	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	0.28		0	BFSN	4		0.08	0.05	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.8		0	AS	1		0.2	0.1	
Vitamin D....IU	32		0	BFNN	4		9	5	
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									

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
Lipids:									
Fatty acids, total saturated....g	2.624		0		4		0.744	0.446	
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	0.030		0		4		0.009	0.005	
12:0....g	0.020		0		4		0.006	0.003	
13:0....g									
14:0....g	0.131		0		4		0.037	0.022	
15:0....g									
16:0....g	1.578		0		4		0.447	0.268	
17:0....g									
18:0....g	0.865		0		4		0.245	0.147	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.760		0		4		1.066	0.639	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.372		0		4		0.105	0.063	
17:1....g									
18:1 undifferentiated....g	3.388		0		4		0.960	0.576	
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	1.076		0		4		0.305	0.183	
18:2 undifferentiated....g	0.905		0		4		0.257	0.154	
18:3 undifferentiated....g	0.171		0		4		0.048	0.029	
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	
21:5....g									
22:4....g									
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	57		0		1		16	10	
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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.8		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	3.120		0		1		4.368	2.652	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
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									
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	

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
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 = 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.9		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	2.780		0		1		0.788	3.141	
4:0....g	0.000		0		1		0.000	0.000	
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	
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									
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	

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
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 27 (2014)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.46		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	µg	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	µg	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									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

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
Fatty acids, total saturated....g	4.572		0		1		1.296	5.166	
4:0....g									
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									
21:5....g									
22:4....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.

NDB No. 10142

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

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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.600		0		1		2.240	1.360	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
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	
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									
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									

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

NDB No. 10137

Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.52	0.132	130		1		102.93	20.84	
Energy....kcal	120		0	NC	4		168	34	
Energy....kJ	502		0		4		703	142	
Protein (N x 6.25)....g	18.49	0.066	130		1		25.89	5.24	
Total lipid (fat)....g	4.56	0.195	22		1		6.38	1.29	
Ash....g	3.63	0.062	22		1		5.08	1.03	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		1		1		8	2	
Iron, Fe....mg	0.94	0.048	21		1		1.32	0.27	
Magnesium, Mg....mg	17	0.405	21		1		24	5	
Phosphorus, P....mg	224	9.122	21		1		314	64	
Potassium, K....mg	364	6.582	17		1		510	103	
Sodium, Na....mg	1255	39.413	21		1		1757	356	
Zinc, Zn....mg	1.93	0.052	21		1		2.70	0.55	
Copper, Cu....mg	0.084	0.007	20		1		0.118	0.024	
Manganese, Mn....mg	0.025		2		1		0.035	0.007	
Selenium, Se....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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	2.3		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	1.510		0		1		2.114	0.428	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
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									
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	

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
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 = 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.7		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	2.810		0		1		3.934	2.389	
4:0....g	0.000		0		1		0.000	0.000	
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	
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									
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	

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
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 = 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	2.450		0		1		3.430	0.695	
4:0....g	0.000		0		1		0.000	0.000	
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	
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									
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	

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
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 = 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 27 (2014)

NDB No. 43326

Pork, cured, ham, low sodium, 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	65.10		0		1		18.46	11.07	
Energy....kcal	172		0		1		49	29	
Energy....kJ	720		0		1		204	122	
Protein....g	22.30		0		1		6.32	3.79	
Total lipid (fat)....g	8.30		0		1		2.35	1.41	
Ash....g	4.00		0	NC	4		1.13	0.68	
Carbohydrate, by difference....g	0.30		0	NC	4		0.09	0.05	
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	1	
Iron, Fe....mg	1.37		0		1		0.39	0.23	
Magnesium, Mg....mg	21		0		1		6	4	
Phosphorus, P....mg	265		0		1		75	45	
Potassium, K....mg	386		0		1		109	66	
Sodium, Na....mg	969		0		1		275	165	
Zinc, Zn....mg	2.55		0		1		0.72	0.43	
Copper, Cu....mg	0.132		0		1		0.037	0.022	
Manganese, Mn....mg									
Selenium, Se....µg	19.5		0	BFZN	4		5.5	3.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.730		0		1		0.207	0.124	
Riboflavin....mg	0.310		0		1		0.088	0.053	
Niacin....mg	5.740		0		1		1.627	0.976	
Pantothenic acid....mg									
Vitamin B-6....mg	0.330		0		1		0.094	0.056	
Folate, total....µg	3		0		1		1	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		0		1		1	1	
Folate, DFE....µg	3		0	NC	4		1	1	
Choline, total....mg	87.2		0	BFPN	4		24.7	14.8	
Betaine....mg	5.9		0	BFPN	4		1.7	1.0	
Vitamin B-12....µg	0.69		0		1		0.20	0.12	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	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	0.28		0	BFSN	4		0.08	0.05	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.8		0	AS	1		0.2	0.1	
Vitamin D....IU	33		0	BFNN	4		9	6	
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									

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
Lipids:									
Fatty acids, total saturated....g	2.781		0		4		0.788	0.473	
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	0.032		0		4		0.009	0.005	
12:0....g	0.025		0		4		0.007	0.004	
13:0....g									
14:0....g	0.138		0		4		0.039	0.023	
15:0....g									
16:0....g	1.693		0		4		0.480	0.288	
17:0....g									
18:0....g	0.900		0		4		0.255	0.153	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.002		0		4		1.135	0.680	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.384		0		4		0.109	0.065	
17:1....g									
18:1 undifferentiated....g	3.618		0		4		1.026	0.615	
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	1.013		0		4		0.287	0.172	
18:2 undifferentiated....g	0.868		0		4		0.246	0.148	
18:3 undifferentiated....g	0.145		0		4		0.041	0.025	
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	
21:5....g									
22:4....g									
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	58		0		1		16	10	
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 **Fat** **Carbohydrate**

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	10.130		0		1		2.872	6.585	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
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	
21:5....g									
22:4....g									
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.

NDB No. 10146

Pork, cured, ham, patties, unheated

Common Measures:

Measure 1 = 28.35g: 1 oz

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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	5.040		0		1		7.056	4.284	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
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	
21:5....g									
22:4....g									
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.

NDB No. 10140

Pork, cured, ham, regular (approximately 13% 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 27 (2014)

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		54.25	1834.15	
Energy	kcal	177		0	PIK	4		151	5092	
Energy	kJ	741		0	PIK	4		630	21307	
Protein	g	23.95		0	PAK	1		20.36	688.30	
Total lipid (fat)	g	8.88		0	PAK	1		7.55	255.18	
Ash	g	2.98		0	PAK	1		2.54	85.72	
Carbohydrate, by difference	g	0.64		0	NR	4		0.54	18.28	
Fiber, total dietary	g	0.0		0	PIK	4		0.0	0.0	
Sugars, total	g	0.64		0	PAK	1		0.54	18.27	
Sucrose	g	0.54		0	PAK	1		0.46	15.53	
Glucose (dextrose)	g	0.10		0	PAK	1		0.08	2.74	
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		6	212	
Iron, Fe	mg	1.46		0	PAK	1		1.24	41.96	
Magnesium, Mg	mg	23		0	PAK	1		19	651	
Phosphorus, P	mg	263		0	PAK	1		223	7547	
Potassium, K	mg	370		0	PAK	1		314	10630	
Sodium, Na	mg	826		0	PAK	1		702	23732	
Zinc, Zn	mg	2.91		0	PAK	1		2.48	83.78	
Copper, Cu	mg	1.093		0	PAK	1		0.929	31.414	
Manganese, Mn	mg	0.028		0	PAK	1		0.024	0.802	
Selenium, Se	µg	23.5		0	PAK	1		19.9	674.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	PIK	4		0.0	0.0	
Thiamin	mg	0.531		0	PAK	1		0.452	15.272	
Riboflavin	mg	0.284		0	PAK	1		0.241	8.163	
Niacin	mg	6.871		0	PAK	1		5.840	197.458	
Pantothenic acid	mg	0.705		0	PAK	1		0.600	20.274	
Vitamin B-6	mg	0.446		0	PAK	1		0.379	12.817	
Folate, total	µg	0		0	PAK	1		0	3	
Folic acid	µg	0		0	PIK	4		0	0	
Folate, food	µg	0		0	PIK	4		0	3	
Folate, DFE	µg	0		0	NC	4		0	3	
Choline, total	mg	92.6		0	PAK	1		78.7	2660.3	
Betaine	mg	6.4		0	PAK	1		5.4	183.4	
Vitamin B-12	µg	0.61		0	PAK	1		0.52	17.42	
Vitamin B-12, added	µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE	µg	1		0	PAK	1		1	43	
Retinol	µg	1		0	PIK	4		1	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	5		0	PAK	1		4	143	
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		0.28	9.55	
Vitamin E, added	mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta	mg	0.00		0	PAK	1		0.00	0.05	
Tocopherol, gamma	mg	0.04		0	PAK	1		0.03	1.17	
Tocopherol, delta	mg	0.00		0	PAK	1		0.00	0.07	
Tocotrienol, alpha	mg	0.01		0	PAK	1		0.01	0.17	
Tocotrienol, beta	mg	0.00		0	PAK	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.03		0	PAK	1		0.03	1.00	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.8		0	AS	1		0.7	23.4	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.8		0	BFNN	4		0.7	23.4	
Vitamin D....IU	33		0	BFNN	4		28	937	
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		1.3	43.0	
Lipids:									
Fatty acids, total saturated....g	2.850		0	PIK	4		2.423	81.923	
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		0.006	0.195	
12:0....g	0.006		0	PAK	1		0.005	0.175	
13:0....g									
14:0....g	0.102		0	PAK	1		0.087	2.932	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	1.802		0	PAK	1		1.532	51.784	
17:0....g	0.024		0	PAK	1		0.021	0.694	
18:0....g	0.890		0	PAK	1		0.757	25.587	
20:0....g	0.013		0	PAK	1		0.011	0.387	
22:0....g	0.006		0	PAK	1		0.005	0.168	
24:0....g									
Fatty acids, total monounsaturated....g	3.791		0	PIK	4		3.222	108.957	
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		0.179	6.063	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	3.519		0	PAK	1		2.992	101.150	
18:1 c....g	3.480		0	PAK	1		2.958	100.024	
18:1 t....g	0.039		0	PAK	1		0.033	1.126	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.061		0	PAK	1		0.052	1.745	
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		1.079	36.497	
18:2 undifferentiated....g	1.087		0	PAK	1		0.924	31.239	
18:2 n-6 c,c....g	1.045		0	PAK	1		0.889	30.046	
18:2 CLAs....g	0.018		0	PAK	1		0.015	0.520	
18:2 t,t....g	0.023		0	PAK	1		0.020	0.673	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.055		0	PAK	1		0.047	1.575	
18:3 n-3 c,c,c (ALA)....g	0.055		0	PAK	1		0.047	1.575	
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		0.036	1.229	
20:3 undifferentiated....g	0.002		0	PAK	1		0.002	0.067	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.083		0	PAK	1		0.071	2.387	
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		0.053	1.799	
Fatty acids, total trans-monoenoic....g	0.039		0	PIK	4		0.033	1.126	
Fatty acids, total trans-polyenoic....g	0.023		0	PIK	4		0.020	0.673	

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		60	2042	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.222		0	PAK	1		0.189	6.393	
Threonine....g	1.065		0	PAK	1		0.906	30.617	
Isoleucine....g	1.076		0	PAK	1		0.915	30.928	
Leucine....g	1.910		0	PAK	1		1.624	54.897	
Lysine....g	2.009		0	PAK	1		1.708	57.751	
Methionine....g	0.569		0	PAK	1		0.484	16.350	
Cystine....g	0.269		0	PAK	1		0.229	7.736	
Phenylalanine....g	0.955		0	PAK	1		0.812	27.442	
Tyrosine....g	0.771		0	PAK	1		0.656	22.172	
Valine....g	1.209		0	PAK	1		1.027	34.734	
Arginine....g	1.529		0	PAK	1		1.300	43.942	
Histidine....g	1.043		0	PAK	1		0.887	29.984	
Alanine....g	1.414		0	PAK	1		1.202	40.627	
Aspartic acid....g	2.087		0	PAK	1		1.774	59.975	
Glutamic acid....g	3.417		0	PAK	1		2.904	98.198	
Glycine....g	1.276		0	PAK	1		1.085	36.685	
Proline....g	1.035		0	PAK	1		0.879	29.733	
Serine....g	0.936		0	PAK	1		0.795	26.888	
Hydroxyproline....g	0.155		0	PAK	1		0.132	4.458	
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: 1 serving (3 oz)

Measure 2 = 2874g: 1 roast rump

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		55.41		
Energy....kcal	176		0	RA	4		149		
Energy....kJ	735		0	RA	4		624		
Protein....g	22.27		0	RA	4		18.93		
Total lipid (fat)....g	9.38		0	RA	4		7.97		
Ash....g	2.65		0	RA	4		2.25		
Carbohydrate, by difference....g	0.52		0	RA	4		0.44		
Fiber, total dietary....g	0.0		0	RA	4		0.0		
Sugars, total....g	0.06		0	RA	4		0.05		
Sucrose....g	0.00		0	RA	4		0.00		
Glucose (dextrose)....g	0.06		0	RA	4		0.05		
Fructose....g	0.00		0	RA	4		0.00		
Lactose....g	0.00		0	RA	4		0.00		
Maltose....g	0.00		0	RA	4		0.00		
Galactose....g	0.00		0	RA	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	RA	4		6		
Iron, Fe....mg	1.01		0	RA	4		0.86		
Magnesium, Mg....mg	22		0	RA	4		19		
Phosphorus, P....mg	251		0	RA	4		213		
Potassium, K....mg	358		0	RA	4		304		
Sodium, Na....mg	722		0	RA	4		613		
Zinc, Zn....mg	2.42		0	RA	4		2.06		
Copper, Cu....mg	0.769		0	RA	4		0.653		
Manganese, Mn....mg	0.022		0	RA	4		0.019		
Selenium, Se....µg	20.6		0	RA	4		17.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RA	4		0.0		
Thiamin....mg	0.482		0	RA	4		0.410		
Riboflavin....mg	0.199		0	RA	4		0.169		
Niacin....mg	6.417		0	RA	4		5.455		
Pantothenic acid....mg	0.595		0	RA	4		0.506		
Vitamin B-6....mg	0.472		0	RA	4		0.401		
Folate, total....µg	1		0	RA	4		1		
Folic acid....µg	0		0	RA	4		0		
Folate, food....µg	1		0	RA	4		1		
Folate, DFE....µg	1		0	NC	4		1		
Choline, total....mg	84.0		0	RA	4		71.4		
Betaine....mg	5.7		0	RA	4		4.9		
Vitamin B-12....µg	0.53		0	RA	4		0.45		
Vitamin B-12, added....µg	0.00		0	RA	4		0.00		
Vitamin A, RAE....µg	2		0	RA	4		1		
Retinol....µg	2		0	RA	4		1		
Carotene, beta....µg	0		0	RA	4		0		
Carotene, alpha....µg	0		0	RA	4		0		
Cryptoxanthin, beta....µg	0		0	RA	4		0		
Vitamin A, IU....IU	6		0	RA	4		5		
Lycopene....µg	0		0	RA	4		0		
Lutein + zeaxanthin....µg	0		0	RA	4		0		
Vitamin E (alpha-tocopherol)....mg	0.32		0	RA	4		0.28		
Vitamin E, added....mg	0.00		0	RA	4		0.00		
Tocopherol, beta....mg	0.00		0	RA	4		0.00		
Tocopherol, gamma....mg	0.05		0	RA	4		0.04		
Tocopherol, delta....mg	0.00		0	RA	4		0.00		
Tocotrienol, alpha....mg	0.02		0	RA	4		0.02		
Tocotrienol, beta....mg	0.00		0	RA	4		0.00		

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
Tocotrienol, gamma....mg	0.03		0	RA	4		0.03		
Tocotrienol, delta....mg	0.00		0	RA	4		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	RA	4		0.0		
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0		
Menaquinone-4....µg	1.2		0	RA	4		1.0		
Lipids:									
Fatty acids, total saturated....g	3.008		0	RA	4		2.557		
4:0....g	0.000		0	RA	4		0.000		
6:0....g	0.000		0	RA	4		0.000		
8:0....g	0.000		0	RA	4		0.000		
10:0....g	0.001		0	RA	4		0.001		
12:0....g	0.000		0	RA	4		0.000		
13:0....g									
14:0....g	0.107		0	RA	4		0.091		
15:0....g	0.000		0	RA	4		0.000		
16:0....g	1.893		0	RA	4		1.609		
17:0....g	0.027		0	RA	4		0.023		
18:0....g	0.959		0	RA	4		0.815		
20:0....g	0.014		0	RA	4		0.012		
22:0....g	0.007		0	RA	4		0.006		
24:0....g									
Fatty acids, total monounsaturated....g	3.966		0	RA	4		3.371		
14:1....g	0.000		0	RA	4		0.000		
15:1....g	0.000		0	RA	4		0.000		
16:1 undifferentiated....g	0.205		0	RA	4		0.174		
17:1....g	0.000		0	RA	4		0.000		
18:1 undifferentiated....g	3.701		0	RA	4		3.145		
20:1....g	0.061		0	RA	4		0.052		
22:1 undifferentiated....g	0.000		0	RA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.356		0	RA	4		1.152		
18:2 undifferentiated....g	1.169		0	RA	4		0.993		
18:3 undifferentiated....g	0.059		0	RA	4		0.050		
18:4....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c....g	0.046		0	RA	4		0.039		
20:3 undifferentiated....g	0.002		0	RA	4		0.002		
20:4 undifferentiated....g	0.080		0	RA	4		0.068		
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000		
Fatty acids, total trans....g	0.070		0	RA	4		0.060		
Cholesterol....mg	62		0	RA	4		53		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.207		0	RA	4		0.176		
Threonine....g	0.991		0	RA	4		0.842		
Isoleucine....g	1.001		0	RA	4		0.851		
Leucine....g	1.776		0	RA	4		1.510		
Lysine....g	1.869		0	RA	4		1.588		
Methionine....g	0.529		0	RA	4		0.450		
Cystine....g	0.250		0	RA	4		0.213		
Phenylalanine....g	0.888		0	RA	4		0.755		
Tyrosine....g	0.717		0	RA	4		0.610		
Valine....g	1.124		0	RA	4		0.955		
Arginine....g	1.422		0	RA	4		1.209		
Histidine....g	0.970		0	RA	4		0.825		
Alanine....g	1.315		0	RA	4		1.117		

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
Aspartic acid....g	1.941		0	RA	4		1.650		
Glutamic acid....g	3.177		0	RA	4		2.701		
Glycine....g	1.187		0	RA	4		1.009		
Proline....g	0.962		0	RA	4		0.818		
Serine....g	0.870		0	RA	4		0.740		
Hydroxyproline....g	0.158		0	RA	4		0.134		
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0		
Caffeine....mg	0		0	RA	4		0		
Theobromine....mg	0		0	RA	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 = 85g: 3 oz

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		57.53	1945.09	
Energy....kcal	132		0	NC	4		112	3801	
Energy....kJ	553		0	NC	4		470	15904	
Protein....g	26.02	0.617	3	A	1		22.11	747.71	
Total lipid (fat)....g	3.07	0.471	3	A	1		2.61	88.12	
Ash....g	3.09	0.087	3	A	1		2.63	88.80	
Carbohydrate, by difference....g	0.68		0	NR	4		0.58	19.66	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.68	0.045	3	A	1		0.58	19.66	
Sucrose....g	0.61	0.075	3	A	1		0.52	17.64	
Glucose (dextrose)....g	0.07	0.035	3	A	1		0.06	2.02	
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		6	218	
Iron, Fe....mg	1.59	0.238	3	A	1		1.35	45.60	
Magnesium, Mg....mg	24	0.321	3	A	1		20	678	
Phosphorus, P....mg	275	9.528	3	A	1		234	7913	
Potassium, K....mg	394	5.608	3	A	1		335	11314	
Sodium, Na....mg	846	33.045	3	A	1		719	24314	
Zinc, Zn....mg	3.16	0.390	3	A	1		2.68	90.72	
Copper, Cu....mg	1.197	0.649	3	A	1		1.017	34.400	
Manganese, Mn....mg	0.029	0.007	3	A	1		0.024	0.825	
Selenium, Se....µg	24.5	3.297	3	A	1		20.8	703.2	
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		0.481	16.264	
Riboflavin....mg	0.310	0.052	3	A	1		0.263	8.900	
Niacin....mg	7.387	0.064	3	A	1		6.279	212.293	
Pantothenic acid....mg	0.745	0.001	3	A	1		0.633	21.419	
Vitamin B-6....mg	0.479	0.009	3	A	1		0.407	13.776	
Folate, total....µg	0		1	A	1		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		1	NR	4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	105.2		0	AS	1		89.4	3022.5	
Betaine....mg	7.3	1.460	3	A	1		6.2	208.4	
Vitamin B-12....µg	0.65	0.132	3	A	1		0.55	18.58	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	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		0.28	9.48	
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		0.03	0.86	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.00		1	A	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.03		1	A	1		0.03	0.86	
Tocotrienol, delta....mg	0.00		1	A	1		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		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		1.4	48.9	
Lipids:									
Fatty acids, total saturated....g	0.917		0	NC	4		0.780	26.359	
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		0.001	0.038	
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		0.026	0.870	
15:0....g	0.000	0.000	3	A	1		0.000	0.000	
16:0....g	0.558	0.094	3	A	1		0.474	16.025	
17:0....g	0.009	0.002	3	A	1		0.007	0.249	
18:0....g	0.316	0.066	3	A	1		0.269	9.081	
20:0....g	0.003	0.002	3	A	1		0.003	0.096	
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		0.907	30.660	
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		0.055	1.875	
17:1....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated....g	0.987		0	AS	1		0.839	28.376	
18:1 c....g	0.975	0.127	3	A	1		0.828	28.012	
18:1 t....g	0.013	0.003	3	A	1		0.011	0.364	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.014	0.002	3	A	1		0.012	0.409	
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		0.478	16.147	
18:2 undifferentiated....g	0.443		0	AS	1		0.376	12.720	
18:2 n-6 c,c....g	0.435	0.122	3	A	1		0.369	12.491	
18:2 CLAs....g									
18:2 t,t....g	0.008	0.001	3	A	1		0.007	0.229	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.026		0	AS	1		0.022	0.737	
18:3 n-3 c,c,c (ALA)....g	0.026	0.018	3	A	1		0.022	0.737	
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		0.011	0.382	
20:3 undifferentiated....g	0.003	0.003	3	A	1		0.002	0.077	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.078	0.007	3	A	1		0.066	2.231	
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		0.018	0.593	
Fatty acids, total trans-monoenoic....g	0.013		0	NC	4		0.011	0.364	
Fatty acids, total trans-polyenoic....g	0.008		0	NC	4		0.007	0.229	

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		60	2039	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.244		0	A	1		0.208	7.016	
Threonine....g	1.164		0	A	1		0.989	33.450	
Isoleucine....g	1.174		0	A	1		0.998	33.753	
Leucine....g	2.084		0	A	1		1.772	59.902	
Lysine....g	2.198		0	A	1		1.868	63.167	
Methionine....g	0.622		0	A	1		0.529	17.886	
Cystine....g	0.292		0	A	1		0.248	8.396	
Phenylalanine....g	1.041		0	A	1		0.885	29.911	
Tyrosine....g	0.844		0	A	1		0.718	24.262	
Valine....g	1.316		0	A	1		1.119	37.830	
Arginine....g	1.665		0	A	1		1.415	47.844	
Histidine....g	1.133		0	A	1		0.963	32.566	
Alanine....g	1.532		0	A	1		1.302	44.037	
Aspartic acid....g	2.269		0	A	1		1.929	65.223	
Glutamic acid....g	3.723		0	A	1		3.165	107.009	
Glycine....g	1.359		0	A	1		1.155	39.050	
Proline....g	1.117		0	A	1		0.949	32.093	
Serine....g	1.018		0	A	1		0.866	29.268	
Hydroxyproline....g	0.169		0	A	1		0.143	4.843	
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 = 85g: 1 serving (3 oz)

Measure 2 = 2874g: 1 roast rump

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	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	
Tocotrienol, alpha....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.00		1	A	1		0.00	0.00	

NDB No. 10932

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.02		1	A	1		0.01	0.09	
Tocotrienol, delta....mg	0.00		1	A	1		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		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 t....g	0.012		0	BFFN	4		0.003	0.055	
18:1-11 t (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 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-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	

NDB No. 10932

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 10894

Pork, cured, ham, separable fat, boneless, heated

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	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....µg	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....µg	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		
Tocotrienol, alpha....mg	0.05		1	A	1		0.04		
Tocotrienol, beta....mg	0.00		1	A	1		0.00		

NDB No. 10894
Pork, cured, ham, separable fat, boneless, heated

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.07		1	A	1		0.06		
Tocotrienol, delta....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)....µg	1.9		0	AS	1		1.6		
Vitamin D2 (ergocalciferol)....µg									
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 t....g	0.234		1	A	1		0.199		
18:1-11 t (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 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-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 27 (2014)

NDB No. 10895
Pork, cured, ham, separable fat, boneless, 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	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 ... µg	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 ... µg	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		
Tocotrienol, alpha ... mg	0.18		1	A	1		0.21		
Tocotrienol, beta ... mg	0.00		1	A	1		0.00		

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
Tocotrienol, gamma....mg	0.11		1	A	1		0.13		
Tocotrienol, 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									
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 t....g	0.249		1	A	1		0.291		
18:1-11 t (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 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-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 27 (2014)

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		54.12	1782.69	
Energy ... kcal	191		0	NC	4		162	5347	
Energy ... kJ	799		0	NC	4		679	22372	
Protein (N x 6.25) ... g	24.39		0	PAK	1		20.73	682.88	
Total lipid (fat) ... g	9.35		0	PAK	1		7.95	261.91	
Ash ... g	2.80		0	PAK	1		2.38	78.35	
Carbohydrate, by difference ... g	0.64		0	NR	4		0.54	17.81	
Fiber, total dietary ... g	0.0		0	PIK	4		0.0	0.0	
Sugars, total ... g	0.64		0	PAK	1		0.54	17.81	
Sucrose ... g	0.54		0	PAK	1		0.46	15.00	
Glucose (dextrose) ... g	0.10		0	PAK	1		0.09	2.81	
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		6	186	
Iron, Fe ... mg	1.42		0	PAK	1		1.20	39.69	
Magnesium, Mg ... mg	22		0	PAK	1		19	629	
Phosphorus, P ... mg	257		0	PAK	1		219	7209	
Potassium, K ... mg	356		0	PAK	1		303	9977	
Sodium, Na ... mg	810		0	PAK	1		689	22691	
Zinc, Zn ... mg	2.59		0	PAK	1		2.20	72.40	
Copper, Cu ... mg	0.158		0	PAK	1		0.135	4.432	
Manganese, Mn ... mg	0.026		0	PAK	1		0.023	0.741	
Selenium, Se ... µg	23.4		0	PAK	1		19.9	656.2	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	PIK	4		0.0	0.0	
Thiamin ... mg	0.460		0	PAK	1		0.391	12.874	
Riboflavin ... mg	0.298		0	PAK	1		0.254	8.356	
Niacin ... mg	6.885		0	PAK	1		5.853	192.791	
Pantothenic acid ... mg	0.648		0	PAK	1		0.551	18.145	
Vitamin B-6 ... mg	0.440		0	PAK	1		0.374	12.325	
Folate, total ... µg	1		0	PAK	1		1	28	
Folic acid ... µg	0		0	PIK	4		0	0	
Folate, food ... µg	1		0	PIK	4		1	28	
Folate, DFE ... µg	1		0	NC	4		1	28	
Choline, total ... mg	93.5		0	PAK	1		79.5	2617.4	
Betaine ... mg	6.3		0	PAK	1		5.4	177.6	
Vitamin B-12 ... µg	0.58		0	PAK	1		0.49	16.16	
Vitamin B-12, added ... µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE ... µg	1		0	PAK	1		1	41	
Retinol ... µg	1		0	PIK	4		1	41	
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		4	138	
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		0.28	9.31	
Vitamin E, added ... mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta ... mg	0.00		0	PAK	1		0.00	0.05	
Tocopherol, gamma ... mg	0.04		0	PAK	1		0.03	1.14	
Tocopherol, delta ... mg	0.00		0	PAK	1		0.00	0.07	
Tocotrienol, alpha ... mg	0.01		0	PAK	1		0.01	0.17	
Tocotrienol, beta ... mg	0.00		0	PAK	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.03		0	PAK	1		0.02	0.72	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	1.0		0	PAK	1		0.8	27.5	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.0		0	PIK	4		0.8	27.5	
Vitamin D....IU	39		0	PIK	4		33	1099	
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		1.2	40.6	
Lipids:									
Fatty acids, total saturated....g	3.018		0	PIK	4		2.566	84.517	
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		0.006	0.196	
12:0....g	0.006		0	PAK	1		0.005	0.169	
13:0....g									
14:0....g	0.109		0	PAK	1		0.093	3.048	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	1.907		0	PAK	1		1.621	53.406	
17:0....g	0.024		0	PAK	1		0.021	0.679	
18:0....g	0.945		0	PAK	1		0.803	26.467	
20:0....g	0.014		0	PAK	1		0.012	0.390	
22:0....g	0.006		0	PAK	1		0.005	0.162	
24:0....g									
Fatty acids, total monounsaturated....g	4.082		0	PIK	4		3.470	114.296	
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		0.193	6.353	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	3.790		0	PAK	1		3.222	106.134	
20:1....g	0.065		0	PAK	1		0.055	1.809	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.288		0	PIK	4		1.095	36.071	
18:2 undifferentiated....g	1.102		0	PAK	1		0.936	30.846	
18:3 undifferentiated....g	0.057		0	PAK	1		0.049	1.607	
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.043		0	PAK	1		0.037	1.212	
20:3 undifferentiated....g	0.003		0	PAK	1		0.002	0.073	
20:4 undifferentiated....g	0.083		0	PAK	1		0.071	2.333	
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	0.066		0	PIK	4		0.056	1.845	
Cholesterol....mg	70		0	PAK	1		60	1962	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.227		0	PAK	1		0.193	6.344	
Threonine....g	1.085		0	PAK	1		0.922	30.381	
Isoleucine....g	1.096		0	PAK	1		0.932	30.689	
Leucine....g	1.945		0	PAK	1		1.654	54.472	
Lysine....g	2.047		0	PAK	1		1.740	57.308	
Methionine....g	0.579		0	PAK	1		0.493	16.225	
Cystine....g	0.274		0	PAK	1		0.233	7.675	
Phenylalanine....g	0.972		0	PAK	1		0.827	27.228	
Tyrosine....g	0.786		0	PAK	1		0.668	22.002	
Valine....g	1.231		0	PAK	1		1.046	34.463	
Arginine....g	1.557		0	PAK	1		1.324	43.599	
Histidine....g	1.062		0	PAK	1		0.903	29.748	
Alanine....g	1.439		0	PAK	1		1.224	40.305	

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
Aspartic acid....g	2.125		0	PAK	1		1.806	59.505	
Glutamic acid....g	3.480		0	PAK	1		2.958	97.434	
Glycine....g	1.299		0	PAK	1		1.104	36.375	
Proline....g	1.053		0	PAK	1		0.895	29.493	
Serine....g	0.953		0	PAK	1		0.810	26.678	
Hydroxyproline....g	0.158		0	PIK	4		0.134	4.423	
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: 1 serving (3 oz)

Measure 2 = 2800g: 1 roast shank

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	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	
Tocotrienol, alpha....mg	0.02		0	PAK	1		0.01	0.11	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.02		0	PAK	1		0.01	0.11	
Tocotrienol, delta....mg	0.00		0	PAK	1		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	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	
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		0.021	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	

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
Aspartic acid.....g	1.883		0	PAK	1		0.534	8.541	
Glutamic acid.....g	3.083		0	PAK	1		0.874	13.983	
Glycine.....g	1.153		0	PAK	1		0.327	5.231	
Proline.....g	0.934		0	PAK	1		0.265	4.236	
Serine.....g	0.844		0	PAK	1		0.239	3.829	
Hydroxyproline.....g	0.154		0	PAK	1		0.044	0.700	
Others:									
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 27 (2014)

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		57.34	1888.76	
Energy....kcal	139		0	NC	4		118	3895	
Energy....kJ	582		0	NC	4		495	16295	
Protein....g	26.49	0.189	3	A	1		22.51	741.64	
Total lipid (fat)....g	3.68	0.629	3	A	1		3.13	103.11	
Ash....g	2.88	0.083	3	A	1		2.45	80.63	
Carbohydrate, by difference....g	0.68		0	NR	4		0.58	19.14	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.68	0.106	3	A	1		0.58	19.14	
Sucrose....g	0.61	0.080	3	A	1		0.52	17.01	
Glucose (dextrose)....g	0.08	0.038	3	A	1		0.06	2.13	
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		6	188	
Iron, Fe....mg	1.54	0.337	3	A	1		1.31	43.03	
Magnesium, Mg....mg	23	0.296	3	A	1		20	654	
Phosphorus, P....mg	269	6.960	3	A	1		229	7541	
Potassium, K....mg	378	3.000	3	A	1		321	10584	
Sodium, Na....mg	828	31.466	3	A	1		704	23193	
Zinc, Zn....mg	2.78	0.015	3	A	1		2.36	77.84	
Copper, Cu....mg	0.135	0.017	3	A	1		0.115	3.787	
Manganese, Mn....mg	0.027	0.005	3	A	1		0.023	0.758	
Selenium, Se....µg	24.4	3.541	3	A	1		20.8	684.1	
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		0.412	13.559	
Riboflavin....mg	0.326	0.084	3	A	1		0.277	9.118	
Niacin....mg	7.397	0.977	3	A	1		6.287	207.107	
Pantothenic acid....mg	0.680	0.085	3	A	1		0.578	19.030	
Vitamin B-6....mg	0.472	0.018	3	A	1		0.401	13.224	
Folate, total....µg	1		1	A	1		1	28	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		1	NR	4		1	28	
Folate, DFE....µg	1		0	NC	4		1	28	
Choline, total....mg	106.0		0	AS	1		90.1	2969.0	
Betaine....mg	7.2	2.256	3	A	1		6.1	201.5	
Vitamin B-12....µg	0.61	0.145	3	A	1		0.52	17.17	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	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		0.28	9.24	
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		0.03	0.84	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.00		1	A	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.02		1	A	1		0.02	0.56	
Tocotrienol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.9		0	AS	1		0.7	24.1	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.9		0	BFNN	4		0.7	24.1	
Vitamin D....IU	34		0	BFNN	4		29	965	
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		1.4	46.0	
Lipids:									
Fatty acids, total saturated....g	1.134		0	NC	4		0.963	31.738	
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		0.001	0.046	
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		0.033	1.091	
15:0....g	0.000	0.000	3	A	1		0.000	0.000	
16:0....g	0.694	0.121	3	A	1		0.590	19.430	
17:0....g	0.009	0.002	3	A	1		0.008	0.251	
18:0....g	0.386	0.085	3	A	1		0.328	10.808	
20:0....g	0.004	0.002	3	A	1		0.003	0.112	
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		1.218	40.127	
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		0.072	2.387	
17:1....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated....g	1.329		0	AS	1		1.129	37.200	
18:1 c....g	1.315	0.251	3	A	1		1.117	36.809	
18:1 t....g	0.014	0.003	3	A	1		0.012	0.391	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.019	0.004	3	A	1		0.016	0.539	
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		0.503	16.579	
18:2 undifferentiated....g	0.468		0	AS	1		0.398	13.100	
18:2 n-6 c,c....g	0.457	0.145	3	A	1		0.388	12.793	
18:2 CLAs....g									
18:2 t,t....g	0.011	0.002	3	A	1		0.009	0.307	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.029		0	AS	1		0.025	0.811	
18:3 n-3 c,c,c (ALA)....g	0.029	0.021	3	A	1		0.025	0.811	
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		0.012	0.400	
20:3 undifferentiated....g	0.003	0.003	3	A	1		0.003	0.083	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.078	0.005	3	A	1		0.066	2.184	
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		0.021	0.698	
Fatty acids, total trans-monoenoic....g	0.014		0	NC	4		0.012	0.391	
Fatty acids, total trans-polyenoic....g	0.011		0	NC	4		0.009	0.307	

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		59	1955	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.249		0	A	1		0.211	6.959	
Threonine....g	1.185		0	A	1		1.007	33.179	
Isoleucine....g	1.196		0	A	1		1.016	33.479	
Leucine....g	2.122		0	A	1		1.804	59.416	
Lysine....g	2.238		0	A	1		1.902	62.655	
Methionine....g	0.634		0	A	1		0.539	17.741	
Cystine....g	0.297		0	A	1		0.253	8.328	
Phenylalanine....g	1.060		0	A	1		0.901	29.668	
Tyrosine....g	0.859		0	A	1		0.731	24.066	
Valine....g	1.340		0	A	1		1.139	37.523	
Arginine....g	1.695		0	A	1		1.441	47.455	
Histidine....g	1.154		0	A	1		0.981	32.302	
Alanine....g	1.560		0	A	1		1.326	43.679	
Aspartic acid....g	2.310		0	A	1		1.964	64.694	
Glutamic acid....g	3.791		0	A	1		3.222	106.141	
Glycine....g	1.383		0	A	1		1.176	38.733	
Proline....g	1.137		0	A	1		0.966	31.833	
Serine....g	1.037		0	A	1		0.881	29.031	
Hydroxyproline....g	0.172		0	BFPN	4		0.146	4.804	
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 = 85g: 1 serving (3 oz)

Measure 2 = 2800g: 1 roast shank

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	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	
Tocotrienol, alpha....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.00		1	A	1		0.00	0.00	

NDB No. 10934

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
Tocotrienol, gamma....mg	0.01		1	A	1		0.00	0.04	
Tocotrienol, delta....mg	0.00		1	A	1		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		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 t....g	0.012		0	BFFN	4		0.003	0.055	
18:1-11 t (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 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-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	

NDB No. 10934

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 27 (2014)

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		53.18	229.00	
Energy....kcal	180		0	PIK	4		153	658	
Energy....kJ	752		0	PIK	4		639	2753	
Protein....g	25.48		0	PAK	1		21.65	93.24	
Total lipid (fat)....g	8.48		0	PAK	1		7.21	31.03	
Ash....g	3.08		0	PAK	1		2.62	11.28	
Carbohydrate, by difference....g	0.70		0	NR	4		0.59	2.55	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.70		0	PAK	1		0.59	2.55	
Sucrose....g	0.57		0	PAK	1		0.48	2.08	
Glucose (dextrose)....g	0.13		0	PAK	1		0.11	0.47	
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		12	52	
Iron, Fe....mg	1.34		0	PAK	1		1.14	4.91	
Magnesium, Mg....mg	25		0	PAK	1		21	90	
Phosphorus, P....mg	285		0	PAK	1		242	1041	
Potassium, K....mg	405		0	PAK	1		344	1483	
Sodium, Na....mg	852		0	PAK	1		724	3119	
Zinc, Zn....mg	2.87		0	PAK	1		2.44	10.49	
Copper, Cu....mg	0.417		0	PAK	1		0.354	1.525	
Manganese, Mn....mg	0.022		0	PAK	1		0.019	0.081	
Selenium, Se....µg	24.4		0	PAK	1		20.8	89.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.547		0	PAK	1		0.465	2.004	
Riboflavin....mg	0.296		0	PAK	1		0.252	1.084	
Niacin....mg	7.333		0	PAK	1		6.233	26.839	
Pantothenic acid....mg	0.726		0	PAK	1		0.617	2.656	
Vitamin B-6....mg	0.509		0	PAK	1		0.433	1.863	
Folate, total....µg	2		0	PAK	1		2	7	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	2		0	PIK	4		2	7	
Folate, DFE....µg	2		0	NC	4		2	7	
Choline, total....mg	102.4		0	PAK	1		87.1	374.9	
Betaine....mg	6.7		0	PAK	1		5.7	24.4	
Vitamin B-12....µg	0.63		0	PAK	1		0.54	2.31	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	1		0	PAK	1		1	4	
Retinol....µg	1		0	PIK	4		1	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	4		0	PAK	1		3	14	
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		0.26	1.11	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.00	0.01	
Tocopherol, gamma....mg	0.04		0	PAK	1		0.03	0.14	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.01	
Tocotrienol, alpha....mg	0.00		0	PAK	1		0.00	0.02	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	

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: 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
Tocotrienol, gamma....mg	0.02		0	PAK	1		0.02	0.09	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	1.0		0	PAK	1		0.9	3.7	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.0		0	PIK	4		0.9	3.7	
Vitamin D....IU	40		0	PIK	4		34	147	
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		1.5	6.6	
Lipids:									
Fatty acids, total saturated....g	1.577		0	PIK	4		1.340	5.772	
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		0.004	0.016	
12:0....g	0.005		0	PAK	1		0.004	0.017	
13:0....g									
14:0....g	0.099		0	PAK	1		0.084	0.361	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	1.718		0	PAK	1		1.460	6.286	
17:0....g	0.023		0	PAK	1		0.019	0.083	
18:0....g	0.849		0	PAK	1		0.722	3.107	
20:0....g	0.013		0	PAK	1		0.011	0.047	
22:0....g	0.005		0	PAK	1		0.004	0.017	
24:0....g									
Fatty acids, total monounsaturated....g	2.201		0	PIK	4		1.871	8.057	
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		0.177	0.764	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	2.046		0	PAK	1		1.739	7.487	
18:1 c....g	3.363		0	PAK	1		2.858	12.308	
18:1 t....g	0.037		0	PAK	1		0.031	0.136	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.056		0	PAK	1		0.048	0.207	
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		0.509	2.190	
18:2 undifferentiated....g	0.538		0	PAK	1		0.458	1.970	
18:2 n-6 c,c....g	0.964		0	PAK	1		0.820	3.530	
18:2 CLAs....g	0.014		0	PAK	1		0.012	0.051	
18:2 t,t....g	0.025		0	PAK	1		0.021	0.091	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.025		0	PAK	1		0.021	0.091	
18:3 n-3 c,c,c (ALA)....g	0.051		0	PAK	1		0.044	0.188	
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		0.033	0.141	
20:3 undifferentiated....g	0.003		0	PAK	1		0.002	0.010	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.088		0	PAK	1		0.074	0.320	
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		0.029	0.126	
Fatty acids, total trans-monoenoic....g	0.022		0	PIK	4		0.018	0.079	
Fatty acids, total trans-polyenoic....g	0.013		0	PIK	4		0.011	0.046	

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		62	268	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.237		0	PAK	1		0.202	0.868	
Threonine....g	1.135		0	PAK	1		0.965	4.154	
Isoleucine....g	1.146		0	PAK	1		0.974	4.195	
Leucine....g	2.034		0	PAK	1		1.729	7.446	
Lysine....g	2.142		0	PAK	1		1.820	7.838	
Methionine....g	0.606		0	PAK	1		0.515	2.219	
Cystine....g	0.286		0	PAK	1		0.243	1.048	
Phenylalanine....g	1.017		0	PAK	1		0.864	3.721	
Tyrosine....g	0.822		0	PAK	1		0.699	3.010	
Valine....g	1.287		0	PAK	1		1.094	4.709	
Arginine....g	1.627		0	PAK	1		1.383	5.956	
Histidine....g	1.110		0	PAK	1		0.943	4.062	
Alanine....g	1.503		0	PAK	1		1.277	5.500	
Aspartic acid....g	2.221		0	PAK	1		1.887	8.127	
Glutamic acid....g	3.638		0	PAK	1		3.092	13.314	
Glycine....g	1.350		0	PAK	1		1.148	4.942	
Proline....g	1.099		0	PAK	1		0.934	4.021	
Serine....g	0.996		0	PAK	1		0.846	3.645	
Hydroxyproline....g	0.165		0	PAK	1		0.140	0.604	
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: 1 serving (3 oz)

Measure 2 = 366g: 1 slice

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	66.09		0	PAK	1		56.18	280.88	
Energy ... kcal	173		0	NC	4		147	736	
Energy ... kJ	725		0	NC	4		616	3079	
Protein ... g	22.45		0	PAK	1		19.09	95.43	
Total lipid (fat) ... g	9.17		0	PAK	1		7.79	38.97	
Ash ... g	2.70		0	PAK	1		2.29	11.47	
Carbohydrate, by difference ... g	0.21		0	PIK	4		0.18	0.90	
Fiber, total dietary ... g	0.0		0	PIK	4		0.0	0.0	
Sugars, total ... g	0.05		0	PIK	4		0.04	0.21	
Sucrose ... g	0.00		0	PIK	4		0.00	0.00	
Glucose (dextrose) ... g	0.05		0	PIK	4		0.04	0.21	
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		10	50	
Iron, Fe ... mg	1.15		0	PAK	1		0.98	4.88	
Magnesium, Mg ... mg	22		0	PAK	1		19	93	
Phosphorus, P ... mg	250		0	PAK	1		212	1061	
Potassium, K ... mg	348		0	PAK	1		296	1478	
Sodium, Na ... mg	744		0	PAK	1		632	3162	
Zinc, Zn ... mg	2.29		0	PAK	1		1.94	9.72	
Copper, Cu ... mg	0.142		0	PAK	1		0.121	0.605	
Manganese, Mn ... mg	0.022		0	PAK	1		0.019	0.094	
Selenium, Se ... µg	21.5		0	PAK	1		18.3	91.5	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	PIK	4		0.0	0.0	
Thiamin ... mg	0.462		0	PAK	1		0.393	1.965	
Riboflavin ... mg	0.225		0	PAK	1		0.191	0.957	
Niacin ... mg	6.050		0	PAK	1		5.142	25.712	
Pantothenic acid ... mg	0.645		0	PAK	1		0.548	2.742	
Vitamin B-6 ... mg	0.448		0	PAK	1		0.381	1.905	
Folate, total ... µg	1		0	PAK	1		1	4	
Folic acid ... µg	0		0	PIK	4		0	0	
Folate, food ... µg	1		0	PIK	4		1	4	
Folate, DFE ... µg	1		0	NC	4		1	4	
Choline, total ... mg	86.0		0	PAK	1		73.1	365.6	
Betaine ... mg	5.6		0	PAK	1		4.8	23.8	
Vitamin B-12 ... µg	0.57		0	PAK	1		0.48	2.42	
Vitamin B-12, added ... µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE ... µg	1		0	PAK	1		1	6	
Retinol ... µg	1		0	PIK	4		1	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	5		0	PAK	1		4	21	
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		0.29	1.46	
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		0.04	0.20	
Tocopherol, delta ... mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha ... mg	0.02		0	PAK	1		0.02	0.09	
Tocotrienol, beta ... mg	0.00		0	PAK	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.03		0	PAK	1		0.03	0.13	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.3		0	PAK	1		0.2	1.1	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	1.4		0	PAK	1		1.2	5.9	
Lipids:									
Fatty acids, total saturated....g	2.945		0	PIK	4		2.503	12.516	
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		0.091	0.453	
15:0....g	0.000		0	PIK	4		0.000	0.000	
16:0....g	1.859		0	PIK	4		1.580	7.901	
17:0....g	0.026		0	PIK	4		0.022	0.109	
18:0....g	0.934		0	PIK	4		0.794	3.969	
20:0....g	0.014		0	PIK	4		0.012	0.059	
22:0....g	0.006		0	PIK	4		0.005	0.024	
24:0....g									
Fatty acids, total monounsaturated....g	3.955		0	PIK	4		3.362	16.810	
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		0.178	0.889	
17:1....g	0.000		0	PIK	4		0.000	0.000	
18:1 undifferentiated....g	3.687		0	PIK	4		3.134	15.668	
20:1....g	0.060		0	PIK	4		0.051	0.253	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.281		0	PIK	4		1.089	5.444	
18:2 undifferentiated....g	1.101		0	PIK	4		0.936	4.679	
18:3 undifferentiated....g	0.056		0	PIK	4		0.047	0.236	
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.043		0	PIK	4		0.037	0.183	
20:3 undifferentiated....g	0.002		0	PIK	4		0.002	0.010	
20:4 undifferentiated....g	0.079		0	PIK	4		0.067	0.336	
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	0.070		0	PIK	4		0.060	0.298	
Cholesterol....mg	65		0	PAK	1		55	274	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.209		0	PAK	1		0.178	0.888	
Threonine....g	1.000		0	PAK	1		0.850	4.248	
Isoleucine....g	1.010		0	PAK	1		0.858	4.291	
Leucine....g	1.792		0	PAK	1		1.523	7.616	
Lysine....g	1.886		0	PAK	1		1.603	8.014	
Methionine....g	0.534		0	PAK	1		0.454	2.269	
Cystine....g	0.252		0	PAK	1		0.214	1.072	
Phenylalanine....g	0.896		0	PAK	1		0.761	3.806	
Tyrosine....g	0.724		0	PAK	1		0.615	3.077	
Valine....g	1.133		0	PAK	1		0.963	4.817	
Arginine....g	1.434		0	PAK	1		1.219	6.094	
Histidine....g	0.978		0	PAK	1		0.831	4.157	
Alanine....g	1.325		0	PAK	1		1.126	5.631	

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
Aspartic acid.....g	1.957		0	PAK	1		1.663	8.316	
Glutamic acid.....g	3.205		0	PAK	1		2.724	13.620	
Glycine.....g	1.193		0	PAK	1		1.014	5.072	
Proline.....g	0.969		0	PAK	1		0.824	4.118	
Serine.....g	0.877		0	PAK	1		0.746	3.729	
Hydroxyproline.....g	0.018		0	PAK	1		0.015	0.075	
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: 1 serving (3 oz)

Measure 2 = 425g: 1 slice

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		55.53	239.11	
Energy....kcal	148		0	NC	4		126	543	
Energy....kJ	621		0	NC	4		528	2273	
Protein....g	27.18	0.494	3	A	1		23.10	99.48	
Total lipid (fat)....g	4.09	0.251	3	A	1		3.47	14.96	
Ash....g	3.17	0.079	3	A	1		2.70	11.61	
Carbohydrate, by difference....g	0.74		0	NR	4		0.63	2.70	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.74	0.042	3	A	1		0.63	2.70	
Sucrose....g	0.63	0.046	3	A	1		0.53	2.29	
Glucose (dextrose)....g	0.11	0.005	3	A	1		0.10	0.41	
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		13	55	
Iron, Fe....mg	1.42	0.082	3	A	1		1.21	5.21	
Magnesium, Mg....mg	25	0.721	3	A	1		22	93	
Phosphorus, P....mg	296	3.480	3	A	1		252	1085	
Potassium, K....mg	427	1.856	3	A	1		363	1562	
Sodium, Na....mg	870	11.590	3	A	1		740	3184	
Zinc, Zn....mg	3.04	0.079	3	A	1		2.59	11.14	
Copper, Cu....mg	0.426	0.237	3	A	1		0.362	1.558	
Manganese, Mn....mg	0.022	0.000	3	A	1		0.019	0.081	
Selenium, Se....µg	25.3	3.329	3	A	1		21.5	92.6	
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		0.489	2.104	
Riboflavin....mg	0.317	0.039	3	A	1		0.269	1.159	
Niacin....mg	7.767	1.014	3	A	1		6.602	28.426	
Pantothenic acid....mg	0.758	0.060	3	A	1		0.644	2.773	
Vitamin B-6....mg	0.540	0.048	3	A	1		0.459	1.977	
Folate, total....µg	2		1	A	1		2	7	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2		1	NR	4		2	7	
Folate, DFE....µg	2		0	NC	4		2	7	
Choline, total....mg	112.9		0	AS	1		95.9	413.1	
Betaine....mg	7.3	2.341	3	A	1		6.2	26.8	
Vitamin B-12....µg	0.66	0.081	3	A	1		0.56	2.43	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	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		0.26	1.10	
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		0.03	0.11	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.00		1	A	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.02		1	A	1		0.02	0.07	
Tocotrienol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	1.1		0	AS	1		0.9	4.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.1		0	BFNN	4		0.9	4.0	
Vitamin D....IU	44		0	BFNN	4		38	162	
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		1.7	7.3	
Lipids:									
Fatty acids, total saturated....g	1.253		0	NC	4		1.065	4.588	
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		0.038	0.163	
15:0....g	0.000	0.000	3	A	1		0.000	0.000	
16:0....g	0.778	0.039	3	A	1		0.661	2.846	
17:0....g	0.011	0.001	3	A	1		0.009	0.040	
18:0....g	0.415	0.037	3	A	1		0.353	1.519	
20:0....g	0.005	0.001	3	A	1		0.005	0.020	
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		1.371	5.903	
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		0.084	0.363	
17:1....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated....g	1.492		0	AS	1		1.268	5.462	
18:1 c....g	1.475	0.159	3	A	1		1.254	5.399	
18:1 t....g	0.017	0.005	3	A	1		0.014	0.062	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.021	0.003	3	A	1		0.018	0.078	
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		0.548	2.358	
18:2 undifferentiated....g	0.512		0	AS	1		0.435	1.875	
18:2 n-6 c,c....g	0.499	0.106	3	A	1		0.424	1.826	
18:2 CLAs....g									
18:2 t,t....g	0.013	0.002	3	A	1		0.011	0.049	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.029		0	AS	1		0.025	0.107	
18:3 n-3 c,c,c (ALA)....g	0.029	0.018	3	A	1		0.025	0.107	
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		0.014	0.058	
20:3 undifferentiated....g	0.003	0.003	3	A	1		0.003	0.011	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.084	0.007	3	A	1		0.071	0.307	
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		0.026	0.111	
Fatty acids, total trans-monoenoic....g	0.017		0	NC	4		0.014	0.062	
Fatty acids, total trans-polyenoic....g	0.013		0	NC	4		0.011	0.049	

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		62	269	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.255		0	A	1		0.217	0.933	
Threonine....g	1.216		0	A	1		1.034	4.450	
Isoleucine....g	1.227		0	A	1		1.043	4.491	
Leucine....g	2.177		0	A	1		1.851	7.969	
Lysine....g	2.296		0	A	1		1.952	8.404	
Methionine....g	0.650		0	A	1		0.553	2.380	
Cystine....g	0.305		0	A	1		0.259	1.117	
Phenylalanine....g	1.087		0	A	1		0.924	3.979	
Tyrosine....g	0.882		0	A	1		0.750	3.228	
Valine....g	1.375		0	A	1		1.169	5.033	
Arginine....g	1.739		0	A	1		1.478	6.365	
Histidine....g	1.184		0	A	1		1.006	4.333	
Alanine....g	1.601		0	A	1		1.361	5.859	
Aspartic acid....g	2.371		0	A	1		2.015	8.677	
Glutamic acid....g	3.890		0	A	1		3.306	14.237	
Glycine....g	1.419		0	A	1		1.207	5.195	
Proline....g	1.167		0	A	1		0.992	4.270	
Serine....g	1.064		0	A	1		0.904	3.894	
Hydroxyproline....g	0.176		0	A	1		0.150	0.644	
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 = 85g: 1 serving (3 oz)

Measure 2 = 366g: 1 slice

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		59.47	297.36	
Energy....kcal	130		0	NC	4		110	551	
Energy....kJ	543		0	NC	4		461	2306	
Protein....g	24.36	0.389	3	A	1		20.70	103.52	
Total lipid (fat)....g	3.59	0.473	3	A	1		3.05	15.24	
Ash....g	2.79	0.058	3	A	1		2.37	11.86	
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		11	55	
Iron, Fe....mg	1.23	0.020	3	A	1		1.05	5.23	
Magnesium, Mg....mg	23	0.722	3	A	1		20	99	
Phosphorus, P....mg	263	1.667	3	A	1		224	1119	
Potassium, K....mg	370	4.933	3	A	1		315	1573	
Sodium, Na....mg	760	8.293	3	A	1		646	3231	
Zinc, Zn....mg	2.43	0.088	3	A	1		2.07	10.34	
Copper, Cu....mg	0.148	0.014	3	A	1		0.126	0.629	
Manganese, Mn....mg	0.022	0.000	3	A	1		0.019	0.094	
Selenium, Se....µg	22.3	3.355	3	A	1		18.9	94.6	
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		0.418	2.089	
Riboflavin....mg	0.251	0.026	3	A	1		0.214	1.068	
Niacin....mg	6.493	0.713	3	A	1		5.519	27.597	
Pantothenic acid....mg	0.683	0.041	3	A	1		0.581	2.904	
Vitamin B-6....mg	0.482	0.038	3	A	1		0.409	2.047	
Folate, total....µg	1		1	A	1		1	4	
Folic acid....µg	0		1	Z	7		0	0	
Folate, food....µg	1		1	NR	4		1	4	
Folate, DFE....µg	1		0	NC	4		1	4	
Choline, total....mg	93.1		0	AS	1		79.1	395.6	
Betaine....mg	6.1	1.497	3	A	1		5.2	25.8	
Vitamin B-12....µg	0.60	0.128	3	A	1		0.51	2.56	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	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		0.25	1.23	
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		0.03	0.13	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.00		1	A	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.02		1	A	1		0.02	0.08	
Tocotrienol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.3		1	A	1		0.3	1.3	
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	1.6		1	A	1		1.3	6.7	
Lipids:									
Fatty acids, total saturated....g	1.099		0	BFFN	4		0.934	4.672	
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		0.033	0.166	
15:0....g	0.000		0	BFFN	4		0.000	0.000	
16:0....g	0.682		0	BFFN	4		0.580	2.899	
17:0....g	0.010		0	BFFN	4		0.008	0.041	
18:0....g	0.364		0	BFFN	4		0.309	1.547	
20:0....g	0.005		0	BFFN	4		0.004	0.020	
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		1.202	6.012	
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		0.074	0.370	
17:1....g	0.000		0	BFFN	4		0.000	0.000	
18:1 undifferentiated....g	1.309		0	BFFN	4		1.112	5.562	
18:1 c....g	1.294		0	BFFN	4		1.100	5.499	
18:1 t....g	0.015		0	BFFN	4		0.013	0.063	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.019		0	BFFN	4		0.016	0.079	
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		0.480	2.402	
18:2 undifferentiated....g	0.449		0	BFFN	4		0.382	1.909	
18:2 n-6 c,c....g	0.438		0	BFFN	4		0.372	1.860	
18:2 CLAs....g									
18:2 t,t....g	0.012		0	BFFN	4		0.010	0.050	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.026		0	BFFN	4		0.022	0.109	
18:3 n-3 c,c,c (ALA)....g	0.026		0	BFFN	4		0.022	0.109	
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		0.012	0.060	
20:3 undifferentiated....g	0.003		0	BFFN	4		0.002	0.011	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.074		0	BFFN	4		0.063	0.313	
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		0.023	0.113	
Fatty acids, total trans-monoenoic....g	0.015		0	BFFN	4		0.013	0.063	
Fatty acids, total trans-polyenoic....g	0.012		0	BFFN	4		0.010	0.050	

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		55	276	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.229		0	A	1		0.194	0.971	
Threonine....g	1.090		0	A	1		0.926	4.631	
Isoleucine....g	1.100		0	A	1		0.935	4.673	
Leucine....g	1.951		0	A	1		1.659	8.294	
Lysine....g	2.058		0	A	1		1.749	8.746	
Methionine....g	0.583		0	A	1		0.495	2.476	
Cystine....g	0.274		0	A	1		0.232	1.162	
Phenylalanine....g	0.974		0	A	1		0.828	4.141	
Tyrosine....g	0.790		0	A	1		0.672	3.359	
Valine....g	1.232		0	A	1		1.048	5.238	
Arginine....g	1.559		0	A	1		1.325	6.624	
Histidine....g	1.061		0	A	1		0.902	4.509	
Alanine....g	1.435		0	A	1		1.219	6.097	
Aspartic acid....g	2.125		0	A	1		1.806	9.030	
Glutamic acid....g	3.486		0	A	1		2.963	14.816	
Glycine....g	1.272		0	A	1		1.081	5.407	
Proline....g	1.046		0	A	1		0.889	4.443	
Serine....g	0.953		0	A	1		0.810	4.052	
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 = 85g: 1 serving (3 oz)

Measure 2 = 425g: 1 slice

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.440		0		4		0.408	0.821	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
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	
21:5....g									
22:4....g									
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.

NDB No. 10149

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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 27 (2014)

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....µg	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....µg	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	
Tocotrienol, alpha....mg	0.03		0	BFSN	4		0.04	0.01	
Tocotrienol, beta....mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, gamma....mg	0.03		0	BFSN	4		0.04	0.01	
Tocotrienol, 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	

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
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.620		0		1		9.268	1.877	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
21:5....g									
22:4....g									
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									

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
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 = 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.9		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	1.840		0		1		2.576	1.564	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
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									
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	

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
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 = 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.7		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	1.920		0		1		2.688	0.544	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
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									
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	

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
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 = 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 27 (2014)

NDB No. 10165
Pork, cured, salt pork, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	11.00		2		1		3.12	24.97	
Energy....kcal	748		0	NC	4		212	1698	
Energy....kJ	3130		0		4		887	7104	
Protein (N x 6.25)....g	5.05		2		1		1.43	11.46	
Total lipid (fat)....g	80.50		2		1		22.82	182.74	
Ash....g	3.65		2		1		1.03	8.29	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0		1		2	14	
Iron, Fe....mg	0.44		0		1		0.12	1.00	
Magnesium, Mg....mg	7		0		1		2	16	
Phosphorus, P....mg	52		0		1		15	118	
Potassium, K....mg	66		2		1		19	150	
Sodium, Na....mg	2684		0	LC	8		761	6093	
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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	29.380		0		1		8.329	66.693	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
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									
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	

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
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 = 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	22.690		0		1		6.433	19.287	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
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	
21:5....g									
22:4....g									
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.

NDB No. 10167

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

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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	22.520		0		1		6.384	19.142	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
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									
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	

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
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 = 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.7		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	7.670		0		1		10.738	6.520	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
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									
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	

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
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 = 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.9		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	2.360		0		1		3.304	2.006	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
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									
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	

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
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 = 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 27 (2014)

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		47.75	211.24	
Energy....kcal	287		0	NC	4		244	1079	
Energy....kJ	1201				4		1021	4515	
Protein (N x 6.25)....g	17.28	0.435	4		1		14.69	64.97	
Total lipid (fat)....g	23.48	1.223	4		1		19.96	88.28	
Ash....g	2.70	0.147	4		1		2.30	10.15	
Carbohydrate, by difference....g	0.37		0	NC	4		0.31	1.39	
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		6	26	
Iron, Fe....mg	0.89	0.075	4		1		0.76	3.35	
Magnesium, Mg....mg	13	0.854	4		1		11	49	
Phosphorus, P....mg	156	22.754	4		1		133	587	
Potassium, K....mg	194	9.077	4		1		165	729	
Sodium, Na....mg	973	30.346	4		1		827	3658	
Zinc, Zn....mg	2.45	0.119	4		1		2.08	9.21	
Copper, Cu....mg	0.076	0.012	4		1		0.065	0.286	
Manganese, Mn....mg	0.023		2		1		0.020	0.086	
Selenium, Se....µg	28.6		0	BFNN	4		24.3	107.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.2	0.872	6		1		2.7	12.0	
Thiamin....mg	0.460	0.016	4		1		0.391	1.730	
Riboflavin....mg	0.285	0.027	4		1		0.242	1.072	
Niacin....mg	2.377	0.143	4		1		2.020	8.938	
Pantothenic acid....mg	0.770		1		1		0.655	2.895	
Vitamin B-6....mg	0.210	0.006	4		1		0.179	0.790	
Folate, total....µg	3		0		1		3	11	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		0		1		3	11	
Folate, DFE....µg	3		0	NC	4		3	11	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.05	0.182	4		1		0.89	3.95	
Vitamin A, RAE....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	8.380		0		1		7.123	31.509	
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	0.050	0.009	4		1		0.043	0.188	
12:0....g	0.040	0.004	4		1		0.034	0.150	
13:0....g									
14:0....g	0.250	0.034	4		1		0.213	0.940	
15:0....g									
16:0....g	5.120	0.348	4		1		4.352	19.251	
17:0....g									
18:0....g	2.930	0.180	4		1		2.491	11.017	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.030		0		1		9.376	41.473	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.880	0.065	4		1		0.748	3.309	
17:1....g									
18:1 undifferentiated....g	10.150	0.748	4		1		8.628	38.164	
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		2.134	9.438	
18:2 undifferentiated....g	2.150	0.217	4		1		1.828	8.084	
18:3 undifferentiated....g	0.360	0.069	4		1		0.306	1.354	
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	
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									
Cholesterol....mg	67	2.561	4		1		57	252	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.207		0		1		0.176	0.778	
Threonine....g	0.768		0		1		0.653	2.888	
Isoleucine....g	0.757		0		1		0.643	2.846	
Leucine....g	1.371		0		1		1.165	5.155	
Lysine....g	1.465		0		1		1.245	5.508	
Methionine....g	0.456		0		1		0.388	1.715	
Cystine....g	0.260		0		1		0.221	0.978	
Phenylalanine....g	0.746		0		1		0.634	2.805	
Tyrosine....g	0.567		0		1		0.482	2.132	
Valine....g	0.749		0		1		0.637	2.816	
Arginine....g	1.122		0		1		0.954	4.219	
Histidine....g	0.619		0		1		0.526	2.327	
Alanine....g	1.020		0		1		0.867	3.835	
Aspartic acid....g	1.636		0		1		1.391	6.151	
Glutamic acid....g	2.817		0		1		2.394	10.592	
Glycine....g	0.898		0		1		0.763	3.376	
Proline....g	0.738		0		1		0.627	2.775	
Serine....g	0.708		0		1		0.602	2.662	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 376g: 1 piece, cooked (yield from 1 lb unheated product)

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	7.939		0		1		2.251	8.971	
4:0....g									
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									
21:5....g									
22:4....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.

NDB No. 10170

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

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 27 (2014)

NDB No. 10004
Pork, fresh, backfat, raw

Refuse: 11% Skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	7.69	0.131	210		1		2.18	34.88	
Energy....kcal	812		0	NC	4		230	3683	
Energy....kJ	3397		0		4		963	15411	
Protein (N x 6.25)....g	2.92	0.083	98		1		0.83	13.25	
Total lipid (fat)....g	88.69	0.262	96		1		25.14	402.30	
Ash....g	0.70		0		1		0.20	3.18	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	2		0		1		1	9	
Iron, Fe....mg	0.18		0		1		0.05	0.82	
Magnesium, Mg....mg	2		0		1		1	9	
Phosphorus, P....mg	38		0		1		11	172	
Potassium, K....mg	65		0		1		18	295	
Sodium, Na....mg	11		0		1		3	50	
Zinc, Zn....mg	0.37		0		1		0.10	1.68	
Copper, Cu....mg	0.018		0		1		0.005	0.082	
Manganese, Mn....mg	0.002		0		1		0.001	0.009	
Selenium, Se....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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	3.1		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	32.210		0		1		9.132	146.105	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
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									
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	

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
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 27 (2014)

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		46.60		
Energy....kcal	292		0	NC	4		248		
Energy....kJ	1223		0	NC	4		1040		
Protein (N x 6.25)....g	23.01		0	PAK	1		19.56		
Total lipid (fat)....g	21.51		0	PAK	1		18.28		
Ash....g	1.04		0	PAK	1		0.88		
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		39		
Iron, Fe....mg	0.92		0	PAK	1		0.78		
Magnesium, Mg....mg	17		0	PAK	1		14		
Phosphorus, P....mg	165		0	PAK	1		141		
Potassium, K....mg	240		0	PAK	1		204		
Sodium, Na....mg	94		0	PAK	1		80		
Zinc, Zn....mg	3.07		0	PAK	1		2.61		
Copper, Cu....mg	0.107		0	PAK	1		0.091		
Manganese, Mn....mg	0.010		0	PAK	1		0.009		
Selenium, Se....µg	32.2		0	PAK	1		27.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.460		0	PAK	1		0.391		
Riboflavin....mg	0.331		0	PAK	1		0.281		
Niacin....mg	7.636		0	PAK	1		6.491		
Pantothenic acid....mg	1.260		0	PIK	4		1.071		
Vitamin B-6....mg	0.413		0	PIK	4		0.351		
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....µg	0		0	NC	4		0		
Choline, total....mg	78.6		0	PIK	4		66.8		
Betaine....mg	3.1		0	PIK	4		2.6		
Vitamin B-12....µg	0.74		0	PIK	4		0.63		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....µg	6		0	PIK	4		5		
Retinol....µg	6		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	20		0	NC	4		17		
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		0.21		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.2		0	PAK	1		1.0		
Vitamin D....IU	48		0	PIK	4		41		
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. 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
Lipids:									
Fatty acids, total saturated....g	7.800		0	PIK	4		6.630		
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		0.019		
12:0....g	0.018		0	PAK	1		0.015		
13:0....g									
14:0....g	0.281		0	PAK	1		0.238		
15:0....g	0.012		0	PAK	1		0.011		
16:0....g	4.775		0	PAK	1		4.059		
17:0....g	0.075		0	PAK	1		0.064		
18:0....g	2.580		0	PAK	1		2.193		
20:0....g	0.035		0	PAK	1		0.030		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.001		0	PAK	1		0.001		
Fatty acids, total monounsaturated....g	9.290		0	PIK	4		7.896		
14:1....g	0.001		0	PAK	1		0.001		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.447		0	PAK	1		0.380		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	8.695		0	PAK	1		7.391		
18:1 c....g	8.558		0	PAK	1		7.275		
18:1 t....g	0.137		0	PAK	1		0.116		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.147		0	PAK	1		0.125		
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		3.000		
18:2 undifferentiated....g	3.141		0	PAK	1		2.670		
18:2 n-6 c,c....g	3.105		0	PAK	1		2.639		
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.036		0	PAK	1		0.031		
18:3 undifferentiated....g	0.147		0	PAK	1		0.125		
18:3 n-3 c,c,c (ALA)....g	0.131		0	PAK	1		0.111		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g	0.016		0	PAK	1		0.013		
18:4....g	0.000		0	PAK	1		0.000		
20:2 n-6 c,c....g	0.124		0	PAK	1		0.105		
20:3 undifferentiated....g	0.015		0	PAK	1		0.013		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.085		0	PAK	1		0.072		
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		0.013		
22:6 n-3 (DHA)....g	0.001		0	PAK	1		0.001		
Fatty acids, total trans....g	0.188		0	PIK	4		0.160		
Fatty acids, total trans-monoenoic....g	0.137		0	PIK	4		0.116		
Fatty acids, total trans-polyenoic....g	0.052		0	PIK	4		0.044		
Cholesterol....mg	84		0	PAK	1		71		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.274		0	PAK	1		0.233		
Threonine....g	1.012		0	PAK	1		0.860		
Isoleucine....g	1.089		0	PAK	1		0.926		
Leucine....g	1.894		0	PAK	1		1.610		

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
Lysine....g	2.046		0	PAK	1		1.739		
Methionine....g	0.631		0	PAK	1		0.536		
Cystine....g	0.259		0	PAK	1		0.221		
Phenylalanine....g	0.956		0	PAK	1		0.813		
Tyrosine....g	0.912		0	PAK	1		0.775		
Valine....g	1.164		0	PAK	1		0.989		
Arginine....g	1.483		0	PAK	1		1.260		
Histidine....g	0.936		0	PAK	1		0.796		
Alanine....g	1.318		0	PAK	1		1.120		
Aspartic acid....g	2.152		0	PAK	1		1.829		
Glutamic acid....g	3.515		0	PAK	1		2.988		
Glycine....g	1.040		0	PAK	1		0.884		
Proline....g	0.930		0	PAK	1		0.791		
Serine....g	0.961		0	PAK	1		0.817		
Hydroxyproline....g	0.080		0	PAK	1		0.068		
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 = 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 27 (2014)

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		53.95		
Energy....kcal	224		0	PIK	4		190		
Energy....kJ	936		0	PIK	4		796		
Protein (N x 6.25)....g	19.07		0	PAK	1		16.21		
Total lipid (fat)....g	16.33		0	PAK	1		13.88		
Ash....g	1.03		0	PAK	1		0.87		
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		26		
Iron, Fe....mg	0.76		0	PAK	1		0.65		
Magnesium, Mg....mg	16		0	PAK	1		14		
Phosphorus, P....mg	154		0	PAK	1		131		
Potassium, K....mg	247		0	PAK	1		210		
Sodium, Na....mg	87		0	PAK	1		74		
Zinc, Zn....mg	2.54		0	PAK	1		2.16		
Copper, Cu....mg	0.091		0	PAK	1		0.077		
Manganese, Mn....mg	0.008		0	PAK	1		0.007		
Selenium, Se....µg	30.7		0	PAK	1		26.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.457		0	PAK	1		0.388		
Riboflavin....mg	0.305		0	PAK	1		0.259		
Niacin....mg	6.776		0	PAK	1		5.760		
Pantothenic acid....mg	0.818		0	PAK	1		0.695		
Vitamin B-6....mg	0.422		0	PAK	1		0.359		
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....µg	0		0	NC	4		0		
Choline, total....mg	65.5		0	PIK	4		55.7		
Betaine....mg	2.5		0	PIK	4		2.2		
Vitamin B-12....µg	0.56		0	PAK	1		0.48		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....µg	7		0	PIK	4		6		
Retinol....µg	7		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	22		0	PIK	4		19		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.24		0	PIK	4		0.20		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.1		0	PAK	1		0.9		
Vitamin D....IU	42		0	PIK	4		36		
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. 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
Lipids:									
Fatty acids, total saturated....g	5.783		0	PIK	4		4.916		
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		0.013		
12:0....g	0.014		0	PAK	1		0.012		
13:0....g									
14:0....g	0.210		0	PAK	1		0.179		
15:0....g	0.009		0	PAK	1		0.008		
16:0....g	3.549		0	PAK	1		3.017		
17:0....g	0.055		0	PAK	1		0.047		
18:0....g	1.903		0	PAK	1		1.617		
20:0....g	0.026		0	PAK	1		0.022		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.001		0	PAK	1		0.001		
Fatty acids, total monounsaturated....g	6.861		0	PIK	4		5.832		
14:1....g	0.002		0	PAK	1		0.001		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.342		0	PAK	1		0.291		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	6.410		0	PAK	1		5.449		
18:1 c....g	6.309		0	PAK	1		5.363		
18:1 t....g	0.101		0	PAK	1		0.086		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.107		0	PAK	1		0.091		
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		2.274		
18:2 undifferentiated....g	2.368		0	PAK	1		2.012		
18:2 n-6 c,c....g	2.341		0	PAK	1		1.990		
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.027		0	PAK	1		0.023		
18:3 undifferentiated....g	0.110		0	PAK	1		0.094		
18:3 n-3 c,c,c (ALA)....g	0.098		0	PAK	1		0.084		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g	0.012		0	PAK	1		0.010		
18:4....g	0.000		0	PAK	1		0.000		
20:2 n-6 c,c....g	0.092		0	PAK	1		0.078		
20:3 undifferentiated....g	0.011		0	PAK	1		0.009		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.080		0	PAK	1		0.068		
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		0.011		
22:6 n-3 (DHA)....g	0.002		0	PAK	1		0.001		
Fatty acids, total trans....g	0.141		0	PIK	4		0.119		
Fatty acids, total trans-monoenoic....g	0.101		0	PIK	4		0.086		
Fatty acids, total trans-polyenoic....g	0.039		0	PIK	4		0.033		
Cholesterol....mg	69		0	PAK	1		58		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.221		0	PAK	1		0.188		
Threonine....g	0.818		0	PAK	1		0.695		
Isoleucine....g	0.880		0	PAK	1		0.748		
Leucine....g	1.530		0	PAK	1		1.301		

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
Lysine....g	1.654		0	PAK	1		1.406		
Methionine....g	0.510		0	PAK	1		0.433		
Cystine....g	0.210		0	PAK	1		0.178		
Phenylalanine....g	0.773		0	PAK	1		0.657		
Tyrosine....g	0.737		0	PAK	1		0.626		
Valine....g	0.940		0	PAK	1		0.799		
Arginine....g	1.198		0	PAK	1		1.018		
Histidine....g	0.756		0	PAK	1		0.643		
Alanine....g	1.065		0	PAK	1		0.905		
Aspartic acid....g	1.739		0	PAK	1		1.478		
Glutamic acid....g	2.840		0	PAK	1		2.414		
Glycine....g	0.840		0	PAK	1		0.714		
Proline....g	0.752		0	PAK	1		0.639		
Serine....g	0.776		0	PAK	1		0.660		
Hydroxyproline....g	0.065		0	PAK	1		0.055		
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 = 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 27 (2014)

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....µg	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....µg	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	
Tocotrienol, alpha....mg	0.02		0	BFSN	4		0.01	0.11	
Tocotrienol, beta....mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, gamma....mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, 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	

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
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	19.330		0		1		5.480	87.681	
4:0....g	0.000		0		1		0.000	0.000	
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	
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									
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 27 (2014)

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						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.14		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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.7		0	PAK	1		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									

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
Lipids:									
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 t....g	0.028		0	PAK	1		0.037		
18:1-11 t (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 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-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		
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		

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
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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	12.440		0		1		3.527	56.428	
4:0....g	0.000		0	Z	7		0.000	0.000	
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									
21:5....g									
22:4....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	

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
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 27 (2014)

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....µg	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....µg	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	
Tocotrienol, alpha....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, 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	

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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.918		0	PIK	4		1.394	22.306	
4:0....g	0.000		0	PIK	4		0.000	0.000	
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 t....g	0.036		0	PIK	4		0.010	0.163	
18:1-11 t (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 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-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans....g	0.034		0	PIK	4		0.010	0.153	
Fatty acids, total trans-monoenoic....g	0.022		0	PIK	4		0.006	0.101	
Fatty acids, total trans-polyenoic....g	0.011		0	PIK	4		0.003	0.050	
Cholesterol....mg	69		0	PIK	4		20	314	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.205		0	PAK	1		0.058	0.930	
Threonine....g	0.816		0	PAK	1		0.231	3.701	
Isoleucine....g	0.863		0	PAK	1		0.245	3.914	
Leucine....g	1.498		0	PAK	1		0.425	6.797	

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
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 27 (2014)

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		53.15	144.44	
Energy....kcal	201		0	PIK	4		171	463	
Energy....kJ	839		0	PIK	4		713	1939	
Protein (N x 6.25)....g	27.51		0	PAK	1		23.39	63.55	
Total lipid (fat)....g	9.21		0	PAK	1		7.83	21.29	
Ash....g	1.11		0	PAK	1		0.94	2.57	
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		15	42	
Iron, Fe....mg	1.00		0	PAK	1		0.85	2.32	
Magnesium, Mg....mg	25		0	PAK	1		21	58	
Phosphorus, P....mg	231		0	PAK	1		196	534	
Potassium, K....mg	357		0	PAK	1		303	824	
Sodium, Na....mg	55		0	PAK	1		47	127	
Zinc, Zn....mg	2.90		0	PAK	1		2.47	6.71	
Copper, Cu....mg	0.078		0	PAK	1		0.067	0.181	
Manganese, Mn....mg	0.012		0	PAK	1		0.010	0.027	
Selenium, Se....µg	44.2		0	PIK	4		37.6	102.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	PIK	4		0.1	0.4	
Thiamin....mg	0.672		0	PAK	1		0.571	1.552	
Riboflavin....mg	0.311		0	PAK	1		0.264	0.718	
Niacin....mg	6.503		0	PAK	1		5.527	15.022	
Pantothenic acid....mg	0.725		0	PIK	4		0.616	1.674	
Vitamin B-6....mg	0.577		0	PIK	4		0.491	1.334	
Folate, total....µg	3		0	PIK	4		3	7	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	3		0	PIK	4		3	7	
Folate, DFE....µg	3		0	NC	4		3	7	
Choline, total....mg	65.2		0	PIK	4		55.4	150.7	
Betaine....mg	2.5		0	PIK	4		2.2	5.9	
Vitamin B-12....µg	0.68		0	PIK	4		0.57	1.56	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	1		0	PIK	4		0	1	
Retinol....µg	1		0	PIK	4		0	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		3	9	
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		0.10	0.26	
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	
Tocotrienol, alpha....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00		0	PAK	1		0.00	0.01	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.8		0	PAK	1		0.7	1.8	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.8		0	PIK	4		0.7	1.8	
Vitamin D....IU	31		0	PIK	4		26	71	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	

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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.092		0	PIK	4		2.628	7.142	
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		0.005	0.014	
12:0....g	0.004		0	PAK	1		0.003	0.009	
13:0....g									
14:0....g	0.107		0	PAK	1		0.091	0.247	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	1.919		0	PAK	1		1.631	4.434	
17:0....g	0.010		0	PAK	1		0.008	0.023	
18:0....g	1.000		0	PAK	1		0.850	2.309	
20:0....g	0.005		0	PAK	1		0.004	0.012	
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		3.321	9.026	
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		0.212	0.576	
17:1....g	0.001		0	PAK	1		0.001	0.003	
18:1 undifferentiated....g	3.561		0	PAK	1		3.027	8.227	
18:1 c....g	1.439		0	PAK	1		1.223	3.323	
18:1 t....g	0.021		0	PAK	1		0.018	0.049	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.072		0	PAK	1		0.061	0.167	
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		0.733	1.992	
18:2 undifferentiated....g	0.738		0	PAK	1		0.628	1.705	
18:2 n-6 c,c....g	0.356		0	PAK	1		0.302	0.822	
18:2 CLAs....g									
18:2 t,t....g	0.011		0	PAK	1		0.009	0.025	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.026		0	PAK	1		0.022	0.061	
18:3 n-3 c,c,c (ALA)....g	0.015		0	PAK	1		0.012	0.034	
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		0.011	0.030	
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.001	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.064		0	PAK	1		0.054	0.148	
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		0.027	0.074	
Fatty acids, total trans-monoenoic....g	0.021		0	PIK	4		0.018	0.049	
Fatty acids, total trans-polyenoic....g	0.011		0	PIK	4		0.009	0.025	
Cholesterol....mg	84		0	PAK	1		71	194	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.319		0	PAK	1		0.271	0.736	
Threonine....g	1.246		0	PAK	1		1.059	2.877	
Isoleucine....g	1.322		0	PAK	1		1.124	3.054	
Leucine....g	2.278		0	PAK	1		1.936	5.261	

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
Lysine....g	2.514		0	PAK	1		2.137	5.807	
Methionine....g	0.743		0	PAK	1		0.632	1.717	
Cystine....g	0.334		0	PAK	1		0.284	0.771	
Phenylalanine....g	1.128		0	PAK	1		0.959	2.606	
Tyrosine....g	1.004		0	PAK	1		0.854	2.320	
Valine....g	1.464		0	PAK	1		1.245	3.383	
Arginine....g	1.772		0	PAK	1		1.506	4.094	
Histidine....g	1.145		0	PAK	1		0.973	2.645	
Alanine....g	1.609		0	PAK	1		1.368	3.717	
Aspartic acid....g	2.624		0	PAK	1		2.230	6.060	
Glutamic acid....g	4.351		0	PAK	1		3.698	10.050	
Glycine....g	1.272		0	PAK	1		1.081	2.938	
Proline....g	1.109		0	PAK	1		0.943	2.562	
Serine....g	1.164		0	PAK	1		0.989	2.688	
Hydroxyproline....g	0.036		0	PAK	1		0.031	0.084	
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 = 231g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with 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 27 (2014)

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	73.17		0	PAK	1		20.74	331.91	
Energy....kcal	134		0	PIK	4		38	609	
Energy....kJ	562		0	PIK	4		159	2550	
Protein (N x 6.25)....g	21.20		0	PAK	1		6.01	96.17	
Total lipid (fat)....g	4.86		0	PAK	1		1.38	22.03	
Ash....g	1.00		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	3.70	
Magnesium, Mg....mg	24		0	PAK	1		7	110	
Phosphorus, P....mg	216		0	PAK	1		61	980	
Potassium, K....mg	363		0	PAK	1		103	1649	
Sodium, Na....mg	59		0	PAK	1		17	267	
Zinc, Zn....mg	2.21		0	PAK	1		0.63	10.01	
Copper, Cu....mg	0.075		0	PAK	1		0.021	0.341	
Manganese, Mn....mg	0.011		0	PAK	1		0.003	0.052	
Selenium, Se....µg	33.5		0	PIK	4		9.5	152.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	PIK	4		0.1	1.1	
Thiamin....mg	0.642		0	PIK	4		0.182	2.913	
Riboflavin....mg	0.254		0	PIK	4		0.072	1.152	
Niacin....mg	5.573		0	PIK	4		1.580	25.279	
Pantothenic acid....mg	0.936		0	PIK	4		0.265	4.244	
Vitamin B-6....mg	0.644		0	PIK	4		0.183	2.920	
Folate, total....µg	2		0	PIK	4		1	9	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	2		0	PIK	4		1	9	
Folate, DFE....µg	2		0	NC	4		1	9	
Choline, total....mg	49.9		0	PIK	4		14.2	226.4	
Betaine....mg	2.5		0	PIK	4		0.7	11.2	
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....µg	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	0.17		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	
Tocotrienol, alpha....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, 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	86	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	

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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.625		0	PIK	4		0.461	7.373	
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		0.017	0.265	
15:0....g	0.000		0	PIK	4		0.000	0.001	
16:0....g	1.027		0	PIK	4		0.291	4.657	
17:0....g	0.008		0	PIK	4		0.002	0.034	
18:0....g	0.525		0	PIK	4		0.149	2.379	
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	2.063		0	PIK	4		0.585	9.357	
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	0.127		0	PIK	4		0.036	0.578	
17:1....g	0.001		0	PIK	4		0.000	0.004	
18:1 undifferentiated....g	1.904		0	PIK	4		0.540	8.636	
20:1....g	0.031		0	PIK	4		0.009	0.139	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.519		0	PIK	4		0.147	2.356	
18:2 undifferentiated....g	0.440		0	PIK	4		0.125	1.995	
18:3 undifferentiated....g	0.020		0	PIK	4		0.006	0.089	
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	
20:4 undifferentiated....g	0.049		0	PIK	4		0.014	0.224	
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	0.024		0	PIK	4		0.007	0.107	
Cholesterol....mg	64		0	PIK	4		18	290	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.238		0	PAK	1		0.067	1.078	
Threonine....g	0.957		0	PAK	1		0.271	4.341	
Isoleucine....g	1.027		0	PAK	1		0.291	4.660	
Leucine....g	1.773		0	PAK	1		0.503	8.043	
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	1.147	
Phenylalanine....g	0.877		0	PAK	1		0.249	3.979	
Tyrosine....g	0.785		0	PAK	1		0.223	3.563	
Valine....g	1.121		0	PAK	1		0.318	5.086	
Arginine....g	1.382		0	PAK	1		0.392	6.267	
Histidine....g	0.894		0	PAK	1		0.253	4.056	
Alanine....g	1.242		0	PAK	1		0.352	5.632	
Aspartic acid....g	2.040		0	PAK	1		0.578	9.254	
Glutamic acid....g	3.364		0	PAK	1		0.954	15.260	
Glycine....g	0.971		0	PAK	1		0.275	4.407	
Proline....g	0.855		0	PAK	1		0.243	3.880	
Serine....g	0.904		0	PAK	1		0.256	4.100	
Hydroxyproline....g	0.037		0	PIK	4		0.011	0.169	

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
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 27 (2014)

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		49.75	144.58	
Energy....kcal	238		0	PIK	4		202	587	
Energy....kJ	995		0	PIK	4		846	2458	
Protein (N x 6.25)....g	26.36		0	PAK	1		22.41	65.11	
Total lipid (fat)....g	13.89		0	PAK	1		11.80	34.30	
Ash....g	1.02		0	PAK	1		0.87	2.53	
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		17	48	
Iron, Fe....mg	1.11		0	PAK	1		0.94	2.73	
Magnesium, Mg....mg	24		0	PAK	1		20	59	
Phosphorus, P....mg	221		0	PAK	1		188	546	
Potassium, K....mg	341		0	PAK	1		290	842	
Sodium, Na....mg	57		0	PAK	1		49	142	
Zinc, Zn....mg	3.06		0	PAK	1		2.60	7.56	
Copper, Cu....mg	0.090		0	PAK	1		0.076	0.222	
Manganese, Mn....mg	0.010		0	PAK	1		0.009	0.025	
Selenium, Se....µg	42.0		0	PIK	4		35.7	103.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	PIK	4		0.1	0.3	
Thiamin....mg	0.611		0	PAK	1		0.520	1.510	
Riboflavin....mg	0.290		0	PAK	1		0.247	0.718	
Niacin....mg	6.047		0	PAK	1		5.140	14.936	
Pantothenic acid....mg	0.844		0	PIK	4		0.717	2.084	
Vitamin B-6....mg	0.542		0	PIK	4		0.461	1.339	
Folate, total....µg	2		0	PIK	4		2	5	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	2		0	PIK	4		2	5	
Folate, DFE....µg	2		0	NC	4		2	5	
Choline, total....mg	80.1		0	PIK	4		68.1	197.8	
Betaine....mg	3.0		0	PIK	4		2.5	7.3	
Vitamin B-12....µg	0.70		0	PIK	4		0.60	1.73	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	2		0	PIK	4		2	4	
Retinol....µg	2		0	PIK	4		2	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	7		0	PAK	1		6	17	
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		0.11	0.33	
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		0.00	0.00	
Tocotrienol, alpha....mg	0.00		0	PAK	1		0.00	0.01	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma....mg	0.01		0	PAK	1		0.01	0.02	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.9		0	PAK	1		0.8	2.3	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.9		0	PIK	4		0.8	2.3	
Vitamin D....IU	38		0	PIK	4		32	93	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	

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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.893		0	PIK	4		4.159	12.085	
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		0.009	0.025	
12:0....g	0.008		0	PAK	1		0.007	0.020	
13:0....g									
14:0....g	0.170		0	PAK	1		0.144	0.419	
15:0....g	0.002		0	PAK	1		0.002	0.005	
16:0....g	3.009		0	PAK	1		2.558	7.433	
17:0....g	0.027		0	PAK	1		0.023	0.066	
18:0....g	1.615		0	PAK	1		1.373	3.989	
20:0....g	0.014		0	PAK	1		0.012	0.035	
22:0....g	0.000		0	PAK	1		0.000	0.001	
24:0....g									
Fatty acids, total monounsaturated....g	5.976		0	PIK	4		5.080	14.761	
14:1....g	0.001		0	PAK	1		0.001	0.002	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.343		0	PAK	1		0.292	0.848	
17:1....g	0.006		0	PAK	1		0.005	0.015	
18:1 undifferentiated....g	5.507		0	PAK	1		4.681	13.602	
18:1 c....g	3.466		0	PAK	1		2.946	8.561	
18:1 t....g	0.053		0	PAK	1		0.045	0.130	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.100		0	PAK	1		0.085	0.247	
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		1.291	3.751	
18:2 undifferentiated....g	1.325		0	PAK	1		1.127	3.274	
18:2 n-6 c,c....g	0.907		0	PAK	1		0.771	2.241	
18:2 CLAs....g									
18:2 t,t....g	0.028		0	PAK	1		0.024	0.069	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.054		0	PAK	1		0.046	0.134	
18:3 n-3 c,c,c (ALA)....g	0.040		0	PAK	1		0.034	0.099	
18:3 n-6 c,c,c....g	0.001		0	PAK	1		0.001	0.002	
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.035		0	PAK	1		0.030	0.088	
20:3 undifferentiated....g	0.004		0	PAK	1		0.004	0.011	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.079		0	PAK	1		0.067	0.195	
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		0.068	0.199	
Fatty acids, total trans-monoenoic....g	0.053		0	PIK	4		0.045	0.130	
Fatty acids, total trans-polyenoic....g	0.028		0	PIK	4		0.024	0.069	
Cholesterol....mg	88		0	PAK	1		74	216	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.293		0	PAK	1		0.249	0.724	
Threonine....g	1.186		0	PAK	1		1.008	2.929	
Isoleucine....g	1.271		0	PAK	1		1.080	3.140	
Leucine....g	2.199		0	PAK	1		1.869	5.432	

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
Lysine....g	2.418		0	PAK	1		2.055	5.972	
Methionine....g	0.713		0	PAK	1		0.606	1.762	
Cystine....g	0.313		0	PAK	1		0.266	0.773	
Phenylalanine....g	1.089		0	PAK	1		0.926	2.689	
Tyrosine....g	0.971		0	PAK	1		0.825	2.398	
Valine....g	1.392		0	PAK	1		1.183	3.437	
Arginine....g	1.725		0	PAK	1		1.466	4.260	
Histidine....g	1.103		0	PAK	1		0.938	2.726	
Alanine....g	1.547		0	PAK	1		1.315	3.821	
Aspartic acid....g	2.529		0	PAK	1		2.150	6.247	
Glutamic acid....g	4.163		0	PAK	1		3.539	10.283	
Glycine....g	1.242		0	PAK	1		1.056	3.069	
Proline....g	1.082		0	PAK	1		0.920	2.673	
Serine....g	1.123		0	PAK	1		0.955	2.775	
Hydroxyproline....g	0.046		0	PAK	1		0.039	0.114	
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 = 247g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	5.280		0		1		1.497	23.950	
4:0....g									
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									
21:5....g									
22:4....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.

NDB No. 10187

Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), 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 27 (2014)

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		50.52	155.12	
Energy....kcal	235		0	PIK	4		199	612	
Energy....kJ	981		0	PIK	4		834	2561	
Protein (N x 6.25)....g	26.07		0	PAK	1		22.16	68.04	
Total lipid (fat)....g	13.66		0	PAK	1		11.61	35.65	
Ash....g	1.07		0	PAK	1		0.91	2.78	
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		17	52	
Iron, Fe....mg	0.93		0	PAK	1		0.79	2.43	
Magnesium, Mg....mg	24		0	PAK	1		21	63	
Phosphorus, P....mg	222		0	PAK	1		189	579	
Potassium, K....mg	345		0	PAK	1		293	899	
Sodium, Na....mg	55		0	PAK	1		47	143	
Zinc, Zn....mg	2.56		0	PAK	1		2.18	6.69	
Copper, Cu....mg	0.070		0	PAK	1		0.059	0.182	
Manganese, Mn....mg	0.006		0	PAK	1		0.006	0.017	
Selenium, Se....µg	41.8		0	PAK	1		35.5	109.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	PIK	4		0.1	0.4	
Thiamin....mg	0.679		0	PAK	1		0.577	1.773	
Riboflavin....mg	0.293		0	PAK	1		0.249	0.764	
Niacin....mg	6.368		0	PAK	1		5.413	16.621	
Pantothenic acid....mg	0.727		0	PIK	4		0.618	1.898	
Vitamin B-6....mg	0.561		0	PIK	4		0.477	1.465	
Folate, total....µg	2		0	PIK	4		2	6	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	2		0	PIK	4		2	6	
Folate, DFE....µg	2		0	NC	4		2	6	
Choline, total....mg	63.4		0	PIK	4		53.9	165.6	
Betaine....mg	2.5		0	PIK	4		2.1	6.5	
Vitamin B-12....µg	0.68		0	PIK	4		0.58	1.78	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	2		0	PIK	4		1	4	
Retinol....µg	2		0	PIK	4		1	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	7		0	PAK	1		6	19	
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		0.10	0.31	
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	0.01	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha....mg	0.00		0	PAK	1		0.00	0.01	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma....mg	0.01		0	PAK	1		0.01	0.02	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.9		0	PAK	1		0.8	2.5	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.9		0	PIK	4		0.8	2.5	
Vitamin D....IU	38		0	PIK	4		32	98	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	

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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.703		0	PIK	4		3.998	12.276	
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		0.008	0.025	
12:0....g	0.008		0	PAK	1		0.007	0.020	
13:0....g									
14:0....g	0.165		0	PAK	1		0.140	0.431	
15:0....g	0.001		0	PAK	1		0.001	0.004	
16:0....g	2.893		0	PAK	1		2.459	7.550	
17:0....g	0.019		0	PAK	1		0.016	0.049	
18:0....g	1.543		0	PAK	1		1.312	4.027	
20:0....g	0.009		0	PAK	1		0.008	0.025	
22:0....g	0.000		0	PAK	1		0.000	0.001	
24:0....g									
Fatty acids, total monounsaturated....g	5.758		0	PIK	4		4.895	15.029	
14:1....g	0.001		0	PAK	1		0.000	0.001	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.354		0	PAK	1		0.301	0.924	
17:1....g	0.005		0	PAK	1		0.004	0.013	
18:1 undifferentiated....g	5.259		0	PAK	1		4.471	13.727	
18:1 c....g	2.344		0	PAK	1		1.992	6.117	
18:1 t....g	0.039		0	PAK	1		0.033	0.101	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.105		0	PAK	1		0.089	0.273	
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		1.162	3.568	
18:2 undifferentiated....g	1.188		0	PAK	1		1.010	3.101	
18:2 n-6 c,c....g	0.648		0	PAK	1		0.551	1.692	
18:2 CLAs....g									
18:2 t,t....g	0.019		0	PAK	1		0.016	0.050	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.048		0	PAK	1		0.040	0.124	
18:3 n-3 c,c,c (ALA)....g	0.029		0	PAK	1		0.025	0.075	
18:3 n-6 c,c,c....g	0.001		0	PAK	1		0.001	0.002	
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.025		0	PAK	1		0.021	0.064	
20:3 undifferentiated....g	0.002		0	PAK	1		0.002	0.006	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.074		0	PAK	1		0.063	0.193	
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		0.049	0.151	
Fatty acids, total trans-monoenoic....g	0.039		0	PIK	4		0.033	0.101	
Fatty acids, total trans-polyenoic....g	0.019		0	PIK	4		0.016	0.050	
Cholesterol....mg	83		0	PAK	1		71	218	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.299		0	PAK	1		0.254	0.781	
Threonine....g	1.179		0	PAK	1		1.002	3.078	
Isoleucine....g	1.256		0	PAK	1		1.067	3.277	
Leucine....g	2.164		0	PAK	1		1.840	5.649	

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
Lysine.....g	2.386		0	PAK	1		2.028	6.226	
Methionine.....g	0.706		0	PAK	1		0.600	1.842	
Cystine.....g	0.315		0	PAK	1		0.267	0.821	
Phenylalanine.....g	1.072		0	PAK	1		0.911	2.797	
Tyrosine.....g	0.955		0	PAK	1		0.812	2.493	
Valine.....g	1.385		0	PAK	1		1.177	3.615	
Arginine.....g	1.685		0	PAK	1		1.432	4.397	
Histidine.....g	1.089		0	PAK	1		0.926	2.842	
Alanine.....g	1.525		0	PAK	1		1.296	3.980	
Aspartic acid.....g	2.492		0	PAK	1		2.118	6.505	
Glutamic acid.....g	4.126		0	PAK	1		3.507	10.770	
Glycine.....g	1.202		0	PAK	1		1.022	3.138	
Proline.....g	1.051		0	PAK	1		0.893	2.743	
Serine.....g	1.105		0	PAK	1		0.939	2.885	
Hydroxyproline.....g	0.038		0	PAK	1		0.032	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 = 85g: 3 oz

Measure 2 = 261g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with 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 27 (2014)

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....µg	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....µg	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	
Tocotrienol, alpha....mg	0.00		0	PAK	1		0.00	0.01	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00		0	PAK	1		0.00	0.01	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
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	

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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.106		0	PIK	4		0.881	14.091	
4:0....g	0.000		0	PIK	4		0.000	0.000	
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 t....g	0.049		0	PIK	4		0.014	0.223	
18:1-11 t (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 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-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans....g	0.065		0	PIK	4		0.018	0.296	
Fatty acids, total trans-monoenoic....g	0.043		0	PIK	4		0.012	0.197	
Fatty acids, total trans-polyenoic....g	0.020		0	PIK	4		0.006	0.092	
Cholesterol....mg	65		0	PIK	4		19	296	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.220		0	PAK	1		0.062	0.998	
Threonine....g	0.903		0	PAK	1		0.256	4.097	
Isoleucine....g	0.975		0	PAK	1		0.276	4.424	
Leucine....g	1.687		0	PAK	1		0.478	7.650	

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
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 27 (2014)

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		51.26	142.31	
Energy....kcal	211		0	NC	4		179	498	
Energy....kJ	883				4		750	2083	
Protein (N x 6.25)....g	29.47		0		1		25.05	69.55	
Total lipid (fat)....g	9.44		0		1		8.02	22.28	
Ash....g	1.19		0		1		1.01	2.81	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0		1		19	52	
Iron, Fe....mg	1.07		0		1		0.91	2.53	
Magnesium, Mg....mg	26		0		1		22	61	
Phosphorus, P....mg	234		0		1		199	552	
Potassium, K....mg	377		0		1		320	890	
Sodium, Na....mg	57		0		1		48	135	
Zinc, Zn....mg	2.87		0		1		2.44	6.77	
Copper, Cu....mg	0.053		0		1		0.045	0.125	
Manganese, Mn....mg	0.015		0		1		0.013	0.035	
Selenium, Se....µg	45.4		0	PAE	4		38.6	107.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0		1		0.3	0.9	
Thiamin....mg	0.873		0		1		0.742	2.060	
Riboflavin....mg	0.344		0		1		0.292	0.812	
Niacin....mg	5.251		0		1		4.463	12.392	
Pantothenic acid....mg	0.692		0		1		0.588	1.633	
Vitamin B-6....mg	0.435		0		1		0.370	1.027	
Folate, total....µg	6		0		1		5	14	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	6		0		1		5	14	
Folate, DFE....µg	6		0	NC	4		5	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.75		0		1		0.64	1.77	
Vitamin A, RAE....µg	2		0		1		2	5	
Retinol....µg	2		0		1		2	5	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	7		0		1		6	17	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	3.340		0		1		2.839	7.882	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.010		0		1		0.009	0.024	
12:0....g	0.010		0		1		0.009	0.024	
13:0....g									
14:0....g	0.120		0		1		0.102	0.283	
15:0....g									
16:0....g	2.070		0		1		1.760	4.885	
17:0....g									
18:0....g	1.070		0		1		0.910	2.525	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.220		0		1		3.587	9.959	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.310		0		1		0.264	0.732	
17:1....g									
18:1 undifferentiated....g	3.780		0		1		3.213	8.921	
20:1....g	0.090		0		1		0.077	0.212	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.710		0		1		0.604	1.676	
18:2 undifferentiated....g	0.610		0		1		0.519	1.440	
18:3 undifferentiated....g	0.020		0		1		0.017	0.047	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		0		1		0.043	0.118	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	85		0		1		72	201	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.374		0		1		0.318	0.883	
Threonine....g	1.346		0		1		1.144	3.177	
Isoleucine....g	1.380		0		1		1.173	3.257	
Leucine....g	2.364		0		1		2.009	5.579	
Lysine....g	2.650		0		1		2.253	6.254	
Methionine....g	0.780		0		1		0.663	1.841	
Cystine....g	0.376		0		1		0.320	0.887	
Phenylalanine....g	1.176		0		1		1.000	2.775	
Tyrosine....g	1.027		0		1		0.873	2.424	
Valine....g	1.599		0		1		1.359	3.774	
Arginine....g	1.832		0		1		1.557	4.324	
Histidine....g	1.177		0		1		1.000	2.778	
Alanine....g	1.717		0		1		1.459	4.052	
Aspartic acid....g	2.733		0		1		2.323	6.450	
Glutamic acid....g	4.613		0		1		3.921	10.887	
Glycine....g	1.399		0		1		1.189	3.302	
Proline....g	1.184		0		1		1.006	2.794	
Serine....g	1.217		0		1		1.034	2.872	
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.

NDB No. 10229

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 236g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.030		0		1		0.576	9.208	
4:0....g									
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									
21:5....g									
22:4....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.

NDB No. 10228

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 ... µg	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 ... µg	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									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	1.5		0	AS	1		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									

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
Lipids:									
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 t....g	0.445		0	BFFN	4		0.379		
18:1-11 t (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 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-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		
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		

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
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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....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									

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
Lipids:									
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 t....g	0.387		0	BFFN	4		0.110	1.752	
18:1-11 t (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 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-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	
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	

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
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 27 (2014)

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		61.75	369.03	
Energy....kcal	121		0	PIK	4		102	612	
Energy....kJ	504		0	PIK	4		429	2561	
Protein....g	21.50		0	PAK	1		18.27	109.21	
Total lipid (fat)....g	3.70		0	PAK	1		3.14	18.78	
Ash....g	1.85		0	PAK	1		1.57	9.41	
Carbohydrate, by difference....g	0.31		0	PIK	4		0.26	1.57	
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	5		0	PAK	1		5	27	
Iron, Fe....mg	0.97		0	PAK	1		0.83	4.95	
Magnesium, Mg....mg	25		0	PAK	1		21	127	
Phosphorus, P....mg	315		0	PAK	1		267	1598	
Potassium, K....mg	563		0	PAK	1		479	2862	
Sodium, Na....mg	230		0	PAK	1		195	1168	
Zinc, Zn....mg	1.99		0	PAK	1		1.69	10.11	
Copper, Cu....mg	0.105		0	PAK	1		0.090	0.536	
Manganese, Mn....mg	0.012		0	PAK	1		0.010	0.059	
Selenium, Se....µg	45.4		0	PAK	1		38.6	230.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.784		0	PAK	1		0.667	3.984	
Riboflavin....mg	0.358		0	PAK	1		0.304	1.819	
Niacin....mg	7.360		0	PAK	1		6.256	37.386	
Pantothenic acid....mg	0.833		0	PIK	4		0.708	4.232	
Vitamin B-6....mg	0.607		0	PIK	4		0.516	3.083	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	73.2		0	PIK	4		62.2	371.8	
Betaine....mg	3.6		0	PIK	4		3.0	18.0	
Vitamin B-12....µg	0.48		0	PIK	4		0.41	2.44	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	0		0	PAK	1		0	0	
Retinol....µg	0		0	PIK	4		0	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	0		0	PAK	1		0	0	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.07		0	PIK	4		0.06	0.37	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	PAK	1		0.2	1.2	
Vitamin D....IU	9		0	PIK	4		8	48	
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									

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
Lipids:									
Fatty acids, total saturated....g	1.270		0	PIK	4		1.079	6.450	
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	0.002	
12:0....g	0.000		0	PIK	4		0.000	0.002	
13:0....g									
14:0....g	0.042		0	PIK	4		0.036	0.214	
15:0....g	0.000		0	PIK	4		0.000	0.002	
16:0....g	0.777		0	PIK	4		0.661	3.948	
17:0....g	0.012		0	PIK	4		0.010	0.062	
18:0....g	0.435		0	PIK	4		0.370	2.209	
20:0....g									
22:0....g	0.000		0	PIK	4		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	1.424		0	PIK	4		1.211	7.236	
14:1....g	0.000		0	PIK	4		0.000	0.001	
15:1....g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated....g	0.082		0	PIK	4		0.070	0.418	
17:1....g	0.001		0	PIK	4		0.001	0.004	
18:1 undifferentiated....g	1.320		0	PIK	4		1.122	6.705	
18:1 c....g	1.297		0	PIK	4		1.102	6.588	
18:1 t....g	0.023		0	PIK	4		0.020	0.117	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.021		0	PIK	4		0.018	0.109	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.531		0	PIK	4		0.451	2.698	
18:2 undifferentiated....g	0.449		0	PIK	4		0.382	2.283	
18:2 n-6 c,c....g	0.437		0	PIK	4		0.371	2.218	
18:2 CLAs....g									
18:2 t,t....g	0.013		0	PIK	4		0.011	0.065	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.015		0	PIK	4		0.013	0.078	
18:3 n-3 c,c,c (ALA)....g	0.015		0	PIK	4		0.013	0.077	
18:3 n-6 c,c,c....g	0.000		0	PIK	4		0.000	0.001	
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.014		0	PIK	4		0.012	0.072	
20:3 undifferentiated....g	0.000		0	PIK	4		0.000	0.002	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.052		0	PIK	4		0.044	0.263	
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	0.036		0	PIK	4		0.030	0.181	
Fatty acids, total trans-monoenoic....g	0.023		0	PIK	4		0.020	0.117	
Fatty acids, total trans-polyenoic....g	0.013		0	PIK	4		0.011	0.065	
Cholesterol....mg	57		0	PAK	1		48	290	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.226		0	PAK	1		0.192	1.150	
Threonine....g	0.965		0	PAK	1		0.820	4.903	
Isoleucine....g	1.058		0	PAK	1		0.899	5.374	
Leucine....g	1.831		0	PAK	1		1.557	9.304	
Lysine....g	1.994		0	PAK	1		1.695	10.129	
Methionine....g	0.592		0	PAK	1		0.503	3.008	

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
Cystine....g	0.248		0	PAK	1		0.211	1.260	
Phenylalanine....g	0.904		0	PAK	1		0.768	4.591	
Tyrosine....g	0.818		0	PAK	1		0.695	4.156	
Valine....g	1.123		0	PAK	1		0.955	5.707	
Arginine....g	1.431		0	PAK	1		1.216	7.267	
Histidine....g	0.929		0	PAK	1		0.789	4.717	
Alanine....g	1.262		0	PAK	1		1.073	6.411	
Aspartic acid....g	2.103		0	PAK	1		1.788	10.684	
Glutamic acid....g	3.432		0	PAK	1		2.917	17.435	
Glycine....g	0.969		0	PAK	1		0.823	4.921	
Proline....g	0.869		0	PAK	1		0.739	4.416	
Serine....g	0.930		0	PAK	1		0.790	4.722	
Hydroxyproline....g	0.055		0	PIK	4		0.047	0.280	
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 = 508g: 1 roast

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		64.69	408.66	
Energy....kcal	114		0	PIK	4		97	614	
Energy....kJ	478		0	PIK	4		407	2569	
Protein....g	20.16		0	PAK	1		17.13	108.24	
Total lipid (fat)....g	3.14		0	PAK	1		2.67	16.87	
Ash....g	1.54		0	PAK	1		1.31	8.29	
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	5		0	PAK	1		4	26	
Iron, Fe....mg	0.91		0	PAK	1		0.78	4.90	
Magnesium, Mg....mg	23		0	PAK	1		20	124	
Phosphorus, P....mg	286		0	PAK	1		243	1538	
Potassium, K....mg	519		0	PAK	1		442	2789	
Sodium, Na....mg	239		0	PAK	1		203	1285	
Zinc, Zn....mg	1.72		0	PAK	1		1.46	9.22	
Copper, Cu....mg	0.102		0	PAK	1		0.086	0.546	
Manganese, Mn....mg	0.010		0	PAK	1		0.009	0.056	
Selenium, Se....µg	34.7		0	PAK	1		29.5	186.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.745		0	PAK	1		0.633	4.001	
Riboflavin....mg	0.333		0	PAK	1		0.283	1.786	
Niacin....mg	6.382		0	PAK	1		5.425	34.273	
Pantothenic acid....mg	0.819		0	PIK	4		0.697	4.400	
Vitamin B-6....mg	0.746		0	PIK	4		0.634	4.006	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	77.7		0	PIK	4		66.1	417.5	
Betaine....mg	2.9		0	PIK	4		2.5	15.6	
Vitamin B-12....µg	0.52		0	PIK	4		0.44	2.78	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	0		0	PAK	1		0	0	
Retinol....µg	0		0	PIK	4		0	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	0		0	PAK	1		0	0	
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	PIK	4		0.18	1.12	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	PAK	1		0.2	1.1	
Vitamin D....IU	8		0	PIK	4		7	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									

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
Lipids:									
Fatty acids, total saturated....g	1.045		0	PIK	4		0.889	5.614	
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		0.001	0.004	
12:0....g	0.001		0	PIK	4		0.001	0.004	
13:0....g									
14:0....g	0.034		0	PIK	4		0.029	0.183	
15:0....g	0.001		0	PIK	4		0.001	0.003	
16:0....g	0.642		0	PIK	4		0.546	3.448	
17:0....g	0.007		0	PIK	4		0.006	0.038	
18:0....g	0.358		0	PIK	4		0.304	1.922	
20:0....g									
22:0....g	0.000		0	PIK	4		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	1.198		0	PIK	4		1.018	6.433	
14:1....g	0.000		0	PIK	4		0.000	0.001	
15:1....g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated....g	0.067		0	PIK	4		0.057	0.360	
17:1....g	0.000		0	PIK	4		0.000	0.000	
18:1 undifferentiated....g	1.112		0	PIK	4		0.946	5.974	
18:1 c....g	1.092		0	PIK	4		0.928	5.865	
18:1 t....g	0.020		0	PIK	4		0.017	0.108	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.018		0	PIK	4		0.015	0.098	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.503		0	PIK	4		0.428	2.702	
18:2 undifferentiated....g	0.424		0	PIK	4		0.361	2.279	
18:2 n-6 c,c....g	0.413		0	PIK	4		0.351	2.218	
18:2 CLAs....g									
18:2 t,t....g	0.011		0	PIK	4		0.010	0.061	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.014		0	PIK	4		0.012	0.075	
18:3 n-3 c,c,c (ALA)....g	0.014		0	PIK	4		0.012	0.074	
18:3 n-6 c,c,c....g	0.000		0	PIK	4		0.000	0.002	
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.012		0	PIK	4		0.010	0.066	
20:3 undifferentiated....g	0.001		0	PIK	4		0.001	0.005	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.052		0	PIK	4		0.044	0.277	
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		0.027	0.169	
Fatty acids, total trans-monoenoic....g	0.020		0	PIK	4		0.017	0.108	
Fatty acids, total trans-polyenoic....g	0.011		0	PAK	1		0.010	0.061	
Cholesterol....mg	49		0	PAK	1		42	263	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.212		0	PAK	1		0.180	1.139	
Threonine....g	0.905		0	PAK	1		0.769	4.860	
Isoleucine....g	0.992		0	PAK	1		0.843	5.326	
Leucine....g	1.717		0	PAK	1		1.460	9.221	
Lysine....g	1.869		0	PAK	1		1.589	10.038	
Methionine....g	0.555		0	PAK	1		0.472	2.981	

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
Cystine....g	0.233		0	PAK	1		0.198	1.249	
Phenylalanine....g	0.847		0	PAK	1		0.720	4.550	
Tyrosine....g	0.767		0	PAK	1		0.652	4.119	
Valine....g	1.053		0	PAK	1		0.895	5.656	
Arginine....g	1.341		0	PAK	1		1.140	7.202	
Histidine....g	0.871		0	PAK	1		0.740	4.675	
Alanine....g	1.183		0	PAK	1		1.006	6.353	
Aspartic acid....g	1.972		0	PAK	1		1.676	10.588	
Glutamic acid....g	3.218		0	PAK	1		2.735	17.279	
Glycine....g	0.908		0	PAK	1		0.772	4.877	
Proline....g	0.815		0	PAK	1		0.693	4.376	
Serine....g	0.871		0	PAK	1		0.741	4.680	
Hydroxyproline....g	0.052		0	PAK	1		0.044	0.278	
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 = 537g: 1 roast

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		62.11		
Energy....kcal	116		0	NC	4		99		
Energy....kJ	486		0	NC	4		413		
Protein....g	21.61	0.530	12	A	1		18.37		
Total lipid (fat)....g	3.15	0.260	12	A	1		2.68		
Ash....g	1.86	0.206	12	A	1		1.58		
Carbohydrate, by difference....g	0.31		0	NC	4		0.26		
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		4		
Iron, Fe....mg	0.98	0.045	12	A	1		0.83		
Magnesium, Mg....mg	25	0.692	12	A	1		21		
Phosphorus, P....mg	316	12.789	12	A	1		269		
Potassium, K....mg	567	66.676	12	A	1		482		
Sodium, Na....mg	231	33.696	11	A	1		196		
Zinc, Zn....mg	2.00	0.079	12	A	1		1.70		
Copper, Cu....mg	0.106	0.008	12	A	1		0.090		
Manganese, Mn....mg	0.012	0.001	12	A	1		0.010		
Selenium, Se....µg	45.7	3.589	12	A	1		38.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.789	0.016	4	A	1		0.671		
Riboflavin....mg	0.360	0.012	4	A	1		0.306		
Niacin....mg	7.392	0.639	4	A	1		6.284		
Pantothenic acid....mg	0.836		0	BFPN	4		0.711		
Vitamin B-6....mg	0.610		0	BFPN	4		0.519		
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....µg	0		0	NC	4		0		
Choline, total....mg	73.5		0	BFPN	4		62.4		
Betaine....mg	3.6		0	BFPN	4		3.0		
Vitamin B-12....µg	0.47		0	BFPN	4		0.40		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	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		0.06		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	AS	1		0.2		
Vitamin D....IU	9		0	BFFN	4		8		
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. 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
Lipids:									
Fatty acids, total saturated....g	1.077		0	BFFN	4		0.915		
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		0.030		
15:0....g	0.000		0	BFFN	4		0.000		
16:0....g	0.661		0	BFFN	4		0.562		
17:0....g	0.010		0	BFFN	4		0.009		
18:0....g	0.369		0	BFFN	4		0.314		
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		1.019		
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		0.061		
17:1....g	0.000		0	BFFN	4		0.000		
18:1 undifferentiated....g	1.109		0	BFFN	4		0.943		
18:1 c....g	1.090		0	BFFN	4		0.927		
18:1 t....g	0.019		0	BFFN	4		0.016		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.018		0	BFFN	4		0.015		
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		0.387		
18:2 undifferentiated....g	0.381		0	BFFN	4		0.324		
18:2 n-6 c,c....g	0.370		0	BFFN	4		0.314		
18:2 CLAs....g									
18:2 t,t....g	0.011		0	BFFN	4		0.009		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.012		0	BFFN	4		0.010		
18:3 n-3 c,c,c (ALA)....g	0.012		0	BFFN	4		0.010		
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		0.010		
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		0.043		
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		0.025		
Fatty acids, total trans-monoenoic....g	0.019		0	BFFN	4		0.016		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	57	1.752	12	A	1		48		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.227		0	A	1		0.193		
Threonine....g	0.970		0	A	1		0.825		
Isoleucine....g	1.063		0	A	1		0.904		
Leucine....g	1.841		0	A	1		1.565		
Lysine....g	2.004		0	A	1		1.703		
Methionine....g	0.595		0	A	1		0.506		

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
Cystine....g	0.249		0	A	1		0.212		
Phenylalanine....g	0.908		0	A	1		0.772		
Tyrosine....g	0.822		0	A	1		0.699		
Valine....g	1.129		0	A	1		0.960		
Arginine....g	1.438		0	A	1		1.222		
Histidine....g	0.933		0	A	1		0.793		
Alanine....g	1.268		0	A	1		1.078		
Aspartic acid....g	2.114		0	A	1		1.797		
Glutamic acid....g	3.450		0	A	1		2.932		
Glycine....g	0.974		0	A	1		0.828		
Proline....g	0.874		0	A	1		0.743		
Serine....g	0.934		0	A	1		0.794		
Hydroxyproline....g	0.055		0	BFPN	4		0.047		
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 27 (2014)

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		65.37		
Energy....kcal	106		0	NC	4		90		
Energy....kJ	443		0	NC	4		377		
Protein....g	20.39	0.642	12	A	1		17.33		
Total lipid (fat)....g	2.09	0.175	12	A	1		1.77		
Ash....g	1.56	0.134	12	A	1		1.33		
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		4		
Iron, Fe....mg	0.92	0.041	12	A	1		0.78		
Magnesium, Mg....mg	23	0.589	12	A	1		20		
Phosphorus, P....mg	290	7.868	12	A	1		247		
Potassium, K....mg	527	65.487	12	A	1		448		
Sodium, Na....mg	243	32.252	12	A	1		206		
Zinc, Zn....mg	1.73	0.075	12	A	1		1.47		
Copper, Cu....mg	0.103	0.007	12	A	1		0.087		
Manganese, Mn....mg	0.011	0.000	12	A	1		0.009		
Selenium, Se....µg	35.2	3.398	12	A	1		29.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.757	0.033	4	A	1		0.643		
Riboflavin....mg	0.337	0.022	4	A	1		0.287		
Niacin....mg	6.450	0.420	4	A	1		5.482		
Pantothenic acid....mg	0.824		0	BFPN	4		0.700		
Vitamin B-6....mg	0.756		0	BFPN	4		0.643		
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....µg	0		0	NC	4		0		
Choline, total....mg	78.7		0	BFPN	4		66.9		
Betaine....mg	2.9		0	BFPN	4		2.5		
Vitamin B-12....µg	0.50		0	BFPN	4		0.42		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	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		0.18		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	AS	1		0.2		
Vitamin D....IU	8		0	BFFN	4		7		
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. 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
Lipids:									
Fatty acids, total saturated....g	0.671		0	BFFN	4		0.571		
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		0.018		
15:0....g	0.000		0	BFFN	4		0.000		
16:0....g	0.415		0	BFFN	4		0.353		
17:0....g	0.003		0	BFFN	4		0.003		
18:0....g	0.231		0	BFFN	4		0.197		
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		0.647		
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		0.040		
17:1....g	0.000		0	BFFN	4		0.000		
18:1 undifferentiated....g	0.703		0	BFFN	4		0.598		
18:1 c....g	0.691		0	BFFN	4		0.587		
18:1 t....g	0.012		0	BFFN	4		0.010		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.011		0	BFFN	4		0.009		
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		0.300		
18:2 undifferentiated....g	0.288		0	BFFN	4		0.245		
18:2 n-6 c,c....g	0.280		0	BFFN	4		0.238		
18:2 CLAs....g									
18:2 t,t....g	0.007		0	BFFN	4		0.006		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.007		0	BFFN	4		0.006		
18:3 n-3 c,c,c (ALA)....g	0.007		0	BFFN	4		0.006		
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		0.006		
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		0.043		
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		0.017		
Fatty acids, total trans-monoenoic....g	0.012		0	BFFN	4		0.010		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	48	1.513	12	A	1		41		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.215		0	A	1		0.182		
Threonine....g	0.915		0	A	1		0.778		
Isoleucine....g	1.003		0	A	1		0.853		
Leucine....g	1.737		0	A	1		1.476		
Lysine....g	1.891		0	A	1		1.607		
Methionine....g	0.562		0	A	1		0.477		

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
Cystine....g	0.235		0	A	1		0.200		
Phenylalanine....g	0.857		0	A	1		0.729		
Tyrosine....g	0.776		0	A	1		0.660		
Valine....g	1.065		0	A	1		0.906		
Arginine....g	1.357		0	A	1		1.153		
Histidine....g	0.881		0	A	1		0.749		
Alanine....g	1.197		0	A	1		1.017		
Aspartic acid....g	1.995		0	A	1		1.695		
Glutamic acid....g	3.255		0	A	1		2.767		
Glycine....g	0.919		0	A	1		0.781		
Proline....g	0.824		0	A	1		0.701		
Serine....g	0.882		0	A	1		0.749		
Hydroxyproline....g	0.052		0	BFPN	4		0.044		
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 27 (2014)

NDB No. 10950

Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean and fat, cooked, 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	60.71		0	PAK	1		64.96		
Energy....kcal	198		0	PIK	4		212		
Energy....kJ	829		0	PIK	4		887		
Protein....g	28.33		0	PAK	1		30.31		
Total lipid (fat)....g	9.42		0	PAK	1		10.08		
Ash....g	2.01		0	PAK	1		2.15		
Carbohydrate, by difference....g	0.02		0	PIK	4		0.02		
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		12		
Iron, Fe....mg	0.57		0	PAK	1		0.61		
Magnesium, Mg....mg	28		0	PAK	1		30		
Phosphorus, P....mg	307		0	PAK	1		328		
Potassium, K....mg	581		0	PAK	1		622		
Sodium, Na....mg	302		0	PAK	1		324		
Zinc, Zn....mg	1.70		0	PAK	1		1.81		
Copper, Cu....mg	0.064		0	PAK	1		0.068		
Manganese, Mn....mg	0.013		0	PAK	1		0.014		
Selenium, Se....µg	52.9		0	PAK	1		56.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.636		0	PAK	1		0.681		
Riboflavin....mg	0.233		0	PAK	1		0.249		
Niacin....mg	8.589		0	PAK	1		9.191		
Pantothenic acid....mg	0.893		0	PIK	4		0.955		
Vitamin B-6....mg	0.450		0	PIK	4		0.481		
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....µg	0		0	NC	4		0		
Choline, total....mg	76.6		0	PIK	4		82.0		
Betaine....mg	4.0		0	PIK	4		4.3		
Vitamin B-12....µg	0.73		0	PIK	4		0.78		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....µg	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	0.42		0	PIK	4		0.45		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg	0.00		0	PAK	1		0.00		
Tocopherol, gamma....mg	0.00		0	PAK	1		0.00		
Tocopherol, delta....mg	0.00		0	PAK	1		0.00		
Tocotrienol, alpha....mg	0.00		0	PAK	1		0.00		
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00		
Tocotrienol, gamma....mg	0.00		0	PAK	1		0.00		
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00		
Vitamin D (D2 + D3)....µg	0.6		0	PAK	1		0.7		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.6		0	PIK	4		0.7		

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
Vitamin D....IU	25		0	PIK	4		27		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.268		0	PIK	4		3.497		
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	0.009		0	PIK	4		0.010		
12:0....g	0.007		0	PIK	4		0.008		
13:0....g									
14:0....g	0.117		0	PIK	4		0.125		
15:0....g	0.005		0	PIK	4		0.006		
16:0....g	2.008		0	PIK	4		2.149		
17:0....g	0.027		0	PIK	4		0.029		
18:0....g	1.077		0	PIK	4		1.152		
20:0....g	0.008		0	PAK	1		0.009		
22:0....g	0.001		0	PIK	4		0.001		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	3.819		0	PIK	4		4.086		
14:1....g	0.002		0	PIK	4		0.002		
15:1....g	0.000		0	PIK	4		0.000		
16:1 undifferentiated....g	0.205		0	PIK	4		0.219		
16:1 c....g	0.129		0	PAK	1		0.138		
16:1 t....g	0.001		0	PAK	1		0.001		
17:1....g	0.023		0	PIK	4		0.025		
18:1 undifferentiated....g	3.526		0	PIK	4		3.772		
18:1 c....g	3.482		0	PIK	4		3.726		
18:1 t....g	0.043		0	PIK	4		0.046		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.063		0	PIK	4		0.067		
22:1 undifferentiated....g	0.001		0	PIK	4		0.001		
22:1 c....g	0.001		0	PAK	1		0.001		
22:1 t....g	0.000		0	PAK	1		0.000		
24:1 c....g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	1.304		0	PIK	4		1.395		
18:2 undifferentiated....g	1.109		0	PIK	4		1.186		
18:2 n-6 c,c....g	1.088		0	PIK	4		1.164		
18:2 CLAs....g	0.005		0	PAK	1		0.005		
18:2 t,t....g	0.014		0	PIK	4		0.015		
18:2 i....g									
18:2 t not further defined....g	0.002		0	PAK	1		0.002		
18:3 undifferentiated....g	0.044		0	PIK	4		0.047		
18:3 n-3 c,c,c (ALA)....g	0.043		0	PIK	4		0.046		
18:3 n-6 c,c,c....g	0.001		0	PIK	4		0.001		
18:3i....g	0.000		0	PAK	1		0.000		
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.041		0	PIK	4		0.044		
20:3 undifferentiated....g	0.015		0	PIK	4		0.016		
20:3 n-3....g	0.002		0	PAK	1		0.002		
20:3 n-6....g	0.010		0	PAK	1		0.010		
20:4 undifferentiated....g	0.076		0	PIK	4		0.082		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		0	PIK	4		0.001		
21:5....g									
22:4....g	0.011		0	PAK	1		0.012		
22:5 n-3 (DPA)....g	0.005		0	PIK	4		0.006		
22:6 n-3 (DHA)....g	0.001		0	PIK	4		0.001		
Fatty acids, total trans....g	0.060		0	PIK	4		0.065		
Fatty acids, total trans-monoenoic....g	0.044		0	PIK	4		0.047		
Fatty acids, total trans-polyenoic....g	0.002		0	PIK	4		0.002		

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
Cholesterol....mg	71		0	PAK	1		76		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.251		0	PAK	1		0.268		
Threonine....g	1.069		0	PAK	1		1.144		
Isoleucine....g	1.172		0	PAK	1		1.254		
Leucine....g	2.029		0	PAK	1		2.171		
Lysine....g	2.209		0	PAK	1		2.363		
Methionine....g	0.656		0	PAK	1		0.702		
Cystine....g	0.275		0	PAK	1		0.294		
Phenylalanine....g	1.001		0	PAK	1		1.071		
Tyrosine....g	0.906		0	PAK	1		0.970		
Valine....g	1.244		0	PAK	1		1.332		
Arginine....g	1.585		0	PAK	1		1.695		
Histidine....g	1.029		0	PAK	1		1.101		
Alanine....g	1.398		0	PAK	1		1.496		
Aspartic acid....g	2.330		0	PAK	1		2.493		
Glutamic acid....g	3.802		0	PAK	1		4.068		
Glycine....g	1.073		0	PAK	1		1.148		
Proline....g	0.963		0	PAK	1		1.030		
Serine....g	1.030		0	PAK	1		1.102		
Hydroxyproline....g	0.061		0	PIK	4		0.065		
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 = 107g: 1 chop

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 10949

Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean and 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	68.65		0	PAK	1		100.22		
Energy....kcal	171		0	PIK	4		249		
Energy....kJ	715		0	PIK	4		1044		
Protein (N x 6.25)....g	19.45		0	PAK	1		28.39		
Total lipid (fat)....g	10.26		0	PAK	1		14.97		
Ash....g	1.55		0	PAK	1		2.26		
Carbohydrate, by difference....g	0.00		0	NR	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	9		0	PAK	1		14		
Iron, Fe....mg	0.42		0	PAK	1		0.61		
Magnesium, Mg....mg	21		0	PAK	1		31		
Phosphorus, P....mg	244		0	PAK	1		356		
Potassium, K....mg	489		0	PAK	1		713		
Sodium, Na....mg	251		0	PAK	1		367		
Zinc, Zn....mg	1.22		0	PAK	1		1.79		
Copper, Cu....mg	0.049		0	PAK	1		0.072		
Manganese, Mn....mg	0.010		0	PAK	1		0.015		
Selenium, Se....µg	42.8		0	PAK	1		62.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.475		0	PAK	1		0.693		
Riboflavin....mg	0.195		0	PAK	1		0.285		
Niacin....mg	7.178		0	PAK	1		10.479		
Pantothenic acid....mg	0.731		0	PIK	4		1.067		
Vitamin B-6....mg	0.467		0	PIK	4		0.681		
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....µg	0		0	NC	4		0		
Choline, total....mg	53.0		0	PIK	4		77.4		
Betaine....mg	0.2		0	PAK	1		0.3		
Vitamin B-12....µg	0.56		0	PIK	4		0.81		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....µg	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	0.20		0	PIK	4		0.30		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg	0.00		0	PAK	1		0.00		
Tocopherol, gamma....mg	0.00		0	PAK	1		0.00		
Tocopherol, delta....mg	0.00		0	PAK	1		0.00		
Tocotrienol, alpha....mg	0.00		0	PAK	1		0.00		
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00		
Tocotrienol, gamma....mg	0.00		0	PAK	1		0.00		
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00		
Vitamin D (D2 + D3)....µg	0.3		0	PAK	1		0.4		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.3		0	PIK	4		0.4		
Vitamin D....IU	12		0	PIK	4		17		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		

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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.530		0	NR	4		3.694		
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		0.009		
12:0....g	0.006		0	PIK	4		0.008		
13:0....g									
14:0....g	0.090		0	PIK	4		0.131		
15:0....g	0.004		0	PIK	4		0.006		
16:0....g	1.553		0	PIK	4		2.267		
17:0....g	0.023		0	PIK	4		0.033		
18:0....g	0.843		0	PIK	4		1.231		
20:0....g	0.004		0	PAK	1		0.005		
22:0....g	0.001		0	PIK	4		0.002		
24:0....g	0.001		0	PAK	1		0.001		
Fatty acids, total monounsaturated....g	5.801		0	NR	4		8.470		
14:1....g	0.003		0	PIK	4		0.004		
15:1....g	0.000		0	PIK	4		0.000		
16:1 undifferentiated....g	0.103		0	AS	1		0.150		
16:1 c....g	0.103		0	PAK	1		0.150		
16:1 t....g	0.000		0	PAK	1		0.000		
17:1....g	0.006		0	PIK	4		0.009		
18:1 undifferentiated....g	5.588		0	AS	1		8.158		
18:1 c....g	5.499		0	PIK	4		8.028		
18:1 t....g	0.090		0	PIK	4		0.131		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.100		0	PIK	4		0.146		
22:1 undifferentiated....g	0.001		0	AS	1		0.001		
22:1 c....g	0.001		0	PAK	1		0.001		
22:1 t....g	0.000		0	PAK	1		0.000		
24:1 c....g	0.001		0	PAK	1		0.001		
Fatty acids, total polyunsaturated....g	1.925		0	NR	4		2.810		
18:2 undifferentiated....g	1.749		0	AS	1		2.554		
18:2 n-6 c,c....g	1.705		0	PIK	4		2.489		
18:2 CLAs....g	0.003		0	PAK	1		0.004		
18:2 t,t....g	0.039		0	PIK	4		0.057		
18:2 i....g									
18:2 t not further defined....g	0.003		0	PAK	1		0.004		
18:3 undifferentiated....g	0.078		0	AS	1		0.114		
18:3 n-3 c,c,c (ALA)....g	0.075		0	PIK	4		0.110		
18:3 n-6 c,c,c....g	0.003		0	PIK	4		0.004		
18:3i....g	0.000		0	PAK	1		0.000		
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.066		0	PIK	4		0.096		
20:3 undifferentiated....g	0.009		0	AS	1		0.012		
20:3 n-3....g	0.001		0	PAK	1		0.002		
20:3 n-6....g	0.007		0	PAK	1		0.011		
20:4 undifferentiated....g	0.075		0	PIK	4		0.110		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000		
21:5....g									
22:4....g	0.010		0	PAK	1		0.014		
22:5 n-3 (DPA)....g	0.004		0	PIK	4		0.005		
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000		
Fatty acids, total trans....g	0.089		0	NC	4		0.130		
Fatty acids, total trans-monoenoic....g	0.061		0	NC	4		0.089		
Fatty acids, total trans-polyenoic....g	0.028		0	NC	4		0.042		
Cholesterol....mg	56		0	PAK	1		81		
Phytosterols....mg									
Amino Acids:									

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
Tryptophan....g	0.211		0	PAK	1		0.308		
Threonine....g	0.900		0	PAK	1		1.314		
Isoleucine....g	0.986		0	PAK	1		1.440		
Leucine....g	1.708		0	PAK	1		2.493		
Lysine....g	1.859		0	PAK	1		2.714		
Methionine....g	0.552		0	PAK	1		0.806		
Cystine....g	0.231		0	PAK	1		0.338		
Phenylalanine....g	0.843		0	PAK	1		1.230		
Tyrosine....g	0.763		0	PAK	1		1.114		
Valine....g	1.047		0	PAK	1		1.529		
Arginine....g	1.334		0	PAK	1		1.947		
Histidine....g	0.866		0	PAK	1		1.264		
Alanine....g	1.177		0	PAK	1		1.718		
Aspartic acid....g	1.961		0	PAK	1		2.863		
Glutamic acid....g	3.200		0	PAK	1		4.672		
Glycine....g	0.903		0	PAK	1		1.319		
Proline....g	0.810		0	PAK	1		1.183		
Serine....g	0.867		0	PAK	1		1.265		
Hydroxyproline....g	0.051		0	PIK	4		0.075		
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 = 146g: 1 chop

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 10947

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

Refuse: 7% 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	63.06	1.278	5	A	1		67.47		
Energy....kcal	170		0	NC	4		182		
Energy....kJ	712		0	NC	4		762		
Protein....g	29.65	0.493	5	A	1		31.73		
Total lipid (fat)....g	5.73	0.913	5	A	1		6.13		
Ash....g	2.09	0.115	5	A	1		2.23		
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		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	9	2.640	5	A	1		10		
Iron, Fe....mg	0.56	0.032	5	A	1		0.60		
Magnesium, Mg....mg	29	0.559	5	A	1		31		
Phosphorus, P....mg	317	19.866	5	A	1		339		
Potassium, K....mg	608	37.864	5	A	1		651		
Sodium, Na....mg	315	29.922	5	A	1		337		
Zinc, Zn....mg	1.74	0.117	5	A	1		1.86		
Copper, Cu....mg	0.065	0.004	5	A	1		0.070		
Manganese, Mn....mg	0.014	0.003	5	A	1		0.015		
Selenium, Se....µg	55.6	6.900	3	A	1		59.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.664	0.071	3	A	1		0.711		
Riboflavin....mg	0.240	0.025	3	A	1		0.257		
Niacin....mg	8.927	0.197	3	A	1		9.552		
Pantothenic acid....mg	0.920		2	A	1		0.984		
Vitamin B-6....mg	0.465	0.033	3	A	1		0.498		
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....µg	0		0	NC	4		0		
Choline, total....mg	78.8		0	BFPN	4		84.3		
Betaine....mg	4.1		0	BFPN	4		4.4		
Vitamin B-12....µg	0.68	0.137	3	A	1		0.72		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	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	0.43	0.223	3	A	1		0.46		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00	0.000	3	A	1		0.00		
Tocopherol, gamma....mg	0.00	0.000	3	A	1		0.00		
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, alpha....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.6		0	AS	1		0.6		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.6		0	BFFN	4		0.6		
Vitamin D....IU	22		0	BFFN	4		24		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		

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
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.957		0	NC	4		2.094		
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	5	A	1		0.000		
10:0....g	0.007	0.001	5	A	1		0.007		
12:0....g	0.005	0.001	5	A	1		0.005		
13:0....g									
14:0....g	0.072	0.014	5	A	1		0.077		
15:0....g	0.003	0.000	5	A	1		0.003		
16:0....g	1.221	0.211	5	A	1		1.306		
17:0....g	0.013	0.002	5	A	1		0.014		
18:0....g	0.627	0.101	5	A	1		0.671		
20:0....g	0.009	0.002	5	A	1		0.009		
22:0....g	0.000	0.000	5	A	1		0.000		
24:0....g	0.000	0.000	5	A	1		0.000		
Fatty acids, total monounsaturated....g	2.293		0	NC	4		2.453		
14:1....g	0.001	0.000	5	A	1		0.001		
15:1....g	0.000	0.000	5	A	1		0.000		
16:1 undifferentiated....g	0.139	0.033	5	AS	1		0.149		
16:1 c....g	0.138	0.033	5	A	1		0.148		
16:1 t....g	0.001	0.000	5	A	1		0.001		
17:1....g	0.019	0.002	5	A	1		0.020		
18:1 undifferentiated....g	2.096	0.359	5	AS	1		2.243		
18:1 c....g	2.082	0.358	5	A	1		2.228		
18:1 t....g	0.014	0.003	5	A	1		0.015		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.037	0.006	5	A	1		0.040		
22:1 undifferentiated....g	0.001	0.000	5	AS	1		0.001		
22:1 c....g	0.001	0.000	5	A	1		0.001		
22:1 t....g	0.000	0.000	5	A	1		0.000		
24:1 c....g	0.000	0.000	5	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.784		0	NC	4		0.839		
18:2 undifferentiated....g	0.637	0.043	5	AS	1		0.682		
18:2 n-6 c,c....g	0.630	0.043	5	A	1		0.674		
18:2 CLAs....g	0.005	0.001	5	A	1		0.006		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.002	0.001	5	A	1		0.002		
18:3 undifferentiated....g	0.020	0.002	5	AS	1		0.021		
18:3 n-3 c,c,c (ALA)....g	0.020	0.002	5	A	1		0.021		
18:3 n-6 c,c,c....g	0.000	0.000	5	A	1		0.000		
18:3i....g	0.000	0.000	5	A	1		0.000		
18:4....g	0.000	0.000	5	A	1		0.000		
20:2 n-6 c,c....g	0.023	0.002	5	A	1		0.024		
20:3 undifferentiated....g	0.013	0.001	5	AS	1		0.014		
20:3 n-3....g	0.002	0.000	5	A	1		0.003		
20:3 n-6....g	0.010	0.001	5	A	1		0.011		
20:4 undifferentiated....g	0.072	0.003	5	A	1		0.077		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	5	A	1		0.001		
21:5....g									
22:4....g	0.012	0.001	5	A	1		0.013		
22:5 n-3 (DPA)....g	0.006	0.001	5	A	1		0.006		
22:6 n-3 (DHA)....g	0.001	0.000	5	A	1		0.001		
Fatty acids, total trans....g	0.017		0	NC	4		0.018		
Fatty acids, total trans-monoenoic....g	0.015		0	NC	4		0.016		
Fatty acids, total trans-polyenoic....g	0.002		0	NC	4		0.002		
Cholesterol....mg	70	2.731	3	A	1		75		
Phytosterols....mg									
Amino Acids:									

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
Tryptophan....g	0.261		0	A	1		0.279		
Threonine....g	1.114		0	A	1		1.192		
Isoleucine....g	1.221		0	A	1		1.306		
Leucine....g	2.114		0	A	1		2.262		
Lysine....g	2.301		0	A	1		2.462		
Methionine....g	0.683		0	A	1		0.731		
Cystine....g	0.286		0	A	1		0.306		
Phenylalanine....g	1.043		0	A	1		1.116		
Tyrosine....g	0.944		0	A	1		1.010		
Valine....g	1.296		0	A	1		1.387		
Arginine....g	1.651		0	A	1		1.766		
Histidine....g	1.072		0	A	1		1.147		
Alanine....g	1.456		0	A	1		1.558		
Aspartic acid....g	2.427		0	A	1		2.597		
Glutamic acid....g	3.961		0	A	1		4.238		
Glycine....g	1.118		0	A	1		1.196		
Proline....g	1.003		0	A	1		1.073		
Serine....g	1.073		0	A	1		1.148		
Hydroxyproline....g	0.064		0	BFPN	4		0.068		
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 = 107g: 1 chop

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 10948

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

Refuse: 14% 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	73.53	0.518	5	A	1		107.35		
Energy....kcal	117		0	NC	4		170		
Energy....kJ	488		0	NC	4		712		
Protein....g	21.09	0.400	5	A	1		30.79		
Total lipid (fat)....g	3.48	0.539	5	A	1		5.08		
Ash....g	1.68	0.082	5	A	1		2.46		
Carbohydrate, by difference....g	0.22		0	NC	4		0.32		
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	1.982	5	A	1		11		
Iron, Fe....mg	0.41	0.013	5	A	1		0.59		
Magnesium, Mg....mg	23	0.483	5	A	1		34		
Phosphorus, P....mg	264	21.901	5	A	1		385		
Potassium, K....mg	537	40.082	5	A	1		783		
Sodium, Na....mg	278	19.164	5	A	1		406		
Zinc, Zn....mg	1.28	0.054	5	A	1		1.86		
Copper, Cu....mg	0.048	0.001	5	A	1		0.070		
Manganese, Mn....mg	0.011	0.000	5	A	1		0.016		
Selenium, Se....µg	47.9	8.468	3	A	1		69.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.518	0.022	3	A	1		0.757		
Riboflavin....mg	0.210	0.006	3	A	1		0.307		
Niacin....mg	7.813	0.813	3	A	1		11.407		
Pantothenic acid....mg	0.750		2	A	1		1.095		
Vitamin B-6....mg	0.497	0.018	3	A	1		0.726		
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....µg	0		0	NC	4		0		
Choline, total....mg	56.1		0	BFPN	4		81.8		
Betaine....mg									
Vitamin B-12....µg	0.41	0.025	3	A	1		0.60		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	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	0.004	3	A	1		0.34		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00	0.000	3	A	1		0.00		
Tocopherol, gamma....mg	0.00	0.000	3	A	1		0.00		
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, alpha....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.3		0	AS	1		0.5		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.3		0	BFFN	4		0.5		
Vitamin D....IU	14		0	BFFN	4		20		

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
Vitamin D....IU	14			BFFN	4				
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.052		0	NC	4		1.536		
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	5	A	1		0.000		
10:0....g	0.003	0.001	5	A	1		0.005		
12:0....g	0.003	0.000	5	A	1		0.004		
13:0....g									
14:0....g	0.039	0.008	5	A	1		0.057		
15:0....g	0.002	0.000	5	A	1		0.003		
16:0....g	0.659	0.121	5	A	1		0.962		
17:0....g	0.007	0.001	5	A	1		0.010		
18:0....g	0.331	0.061	5	A	1		0.484		
20:0....g	0.006	0.001	5	A	1		0.008		
22:0....g	0.001	0.000	5	A	1		0.002		
24:0....g	0.001	0.000	5	A	1		0.002		
Fatty acids, total monounsaturated....g	1.256		0	NC	4		1.834		
14:1....g	0.001	0.000	5	A	1		0.001		
15:1....g	0.000	0.000	5	A	1		0.000		
16:1 undifferentiated....g	0.081	0.015	5	AS	1		0.118		
16:1 c....g	0.081	0.015	5	A	1		0.118		
16:1 t....g	0.000	0.000	5	A	1		0.000		
17:1....g	0.005	0.001	5	A	1		0.007		
18:1 undifferentiated....g	1.147	0.216	5	AS	1		1.674		
18:1 c....g	1.138	0.214	5	A	1		1.662		
18:1 t....g	0.008	0.002	5	A	1		0.012		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.021	0.004	5	A	1		0.030		
22:1 undifferentiated....g	0.001	0.000	5	AS	1		0.001		
22:1 c....g	0.001	0.000	5	A	1		0.001		
22:1 t....g	0.000	0.000	5	A	1		0.000		
24:1 c....g	0.001	0.000	5	A	1		0.002		
Fatty acids, total polyunsaturated....g	0.379		0	NC	4		0.554		
18:2 undifferentiated....g	0.300	0.058	5	AS	1		0.438		
18:2 n-6 c,c....g	0.296	0.057	5	A	1		0.432		
18:2 CLAs....g	0.002	0.001	5	A	1		0.003		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.002	0.001	5	A	1		0.003		
18:3 undifferentiated....g	0.009	0.002	5	AS	1		0.013		
18:3 n-3 c,c,c (ALA)....g	0.009	0.002	5	A	1		0.013		
18:3 n-6 c,c,c....g	0.000	0.000	5	A	1		0.000		
18:3i....g	0.000	0.000	5	A	1		0.000		
18:4....g	0.000	0.000	5	A	1		0.000		
20:2 n-6 c,c....g	0.011	0.002	5	A	1		0.016		
20:3 undifferentiated....g	0.007	0.001	5	AS	1		0.010		
20:3 n-3....g	0.001	0.000	5	A	1		0.001		
20:3 n-6....g	0.006	0.001	5	A	1		0.008		
20:4 undifferentiated....g	0.041	0.004	5	A	1		0.060		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	5	A	1		0.000		
21:5....g									
22:4....g	0.008	0.001	5	A	1		0.011		
22:5 n-3 (DPA)....g	0.003	0.000	5	A	1		0.004		
22:6 n-3 (DHA)....g	0.000	0.000	5	A	1		0.000		
Fatty acids, total trans....g	0.010		0	NC	4		0.015		
Fatty acids, total trans-monoenoic....g	0.008		0	NC	4		0.012		
Fatty acids, total trans-polyenoic....g	0.002		0	NC	4		0.003		

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
Cholesterol....mg	51	2.771	3	A	1		75		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.229		0	A	1		0.335		
Threonine....g	0.978		0	A	1		1.428		
Isoleucine....g	1.072		0	A	1		1.565		
Leucine....g	1.856		0	A	1		2.709		
Lysine....g	2.020		0	A	1		2.949		
Methionine....g	0.600		0	A	1		0.876		
Cystine....g	0.251		0	A	1		0.367		
Phenylalanine....g	0.916		0	A	1		1.337		
Tyrosine....g	0.829		0	A	1		1.210		
Valine....g	1.138		0	A	1		1.662		
Arginine....g	1.449		0	A	1		2.116		
Histidine....g	0.941		0	A	1		1.374		
Alanine....g	1.279		0	A	1		1.867		
Aspartic acid....g	2.131		0	A	1		3.111		
Glutamic acid....g	3.477		0	A	1		5.077		
Glycine....g	0.981		0	A	1		1.433		
Proline....g	0.881		0	A	1		1.286		
Serine....g	0.942		0	A	1		1.375		
Hydroxyproline....g	0.056		0	BFPN	4		0.082		
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 = 146g: 1 chop

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		47.71	148.17	
Energy....kcal	263		0	PIK	4		223	694	
Energy....kJ	1100		0	PIK	4		935	2904	
Protein....g	25.84		0	PAK	1		21.96	68.21	
Total lipid (fat)....g	16.94		0	PAK	1		14.40	44.73	
Ash....g	1.19		0	PAK	1		1.01	3.13	
Carbohydrate, by difference....g	0.03		0	PIK	4		0.03	0.08	
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	27		0	PAK	1		23	71	
Iron, Fe....mg	1.72		0	PAK	1		1.46	4.53	
Magnesium, Mg....mg	20		0	PAK	1		17	53	
Phosphorus, P....mg	227		0	PAK	1		193	599	
Potassium, K....mg	370		0	PAK	1		315	978	
Sodium, Na....mg	151		0	PAK	1		128	399	
Zinc, Zn....mg	4.48		0	PAK	1		3.81	11.84	
Copper, Cu....mg	0.192		0	PAK	1		0.163	0.506	
Manganese, Mn....mg	0.012		0	PAK	1		0.010	0.031	
Selenium, Se....µg	42.3		0	PAK	1		35.9	111.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.406		0	PAK	1		0.345	1.072	
Riboflavin....mg	0.357		0	PAK	1		0.303	0.942	
Niacin....mg	3.610		0	PAK	1		3.069	9.531	
Pantothenic acid....mg	1.329		0	PIK	4		1.130	3.509	
Vitamin B-6....mg	0.463		0	PIK	4		0.393	1.222	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	106.2		0	PIK	4		90.3	280.3	
Betaine....mg	3.5		0	PIK	4		3.0	9.2	
Vitamin B-12....µg	0.98		0	PIK	4		0.84	2.60	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	0		0	PAK	1		0	0	
Retinol....µg	0		0	PIK	4		0	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	0		0	PAK	1		0	0	
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		0.10	0.32	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.1		0	PAK	1		0.9	2.9	
Vitamin D....IU	44		0	PIK	4		37	115	
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									

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
Lipids:									
Fatty acids, total saturated....g	6.288		0	PIK	4		5.345	16.601	
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	0.016		0	PIK	4		0.014	0.043	
12:0....g	0.013		0	PIK	4		0.011	0.035	
13:0....g									
14:0....g	0.214		0	PIK	4		0.182	0.564	
15:0....g	0.005		0	PIK	4		0.004	0.014	
16:0....g	3.810		0	PIK	4		3.238	10.058	
17:0....g	0.053		0	PIK	4		0.045	0.141	
18:0....g	2.146		0	PIK	4		1.825	5.667	
20:0....g									
22:0....g	0.001		0	PIK	4		0.000	0.001	
24:0....g									
Fatty acids, total monounsaturated....g	7.613		0	PIK	4		6.471	20.098	
14:1....g	0.001		0	PIK	4		0.001	0.003	
15:1....g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated....g	0.387		0	PIK	4		0.329	1.021	
17:1....g	0.009		0	PIK	4		0.007	0.023	
18:1 undifferentiated....g	7.095		0	PIK	4		6.030	18.730	
18:1 c....g	6.999		0	PIK	4		5.949	18.477	
18:1 t....g	0.096		0	PIK	4		0.081	0.252	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.121		0	PIK	4		0.103	0.320	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.006		0	PIK	4		1.705	5.296	
18:2 undifferentiated....g	1.756		0	PIK	4		1.493	4.636	
18:2 n-6 c,c....g	1.702		0	PIK	4		1.447	4.493	
18:2 CLAs....g									
18:2 t,t....g	0.054		0	PIK	4		0.046	0.143	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.077		0	PIK	4		0.066	0.204	
18:3 n-3 c,c,c (ALA)....g	0.076		0	PIK	4		0.064	0.200	
18:3 n-6 c,c,c....g	0.002		0	PIK	4		0.001	0.005	
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.070		0	PIK	4		0.059	0.185	
20:3 undifferentiated....g	0.011		0	PIK	4		0.009	0.029	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.092		0	PIK	4		0.078	0.242	
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	0.150		0	PIK	4		0.127	0.396	
Fatty acids, total trans-monoenoic....g	0.096		0	PIK	4		0.081	0.252	
Fatty acids, total trans-polyenoic....g	0.054		0	PIK	4		0.046	0.143	
Cholesterol....mg	97		0	PAK	1		82	255	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.272		0	PAK	1		0.231	0.718	
Threonine....g	1.160		0	PAK	1		0.986	3.062	
Isoleucine....g	1.271		0	PAK	1		1.081	3.356	
Leucine....g	2.201		0	PAK	1		1.871	5.811	
Lysine....g	2.396		0	PAK	1		2.037	6.326	
Methionine....g	0.712		0	PAK	1		0.605	1.879	

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
Cystine....g	0.298		0	PAK	1		0.253	0.787	
Phenylalanine....g	1.086		0	PAK	1		0.923	2.867	
Tyrosine....g	0.983		0	PAK	1		0.836	2.596	
Valine....g	1.350		0	PAK	1		1.148	3.564	
Arginine....g	1.719		0	PAK	1		1.461	4.539	
Histidine....g	1.116		0	PAK	1		0.949	2.946	
Alanine....g	1.517		0	PAK	1		1.289	4.004	
Aspartic acid....g	2.528		0	PAK	1		2.148	6.673	
Glutamic acid....g	4.125		0	PAK	1		3.506	10.889	
Glycine....g	1.164		0	PAK	1		0.990	3.073	
Proline....g	1.045		0	PAK	1		0.888	2.758	
Serine....g	1.117		0	PAK	1		0.950	2.949	
Hydroxyproline....g	0.066		0	PIK	4		0.056	0.175	
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 = 264g: 1 steak

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		59.81	276.53	
Energy....kcal	169		0	PIK	4		144	666	
Energy....kJ	709		0	PIK	4		603	2787	
Protein....g	17.19		0	PAK	1		14.61	67.54	
Total lipid (fat)....g	11.12		0	PAK	1		9.45	43.71	
Ash....g	1.25		0	PAK	1		1.06	4.91	
Carbohydrate, by difference....g	0.16		0	PIK	4		0.13	0.62	
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		13	58	
Iron, Fe....mg	0.97		0	PAK	1		0.83	3.82	
Magnesium, Mg....mg	18		0	PAK	1		15	70	
Phosphorus, P....mg	211		0	PAK	1		179	829	
Potassium, K....mg	391		0	PAK	1		332	1537	
Sodium, Na....mg	155		0	PAK	1		132	608	
Zinc, Zn....mg	2.83		0	PAK	1		2.41	11.14	
Copper, Cu....mg	0.116		0	PAK	1		0.099	0.456	
Manganese, Mn....mg	0.010		0	PAK	1		0.008	0.039	
Selenium, Se....µg	26.6		0	PAK	1		22.6	104.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.474		0	PAK	1		0.403	1.863	
Riboflavin....mg	0.335		0	PAK	1		0.284	1.315	
Niacin....mg	3.763		0	PAK	1		3.198	14.788	
Pantothenic acid....mg	1.418		0	PIK	4		1.205	5.572	
Vitamin B-6....mg	0.480		0	PIK	4		0.408	1.888	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	71.7		0	PIK	4		60.9	281.7	
Betaine....mg	3.7		0	PIK	4		3.1	14.5	
Vitamin B-12....µg	0.96		0	PIK	4		0.82	3.78	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	0		0	PAK	1		0	0	
Retinol....µg	0		0	PIK	4		0	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	0		0	PAK	1		0	0	
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	PIK	4		0.18	0.81	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	PAK	1		0.4	1.8	
Vitamin D....IU	18		0	PIK	4		16	72	
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									

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
Lipids:									
Fatty acids, total saturated....g	3.912		0	PIK	4		3.325	15.374	
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		0.005	0.025	
12:0....g	0.005		0	PIK	4		0.004	0.018	
13:0....g									
14:0....g	0.134		0	PIK	4		0.114	0.527	
15:0....g	0.004		0	PIK	4		0.004	0.018	
16:0....g	2.382		0	PIK	4		2.025	9.361	
17:0....g	0.034		0	PIK	4		0.029	0.134	
18:0....g	1.326		0	PIK	4		1.127	5.212	
20:0....g									
22:0....g	0.001		0	PIK	4		0.001	0.003	
24:0....g									
Fatty acids, total monounsaturated....g	4.686		0	PIK	4		3.983	18.417	
14:1....g	0.001		0	PIK	4		0.001	0.005	
15:1....g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated....g	0.235		0	PIK	4		0.200	0.924	
17:1....g	0.001		0	PIK	4		0.001	0.003	
18:1 undifferentiated....g	4.375		0	PIK	4		3.719	17.194	
18:1 c....g	4.308		0	PIK	4		3.662	16.931	
18:1 t....g	0.067		0	PIK	4		0.057	0.262	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.074		0	PIK	4		0.063	0.291	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.434		0	PIK	4		1.219	5.635	
18:2 undifferentiated....g	1.258		0	PIK	4		1.069	4.942	
18:2 n-6 c,c....g	1.222		0	PIK	4		1.038	4.801	
18:2 CLAs....g									
18:2 t,t....g	0.036		0	PIK	4		0.031	0.141	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.056		0	PIK	4		0.048	0.220	
18:3 n-3 c,c,c (ALA)....g	0.054		0	PIK	4		0.046	0.214	
18:3 n-6 c,c,c....g	0.002		0	PIK	4		0.001	0.007	
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.047		0	PIK	4		0.040	0.186	
20:3 undifferentiated....g	0.005		0	PIK	4		0.004	0.021	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.068		0	PIK	4		0.057	0.266	
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		0.087	0.404	
Fatty acids, total trans-monoenoic....g	0.067		0	PIK	4		0.057	0.262	
Fatty acids, total trans-polyenoic....g	0.036		0	PIK	4		0.031	0.141	
Cholesterol....mg	62		0	PAK	1		53	244	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.181		0	PAK	1		0.154	0.711	
Threonine....g	0.772		0	PAK	1		0.656	3.032	
Isoleucine....g	0.846		0	PAK	1		0.719	3.323	
Leucine....g	1.464		0	PAK	1		1.244	5.754	
Lysine....g	1.594		0	PAK	1		1.355	6.264	
Methionine....g	0.473		0	PAK	1		0.402	1.860	

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
Cystine....g	0.198		0	PAK	1		0.169	0.779	
Phenylalanine....g	0.722		0	PAK	1		0.614	2.839	
Tyrosine....g	0.654		0	PAK	1		0.556	2.570	
Valine....g	0.898		0	PAK	1		0.763	3.529	
Arginine....g	1.144		0	PAK	1		0.972	4.494	
Histidine....g	0.742		0	PAK	1		0.631	2.917	
Alanine....g	1.009		0	PAK	1		0.857	3.965	
Aspartic acid....g	1.681		0	PAK	1		1.429	6.607	
Glutamic acid....g	2.744		0	PAK	1		2.332	10.783	
Glycine....g	0.774		0	PAK	1		0.658	3.043	
Proline....g	0.695		0	PAK	1		0.591	2.731	
Serine....g	0.743		0	PAK	1		0.632	2.920	
Hydroxyproline....g	0.044		0	PAK	1		0.038	0.173	
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 = 393g: 1 steak

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		50.32		
Energy....kcal	227		0	NC	4		193		
Energy....kJ	951		0	NC	4		808		
Protein....g	27.58	0.991	12	A	1		23.44		
Total lipid (fat)....g	12.14	0.874	12	A	1		10.32		
Ash....g	1.21	0.108	12	A	1		1.03		
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		22		
Iron, Fe....mg	1.82	0.073	12	A	1		1.54		
Magnesium, Mg....mg	21	0.768	12	A	1		18		
Phosphorus, P....mg	234	5.657	12	A	1		199		
Potassium, K....mg	388	46.513	12	A	1		330		
Sodium, Na....mg	154	14.040	12	A	1		131		
Zinc, Zn....mg	4.85	0.198	12	A	1		4.13		
Copper, Cu....mg	0.208	0.058	12	A	1		0.177		
Manganese, Mn....mg	0.012	0.001	12	A	1		0.011		
Selenium, Se....µg	45.3	4.788	12	A	1		38.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.424	0.012	4	A	1		0.360		
Riboflavin....mg	0.381	0.018	4	A	1		0.324		
Niacin....mg	3.575	0.127	4	A	1		3.039		
Pantothenic acid....mg	1.419		0	BFPN	4		1.206		
Vitamin B-6....mg	0.488		0	BFPN	4		0.415		
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....µg	0		0	NC	4		0		
Choline, total....mg	112.8		0	BFPN	4		95.9		
Betaine....mg	3.7		0	BFPN	4		3.1		
Vitamin B-12....µg	0.94		0	BFPN	4		0.80		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	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		0.09		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.0		0	AS	1		0.9		
Vitamin D....IU	42		0	BFFN	4		35		
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. 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
Lipids:										
Fatty acids, total saturated	g	4.620		0	BFFN	4		3.927		
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		0.011		
12:0	g	0.010		0	BFFN	4		0.008		
13:0	g									
14:0	g	0.155		0	BFFN	4		0.132		
15:0	g	0.002		0	BFFN	4		0.001		
16:0	g	2.807		0	BFFN	4		2.386		
17:0	g	0.034		0	BFFN	4		0.029		
18:0	g	1.578		0	BFFN	4		1.342		
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		4.847		
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		0.260		
17:1	g	0.000		0	BFFN	4		0.000		
18:1 undifferentiated	g	5.307		0	BFFN	4		4.511		
18:1 c	g	5.250		0	BFFN	4		4.463		
18:1 t	g	0.057		0	BFFN	4		0.048		
18:1-11 t (18:1t n-7)	g									
20:1	g	0.089		0	BFFN	4		0.075		
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		1.096		
18:2 undifferentiated	g	1.108		0	BFFN	4		0.942		
18:2 n-6 c,c	g	1.071		0	BFFN	4		0.910		
18:2 CLAs	g									
18:2 t,t	g	0.037		0	BFFN	4		0.031		
18:2 i	g									
18:2 t not further defined	g									
18:3 undifferentiated	g	0.044		0	BFFN	4		0.037		
18:3 n-3 c,c,c (ALA)	g	0.044		0	BFFN	4		0.037		
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		0.038		
20:3 undifferentiated	g	0.006		0	BFFN	4		0.005		
20:3 n-3	g									
20:3 n-6	g									
20:4 undifferentiated	g	0.087		0	BFFN	4		0.074		
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		0.080		
Fatty acids, total trans-monoenoic	g	0.057		0	BFFN	4		0.048		
Fatty acids, total trans-polyenoic	g									
Cholesterol	mg	98	2.642	12	A	1		84		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.290		0	A	1		0.247		
Threonine	g	1.238		0	A	1		1.053		
Isoleucine	g	1.357		0	A	1		1.154		
Leucine	g	2.350		0	A	1		1.997		
Lysine	g	2.558		0	A	1		2.174		
Methionine	g	0.760		0	A	1		0.646		

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
Cystine....g	0.318		0	A	1		0.271		
Phenylalanine....g	1.159		0	A	1		0.985		
Tyrosine....g	1.050		0	A	1		0.892		
Valine....g	1.441		0	A	1		1.225		
Arginine....g	1.835		0	A	1		1.560		
Histidine....g	1.191		0	A	1		1.013		
Alanine....g	1.619		0	A	1		1.376		
Aspartic acid....g	2.698		0	A	1		2.293		
Glutamic acid....g	4.403		0	A	1		3.743		
Glycine....g	1.243		0	A	1		1.056		
Proline....g	1.115		0	A	1		0.948		
Serine....g	1.193		0	A	1		1.014		
Hydroxyproline....g	0.071		0	BFPN	4		0.060		
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 27 (2014)

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		63.62		
Energy....kcal	122		0	NC	4		104		
Energy....kJ	511		0	NC	4		434		
Protein....g	18.29	0.342	12	A	1		15.55		
Total lipid (fat)....g	5.36	0.295	12	A	1		4.55		
Ash....g	1.32	0.122	12	A	1		1.12		
Carbohydrate, by difference....g	0.18		0	NC	4		0.15		
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		12		
Iron, Fe....mg	1.04	0.025	12	A	1		0.89		
Magnesium, Mg....mg	19	0.394	12	A	1		16		
Phosphorus, P....mg	223	6.587	12	A	1		190		
Potassium, K....mg	419	50.736	12	A	1		356		
Sodium, Na....mg	165	14.906	12	A	1		140		
Zinc, Zn....mg	3.10	0.082	12	A	1		2.64		
Copper, Cu....mg	0.125	0.021	12	A	1		0.106		
Manganese, Mn....mg	0.010	0.000	12	A	1		0.009		
Selenium, Se....µg	28.8	3.142	12	A	1		24.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.512	0.006	4	A	1		0.435		
Riboflavin....mg	0.367	0.010	4	A	1		0.312		
Niacin....mg	3.837	0.170	4	A	1		3.262		
Pantothenic acid....mg	1.531		0	BFPN	4		1.301		
Vitamin B-6....mg	0.509		0	BFPN	4		0.433		
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....µg	0		0	NC	4		0		
Choline, total....mg	76.9		0	BFPN	4		65.4		
Betaine....mg	4.0		0	BFPN	4		3.4		
Vitamin B-12....µg	0.89		0	BFPN	4		0.76		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	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		0.20		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	AS	1		0.4		
Vitamin D....IU	21		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									

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
Lipids:									
Fatty acids, total saturated....g	1.873		0	BFFN	4		1.592		
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		0.001		
12:0....g	0.000		0	BFFN	4		0.000		
13:0....g									
14:0....g	0.063		0	BFFN	4		0.053		
15:0....g	0.001		0	BFFN	4		0.001		
16:0....g	1.148		0	BFFN	4		0.976		
17:0....g	0.013		0	BFFN	4		0.011		
18:0....g	0.637		0	BFFN	4		0.542		
20:0....g									
22:0....g	0.001		0	BFFN	4		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	2.329		0	BFFN	4		1.980		
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		0.111		
17:1....g	0.001		0	BFFN	4		0.001		
18:1 undifferentiated....g	2.164		0	BFFN	4		1.839		
18:1 c....g	2.142		0	BFFN	4		1.820		
18:1 t....g	0.022		0	BFFN	4		0.019		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.034		0	BFFN	4		0.029		
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		0.494		
18:2 undifferentiated....g	0.485		0	BFFN	4		0.412		
18:2 n-6 c,c....g	0.470		0	BFFN	4		0.400		
18:2 CLAs....g									
18:2 t,t....g	0.014		0	BFFN	4		0.012		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.018		0	BFFN	4		0.015		
18:3 n-3 c,c,c (ALA)....g	0.018		0	BFFN	4		0.015		
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		0.015		
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		0.052		
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		0.031		
Fatty acids, total trans-monoenoic....g	0.022		0	BFFN	4		0.019		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	59	1.998	12	A	1		50		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.193		0	A	1		0.164		
Threonine....g	0.821		0	A	1		0.698		
Isoleucine....g	0.900		0	A	1		0.765		
Leucine....g	1.558		0	A	1		1.325		
Lysine....g	1.697		0	A	1		1.442		
Methionine....g	0.504		0	A	1		0.428		

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
Cystine....g	0.211		0	A	1		0.179		
Phenylalanine....g	0.769		0	A	1		0.654		
Tyrosine....g	0.696		0	A	1		0.592		
Valine....g	0.956		0	A	1		0.813		
Arginine....g	1.217		0	A	1		1.035		
Histidine....g	0.790		0	A	1		0.672		
Alanine....g	1.074		0	A	1		0.913		
Aspartic acid....g	1.790		0	A	1		1.521		
Glutamic acid....g	2.921		0	A	1		2.482		
Glycine....g	0.824		0	A	1		0.701		
Proline....g	0.740		0	A	1		0.629		
Serine....g	0.791		0	A	1		0.672		
Hydroxyproline....g	0.047		0	A	1		0.040		
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 27 (2014)

NDB No. 10220
Pork, fresh, ground, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.75	0.678	13		1		44.84		
Energy....kcal	297		0	NC	4		252		
Energy....kJ	1243		0		4		1056		
Protein (N x 6.25)....g	25.69	0.484	13		1		21.84		
Total lipid (fat)....g	20.77	0.975	13		1		17.65		
Ash....g	1.29	0.153	13		1		1.10		
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	22	4.083	5		1		19		
Iron, Fe....mg	1.29	0.034	5		1		1.10		
Magnesium, Mg....mg	24	0.542	5		1		20		
Phosphorus, P....mg	226	5.513	5		1		192		
Potassium, K....mg	362	8.274	5		1		308		
Sodium, Na....mg	73	2.225	4		1		62		
Zinc, Zn....mg	3.21	0.209	5		1		2.73		
Copper, Cu....mg	0.044	0.017	5		1		0.037		
Manganese, Mn....mg	0.011		0		1		0.009		
Selenium, Se....µg	35.4	5.085	5	A	1		30.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0		1		0.6		
Thiamin....mg	0.706		0		1		0.600		
Riboflavin....mg	0.220		0		1		0.187		
Niacin....mg	4.206		0		1		3.575		
Pantothenic acid....mg	0.520		0		1		0.442		
Vitamin B-6....mg	0.391		0		1		0.332		
Folate, total....µg	6		0		1		5		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	6		0		1		5		
Folate, DFE....µg	6		0	NC	4		5		
Choline, total....mg	88.3		0	BFPN	4		75.0		
Betaine....mg	3.4		0	BFPN	4		2.9		
Vitamin B-12....µg	0.54		0		1		0.46		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	2		0	NC	4		2		
Retinol....µg	2		0	NR	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	8		0		1		7		
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		0.18		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	AS	1		0.4		
Vitamin D....IU	21		0	BFFN	4		18		
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	7.720		0		1		6.562		
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		1		0.000		
10:0....g	0.010		13		1		0.009		
12:0....g	0.010		13		1		0.009		
13:0....g									
14:0....g	0.330		13		1		0.281		
15:0....g									
16:0....g	4.670		13		1		3.970		
17:0....g									
18:0....g	2.500		13		1		2.125		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.250		0		1		7.863		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.630		13		1		0.536		
17:1....g									
18:1 undifferentiated....g	8.330		13		1		7.081		
20:1....g	0.150		13		1		0.128		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.870		0		1		1.590		
18:2 undifferentiated....g	1.640		13		1		1.394		
18:3 undifferentiated....g	0.070		13		1		0.060		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.080		13		1		0.068		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	94	1.921	13		1		80		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.326		0		1		0.277		
Threonine....g	1.173		0		1		0.997		
Isoleucine....g	1.203		0		1		1.023		
Leucine....g	2.061		0		1		1.752		
Lysine....g	2.310		0		1		1.964		
Methionine....g	0.680		0		1		0.578		
Cystine....g	0.328		0		1		0.279		
Phenylalanine....g	1.025		0		1		0.871		
Tyrosine....g	0.895		0		1		0.761		
Valine....g	1.394		0		1		1.185		
Arginine....g	1.597		0		1		1.357		
Histidine....g	1.026		0		1		0.872		
Alanine....g	1.497		0		1		1.272		
Aspartic acid....g	2.383		0		1		2.026		
Glutamic acid....g	4.022		0		1		3.419		
Glycine....g	1.220		0		1		1.037		
Proline....g	1.032		0		1		0.877		
Serine....g	1.061		0		1		0.902		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

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
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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	7.870		0		1		2.231	8.893	
4:0....g									
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									
21:5....g									
22:4....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.

NDB No. 10219
Pork, fresh, ground, 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.4		0	PAK	1		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									

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
Lipids:									
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 t....g	0.073		0	PAK	1		0.099	0.062	
18:1-11 t (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 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-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	
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	

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
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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	PAK	1		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									

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
Lipids:									
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 t....g	0.074		0	PAK	1		0.021	0.337	
18:1-11 t (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 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-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	
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	

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
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 27 (2014)

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		55.89	1990.24	
Energy....kcal	165		0	NC	4		140	4991	
Energy....kJ	690		0	NC	4		587	20886	
Protein (N x 6.25)....g	28.86	0.685	6	A	1		24.53	873.73	
Total lipid (fat)....g	4.62	0.528	6	A	1		3.92	139.75	
Ash....g	1.24	0.038	6	A	1		1.06	37.58	
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	16	0.933	6	A	1		14	486	
Iron, Fe....mg	0.97	0.045	6	A	1		0.82	29.35	
Magnesium, Mg....mg	27	0.887	6	A	1		23	807	
Phosphorus, P....mg	273	6.962	6	A	1		232	8268	
Potassium, K....mg	425	15.894	6	A	1		361	12852	
Sodium, Na....mg	80	2.546	6	A	1		68	2427	
Zinc, Zn....mg	2.48	0.101	6	A	1		2.11	75.09	
Copper, Cu....mg	0.116	0.007	6	A	1		0.099	3.514	
Manganese, Mn....mg	0.018	0.001	6	A	1		0.015	0.533	
Selenium, Se....µg	26.6	6.138	6	A	1		22.6	805.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.523	0.064	6	A	1		0.445	15.841	
Riboflavin....mg	0.408	0.033	6	A	1		0.347	12.360	
Niacin....mg	7.940	0.614	6	A	1		6.749	240.344	
Pantothenic acid....mg	0.903	0.066	6	A	1		0.768	27.344	
Vitamin B-6....mg	0.538	0.037	6	A	1		0.457	16.275	
Folate, total....µg	0		0	BFPN	4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0	NR	4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	99.2		0	BFPN	4		84.3	3002.5	
Betaine....mg	3.8		0	BFPN	4		3.3	116.1	
Vitamin B-12....µg	0.67	0.078	6	A	1		0.57	20.18	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	1		0	NC	4		0	16	
Retinol....µg	1		0	BFFN	4		0	16	
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	2		0	NC	4		1	52	
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		0.22	7.77	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.3		0	AS	1		0.3	9.2	
Vitamin D....IU	12		0	BFFN	4		10	367	
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									

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
Lipids:									
Fatty acids, total saturated....g	1.451		0	NC	4		1.234	43.932	
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	0.047	0.008	6	A	1		0.040	1.408	
15:0....g	0.000	0.000	6	A	1		0.000	0.000	
16:0....g	0.915	0.127	6	A	1		0.778	27.702	
17:0....g	0.014	0.003	6	A	1		0.012	0.424	
18:0....g	0.476	0.059	6	A	1		0.404	14.398	
20:0....g	0.000	0.000	6	A	1		0.000	0.000	
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	1.878		0	NC	4		1.596	56.837	
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	0.098	0.018	6	A	1		0.083	2.972	
17:1....g	0.000	0.000	6	A	1		0.000	0.000	
18:1 undifferentiated....g	1.751	0.255	6	AS	1		1.488	53.008	
18:1 c....g	1.719	0.254	6	A	1		1.461	52.024	
18:1 t....g	0.033	0.009	6	A	1		0.028	0.984	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.028	0.005	6	A	1		0.024	0.858	
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	1.066		0	NC	4		0.906	32.268	
18:2 undifferentiated....g	0.922	0.109	6	AS	1		0.783	27.894	
18:2 n-6 c,c....g	0.920	0.108	6	A	1		0.782	27.838	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.002	0.002	6	A	1		0.002	0.055	
18:3 undifferentiated....g	0.029	0.004	6	AS	1		0.025	0.888	
18:3 n-3 c,c,c (ALA)....g	0.029	0.004	6	A	1		0.025	0.888	
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000	0.000	
18:3i....g	0.000		1	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	0.031	0.004	6	A	1		0.026	0.923	
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	0.080	0.005	6	A	1		0.068	2.417	
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	0.005	0.002	6	A	1		0.004	0.146	
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans....g	0.034		0	NC	4		0.029	1.039	
Fatty acids, total trans-monoenoic....g	0.033		0	NC	4		0.028	0.984	
Fatty acids, total trans-polyenoic....g	0.002		0	NC	4		0.002	0.055	
Cholesterol....mg	86	3.488	6	A	1		73	2616	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.344		0	A	1		0.292	10.399	
Threonine....g	1.269		0	A	1		1.079	38.424	
Isoleucine....g	1.367		0	A	1		1.162	41.373	
Leucine....g	2.376		0	A	1		2.019	71.915	

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
Lysine....g	2.567		0	A	1		2.182	77.707	
Methionine....g	0.791		0	A	1		0.673	23.949	
Cystine....g	0.325		0	A	1		0.277	9.851	
Phenylalanine....g	1.199		0	A	1		1.019	36.304	
Tyrosine....g	1.144		0	A	1		0.972	34.619	
Valine....g	1.460		0	A	1		1.241	44.195	
Arginine....g	1.860		0	A	1		1.581	56.301	
Histidine....g	1.174		0	A	1		0.998	35.541	
Alanine....g	1.653		0	A	1		1.405	50.047	
Aspartic acid....g	2.700		0	A	1		2.295	81.731	
Glutamic acid....g	4.410		0	A	1		3.748	133.478	
Glycine....g	1.305		0	A	1		1.109	39.490	
Proline....g	1.167		0	A	1		0.992	35.328	
Serine....g	1.205		0	A	1		1.025	36.489	
Hydroxyproline....g	0.101		0	A	1		0.086	3.049	
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 = 85g: 3 oz

Measure 2 = 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 27 (2014)

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		63.56	339.19	2955.19
Energy....kcal	120		0	NC	4		102	542	4727
Energy....kJ	500		0	NC	4		425	2268	19760
Protein (N x 6.25)....g	21.81	0.228	6	A	1		18.54	98.94	862.03
Total lipid (fat)....g	2.93	0.272	6	A	1		2.49	13.31	115.93
Ash....g	1.12	0.011	6	A	1		0.95	5.09	44.36
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	12	0.752	6	A	1		10	54	474
Iron, Fe....mg	0.67	0.038	6	A	1		0.57	3.05	26.59
Magnesium, Mg....mg	22	0.648	6	A	1		19	99	861
Phosphorus, P....mg	235	4.387	6	A	1		200	1065	9280
Potassium, K....mg	359	14.544	6	A	1		305	1629	14191
Sodium, Na....mg	76	2.205	6	A	1		65	346	3018
Zinc, Zn....mg	1.85	0.139	6	A	1		1.57	8.39	73.10
Copper, Cu....mg	0.080	0.005	6	A	1		0.068	0.364	3.173
Manganese, Mn....mg	0.010	0.000	6	A	1		0.009	0.046	0.400
Selenium, Se....µg	21.2	4.924	6	A	1		18.0	96.2	837.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.545	0.070	6	A	1		0.463	2.472	21.538
Riboflavin....mg	0.340	0.033	6	A	1		0.289	1.542	13.437
Niacin....mg	6.042	0.296	6	A	1		5.135	27.405	238.767
Pantothenic acid....mg	0.658	0.072	6	A	1		0.560	2.986	26.017
Vitamin B-6....mg	0.557	0.038	6	A	1		0.473	2.524	21.993
Folate, total....µg	0		0	BFSN	4		0	0	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	0		0	NR	4		0	0	0
Folate, DFE....µg	0		0	NC	4		0	0	0
Choline, total....mg	75.0		0	BFPN	4		63.7	340.0	2962.3
Betaine....mg	2.9		0	BFPN	4		2.5	13.1	114.6
Vitamin B-12....µg	0.36	0.022	6	A	1		0.30	1.63	14.16
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	2		0	NC	4		2	9	79
Retinol....µg	2		0	NR	4		2	9	79
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	7		0	NC	4		6	30	263
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		0.14	0.74	6.46
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.3		0	AS	1		0.2	1.3	11.1
Vitamin D....IU	11		0	BFFN	4		10	51	445
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	0.0
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	0.947		0	NC	4		0.805	4.295	37.419
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	0.000	6	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.035	0.004	6	A	1		0.029	0.157	1.370
15:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:0....g	0.591	0.054	6	A	1		0.502	2.679	23.337
17:0....g	0.008	0.003	6	A	1		0.007	0.036	0.316
18:0....g	0.314	0.023	6	A	1		0.267	1.423	12.396
20:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	1.148		0	NC	4		0.976	5.207	45.362
14:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.063	0.006	6	A	1		0.053	0.284	2.470
17:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	1.067	0.079	6	AS	1		0.907	4.840	42.168
18:1 c....g	1.048	0.078	6	A	1		0.891	4.752	41.404
18:1 t....g	0.019	0.004	6	A	1		0.016	0.088	0.764
18:1-11 t (18:1t n-7)....g									
20:1....g	0.018	0.002	6	A	1		0.016	0.083	0.725
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.615		0	NC	4		0.522	2.787	24.285
18:2 undifferentiated....g	0.513	0.053	6	AS	1		0.436	2.328	20.280
18:2 n-6 c,c....g	0.513	0.053	6	A	1		0.436	2.328	20.280
18:2 CLAs....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	0.000
18:3 undifferentiated....g	0.015	0.003	6	AS	1		0.012	0.066	0.573
18:3 n-3 c,c,c (ALA)....g	0.015	0.003	6	A	1		0.012	0.066	0.573
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:3i....g	0.000		2	A	1		0.000	0.000	0.000
18:4....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.018	0.002	6	A	1		0.015	0.081	0.705
20:3 undifferentiated....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.067	0.003	6	A	1		0.057	0.304	2.648
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.002	0.002	6	A	1		0.002	0.009	0.079
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.019		0	NC	4		0.016	0.088	0.764
Fatty acids, total trans-monoenoic....g	0.019		0	NC	4		0.016	0.088	0.764
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol....mg	62	1.158	6	A	1		52	279	2431
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.260		0	A	1		0.221	1.178	10.260
Threonine....g	0.959		0	A	1		0.815	4.351	37.910
Isoleucine....g	1.033		0	A	1		0.878	4.685	40.819
Leucine....g	1.795		0	A	1		1.526	8.144	70.951

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
Lysine....g	1.940		0	A	1		1.649	8.800	76.667
Methionine....g	0.598		0	A	1		0.508	2.712	23.628
Cystine....g	0.246		0	A	1		0.209	1.116	9.719
Phenylalanine....g	0.906		0	A	1		0.770	4.111	35.818
Tyrosine....g	0.864		0	A	1		0.735	3.920	34.155
Valine....g	1.103		0	A	1		0.938	5.005	43.603
Arginine....g	1.406		0	A	1		1.195	6.376	55.547
Histidine....g	0.887		0	A	1		0.754	4.025	35.065
Alanine....g	1.249		0	A	1		1.062	5.667	49.376
Aspartic acid....g	2.040		0	A	1		1.734	9.255	80.636
Glutamic acid....g	3.332		0	A	1		2.832	15.115	131.691
Glycine....g	0.986		0	A	1		0.838	4.472	38.961
Proline....g	0.882		0	A	1		0.750	4.001	34.855
Serine....g	0.911		0	A	1		0.774	4.132	36.001
Hydroxyproline....g	0.076		0	A	1		0.065	0.345	3.008
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 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 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 27 (2014)

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		51.31	1750.66	
Energy....kcal	232		0	PIK	4		197	6726	
Energy....kJ	970		0	PIK	4		825	28142	
Protein (N x 6.25)....g	25.96		0	PAK	1		22.07	752.97	
Total lipid (fat)....g	13.42		0	PAK	1		11.41	389.23	
Ash....g	1.10		0	PAK	1		0.94	32.04	
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		13	437	
Iron, Fe....mg	0.87		0	PAK	1		0.74	25.13	
Magnesium, Mg....mg	22		0	PAK	1		19	642	
Phosphorus, P....mg	242		0	PAK	1		205	7004	
Potassium, K....mg	345		0	PAK	1		293	9991	
Sodium, Na....mg	81		0	PAK	1		69	2347	
Zinc, Zn....mg	2.42		0	PAK	1		2.06	70.32	
Copper, Cu....mg	0.119		0	PAK	1		0.101	3.438	
Manganese, Mn....mg	0.017		0	PAK	1		0.015	0.500	
Selenium, Se....µg	26.4		0	PAK	1		22.5	766.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.411		0	PAK	1		0.349	11.920	
Riboflavin....mg	0.352		0	PAK	1		0.299	10.194	
Niacin....mg	7.457		0	PAK	1		6.338	216.251	
Pantothenic acid....mg	0.830		0	PAK	1		0.706	24.084	
Vitamin B-6....mg	0.442		0	PAK	1		0.375	12.805	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	90.3		0	PIK	4		76.8	2619.0	
Betaine....mg	3.6		0	PIK	4		3.0	103.7	
Vitamin B-12....µg	0.50		0	PAK	1		0.43	14.56	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	4		0	PIK	4		3	119	
Retinol....µg	4		0	PIK	4		3	119	
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	14		0	PIK	4		12	397	
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		0.19	6.59	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	PAK	1		0.5	16.2	
Vitamin D....IU	22		0	PIK	4		19	649	
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									

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
Lipids:									
Fatty acids, total saturated....g	4.609		0	PIK	4		3.918	133.666	
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	0.008		0	PAK	1		0.007	0.239	
12:0....g	0.007		0	PAK	1		0.006	0.194	
13:0....g									
14:0....g	0.165		0	PAK	1		0.140	4.773	
15:0....g	0.006		0	PAK	1		0.006	0.188	
16:0....g	2.873		0	PAK	1		2.442	83.304	
17:0....g	0.047		0	PAK	1		0.040	1.349	
18:0....g	1.484		0	PAK	1		1.261	43.025	
20:0....g	0.020		0	PAK	1		0.017	0.594	
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	5.819		0	PIK	4		4.946	168.752	
14:1....g	0.002		0	PAK	1		0.001	0.047	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.285		0	PAK	1		0.242	8.257	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	5.436		0	PAK	1		4.620	157.637	
18:1 c....g	5.358		0	PAK	1		4.554	155.373	
18:1 t....g	0.078		0	PAK	1		0.066	2.263	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.097		0	PAK	1		0.082	2.811	
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	2.440		0	PIK	4		2.074	70.762	
18:2 undifferentiated....g	2.160		0	PAK	1		1.836	62.645	
18:2 n-6 c,c....g	2.145		0	PAK	1		1.824	62.215	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.015		0	PAK	1		0.013	0.430	
18:3 undifferentiated....g	0.084		0	PAK	1		0.072	2.449	
18:3 n-3 c,c,c (ALA)....g	0.082		0	PAK	1		0.069	2.368	
18:3 n-6 c,c,c....g	0.003		0	PAK	1		0.002	0.080	
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	0.083		0	PAK	1		0.071	2.409	
20:3 undifferentiated....g	0.007		0	PAK	1		0.006	0.215	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.091		0	PAK	1		0.077	2.632	
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	0.012		0	PAK	1		0.010	0.353	
22:6 n-3 (DHA)....g	0.002		0	PAK	1		0.002	0.058	
Fatty acids, total trans....g	0.093		0	PIK	4		0.079	2.693	
Fatty acids, total trans-monoenoic....g	0.078		0	PIK	4		0.066	2.263	
Fatty acids, total trans-polyenoic....g	0.015		0	PIK	4		0.013	0.430	
Cholesterol....mg	91		0	PAK	1		78	2649	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.309		0	PAK	1		0.263	8.962	
Threonine....g	1.142		0	PAK	1		0.971	33.114	
Isoleucine....g	1.229		0	PAK	1		1.045	35.655	
Leucine....g	2.137		0	PAK	1		1.817	61.975	

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
Lysine....g	2.309		0	PAK	1		1.963	66.968	
Methionine....g	0.712		0	PAK	1		0.605	20.639	
Cystine....g	0.293		0	PAK	1		0.249	8.490	
Phenylalanine....g	1.079		0	PAK	1		0.917	31.286	
Tyrosine....g	1.029		0	PAK	1		0.874	29.834	
Valine....g	1.313		0	PAK	1		1.116	38.087	
Arginine....g	1.673		0	PAK	1		1.422	48.520	
Histidine....g	1.056		0	PAK	1		0.898	30.629	
Alanine....g	1.487		0	PAK	1		1.264	43.130	
Aspartic acid....g	2.429		0	PAK	1		2.064	70.435	
Glutamic acid....g	3.967		0	PAK	1		3.372	115.031	
Glycine....g	1.174		0	PAK	1		0.997	34.032	
Proline....g	1.050		0	PAK	1		0.892	30.446	
Serine....g	1.084		0	PAK	1		0.922	31.446	
Hydroxyproline....g	0.091		0	PAK	1		0.077	2.627	
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 = 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 27 (2014)

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		57.53	307.02	2618.09
Energy....kcal	193		0	PIK	4		164	874	7456
Energy....kJ	807		0	PIK	4		686	3658	31196
Protein (N x 6.25)....g	19.87		0	PAK	1		16.89	90.15	768.75
Total lipid (fat)....g	11.96		0	PAK	1		10.17	54.26	462.68
Ash....g	1.03		0	PAK	1		0.87	4.65	39.66
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	0.0
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0	PAK	1		10	54	462
Iron, Fe....mg	0.69		0	PAK	1		0.59	3.14	26.81
Magnesium, Mg....mg	19		0	PAK	1		16	85	725
Phosphorus, P....mg	204		0	PAK	1		173	926	7894
Potassium, K....mg	329		0	PAK	1		280	1494	12741
Sodium, Na....mg	84		0	PAK	1		72	382	3258
Zinc, Zn....mg	2.02		0	PAK	1		1.71	9.14	77.97
Copper, Cu....mg	0.131		0	PAK	1		0.112	0.596	5.079
Manganese, Mn....mg	0.022		0	PAK	1		0.019	0.100	0.850
Selenium, Se....µg	19.5		0	PAK	1		16.6	88.5	755.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	0.0
Thiamin....mg	0.470		0	PAK	1		0.399	2.131	18.169
Riboflavin....mg	0.307		0	PAK	1		0.261	1.392	11.873
Niacin....mg	5.750		0	PAK	1		4.888	26.082	222.414
Pantothenic acid....mg	0.594		0	PAK	1		0.505	2.695	22.981
Vitamin B-6....mg	0.475		0	PAK	1		0.404	2.156	18.384
Folate, total....µg	0		0	PIK	4		0	0	0
Folic acid....µg	0		0	PIK	4		0	0	0
Folate, food....µg	0		0	PIK	4		0	0	0
Folate, DFE....µg	0		0	NC	4		0	0	0
Choline, total....mg	68.2		0	PIK	4		58.0	309.3	2637.6
Betaine....mg	2.6		0	PIK	4		2.2	12.0	102.0
Vitamin B-12....µg	0.54		0	PAK	1		0.46	2.43	20.73
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	0.00
Vitamin A, RAE....µg	6		0	PIK	4		5	27	229
Retinol....µg	6		0	PIK	4		5	27	229
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	20		0	PIK	4		17	90	764
Lycopene....µg	0		0	PIK	4		0	0	0
Lutein + zeaxanthin....µg	0		0	PIK	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.31		0	PIK	4		0.26	1.40	11.96
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	PAK	1		0.4	2.2	19.0
Vitamin D....IU	20		0	PIK	4		17	89	759
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	0.0
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	0.0
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	3.942		0	PIK	4		3.350	17.879	152.458
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	0.007		0	PAK	1		0.006	0.033	0.278
12:0....g	0.007		0	PAK	1		0.006	0.033	0.278
13:0....g									
14:0....g	0.144		0	PAK	1		0.122	0.651	5.555
15:0....g	0.006		0	PAK	1		0.005	0.028	0.239
16:0....g	2.452		0	PAK	1		2.085	11.124	94.860
17:0....g	0.036		0	PAK	1		0.031	0.164	1.399
18:0....g	1.272		0	PAK	1		1.081	5.768	49.189
20:0....g	0.017		0	PAK	1		0.015	0.078	0.661
22:0....g	0.000		0	PAK	1		0.000	0.000	0.000
24:0....g	0.000		0	PAK	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	5.067		0	PIK	4		4.307	22.983	195.982
14:1....g	0.002		0	PAK	1		0.002	0.010	0.089
15:1....g	0.000		0	PAK	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.243		0	PAK	1		0.207	1.103	9.402
17:1....g	0.000		0	PAK	1		0.000	0.000	0.000
18:1 undifferentiated....g	4.736		0	PAK	1		4.026	21.483	183.190
18:1 c....g	4.660		0	PAK	1		3.961	21.136	180.231
18:1 t....g	0.076		0	PAK	1		0.065	0.347	2.959
18:1-11 t (18:1t n-7)....g									
20:1....g	0.085		0	PAK	1		0.073	0.387	3.301
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	0.000
22:1 c....g	0.000		0	PAK	1		0.000	0.000	0.000
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.412		0	PIK	4		2.050	10.940	93.289
18:2 undifferentiated....g	2.130		0	PAK	1		1.810	9.660	82.372
18:2 n-6 c,c....g	2.111		0	PAK	1		1.794	9.574	81.639
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.019		0	PAK	1		0.016	0.086	0.733
18:3 undifferentiated....g	0.097		0	PAK	1		0.082	0.439	3.741
18:3 n-3 c,c,c (ALA)....g	0.093		0	PAK	1		0.079	0.423	3.608
18:3 n-6 c,c,c....g	0.003		0	PAK	1		0.003	0.016	0.133
18:3i....g	0.000		0	PAK	1		0.000	0.000	0.000
18:4....g	0.000		0	PAK	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.079		0	PAK	1		0.067	0.360	3.068
20:3 undifferentiated....g	0.010		0	PAK	1		0.009	0.046	0.389
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.084		0	PAK	1		0.071	0.379	3.236
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		0	PAK	1		0.008	0.043	0.366
22:6 n-3 (DHA)....g	0.003		0	PAK	1		0.003	0.014	0.117
Fatty acids, total trans....g	0.095		0	PIK	4		0.081	0.433	3.692
Fatty acids, total trans-monoenoic....g	0.076		0	PIK	4		0.065	0.347	2.959
Fatty acids, total trans-polyenoic....g	0.019		0	PIK	4		0.016	0.086	0.733
Cholesterol....mg	67		0	PAK	1		57	302	2577
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.237		0	PAK	1		0.201	1.073	9.150
Threonine....g	0.874		0	PAK	1		0.743	3.965	33.807
Isoleucine....g	0.941		0	PAK	1		0.800	4.269	36.402
Leucine....g	1.636		0	PAK	1		1.390	7.420	63.274

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
Lysine....g	1.768		0	PAK	1		1.502	8.018	68.370
Methionine....g	0.545		0	PAK	1		0.463	2.471	21.071
Cystine....g	0.224		0	PAK	1		0.190	1.016	8.668
Phenylalanine....g	0.826		0	PAK	1		0.702	3.746	31.942
Tyrosine....g	0.787		0	PAK	1		0.669	3.572	30.459
Valine....g	1.005		0	PAK	1		0.854	4.560	38.885
Arginine....g	1.281		0	PAK	1		1.089	5.809	49.536
Histidine....g	0.808		0	PAK	1		0.687	3.667	31.270
Alanine....g	1.138		0	PAK	1		0.968	5.164	44.033
Aspartic acid....g	1.859		0	PAK	1		1.580	8.433	71.910
Glutamic acid....g	3.036		0	PAK	1		2.581	13.772	117.440
Glycine....g	0.898		0	PAK	1		0.764	4.075	34.745
Proline....g	0.804		0	PAK	1		0.683	3.645	31.083
Serine....g	0.830		0	PAK	1		0.706	3.765	32.105
Hydroxyproline....g	0.069		0	PAK	1		0.059	0.315	2.682
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 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 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 27 (2014)

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		55.49	1893.14	
Energy....kcal	175		0	NC	4		149	5078	
Energy....kJ	733		0	NC	4		623	21257	
Protein (N x 6.25)....g	28.69	0.835	6	A	1		24.38	831.94	
Total lipid (fat)....g	5.83	0.438	6	A	1		4.96	169.17	
Ash....g	1.20	0.025	6	A	1		1.02	34.91	
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	14	0.605	6	A	1		12	406	
Iron, Fe....mg	0.92	0.057	6	A	1		0.79	26.81	
Magnesium, Mg....mg	24	0.719	6	A	1		20	696	
Phosphorus, P....mg	261	4.548	6	A	1		221	7556	
Potassium, K....mg	376	5.582	6	A	1		320	10910	
Sodium, Na....mg	84	4.211	6	A	1		72	2450	
Zinc, Zn....mg	2.67	0.089	6	A	1		2.27	77.31	
Copper, Cu....mg	0.123	0.004	6	A	1		0.104	3.557	
Manganese, Mn....mg	0.019	0.002	6	A	1		0.016	0.560	
Selenium, Se....µg	28.6	5.225	6	A	1		24.3	828.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.440	0.051	6	A	1		0.374	12.760	
Riboflavin....mg	0.373	0.021	6	A	1		0.317	10.827	
Niacin....mg	8.082	0.550	6	A	1		6.869	234.368	
Pantothenic acid....mg	0.877	0.069	6	A	1		0.745	25.423	
Vitamin B-6....mg	0.478	0.046	6	A	1		0.406	13.848	
Folate, total....µg	0		0	BFPN	4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0	NR	4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	98.6		0	BFPN	4		83.8	2858.9	
Betaine....mg	3.8		0	BFPN	4		3.2	110.6	
Vitamin B-12....µg	0.50	0.033	6	A	1		0.42	14.40	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	1		0	NC	4		1	35	
Retinol....µg	1		0	BFSN	4		1	35	
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		3	118	
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	NR	4		0.22	7.54	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.4		0	AS	1		0.3	11.1	
Vitamin D....IU	15		0	BFFN	4		13	444	
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									

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
Lipids:									
Fatty acids, total saturated....g	1.837		0	NC	4		1.561	53.263	
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	0.002	0.002	6	A	1		0.001	0.044	
12:0....g	0.000	0.000	6	A	1		0.000	0.000	
13:0....g									
14:0....g	0.060	0.009	6	A	1		0.051	1.730	
15:0....g	0.002	0.002	6	A	1		0.001	0.048	
16:0....g	1.140	0.129	6	A	1		0.969	33.060	
17:0....g	0.020	0.003	6	A	1		0.017	0.566	
18:0....g	0.608	0.067	6	A	1		0.517	17.642	
20:0....g	0.006	0.003	6	A	1		0.005	0.174	
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	2.482		0	NC	4		2.109	71.968	
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	0.126	0.023	6	A	1		0.107	3.640	
17:1....g	0.000	0.000	6	A	1		0.000	0.000	
18:1 undifferentiated....g	2.317	0.246	6	AS	1		1.970	67.198	
18:1 c....g	2.283	0.252	6	A	1		1.941	66.217	
18:1 t....g	0.034	0.013	6	A	1		0.029	0.981	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.039	0.004	6	A	1		0.033	1.131	
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	1.130		0	NC	4		0.960	32.756	
18:2 undifferentiated....g	0.975	0.145	6	AS	1		0.828	28.265	
18:2 n-6 c,c....g	0.971	0.143	6	A	1		0.825	28.149	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.004	0.003	6	A	1		0.003	0.116	
18:3 undifferentiated....g	0.034	0.006	6	AS	1		0.028	0.972	
18:3 n-3 c,c,c (ALA)....g	0.034	0.006	6	A	1		0.028	0.972	
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	3	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	0.035	0.004	6	A	1		0.030	1.010	
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	0.078	0.005	6	A	1		0.067	2.272	
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	0.008	0.002	6	A	1		0.007	0.237	
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		0.032	1.097	
Fatty acids, total trans-monoenoic....g	0.034		0	NC	4		0.029	0.981	
Fatty acids, total trans-polyenoic....g	0.004		0	NC	4		0.003	0.116	
Cholesterol....mg	93	4.152	6	A	1		79	2702	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.341		0	A	1		0.290	9.902	
Threonine....g	1.262		0	A	1		1.072	36.586	
Isoleucine....g	1.358		0	A	1		1.155	39.394	
Leucine....g	2.361		0	A	1		2.007	68.475	

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
Lysine....g	2.551		0	A	1		2.169	73.990	
Methionine....g	0.786		0	A	1		0.668	22.804	
Cystine....g	0.323		0	A	1		0.275	9.380	
Phenylalanine....g	1.192		0	A	1		1.013	34.567	
Tyrosine....g	1.137		0	A	1		0.966	32.963	
Valine....g	1.451		0	A	1		1.233	42.081	
Arginine....g	1.849		0	A	1		1.571	53.608	
Histidine....g	1.167		0	A	1		0.992	33.841	
Alanine....g	1.643		0	A	1		1.397	47.653	
Aspartic acid....g	2.683		0	A	1		2.281	77.821	
Glutamic acid....g	4.383		0	A	1		3.725	127.094	
Glycine....g	1.297		0	A	1		1.102	37.601	
Proline....g	1.160		0	A	1		0.986	33.638	
Serine....g	1.198		0	A	1		1.018	34.744	
Hydroxyproline....g	0.100		0	A	1		0.085	2.903	
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 = 85g: 3 oz

Measure 2 = 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 27 (2014)

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		63.65	339.68	2896.54
Energy....kcal	119		0	NC	4		101	540	4606
Energy....kJ	498		0	NC	4		423	2259	19263
Protein (N x 6.25)....g	21.66	0.159	6	A	1		18.41	98.23	837.66
Total lipid (fat)....g	2.95	0.128	6	A	1		2.51	13.38	114.11
Ash....g	1.11	0.016	6	A	1		0.94	5.04	42.98
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	12	0.819	6	A	1		10	53	450
Iron, Fe....mg	0.77	0.043	6	A	1		0.65	3.48	29.65
Magnesium, Mg....mg	21	0.831	6	A	1		18	95	806
Phosphorus, P....mg	224	4.716	6	A	1		191	1017	8671
Potassium, K....mg	329	3.260	6	A	1		279	1491	12716
Sodium, Na....mg	90	4.482	6	A	1		77	410	3499
Zinc, Zn....mg	2.25	0.086	6	A	1		1.92	10.22	87.15
Copper, Cu....mg	0.142	0.005	6	A	1		0.121	0.644	5.494
Manganese, Mn....mg	0.026	0.015	6	A	1		0.022	0.116	0.992
Selenium, Se....µg	21.3	4.523	6	A	1		18.1	96.5	823.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.522	0.075	6	A	1		0.443	2.366	20.178
Riboflavin....mg	0.343	0.022	6	A	1		0.292	1.557	13.280
Niacin....mg	6.273	0.420	6	A	1		5.332	28.456	242.653
Pantothenic acid....mg	0.622	0.060	6	A	1		0.528	2.820	24.046
Vitamin B-6....mg	0.531	0.033	6	A	1		0.451	2.409	20.539
Folate, total....µg	0		0	BFPN	4		0	0	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	0		0	NR	4		0	0	0
Folate, DFE....µg	0		0	NC	4		0	0	0
Choline, total....mg	74.4		0	BFPN	4		63.3	337.6	2878.6
Betaine....mg	2.9		0	BFPN	4		2.4	13.1	111.3
Vitamin B-12....µg	0.51	0.052	6	A	1		0.44	2.33	19.86
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	3		0	NC	4		2	12	101
Retinol....µg	3		0	BFSN	4		2	12	101
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	9		0	NC	4		7	39	335
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.29		0	NR	4		0.25	1.32	11.22
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.3		0	AS	1		0.2	1.3	10.9
Vitamin D....IU	11		0	BFFN	4		10	51	438
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	0.917		0	NC	4		0.779	4.158	35.457
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	0.000	6	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.029	0.002	6	A	1		0.024	0.130	1.109
15:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:0....g	0.583	0.038	6	A	1		0.496	2.644	22.550
17:0....g	0.006	0.004	6	A	1		0.005	0.026	0.219
18:0....g	0.299	0.022	6	A	1		0.254	1.358	11.578
20:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	1.214		0	NC	4		1.032	5.507	46.958
14:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.069	0.008	6	A	1		0.059	0.314	2.675
17:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	1.125	0.093	6	AS	1		0.956	5.104	43.521
18:1 c....g	1.114	0.092	6	A	1		0.947	5.055	43.102
18:1 t....g	0.011	0.004	6	A	1		0.009	0.049	0.419
18:1-11 t (18:1t n-7)....g									
20:1....g	0.020	0.002	6	A	1		0.017	0.089	0.761
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.605		0	NC	4		0.514	2.744	23.401
18:2 undifferentiated....g	0.503	0.054	6	AS	1		0.427	2.279	19.437
18:2 n-6 c,c....g	0.503	0.054	6	A	1		0.427	2.279	19.437
18:2 CLAs....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	0.000
18:3 undifferentiated....g	0.014	0.003	6	AS	1		0.012	0.065	0.554
18:3 n-3 c,c,c (ALA)....g	0.014	0.003	6	A	1		0.012	0.065	0.554
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:3i....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:4....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.018	0.002	6	A	1		0.015	0.082	0.696
20:3 undifferentiated....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.067	0.004	6	A	1		0.057	0.303	2.585
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.003	0.002	6	A	1		0.003	0.015	0.129
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.011		0	NC	4		0.009	0.049	0.419
Fatty acids, total trans-monoenoic....g	0.011		0	NC	4		0.009	0.049	0.419
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol....mg	66	2.768	6	A	1		56	298	2542
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.258		0	A	1		0.219	1.169	9.970
Threonine....g	0.952		0	A	1		0.810	4.320	36.838
Isoleucine....g	1.025		0	A	1		0.872	4.652	39.665
Leucine....g	1.782		0	A	1		1.515	8.085	68.946

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
Lysine....g	1.926		0	A	1		1.637	8.737	74.500
Methionine....g	0.594		0	A	1		0.505	2.693	22.960
Cystine....g	0.244		0	A	1		0.208	1.108	9.445
Phenylalanine....g	0.900		0	A	1		0.765	4.082	34.805
Tyrosine....g	0.858		0	A	1		0.729	3.892	33.190
Valine....g	1.095		0	A	1		0.931	4.969	42.371
Arginine....g	1.395		0	A	1		1.186	6.330	53.977
Histidine....g	0.881		0	A	1		0.749	3.996	34.073
Alanine....g	1.240		0	A	1		1.054	5.627	47.981
Aspartic acid....g	2.026		0	A	1		1.722	9.189	78.357
Glutamic acid....g	3.308		0	A	1		2.812	15.007	127.968
Glycine....g	0.979		0	A	1		0.832	4.440	37.860
Proline....g	0.876		0	A	1		0.744	3.972	33.870
Serine....g	0.904		0	A	1		0.769	4.102	34.983
Hydroxyproline....g	0.076		0	A	1		0.064	0.343	2.923
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 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 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 27 (2014)

NDB No. 10009

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

Refuse: 20% Bone and skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.04		0		1		74.30	46.78	
Energy....kcal	273		0	NC	4		369	232	
Energy....kJ	1142		0		4		1542	971	
Protein (N x 6.25)....g	26.83		0		1		36.22	22.81	
Total lipid (fat)....g	17.61		0		1		23.77	14.97	
Ash....g	1.06		0		1		1.43	0.90	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0		1		19	12	
Iron, Fe....mg	1.01		0		1		1.36	0.86	
Magnesium, Mg....mg	22		0		1		30	19	
Phosphorus, P....mg	263		0		1		355	224	
Potassium, K....mg	352		0		1		475	299	
Sodium, Na....mg	60		0		1		81	51	
Zinc, Zn....mg	2.96		0		1		4.00	2.52	
Copper, Cu....mg	0.100		0		1		0.135	0.085	
Manganese, Mn....mg	0.032		0		1		0.043	0.027	
Selenium, Se....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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.8		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	6.470		0		1		8.735	5.500	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
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									
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	

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
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 = 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 27 (2014)

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						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	62.47		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 ... µg	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 ... µg	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									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.5		0	AS	1		0.1	2.2	
Vitamin D ... IU	20		0	BFNN	4		6	89	
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

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
Fatty acids, total saturated....g	6.540		0		1		1.854	29.665	
4:0....g									
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									
21:5....g									
22:4....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									

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.9		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	3.300		0		1		4.455	2.805	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
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									
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	

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
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 = 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	1.870		0		1		0.530	8.482	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
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									
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	

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
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 27 (2014)

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		57.49	177.89	
Energy....kcal	194		0	PIK	4		165	511	
Energy....kJ	813		0	PIK	4		691	2137	
Protein (N x 6.25)....g	19.56		0	PAK	1		16.62	51.43	
Total lipid (fat)....g	12.27		0	PAK	1		10.43	32.27	
Ash....g	1.00		0	PAK	1		0.85	2.64	
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	35		0	PAK	1		29	91	
Iron, Fe....mg	0.66		0	PAK	1		0.56	1.73	
Magnesium, Mg....mg	17		0	PAK	1		15	45	
Phosphorus, P....mg	207		0	PAK	1		176	545	
Potassium, K....mg	288		0	PAK	1		245	757	
Sodium, Na....mg	69		0	PAK	1		58	180	
Zinc, Zn....mg	2.56		0	PAK	1		2.18	6.74	
Copper, Cu....mg	0.082		0	PAK	1		0.070	0.217	
Manganese, Mn....mg	0.008		0	PAK	1		0.007	0.020	
Selenium, Se....µg	29.4		0	PAK	1		25.0	77.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.499		0	PAK	1		0.424	1.312	
Riboflavin....mg	0.314		0	PAK	1		0.267	0.826	
Niacin....mg	6.704		0	PAK	1		5.698	17.631	
Pantothenic acid....mg	1.046		0	PAK	1		0.889	2.751	
Vitamin B-6....mg	0.427		0	PAK	1		0.363	1.124	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	67.2		0	PIK	4		57.1	176.7	
Betaine....mg	2.6		0	PIK	4		2.2	6.8	
Vitamin B-12....µg	0.55		0	PAK	1		0.47	1.46	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	6		0	PAK	1		5	16	
Retinol....µg	6		0	PAK	1		5	16	
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	20		0	PAK	1		17	52	
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	PIK	4		0.18	0.55	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.7		0	PAK	1		0.6	1.9	
Vitamin D....IU	29		0	PAK	1		24	76	
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									

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
Lipids:									
Fatty acids, total saturated....g	4.270		0	PIK	4		3.630	11.231	
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	0.001		0	PAK	1		0.001	0.002	
10:0....g	0.011		0	PAK	1		0.009	0.029	
12:0....g	0.010		0	PAK	1		0.009	0.027	
13:0....g									
14:0....g	0.153		0	PAK	1		0.130	0.401	
15:0....g	0.006		0	PAK	1		0.006	0.017	
16:0....g	2.609		0	PAK	1		2.218	6.862	
17:0....g	0.039		0	PAK	1		0.033	0.101	
18:0....g	1.419		0	PAK	1		1.206	3.731	
20:0....g	0.020		0	PAK	1		0.017	0.053	
22:0....g	0.001		0	PAK	1		0.001	0.003	
24:0....g	0.002		0	PAK	1		0.001	0.004	
Fatty acids, total monounsaturated....g	4.913		0	PIK	4		4.176	12.922	
14:1....g	0.002		0	PAK	1		0.001	0.004	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.248		0	PAK	1		0.211	0.652	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	4.584		0	PAK	1		3.896	12.055	
18:1 c....g	4.523		0	PAK	1		3.844	11.894	
18:1 t....g	0.061		0	PAK	1		0.052	0.160	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.080		0	PAK	1		0.068	0.211	
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	1.941		0	PIK	4		1.650	5.105	
18:2 undifferentiated....g	1.699		0	PAK	1		1.444	4.468	
18:2 n-6 c,c....g	1.687		0	PAK	1		1.434	4.436	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.012		0	PAK	1		0.011	0.033	
18:3 undifferentiated....g	0.079		0	PAK	1		0.067	0.207	
18:3 n-3 c,c,c (ALA)....g	0.070		0	PAK	1		0.059	0.183	
18:3 n-6 c,c,c....g	0.002		0	PAK	1		0.002	0.006	
18:3i....g	0.007		0	PAK	1		0.006	0.018	
18:4....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c....g	0.067		0	PAK	1		0.057	0.175	
20:3 undifferentiated....g	0.008		0	PAK	1		0.007	0.022	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.077		0	PAK	1		0.065	0.202	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0	PAK	1		0.009	0.027	
22:6 n-3 (DHA)....g	0.002		0	PAK	1		0.001	0.004	
Fatty acids, total trans....g	0.080		0	PIK	4		0.068	0.211	
Fatty acids, total trans-monoenoic....g	0.061		0	PIK	4		0.052	0.160	
Fatty acids, total trans-polyenoic....g	0.019		0	PIK	4		0.016	0.051	
Cholesterol....mg	63		0	PAK	1		53	165	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.228		0	PAK	1		0.193	0.598	
Threonine....g	0.841		0	PAK	1		0.715	2.211	
Isoleucine....g	0.905		0	PAK	1		0.770	2.381	
Leucine....g	1.574		0	PAK	1		1.338	4.139	

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
Lysine....g	1.700		0	PAK	1		1.445	4.472	
Methionine....g	0.524		0	PAK	1		0.445	1.378	
Cystine....g	0.216		0	PAK	1		0.183	0.567	
Phenylalanine....g	0.794		0	PAK	1		0.675	2.089	
Tyrosine....g	0.758		0	PAK	1		0.644	1.992	
Valine....g	0.967		0	PAK	1		0.822	2.543	
Arginine....g	1.232		0	PAK	1		1.047	3.240	
Histidine....g	0.778		0	PAK	1		0.661	2.045	
Alanine....g	1.095		0	PAK	1		0.931	2.880	
Aspartic acid....g	1.788		0	PAK	1		1.520	4.704	
Glutamic acid....g	2.921		0	PAK	1		2.483	7.682	
Glycine....g	0.864		0	PAK	1		0.735	2.273	
Proline....g	0.773		0	PAK	1		0.657	2.033	
Serine....g	0.798		0	PAK	1		0.679	2.100	
Hydroxyproline....g	0.067		0	PAK	1		0.057	0.175	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		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 = 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 27 (2014)

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		61.92	191.58	
Energy....kcal	143		0	NC	4		122	377	
Energy....kJ	599		0	NC	4		509	1576	
Protein (N x 6.25)....g	21.22	0.248	12	A	1		18.03	55.80	
Total lipid (fat)....g	5.84	0.448	12	A	1		4.96	15.35	
Ash....g	1.07	0.016	12	A	1		0.91	2.80	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	30	3.147	12	A	1		26	80	
Iron, Fe....mg	0.71	0.055	12	A	1		0.60	1.87	
Magnesium, Mg....mg	18	0.442	12	A	1		16	49	
Phosphorus, P....mg	226	6.420	12	A	1		192	593	
Potassium, K....mg	313	10.223	12	A	1		266	824	
Sodium, Na....mg	73	1.559	12	A	1		62	192	
Zinc, Zn....mg	2.74	0.120	12	A	1		2.33	7.21	
Copper, Cu....mg	0.081	0.005	12	A	1		0.069	0.213	
Manganese, Mn....mg	0.009	0.001	12	A	1		0.008	0.024	
Selenium, Se....µg	31.6	3.521	12	A	1		26.8	83.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.540	0.026	12	A	1		0.459	1.420	
Riboflavin....mg	0.338	0.012	12	A	1		0.288	0.890	
Niacin....mg	7.113	0.439	12	A	1		6.046	18.706	
Pantothenic acid....mg	1.115	0.095	6	A	1		0.947	2.932	
Vitamin B-6....mg	0.466	0.026	6	A	1		0.396	1.226	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	72.9		0	BFPN	4		62.0	191.7	
Betaine....mg	2.8		0	BFPN	4		2.4	7.4	
Vitamin B-12....µg	0.53	0.040	6	A	1		0.45	1.40	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	3		0	AS	1		2	7	
Retinol....µg	3		1	A	1		2	7	
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	AS	1		8	25	
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		0.15	0.46	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		1	AS	1		0.5	1.5	
Vitamin D....IU	22		1	A	1		19	59	
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									

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
Lipids:									
Fatty acids, total saturated....g	1.974		0	NC	4		1.678	5.191	
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	0.001	0.000	6	A	1		0.001	0.002	
10:0....g	0.006	0.001	6	A	1		0.005	0.015	
12:0....g	0.005	0.000	6	A	1		0.004	0.013	
13:0....g									
14:0....g	0.069	0.006	6	A	1		0.059	0.183	
15:0....g	0.003	0.000	6	A	1		0.002	0.007	
16:0....g	1.208	0.101	6	A	1		1.027	3.177	
17:0....g	0.014	0.001	6	A	1		0.012	0.038	
18:0....g	0.656	0.053	6	A	1		0.557	1.725	
20:0....g	0.009	0.001	6	A	1		0.008	0.024	
22:0....g	0.001	0.000	6	A	1		0.001	0.004	
24:0....g	0.001	0.000	6	A	1		0.001	0.003	
Fatty acids, total monounsaturated....g	2.301		0	NC	4		1.956	6.052	
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	0.132	0.014	6	A	1		0.112	0.347	
17:1....g	0.000	0.000	6	A	1		0.000	0.000	
18:1 undifferentiated....g	2.133	0.192	6	AS	1		1.813	5.610	
18:1 c....g	2.115	0.191	6	A	1		1.798	5.562	
18:1 t....g	0.018	0.003	6	A	1		0.015	0.048	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.036	0.003	6	A	1		0.031	0.094	
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	0.805		0	NC	4		0.684	2.117	
18:2 undifferentiated....g	0.673	0.033	6	AS	1		0.572	1.771	
18:2 n-6 c,c....g	0.673	0.033	6	A	1		0.572	1.769	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.001	0.001	6	A	1		0.001	0.002	
18:3 undifferentiated....g	0.028	0.002	6	AS	1		0.024	0.075	
18:3 n-3 c,c,c (ALA)....g	0.025	0.002	6	A	1		0.021	0.066	
18:3 n-6 c,c,c....g	0.002	0.000	6	A	1		0.002	0.007	
18:3i....g	0.001	0.001	6	A	1		0.001	0.002	
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.026	0.001	6	A	1		0.022	0.068	
20:3 undifferentiated....g	0.003	0.001	6	A	1		0.003	0.008	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.067	0.002	6	A	1		0.057	0.176	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.007	0.000	6	A	1		0.006	0.018	
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans....g	0.020		0	NC	4		0.017	0.052	
Fatty acids, total trans-monoenoic....g	0.018		0	NC	4		0.015	0.048	
Fatty acids, total trans-polyenoic....g	0.002		0	NC	4		0.001	0.004	
Cholesterol....mg	59	0.785	6	A	1		50	156	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.253		0	A	1		0.215	0.664	
Threonine....g	0.933		0	A	1		0.793	2.454	
Isoleucine....g	1.005		0	A	1		0.854	2.642	
Leucine....g	1.746		0	A	1		1.484	4.592	

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
Lysine....g	1.887		0	A	1		1.604	4.962	
Methionine....g	0.582		0	A	1		0.494	1.529	
Cystine....g	0.239		0	A	1		0.203	0.629	
Phenylalanine....g	0.882		0	A	1		0.749	2.318	
Tyrosine....g	0.841		0	A	1		0.714	2.211	
Valine....g	1.073		0	A	1		0.912	2.822	
Arginine....g	1.367		0	A	1		1.162	3.595	
Histidine....g	0.863		0	A	1		0.734	2.270	
Alanine....g	1.215		0	A	1		1.033	3.196	
Aspartic acid....g	1.985		0	A	1		1.687	5.219	
Glutamic acid....g	3.241		0	A	1		2.755	8.524	
Glycine....g	0.959		0	A	1		0.815	2.522	
Proline....g	0.858		0	A	1		0.729	2.256	
Serine....g	0.886		0	A	1		0.753	2.330	
Hydroxyproline....g	0.074		0	A	1		0.063	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 = 85g: 3 oz

Measure 2 = 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 27 (2014)

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		59.25	122.67	
Energy....kcal	157		0	NC	4		133	276	
Energy....kJ	656		0	NC	4		558	1155	
Protein....g	20.54		0	PAK	1		17.46	36.15	
Total lipid (fat)....g	7.94		0	PAK	1		6.75	13.98	
Ash....g	1.07		0	PAK	1		0.91	1.89	
Carbohydrate, by difference....g	0.76		0	PIK	4		0.65	1.34	
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		5	11	
Iron, Fe....mg	0.74		0	PAK	1		0.63	1.29	
Magnesium, Mg....mg	21		0	PAK	1		18	37	
Phosphorus, P....mg	233		0	PAK	1		198	410	
Potassium, K....mg	372		0	PAK	1		316	655	
Sodium, Na....mg	64		0	PAK	1		54	112	
Zinc, Zn....mg	1.74		0	PAK	1		1.48	3.07	
Copper, Cu....mg	0.053		0	PAK	1		0.045	0.093	
Manganese, Mn....mg	0.009		0	PAK	1		0.008	0.016	
Selenium, Se....µg	37.1		0	PAK	1		31.5	65.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.599		0	PAK	1		0.509	1.055	
Riboflavin....mg	0.227		0	PAK	1		0.193	0.399	
Niacin....mg	6.564		0	PAK	1		5.580	11.553	
Pantothenic acid....mg	0.831		0	PAK	1		0.706	1.463	
Vitamin B-6....mg	0.546		0	PAK	1		0.464	0.961	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	70.5		0	PIK	4		60.0	124.1	
Betaine....mg	2.7		0	PIK	4		2.3	4.8	
Vitamin B-12....µg	0.49	0.026	4	A	1		0.42	0.86	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	4		0	PIK	4		4	8	
Retinol....µg	4		0	PIK	4		4	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	14		0	PIK	4		12	25	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.19		0	PIK	4		0.16	0.34	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	PAK	1		0.4	0.8	
Vitamin D....IU	18		0	PIK	4		15	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									

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
Lipids:									
Fatty acids, total saturated....g	2.767		0	PIK	4		2.352	4.870	
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		0.003	0.006	
12:0....g	0.003		0	PAK	1		0.003	0.006	
13:0....g									
14:0....g	0.102		0	PAK	1		0.087	0.180	
15:0....g	0.003		0	PAK	1		0.002	0.005	
16:0....g	1.713		0	PAK	1		1.456	3.015	
17:0....g	0.020		0	PAK	1		0.017	0.036	
18:0....g	0.911		0	PAK	1		0.775	1.604	
20:0....g	0.011		0	PAK	1		0.009	0.019	
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	3.408		0	PIK	4		2.897	5.998	
14:1....g	0.001		0	PAK	1		0.001	0.002	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.178		0	PAK	1		0.151	0.314	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	3.175		0	PAK	1		2.699	5.588	
18:1 c....g	3.107		0	PAK	1		2.641	5.469	
18:1 t....g	0.068		0	PAK	1		0.058	0.120	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.054		0	PAK	1		0.046	0.094	
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	1.370		0	PIK	4		1.165	2.412	
18:2 undifferentiated....g	1.199		0	PAK	1		1.019	2.111	
18:2 n-6 c,c....g	1.190		0	PAK	1		1.012	2.095	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.009		0	PAK	1		0.008	0.016	
18:3 undifferentiated....g	0.054		0	PAK	1		0.046	0.096	
18:3 n-3 c,c,c (ALA)....g	0.053		0	PAK	1		0.045	0.093	
18:3 n-6 c,c,c....g	0.002		0	PAK	1		0.001	0.003	
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	0.045		0	PAK	1		0.038	0.078	
20:3 undifferentiated....g	0.005		0	PAK	1		0.004	0.008	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.063		0	PAK	1		0.053	0.110	
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	0.003		0	PAK	1		0.003	0.005	
22:6 n-3 (DHA)....g	0.001		0	PAK	1		0.001	0.002	
Fatty acids, total trans....g	0.077		0	PIK	4		0.065	0.135	
Fatty acids, total trans-monoenoic....g	0.068		0	PIK	4		0.058	0.120	
Fatty acids, total trans-polyenoic....g	0.009		0	PIK	4		0.008	0.016	
Cholesterol....mg	59		0	PAK	1		50	104	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.244		0	PAK	1		0.208	0.430	
Threonine....g	0.903		0	PAK	1		0.768	1.590	
Isoleucine....g	0.973		0	PAK	1		0.827	1.712	
Leucine....g	1.691		0	PAK	1		1.437	2.976	

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
Lysine....g	1.827		0	PAK	1		1.553	3.215	
Methionine....g	0.563		0	PAK	1		0.479	0.991	
Cystine....g	0.232		0	PAK	1		0.197	0.408	
Phenylalanine....g	0.853		0	PAK	1		0.725	1.502	
Tyrosine....g	0.814		0	PAK	1		0.692	1.432	
Valine....g	1.039		0	PAK	1		0.883	1.829	
Arginine....g	1.324		0	PAK	1		1.125	2.330	
Histidine....g	0.836		0	PAK	1		0.710	1.471	
Alanine....g	1.177		0	PAK	1		1.000	2.071	
Aspartic acid....g	1.921		0	PAK	1		1.633	3.382	
Glutamic acid....g	3.138		0	PAK	1		2.667	5.523	
Glycine....g	0.928		0	PAK	1		0.789	1.634	
Proline....g	0.831		0	PAK	1		0.706	1.462	
Serine....g	0.858		0	PAK	1		0.729	1.510	
Hydroxyproline....g	0.072		0	PAK	1		0.061	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 = 85g: 3 oz

Measure 2 = 176g: 1 chop

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		62.00	128.37	
Energy....kcal	123		0	NC	4		104	216	
Energy....kJ	513		0	NC	4		436	903	
Protein....g	21.35	0.169	12	A	1		18.15	37.58	
Total lipid (fat)....g	3.78	0.180	18	A	1		3.22	6.66	
Ash....g	1.11	0.009	12	A	1		0.94	1.96	
Carbohydrate, by difference....g	0.82		0	NC	4		0.69	1.44	
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		5	10	
Iron, Fe....mg	0.77	0.018	12	A	1		0.65	1.35	
Magnesium, Mg....mg	22	0.330	12	A	1		19	39	
Phosphorus, P....mg	244	4.208	12	A	1		207	429	
Potassium, K....mg	375	4.964	12	A	1		319	660	
Sodium, Na....mg	65	1.335	12	A	1		55	114	
Zinc, Zn....mg	1.82	0.074	12	A	1		1.55	3.21	
Copper, Cu....mg	0.052	0.002	12	A	1		0.044	0.091	
Manganese, Mn....mg	0.010	0.000	12	A	1		0.008	0.018	
Selenium, Se....µg	39.1	2.960	12	A	1		33.3	68.9	
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		0.536	1.110	
Riboflavin....mg	0.237	0.014	12	A	1		0.201	0.417	
Niacin....mg	6.848	0.347	12	A	1		5.820	12.052	
Pantothenic acid....mg	0.860	0.024	4	A	1		0.731	1.514	
Vitamin B-6....mg	0.575	0.021	4	A	1		0.489	1.012	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	73.4		0	BFPN	4		62.4	129.2	
Betaine....mg	2.8		0	BFPN	4		2.4	5.0	
Vitamin B-12....µg	0.49	0.026	4	A	1		0.42	0.86	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	3		0	NC	4		2	5	
Retinol....µg	3		0	BFSN	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	NC	4		8	16	
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		0.15	0.31	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.4		0	AS	1		0.3	0.6	
Vitamin D....IU	15		0	BFFN	4		12	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									

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
Lipids:									
Fatty acids, total saturated....g	1.384		0	NC	4		1.176	2.436	
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		0.042	0.087	
15:0....g	0.000	0.000	6	A	1		0.000	0.000	
16:0....g	0.857	0.068	6	A	1		0.729	1.509	
17:0....g	0.006	0.002	6	A	1		0.005	0.011	
18:0....g	0.468	0.041	6	A	1		0.398	0.824	
20:0....g	0.003	0.002	6	A	1		0.002	0.005	
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		1.389	2.877	
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		0.084	0.174	
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		1.286	2.662	
18:1 c....g	1.473	0.114	6	A	1		1.252	2.593	
18:1 t....g	0.039	0.007	6	A	1		0.033	0.069	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.023	0.002	6	A	1		0.020	0.041	
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		0.442	0.914	
18:2 undifferentiated....g	0.434	0.038	6	AS	1		0.369	0.764	
18:2 n-6 c,c....g	0.434	0.038	6	A	1		0.369	0.764	
18:2 CLAs....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		0.014	0.028	
18:3 n-3 c,c,c (ALA)....g	0.016	0.002	6	A	1		0.014	0.028	
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		0.013	0.028	
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		0.046	0.095	
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		0.033	0.069	
Fatty acids, total trans-monoenoic....g	0.039		0	NC	4		0.033	0.069	
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	
Cholesterol....mg	58	2.043	6	A	1		49	102	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.254		0	A	1		0.216	0.447	
Threonine....g	0.939		0	A	1		0.798	1.653	
Isoleucine....g	1.011		0	A	1		0.859	1.780	
Leucine....g	1.758		0	A	1		1.494	3.093	

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
Lysine....g	1.899		0	A	1		1.614	3.343	
Methionine....g	0.585		0	A	1		0.498	1.030	
Cystine....g	0.241		0	A	1		0.205	0.424	
Phenylalanine....g	0.887		0	A	1		0.754	1.562	
Tyrosine....g	0.846		0	A	1		0.719	1.489	
Valine....g	1.080		0	A	1		0.918	1.901	
Arginine....g	1.376		0	A	1		1.170	2.422	
Histidine....g	0.869		0	A	1		0.738	1.529	
Alanine....g	1.223		0	A	1		1.040	2.153	
Aspartic acid....g	1.998		0	A	1		1.698	3.516	
Glutamic acid....g	3.262		0	A	1		2.773	5.742	
Glycine....g	0.965		0	A	1		0.820	1.699	
Proline....g	0.863		0	A	1		0.734	1.520	
Serine....g	0.892		0	A	1		0.758	1.570	
Hydroxyproline....g	0.075		0	A	1		0.063	0.131	
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 = 85g: 3 oz

Measure 2 = 176g: 1 chop

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		48.72	118.07	
Energy....kcal	255		0	PIK	4		217	525	
Energy....kJ	1067		0	PIK	4		907	2198	
Protein (N x 6.25)....g	26.54		0	PAK	1		22.56	54.68	
Total lipid (fat)....g	15.71		0	PAK	1		13.35	32.36	
Ash....g	1.13		0	PAK	1		0.96	2.33	
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	51		0	PAK	1		43	105	
Iron, Fe....mg	0.81		0	PAK	1		0.69	1.67	
Magnesium, Mg....mg	19		0	PAK	1		16	39	
Phosphorus, P....mg	213		0	PAK	1		181	440	
Potassium, K....mg	259		0	PAK	1		220	533	
Sodium, Na....mg	69		0	PAK	1		59	142	
Zinc, Zn....mg	3.11		0	PAK	1		2.65	6.41	
Copper, Cu....mg	0.098		0	PAK	1		0.083	0.202	
Manganese, Mn....mg	0.011		0	PAK	1		0.010	0.023	
Selenium, Se....µg	41.8		0	PAK	1		35.5	86.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.486		0	PAK	1		0.413	1.002	
Riboflavin....mg	0.316		0	PAK	1		0.268	0.651	
Niacin....mg	7.381		0	PAK	1		6.274	15.206	
Pantothenic acid....mg	0.944		0	PAK	1		0.802	1.944	
Vitamin B-6....mg	0.488		0	PAK	1		0.415	1.006	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	81.4		0	PIK	4		69.2	167.7	
Betaine....mg	3.2		0	PIK	4		2.7	6.6	
Vitamin B-12....µg	0.62		0	PAK	1		0.53	1.27	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	4		0	PAK	1		3	8	
Retinol....µg	4		0	PAK	1		3	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	13		0	PAK	1		11	27	
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		0.17	0.40	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.0		0	PAK	1		0.8	2.0	
Vitamin D....IU	39		0	PAK	1		33	81	
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									

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
Lipids:									
Fatty acids, total saturated....g	4.487		0	PIK	4		3.814	9.243	
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	0.001		0	PIK	4		0.001	0.002	
10:0....g	0.012		0	PIK	4		0.010	0.024	
12:0....g	0.011		0	PIK	4		0.009	0.022	
13:0....g									
14:0....g	0.158		0	PIK	4		0.134	0.326	
15:0....g	0.006		0	PIK	4		0.006	0.013	
16:0....g	2.734		0	PIK	4		2.324	5.632	
17:0....g	0.039		0	PIK	4		0.033	0.080	
18:0....g	1.501		0	PIK	4		1.276	3.092	
20:0....g	0.022		0	PIK	4		0.018	0.044	
22:0....g	0.002		0	PIK	4		0.002	0.004	
24:0....g	0.002		0	PIK	4		0.002	0.004	
Fatty acids, total monounsaturated....g	5.067		0	PIK	4		4.307	10.439	
14:1....g	0.001		0	PIK	4		0.001	0.003	
15:1....g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated....g	0.258		0	PIK	4		0.220	0.532	
17:1....g	0.000		0	PIK	4		0.000	0.000	
18:1 undifferentiated....g	4.725		0	PIK	4		4.016	9.733	
18:1 c....g	4.672		0	PIK	4		3.971	9.625	
18:1 t....g	0.053		0	PIK	4		0.045	0.108	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.083		0	PIK	4		0.070	0.171	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
22:1 c....g	0.000		0	PIK	4		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.948		0	PIK	4		1.656	4.014	
18:2 undifferentiated....g	1.692		0	PIK	4		1.438	3.486	
18:2 n-6 c,c....g	0.878		0	PAK	1		0.746	1.808	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.008		0	PAK	1		0.007	0.016	
18:3 undifferentiated....g	0.075		0	PIK	4		0.064	0.154	
18:3 n-3 c,c,c (ALA)....g	0.066		0	PIK	4		0.056	0.136	
18:3 n-6 c,c,c....g	0.003		0	PIK	4		0.003	0.006	
18:3i....g	0.006		0	PIK	4		0.005	0.012	
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.067		0	PIK	4		0.057	0.137	
20:3 undifferentiated....g	0.008		0	PIK	4		0.007	0.016	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.094		0	PIK	4		0.080	0.194	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		0	PIK	4		0.010	0.024	
22:6 n-3 (DHA)....g	0.001		0	PIK	4		0.001	0.002	
Fatty acids, total trans....g	0.067		0	PIK	4		0.057	0.137	
Fatty acids, total trans-monoenoic....g	0.053		0	PIK	4		0.045	0.108	
Fatty acids, total trans-polyenoic....g	0.014		0	PIK	4		0.012	0.029	
Cholesterol....mg	86		0	PAK	1		74	178	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.316		0	PAK	1		0.269	0.651	
Threonine....g	1.167		0	PAK	1		0.992	2.405	
Isoleucine....g	1.257		0	PAK	1		1.068	2.589	
Leucine....g	2.185		0	PAK	1		1.857	4.500	

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
Lysine....g	2.361		0	PAK	1		2.007	4.863	
Methionine....g	0.728		0	PAK	1		0.618	1.499	
Cystine....g	0.299		0	PAK	1		0.254	0.616	
Phenylalanine....g	1.103		0	PAK	1		0.937	2.272	
Tyrosine....g	1.052		0	PAK	1		0.894	2.166	
Valine....g	1.343		0	PAK	1		1.141	2.766	
Arginine....g	1.710		0	PAK	1		1.454	3.523	
Histidine....g	1.080		0	PAK	1		0.918	2.224	
Alanine....g	1.520		0	PAK	1		1.292	3.132	
Aspartic acid....g	2.483		0	PAK	1		2.110	5.115	
Glutamic acid....g	4.055		0	PAK	1		3.447	8.353	
Glycine....g	1.200		0	PAK	1		1.020	2.471	
Proline....g	1.073		0	PAK	1		0.912	2.211	
Serine....g	1.108		0	PAK	1		0.942	2.284	
Hydroxyproline....g	0.093		0	PAK	1		0.079	0.191	
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 = 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 27 (2014)

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		52.23	134.57	
Energy....kcal	231		0	PIK	4		196	505	
Energy....kJ	965		0	PIK	4		821	2114	
Protein (N x 6.25)....g	23.72		0	PAK	1		20.16	51.94	
Total lipid (fat)....g	14.35		0	PAK	1		12.20	31.44	
Ash....g	1.16		0	PAK	1		0.98	2.54	
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	56		0	PAK	1		48	123	
Iron, Fe....mg	0.87		0	PAK	1		0.74	1.90	
Magnesium, Mg....mg	20		0	PAK	1		17	45	
Phosphorus, P....mg	241		0	PAK	1		205	528	
Potassium, K....mg	315		0	PAK	1		268	689	
Sodium, Na....mg	74		0	PAK	1		63	161	
Zinc, Zn....mg	3.15		0	PAK	1		2.68	6.91	
Copper, Cu....mg	0.105		0	PAK	1		0.089	0.231	
Manganese, Mn....mg	0.010		0	PAK	1		0.009	0.023	
Selenium, Se....µg	36.4		0	PAK	1		30.9	79.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.490		0	PAK	1		0.417	1.074	
Riboflavin....mg	0.313		0	PAK	1		0.266	0.685	
Niacin....mg	7.927		0	PAK	1		6.738	17.361	
Pantothenic acid....mg	1.104		0	PAK	1		0.938	2.417	
Vitamin B-6....mg	0.489		0	PAK	1		0.415	1.070	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	67.5		0	PIK	4		57.4	147.9	
Betaine....mg	2.5		0	PIK	4		2.1	5.5	
Vitamin B-12....µg	0.66		0	PAK	1		0.56	1.45	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	4		0	PAK	1		4	10	
Retinol....µg	4		0	PAK	1		4	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	15		0	PAK	1		12	32	
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	PIK	4		0.17	0.45	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.0		0	PAK	1		0.8	2.2	
Vitamin D....IU	40		0	PAK	1		34	87	
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									

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
Lipids:									
Fatty acids, total saturated....g	4.339		0	PIK	4		3.688	9.503	
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	0.001		0	PIK	4		0.001	0.002	
10:0....g	0.011		0	PIK	4		0.010	0.025	
12:0....g	0.010		0	PIK	4		0.009	0.022	
13:0....g									
14:0....g	0.153		0	PIK	4		0.130	0.335	
15:0....g	0.006		0	PIK	4		0.005	0.014	
16:0....g	2.643		0	PIK	4		2.247	5.788	
17:0....g	0.023		0	PAK	1		0.019	0.049	
18:0....g	1.453		0	PIK	4		1.235	3.181	
20:0....g	0.021		0	PIK	4		0.018	0.046	
22:0....g	0.002		0	PIK	4		0.001	0.003	
24:0....g	0.002		0	PIK	4		0.001	0.004	
Fatty acids, total monounsaturated....g	4.887		0	PIK	4		4.154	10.702	
14:1....g	0.001		0	PIK	4		0.001	0.003	
15:1....g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated....g	0.246		0	PIK	4		0.209	0.539	
17:1....g	0.000		0	PIK	4		0.000	0.000	
18:1 undifferentiated....g	4.559		0	PIK	4		3.875	9.984	
18:1 c....g	4.507		0	PIK	4		3.831	9.871	
18:1 t....g	0.052		0	PIK	4		0.044	0.114	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.080		0	PIK	4		0.068	0.176	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
22:1 c....g	0.000		0	PIK	4		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.894		0	PIK	4		1.610	4.148	
18:2 undifferentiated....g	1.650		0	PIK	4		1.403	3.614	
18:2 n-6 c,c....g	0.922		0	PAK	1		0.784	2.020	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.008		0	PAK	1		0.007	0.018	
18:3 undifferentiated....g	0.073		0	PIK	4		0.062	0.160	
18:3 n-3 c,c,c (ALA)....g	0.065		0	PIK	4		0.055	0.142	
18:3 n-6 c,c,c....g	0.003		0	PIK	4		0.002	0.006	
18:3i....g	0.006		0	PIK	4		0.005	0.013	
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.065		0	PIK	4		0.055	0.143	
20:3 undifferentiated....g	0.008		0	PIK	4		0.007	0.017	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.086		0	PIK	4		0.073	0.189	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		0	PIK	4		0.009	0.024	
22:6 n-3 (DHA)....g	0.001		0	PIK	4		0.001	0.002	
Fatty acids, total trans....g	0.066		0	PIK	4		0.056	0.145	
Fatty acids, total trans-monoenoic....g	0.052		0	PIK	4		0.044	0.114	
Fatty acids, total trans-polyenoic....g	0.014		0	PIK	4		0.012	0.032	
Cholesterol....mg	78		0	PAK	1		66	171	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.282		0	PAK	1		0.240	0.618	
Threonine....g	1.043		0	PAK	1		0.887	2.284	
Isoleucine....g	1.123		0	PAK	1		0.955	2.460	
Leucine....g	1.952		0	PAK	1		1.659	4.275	

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
Lysine....g	2.109		0	PAK	1		1.793	4.620	
Methionine....g	0.650		0	PAK	1		0.553	1.424	
Cystine....g	0.267		0	PAK	1		0.227	0.586	
Phenylalanine....g	0.985		0	PAK	1		0.838	2.158	
Tyrosine....g	0.940		0	PAK	1		0.799	2.058	
Valine....g	1.200		0	PAK	1		1.020	2.627	
Arginine....g	1.528		0	PAK	1		1.299	3.347	
Histidine....g	0.965		0	PAK	1		0.820	2.113	
Alanine....g	1.359		0	PAK	1		1.155	2.975	
Aspartic acid....g	2.219		0	PAK	1		1.886	4.859	
Glutamic acid....g	3.623		0	PAK	1		3.080	7.935	
Glycine....g	1.072		0	PAK	1		0.911	2.348	
Proline....g	0.959		0	PAK	1		0.815	2.100	
Serine....g	0.991		0	PAK	1		0.842	2.169	
Hydroxyproline....g	0.083		0	PAK	1		0.070	0.181	
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 = 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 27 (2014)

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		49.30	124.71	
Energy....kcal	256		0	PIK	4		218	551	
Energy....kJ	1072		0	PIK	4		911	2305	
Protein (N x 6.25)....g	25.02		0	PAK	1		21.27	53.80	
Total lipid (fat)....g	16.56		0	PAK	1		14.08	35.61	
Ash....g	1.23		0	PAK	1		1.04	2.64	
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	48		0	PAK	1		41	102	
Iron, Fe....mg	0.84		0	PAK	1		0.71	1.81	
Magnesium, Mg....mg	20		0	PAK	1		17	44	
Phosphorus, P....mg	226		0	PAK	1		192	485	
Potassium, K....mg	318		0	PAK	1		270	683	
Sodium, Na....mg	85		0	PAK	1		72	182	
Zinc, Zn....mg	2.88		0	PAK	1		2.45	6.19	
Copper, Cu....mg	0.105		0	PAK	1		0.090	0.227	
Manganese, Mn....mg	0.011		0	PAK	1		0.009	0.023	
Selenium, Se....µg	36.7		0	PAK	1		31.2	78.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.485		0	PAK	1		0.412	1.043	
Riboflavin....mg	0.335		0	PAK	1		0.284	0.719	
Niacin....mg	8.311		0	PAK	1		7.064	17.868	
Pantothenic acid....mg	1.166		0	PAK	1		0.991	2.506	
Vitamin B-6....mg	0.476		0	PAK	1		0.404	1.023	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	80.4		0	PIK	4		68.3	172.9	
Betaine....mg	3.2		0	PIK	4		2.7	6.8	
Vitamin B-12....µg	0.72		0	PAK	1		0.61	1.54	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	5		0	PAK	1		4	11	
Retinol....µg	5		0	PAK	1		4	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	17		0	PAK	1		14	36	
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		0.17	0.43	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.7		0	PAK	1		0.6	1.5	
Vitamin D....IU	27		0	PAK	1		23	59	
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									

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
Lipids:									
Fatty acids, total saturated....g	4.266		0	NR	4		3.626	9.171	
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	0.001		0	PIK	4		0.001	0.002	
10:0....g	0.011		0	PIK	4		0.009	0.024	
12:0....g	0.010		0	PIK	4		0.009	0.022	
13:0....g									
14:0....g	0.150		0	PIK	4		0.128	0.323	
15:0....g	0.006		0	PIK	4		0.005	0.013	
16:0....g	2.599		0	PIK	4		2.209	5.588	
17:0....g	0.037		0	PIK	4		0.031	0.079	
18:0....g	1.427		0	PIK	4		1.213	3.069	
20:0....g	0.020		0	PIK	4		0.017	0.044	
22:0....g	0.002		0	PIK	4		0.001	0.004	
24:0....g	0.002		0	PIK	4		0.001	0.004	
Fatty acids, total monounsaturated....g	9.466		0	NR	4		8.046	20.352	
14:1....g	0.003		0	PIK	4		0.002	0.006	
15:1....g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated....g	0.482		0	PIK	4		0.410	1.036	
17:1....g	0.000		0	PIK	4		0.000	0.000	
18:1 undifferentiated....g	8.827		0	PIK	4		7.503	18.979	
18:1 c....g	8.728		0	PIK	4		7.419	18.766	
18:1 t....g	0.099		0	PIK	4		0.084	0.213	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.155		0	PIK	4		0.132	0.333	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
22:1 c....g	0.000		0	PIK	4		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.830		0	NR	4		2.406	6.085	
18:2 undifferentiated....g	2.547		0	PIK	4		2.165	5.476	
18:2 n-6 c,c....g	1.342		0	PAK	1		1.141	2.885	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.012		0	PAK	1		0.010	0.025	
18:3 undifferentiated....g	0.113		0	PIK	4		0.096	0.242	
18:3 n-3 c,c,c (ALA)....g	0.100		0	PIK	4		0.085	0.214	
18:3 n-6 c,c,c....g	0.004		0	PIK	4		0.004	0.009	
18:3i....g	0.009		0	PIK	4		0.007	0.018	
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.100		0	PIK	4		0.085	0.216	
20:3 undifferentiated....g	0.012		0	PIK	4		0.010	0.026	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.140		0	PIK	4		0.119	0.300	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		0	PIK	4		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.017		0	PIK	4		0.015	0.037	
22:6 n-3 (DHA)....g	0.001		0	PIK	4		0.001	0.003	
Fatty acids, total trans....g	0.087		0	PIK	4		0.074	0.188	
Fatty acids, total trans-monoenoic....g	0.069		0	PIK	4		0.059	0.148	
Fatty acids, total trans-polyenoic....g	0.019		0	PIK	4		0.016	0.040	
Cholesterol....mg	82		0	PAK	1		70	177	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.290		0	PAK	1		0.247	0.624	
Threonine....g	1.073		0	PAK	1		0.912	2.307	
Isoleucine....g	1.155		0	PAK	1		0.982	2.484	
Leucine....g	2.008		0	PAK	1		1.707	4.318	

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
Lysine....g	2.170		0	PAK	1		1.844	4.665	
Methionine....g	0.669		0	PAK	1		0.568	1.438	
Cystine....g	0.275		0	PAK	1		0.234	0.591	
Phenylalanine....g	1.014		0	PAK	1		0.862	2.180	
Tyrosine....g	0.967		0	PAK	1		0.822	2.078	
Valine....g	1.234		0	PAK	1		1.049	2.653	
Arginine....g	1.572		0	PAK	1		1.336	3.380	
Histidine....g	0.992		0	PAK	1		0.844	2.134	
Alanine....g	1.398		0	PAK	1		1.188	3.005	
Aspartic acid....g	2.282		0	PAK	1		1.940	4.907	
Glutamic acid....g	3.727		0	PAK	1		3.168	8.014	
Glycine....g	1.103		0	PAK	1		0.937	2.371	
Proline....g	0.987		0	PAK	1		0.839	2.121	
Serine....g	1.019		0	PAK	1		0.866	2.191	
Hydroxyproline....g	0.085		0	PAK	1		0.072	0.183	
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 = 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 27 (2014)

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		51.27	124.25	
Energy....kcal	222		0	NC	4		188	456	
Energy....kJ	927		0	NC	4		788	1910	
Protein (N x 6.25)....g	28.02	0.435	12	A	1		23.82	57.72	
Total lipid (fat)....g	11.29	0.779	12	A	1		9.60	23.27	
Ash....g	1.18	0.050	12	A	1		1.00	2.43	
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	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	49	3.147	12	A	1		42	102	
Iron, Fe....mg	0.85	0.037	12	A	1		0.72	1.74	
Magnesium, Mg....mg	20	1.078	12	A	1		17	40	
Phosphorus, P....mg	224	4.622	12	A	1		190	461	
Potassium, K....mg	270	5.325	12	A	1		229	556	
Sodium, Na....mg	70	1.700	12	A	1		60	145	
Zinc, Zn....mg	3.28	0.179	12	A	1		2.79	6.77	
Copper, Cu....mg	0.097	0.010	12	A	1		0.082	0.199	
Manganese, Mn....mg	0.012	0.000	12	A	1		0.010	0.025	
Selenium, Se....µg	44.3	4.847	12	A	1		37.7	91.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.507	0.025	12	A	1		0.431	1.045	
Riboflavin....mg	0.332	0.013	12	A	1		0.282	0.683	
Niacin....mg	7.604	0.313	12	A	1		6.464	15.665	
Pantothenic acid....mg	0.968	0.059	6	A	1		0.822	1.993	
Vitamin B-6....mg	0.515	0.037	6	A	1		0.438	1.061	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	86.0		0	BFPN	4		73.1	177.2	
Betaine....mg	3.3		0	BFPN	4		2.8	6.9	
Vitamin B-12....µg	0.61	0.061	6	A	1		0.52	1.26	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2		0	AS	1		2	4	
Retinol....µg	2		1	A	1		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	6		0	AS	1		5	13	
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	0.44	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.9		0	AS	1		0.8	1.9	
Vitamin D....IU	36		1	A	1		31	74	
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									

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
Lipids:									
Fatty acids, total saturated....g	2.590		0	NC	4		2.202	5.336	
4:0....g	0.000		0	BFYN	4		0.000	0.000	
6:0....g	0.000		0	BFYN	4		0.000	0.000	
8:0....g	0.001		0	BFYN	4		0.001	0.002	
10:0....g	0.008		0	BFYN	4		0.007	0.016	
12:0....g	0.007		0	BFYN	4		0.006	0.013	
13:0....g									
14:0....g	0.091		0	BFYN	4		0.078	0.188	
15:0....g	0.003		0	BFYN	4		0.003	0.007	
16:0....g	1.586		0	BFYN	4		1.348	3.266	
17:0....g	0.019		0	BFYN	4		0.016	0.039	
18:0....g	0.861		0	BFYN	4		0.732	1.773	
20:0....g	0.012		0	BFYN	4		0.010	0.025	
22:0....g	0.002		0	BFYN	4		0.002	0.004	
24:0....g	0.001		0	BFYN	4		0.001	0.003	
Fatty acids, total monounsaturated....g	5.819		0	NC	4		4.946	11.988	
14:1....g	0.000		0	BFYN	4		0.000	0.000	
15:1....g	0.000		0	BFYN	4		0.000	0.000	
16:1 undifferentiated....g	0.173		0	BFYN	4		0.147	0.357	
17:1....g	0.000		0	BFYN	4		0.000	0.000	
18:1 undifferentiated....g	2.799		0	BFYN	4		2.379	5.767	
18:1 c....g	2.776		0	BFYN	4		2.359	5.718	
18:1 t....g	0.024		0	BFYN	4		0.020	0.049	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.047		0	BFYN	4		0.040	0.097	
22:1 undifferentiated....g	0.000		0	BFYN	4		0.000	0.000	
22:1 c....g	0.000		0	BFYN	4		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.093		0	NC	4		0.929	2.252	
18:2 undifferentiated....g	0.884		0	BFYN	4		0.751	1.820	
18:3 undifferentiated....g	0.037		0	BFYN	4		0.032	0.077	
18:3 n-3 c,c,c (ALA)....g	0.033		0	BFYN	4		0.028	0.068	
18:3 n-6 c,c,c....g	0.003		0	BFYN	4		0.003	0.007	
18:3i....g	0.001		0	BFYN	4		0.001	0.002	
18:4....g	0.000		0	BFYN	4		0.000	0.000	
20:2 n-6 c,c....g	0.034		0	BFYN	4		0.029	0.070	
20:3 undifferentiated....g	0.004		0	BFYN	4		0.003	0.008	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.088		0	BFYN	4		0.075	0.181	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFYN	4		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		0	BFYN	4		0.008	0.019	
22:6 n-3 (DHA)....g	0.000		0	BFYN	4		0.000	0.000	
Fatty acids, total trans....g	0.026		0	BFYN	4		0.022	0.053	
Fatty acids, total trans-monoenoic....g	0.024		0	BFYN	4		0.020	0.049	
Fatty acids, total trans-polyenoic....g	0.002		0	BFYN	4		0.002	0.004	
Cholesterol....mg	87	0.923	6	A	1		74	179	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.333		0	A	1		0.283	0.687	
Threonine....g	1.232		0	A	1		1.047	2.538	
Isoleucine....g	1.327		0	A	1		1.128	2.733	
Leucine....g	2.306		0	A	1		1.960	4.751	
Lysine....g	2.492		0	A	1		2.118	5.133	
Methionine....g	0.768		0	A	1		0.653	1.582	
Cystine....g	0.316		0	A	1		0.269	0.651	
Phenylalanine....g	1.164		0	A	1		0.990	2.398	
Tyrosine....g	1.110		0	A	1		0.944	2.287	

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
Valine....g	1.417		0	A	1		1.205	2.919	
Arginine....g	1.805		0	A	1		1.535	3.719	
Histidine....g	1.140		0	A	1		0.969	2.348	
Alanine....g	1.605		0	A	1		1.364	3.306	
Aspartic acid....g	2.621		0	A	1		2.228	5.399	
Glutamic acid....g	4.280		0	A	1		3.638	8.817	
Glycine....g	1.266		0	A	1		1.076	2.609	
Proline....g	1.133		0	A	1		0.963	2.334	
Serine....g	1.170		0	A	1		0.995	2.410	
Hydroxyproline....g	0.098		0	BFPN	4		0.083	0.201	
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 = 85g: 3 oz

Measure 2 = 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 27 (2014)

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		55.27	142.41	
Energy....kcal	193		0	NC	4		164	422	
Energy....kJ	807		0	NC	4		686	1768	
Protein (N x 6.25)....g	24.99	0.415	12	A	1		21.24	54.73	
Total lipid (fat)....g	9.56	0.582	12	A	1		8.12	20.93	
Ash....g	1.21	0.026	12	A	1		1.03	2.64	
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	55	6.502	12	A	1		47	120	
Iron, Fe....mg	0.91	0.074	12	A	1		0.77	1.99	
Magnesium, Mg....mg	21	1.002	12	A	1		18	46	
Phosphorus, P....mg	255	5.358	12	A	1		216	557	
Potassium, K....mg	332	4.903	12	A	1		282	727	
Sodium, Na....mg	76	1.777	12	A	1		64	165	
Zinc, Zn....mg	3.34	0.129	12	A	1		2.84	7.32	
Copper, Cu....mg	0.105	0.004	12	A	1		0.089	0.229	
Manganese, Mn....mg	0.011	0.000	12	A	1		0.009	0.024	
Selenium, Se....µg	38.5	3.819	12	A	1		32.7	84.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.513	0.031	12	A	1		0.436	1.123	
Riboflavin....mg	0.329	0.013	12	A	1		0.280	0.721	
Niacin....mg	8.218	0.298	12	A	1		6.985	17.996	
Pantothenic acid....mg	1.145	0.080	6	A	1		0.973	2.507	
Vitamin B-6....mg	0.517	0.024	6	A	1		0.439	1.132	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	71.0		0	BFPN	4		60.3	155.5	
Betaine....mg	2.6		0	BFPN	4		2.2	5.6	
Vitamin B-12....µg	0.66	0.067	6	A	1		0.56	1.44	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2		0	AS	1		2	5	
Retinol....µg	2		1	A	1		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	8		0	AS	1		7	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		0.19	0.50	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.9		1	AS	1		0.8	2.0	
Vitamin D....IU	36		1	A	1		31	80	
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									

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
Lipids:									
Fatty acids, total saturated....g	2.322		0	BFYN	4		1.974	5.085	
4:0....g	0.000		0	BFYN	4		0.000	0.000	
6:0....g	0.000		0	BFYN	4		0.000	0.000	
8:0....g	0.001		0	BFYN	4		0.001	0.002	
10:0....g	0.007		0	BFYN	4		0.006	0.015	
12:0....g	0.006		0	BFYN	4		0.005	0.013	
13:0....g									
14:0....g	0.082		0	BFYN	4		0.069	0.179	
15:0....g	0.003		0	BFYN	4		0.003	0.007	
16:0....g	1.421		0	BFYN	4		1.208	3.113	
17:0....g									
18:0....g	0.772		0	BFYN	4		0.656	1.690	
20:0....g	0.011		0	BFYN	4		0.009	0.024	
22:0....g	0.002		0	BFYN	4		0.001	0.004	
24:0....g	0.001		0	BFYN	4		0.001	0.003	
Fatty acids, total monounsaturated....g	2.707		0	BFYN	4		2.301	5.929	
14:1....g	0.000		0	BFYN	4		0.000	0.000	
15:1....g	0.000		0	BFYN	4		0.000	0.000	
16:1 undifferentiated....g	0.155		0	BFYN	4		0.132	0.340	
17:1....g	0.000		0	BFYN	4		0.000	0.000	
18:1 undifferentiated....g	2.510		0	BFYN	4		2.133	5.496	
18:1 c....g	2.488		0	BFYN	4		2.115	5.449	
18:1 t....g	0.021		0	BFYN	4		0.018	0.047	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.042		0	BFYN	4		0.036	0.092	
22:1 undifferentiated....g	0.000		0	BFYN	4		0.000	0.000	
22:1 c....g	0.000		0	BFYN	4		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.947		0	BFYN	4		0.805	2.074	
18:2 undifferentiated....g	0.792		0	BFYN	4		0.673	1.735	
18:3 undifferentiated....g	0.033		0	BFYN	4		0.028	0.073	
18:3 n-3 c,c,c (ALA)....g	0.029		0	BFYN	4		0.025	0.065	
18:3 n-6 c,c,c....g	0.003		0	BFYN	4		0.002	0.006	
18:3i....g	0.001		0	BFYN	4		0.001	0.002	
18:4....g	0.000		0	BFYN	4		0.000	0.000	
20:2 n-6 c,c....g	0.031		0	BFYN	4		0.026	0.067	
20:3 undifferentiated....g	0.004		0	BFYN	4		0.003	0.008	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.079		0	BFYN	4		0.067	0.172	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFYN	4		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.008		0	BFYN	4		0.007	0.018	
22:6 n-3 (DHA)....g	0.000		0	BFYN	4		0.000	0.000	
Fatty acids, total trans....g	0.023		0	BFYN	4		0.020	0.051	
Fatty acids, total trans-monoenoic....g	0.021		0	BFYN	4		0.018	0.047	
Fatty acids, total trans-polyenoic....g	0.002		0	BFYN	4		0.002	0.004	
Cholesterol....mg	78	2.073	6	A	1		66	170	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.297		0	A	1		0.253	0.651	
Threonine....g	1.099		0	A	1		0.934	2.407	
Isoleucine....g	1.183		0	A	1		1.006	2.592	
Leucine....g	2.057		0	A	1		1.748	4.505	
Lysine....g	2.223		0	A	1		1.889	4.868	
Methionine....g	0.685		0	A	1		0.582	1.500	
Cystine....g	0.282		0	A	1		0.240	0.617	
Phenylalanine....g	1.038		0	A	1		0.883	2.274	
Tyrosine....g	0.990		0	A	1		0.842	2.169	

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
Valine....g	1.264		0	A	1		1.075	2.768	
Arginine....g	1.610		0	A	1		1.369	3.527	
Histidine....g	1.017		0	A	1		0.864	2.226	
Alanine....g	1.432		0	A	1		1.217	3.135	
Aspartic acid....g	2.338		0	A	1		1.987	5.120	
Glutamic acid....g	3.818		0	A	1		3.245	8.361	
Glycine....g	1.130		0	A	1		0.960	2.474	
Proline....g	1.011		0	A	1		0.859	2.213	
Serine....g	1.044		0	A	1		0.887	2.286	
Hydroxyproline....g	0.087		0	A	1		0.074	0.191	
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 = 85g: 3 oz

Measure 2 = 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 27 (2014)

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		51.96	131.44	
Energy....kcal	222		0	NC	4		189	478	
Energy....kJ	929		0	NC	4		790	1997	
Protein (N x 6.25)....g	26.38	0.457	12	A	1		22.42	56.72	
Total lipid (fat)....g	12.14	0.485	12	A	1		10.32	26.10	
Ash....g	1.28	0.025	12	A	1		1.09	2.76	
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	46	3.238	12	A	1		39	98	
Iron, Fe....mg	0.88	0.055	12	A	1		0.75	1.89	
Magnesium, Mg....mg	21	0.539	12	A	1		18	45	
Phosphorus, P....mg	237	5.860	12	A	1		201	510	
Potassium, K....mg	335	9.169	12	A	1		285	720	
Sodium, Na....mg	88	1.596	12	A	1		75	189	
Zinc, Zn....mg	3.03	0.163	12	A	1		2.58	6.52	
Copper, Cu....mg	0.105	0.004	12	A	1		0.089	0.226	
Manganese, Mn....mg	0.012	0.000	12	A	1		0.010	0.025	
Selenium, Se....µg	38.7	4.182	12	A	1		32.9	83.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.506	0.017	12	A	1		0.430	1.088	
Riboflavin....mg	0.353	0.015	12	A	1		0.300	0.758	
Niacin....mg	8.628	0.458	12	A	1		7.334	18.551	
Pantothenic acid....mg	1.212	0.098	6	A	1		1.030	2.605	
Vitamin B-6....mg	0.501	0.011	6	A	1		0.426	1.078	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	85.0		0	BFPN	4		72.3	182.8	
Betaine....mg	3.3		0	BFPN	4		2.8	7.1	
Vitamin B-12....µg	0.72	0.061	6	A	1		0.61	1.54	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	3		0	AS	1		3	7	
Retinol....µg	3		1	A	1		3	7	
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	AS	1		9	22	
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	0.47	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	AS	1		0.5	1.2	
Vitamin D....IU	23		1	A	1		20	50	
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									

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
Lipids:									
Fatty acids, total saturated....g	2.557		0	NC	4		2.173	5.497	
4:0....g	0.000		0	BFYN	4		0.000	0.000	
6:0....g	0.000		0	BFYN	4		0.000	0.000	
8:0....g	0.001		0	BFYN	4		0.001	0.002	
10:0....g	0.008		0	BFYN	4		0.006	0.016	
12:0....g	0.006		0	BFYN	4		0.005	0.014	
13:0....g									
14:0....g	0.090		0	BFYN	4		0.077	0.194	
15:0....g	0.003		0	BFYN	4		0.003	0.007	
16:0....g	1.565		0	BFYN	4		1.330	3.365	
17:0....g	0.019		0	BFYN	4		0.016	0.040	
18:0....g	0.850		0	BFYN	4		0.722	1.826	
20:0....g	0.012		0	BFYN	4		0.010	0.026	
22:0....g	0.002		0	BFYN	4		0.002	0.004	
24:0....g	0.001		0	BFYN	4		0.001	0.003	
Fatty acids, total monounsaturated....g	5.744		0	NC	4		4.882	12.350	
14:1....g	0.000		0	BFYN	4		0.000	0.000	
15:1....g	0.000		0	BFYN	4		0.000	0.000	
16:1 undifferentiated....g	0.171		0	BFYN	4		0.145	0.368	
17:1....g	0.000		0	BFYN	4		0.000	0.000	
18:1 undifferentiated....g	2.763		0	BFYN	4		2.349	5.941	
18:1 c....g	2.740		0	BFYN	4		2.329	5.890	
18:1 t....g	0.023		0	BFYN	4		0.020	0.050	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.046		0	BFYN	4		0.040	0.100	
22:1 undifferentiated....g	0.000		0	BFYN	4		0.000	0.000	
22:1 c....g	0.000		0	BFYN	4		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.079		0	NC	4		0.917	2.320	
18:2 undifferentiated....g	0.872		0	BFYN	4		0.741	1.875	
18:3 undifferentiated....g	0.037		0	BFYN	4		0.031	0.079	
18:3 n-3 c,c,c (ALA)....g	0.032		0	BFYN	4		0.028	0.070	
18:3 n-6 c,c,c....g	0.003		0	BFYN	4		0.003	0.007	
18:3i....g	0.001		0	BFYN	4		0.001	0.002	
18:4....g	0.000		0	BFYN	4		0.000	0.000	
20:2 n-6 c,c....g	0.034		0	BFYN	4		0.029	0.072	
20:3 undifferentiated....g	0.004		0	BFYN	4		0.003	0.009	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.087		0	BFYN	4		0.074	0.186	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFYN	4		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		0	BFYN	4		0.008	0.019	
22:6 n-3 (DHA)....g	0.000		0	BFYN	4		0.000	0.000	
Fatty acids, total trans....g	0.025		0	BFYN	4		0.022	0.055	
Fatty acids, total trans-monoenoic....g	0.023		0	BFYN	4		0.020	0.050	
Fatty acids, total trans-polyenoic....g	0.002		0	BFYN	4		0.002	0.004	
Cholesterol....mg	82	1.829	6	A	1		70	177	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.306		0	A	1		0.260	0.658	
Threonine....g	1.130		0	A	1		0.961	2.430	
Isoleucine....g	1.217		0	A	1		1.034	2.616	
Leucine....g	2.115		0	A	1		1.798	4.547	
Lysine....g	2.285		0	A	1		1.943	4.913	
Methionine....g	0.704		0	A	1		0.599	1.514	
Cystine....g	0.290		0	A	1		0.246	0.623	
Phenylalanine....g	1.068		0	A	1		0.908	2.295	
Tyrosine....g	1.018		0	A	1		0.865	2.189	

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
Valine....g	1.300		0	A	1		1.105	2.794	
Arginine....g	1.656		0	A	1		1.407	3.560	
Histidine....g	1.045		0	A	1		0.888	2.247	
Alanine....g	1.472		0	A	1		1.251	3.164	
Aspartic acid....g	2.404		0	A	1		2.043	5.168	
Glutamic acid....g	3.926		0	A	1		3.337	8.440	
Glycine....g	1.161		0	A	1		0.987	2.497	
Proline....g	1.039		0	A	1		0.883	2.234	
Serine....g	1.073		0	A	1		0.912	2.307	
Hydroxyproline....g	0.090		0	BFPN	4		0.076	0.193	
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 = 85g: 3 oz

Measure 2 = 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 27 (2014)

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		55.25	85.15	
Energy....kcal	169		0	NC	4		143	221	
Energy....kJ	706		0	NC	4		600	925	
Protein....g	26.14	0.378	12	A	1		22.22	34.24	
Total lipid (fat)....g	6.74	0.462	12	A	1		5.73	8.83	
Ash....g	1.22	0.017	12	A	1		1.04	1.60	
Carbohydrate, by difference....g	0.89		0	NC	4		0.76	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		6	9	
Iron, Fe....mg	0.92	0.031	12	A	1		0.78	1.21	
Magnesium, Mg....mg	25	0.622	12	A	1		22	33	
Phosphorus, P....mg	284	6.340	12	A	1		241	372	
Potassium, K....mg	430	9.222	12	A	1		365	563	
Sodium, Na....mg	58	2.519	12	A	1		50	76	
Zinc, Zn....mg	2.45	0.067	12	A	1		2.08	3.21	
Copper, Cu....mg	0.068	0.003	12	A	1		0.058	0.089	
Manganese, Mn....mg	0.010	0.000	12	A	1		0.008	0.013	
Selenium, Se....µg	47.2	3.360	12	A	1		40.1	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		0.570	0.879	
Riboflavin....mg	0.256	0.013	12	A	1		0.217	0.335	
Niacin....mg	8.063	0.479	12	A	1		6.854	10.563	
Pantothenic acid....mg	1.197		0	BFPN	4		1.018	1.568	
Vitamin B-6....mg	0.540		0	BFPN	4		0.459	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....µg	0		0	NC	4		0	0	
Choline, total....mg	74.3		0	BFPN	4		63.1	97.3	
Betaine....mg	2.7		0	BFPN	4		2.3	3.5	
Vitamin B-12....µg	0.69		0	BFPN	4		0.58	0.90	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2		0	NC	4		2	3	
Retinol....µg	2		0	BFSN	4		2	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		7	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		0.19	0.30	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	AS	1		0.5	0.8	
Vitamin D....IU	26		0	BFFN	4		22	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									

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
Lipids:									
Fatty acids, total saturated....g	1.638		0	BFFN	4		1.392	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		0.004	0.006	
12:0....g	0.004		0	BFFN	4		0.004	0.005	
13:0....g									
14:0....g	0.058		0	BFFN	4		0.049	0.076	
15:0....g									
16:0....g	1.003		0	BFFN	4		0.852	1.314	
17:0....g									
18:0....g	0.544		0	BFFN	4		0.463	0.713	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.910		0	BFFN	4		1.623	2.502	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.110		0	BFFN	4		0.093	0.144	
17:1....g									
18:1 undifferentiated....g	1.770		0	BFFN	4		1.505	2.319	
20:1....g	0.030		0	BFFN	4		0.025	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		0.568	0.875	
18:2 undifferentiated....g	0.559		0	BFFN	4		0.475	0.732	
18:3 undifferentiated....g	0.024		0	BFFN	4		0.020	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		0.047	0.073	
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	0.006		0	BFFN	4		0.005	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		65	100	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.311		0	A	1		0.264	0.408	
Threonine....g	1.150		0	A	1		0.977	1.506	
Isoleucine....g	1.238		0	A	1		1.052	1.622	
Leucine....g	2.152		0	A	1		1.829	2.819	
Lysine....g	2.325		0	A	1		1.976	3.046	
Methionine....g	0.717		0	A	1		0.609	0.939	
Cystine....g	0.295		0	A	1		0.251	0.386	
Phenylalanine....g	1.086		0	A	1		0.923	1.423	
Tyrosine....g	1.036		0	A	1		0.880	1.357	
Valine....g	1.322		0	A	1		1.124	1.732	
Arginine....g	1.684		0	A	1		1.432	2.207	
Histidine....g	1.063		0	A	1		0.904	1.393	
Alanine....g	1.497		0	A	1		1.273	1.961	
Aspartic acid....g	2.445		0	A	1		2.078	3.203	
Glutamic acid....g	3.993		0	A	1		3.394	5.231	
Glycine....g	1.181		0	A	1		1.004	1.548	
Proline....g	1.057		0	A	1		0.898	1.385	
Serine....g	1.092		0	A	1		0.928	1.430	
Hydroxyproline....g	0.091		0	A	1		0.078	0.119	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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 = 85g: 3 oz

Measure 2 = 131g: 1 chop

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 10031

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

Refuse: 20% Bone 18%, 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	58.74		0	PAK	1		49.93	487.56	
Energy....kcal	254		0	PIK	4		216	2112	
Energy....kJ	1065		0	PIK	4		905	8837	
Protein (N x 6.25)....g	24.29		0	PAK	1		20.65	201.60	
Total lipid (fat)....g	16.71		0	PAK	1		14.21	138.72	
Ash....g	1.10		0	PAK	1		0.93	9.12	
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	31		0	PAK	1		26	258	
Iron, Fe....mg	0.81		0	PAK	1		0.69	6.75	
Magnesium, Mg....mg	19		0	PAK	1		16	155	
Phosphorus, P....mg	194		0	PAK	1		165	1612	
Potassium, K....mg	318		0	PAK	1		271	2643	
Sodium, Na....mg	76		0	PAK	1		65	632	
Zinc, Zn....mg	3.21		0	PAK	1		2.73	26.62	
Copper, Cu....mg	0.094		0	PAK	1		0.080	0.784	
Manganese, Mn....mg	0.016		0	PAK	1		0.014	0.136	
Selenium, Se....µg	38.7		0	PAK	1		32.9	321.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.482		0	PAK	1		0.410	4.004	
Riboflavin....mg	0.379		0	PAK	1		0.322	3.146	
Niacin....mg	6.705		0	PAK	1		5.699	55.650	
Pantothenic acid....mg	1.331		0	PAK	1		1.131	11.045	
Vitamin B-6....mg	0.436		0	PAK	1		0.371	3.622	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	83.0		0	PIK	4		70.5	688.7	
Betaine....mg	3.3		0	PIK	4		2.8	27.2	
Vitamin B-12....µg	0.79		0	PAK	1		0.67	6.53	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	4		0	PAK	1		3	29	
Retinol....µg	4		0	PAK	1		3	29	
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	12		0	PAK	1		10	97	
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		0.19	1.84	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.9		0	PAK	1		0.7	7.3	
Vitamin D....IU	35		0	PAK	1		30	291	
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									

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
Lipids:									
Fatty acids, total saturated....g	5.900		0	PIK	4		5.015	48.973	
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	0.002		0	PAK	1		0.001	0.013	
10:0....g	0.015		0	PAK	1		0.013	0.125	
12:0....g	0.013		0	PAK	1		0.011	0.109	
13:0....g									
14:0....g	0.208		0	PAK	1		0.177	1.728	
15:0....g	0.010		0	PAK	1		0.008	0.079	
16:0....g	3.594		0	PAK	1		3.055	29.827	
17:0....g	0.055		0	PAK	1		0.047	0.455	
18:0....g	1.973		0	PAK	1		1.677	16.375	
20:0....g	0.027		0	PAK	1		0.023	0.228	
22:0....g	0.002		0	PAK	1		0.002	0.016	
24:0....g	0.002		0	PAK	1		0.002	0.018	
Fatty acids, total monounsaturated....g	6.684		0	PIK	4		5.682	55.481	
14:1....g	0.003		0	PAK	1		0.002	0.024	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.324		0	PAK	1		0.276	2.692	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	6.245		0	PAK	1		5.308	51.833	
18:1 c....g	6.160		0	PAK	1		5.236	51.130	
18:1 t....g	0.085		0	PAK	1		0.072	0.702	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.112		0	PAK	1		0.096	0.933	
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	2.465		0	PIK	4		2.095	20.456	
18:2 undifferentiated....g	2.194		0	PAK	1		1.865	18.211	
18:2 n-6 c,c....g	2.176		0	PAK	1		1.849	18.060	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.018		0	PAK	1		0.016	0.152	
18:3 undifferentiated....g	0.095		0	PAK	1		0.081	0.791	
18:3 n-3 c,c,c (ALA)....g	0.083		0	PAK	1		0.071	0.693	
18:3 n-6 c,c,c....g	0.003		0	PAK	1		0.002	0.024	
18:3i....g	0.009		0	PAK	1		0.008	0.075	
18:4....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c....g	0.088		0	PAK	1		0.075	0.734	
20:3 undifferentiated....g	0.011		0	PAK	1		0.010	0.094	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.065		0	PAK	1		0.055	0.539	
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		0.008	0.078	
22:6 n-3 (DHA)....g	0.001		0	PAK	1		0.001	0.009	
Fatty acids, total trans....g	0.112		0	PIK	4		0.095	0.929	
Fatty acids, total trans-monoenoic....g	0.085		0	PIK	4		0.072	0.702	
Fatty acids, total trans-polyenoic....g	0.027		0	PIK	4		0.023	0.226	
Cholesterol....mg	83		0	PAK	1		70	686	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.289		0	PAK	1		0.246	2.399	
Threonine....g	1.068		0	PAK	1		0.908	8.866	
Isoleucine....g	1.150		0	PAK	1		0.978	9.546	
Leucine....g	1.999		0	PAK	1		1.699	16.593	

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
Lysine....g	2.160		0	PAK	1		1.836	17.929	
Methionine....g	0.666		0	PAK	1		0.566	5.526	
Cystine....g	0.274		0	PAK	1		0.233	2.273	
Phenylalanine....g	1.009		0	PAK	1		0.858	8.376	
Tyrosine....g	0.962		0	PAK	1		0.818	7.988	
Valine....g	1.229		0	PAK	1		1.044	10.197	
Arginine....g	1.565		0	PAK	1		1.330	12.990	
Histidine....g	0.988		0	PAK	1		0.840	8.200	
Alanine....g	1.391		0	PAK	1		1.183	11.547	
Aspartic acid....g	2.272		0	PAK	1		1.931	18.858	
Glutamic acid....g	3.711		0	PAK	1		3.154	30.797	
Glycine....g	1.098		0	PAK	1		0.933	9.111	
Proline....g	0.982		0	PAK	1		0.835	8.151	
Serine....g	1.014		0	PAK	1		0.862	8.419	
Hydroxyproline....g	0.085		0	PAK	1		0.072	0.703	
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 = 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 27 (2014)

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		52.91	516.61	
Energy....kcal	217		0	NC	4		184	1801	
Energy....kJ	908		0	NC	4		772	7535	
Protein (N x 6.25)....g	25.70	0.375	12	A	1		21.84	213.28	
Total lipid (fat)....g	11.89	0.789	12	A	1		10.11	98.70	
Ash....g	1.14	0.016	12	A	1		0.97	9.50	
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		23	223	
Iron, Fe....mg	0.85	0.031	12	A	1		0.72	7.06	
Magnesium, Mg....mg	19	0.337	12	A	1		16	159	
Phosphorus, P....mg	203	3.384	12	A	1		173	1688	
Potassium, K....mg	337	7.378	12	A	1		286	2797	
Sodium, Na....mg	78	1.578	12	A	1		67	651	
Zinc, Zn....mg	3.41	0.121	12	A	1		2.90	28.30	
Copper, Cu....mg	0.093	0.002	12	A	1		0.079	0.770	
Manganese, Mn....mg	0.018	0.007	12	A	1		0.015	0.148	
Selenium, Se....µg	41.2	4.109	12	A	1		35.0	341.8	
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		0.430	4.194	
Riboflavin....mg	0.403	0.019	12	A	1		0.343	3.348	
Niacin....mg	6.882	0.242	12	A	1		5.849	57.118	
Pantothenic acid....mg	1.398	0.086	6	A	1		1.189	11.606	
Vitamin B-6....mg	0.460	0.021	6	A	1		0.391	3.821	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	88.3		0	BFPN	4		75.1	732.9	
Betaine....mg	3.4		0	BFPN	4		2.9	28.3	
Vitamin B-12....µg	0.80	0.046	6	A	1		0.68	6.60	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	1		0	AS	1		1	11	
Retinol....µg	1		1	A	1		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	4		0	AS	1		4	37	
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		0.21	2.03	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.8		1	AS	1		0.7	6.5	
Vitamin D....IU	31		1	A	1		27	259	
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									

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
Lipids:									
Fatty acids, total saturated....g	3.934		0	NC	4		3.344	32.652	
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	0.002	0.000	6	A	1		0.001	0.014	
10:0....g	0.011	0.001	6	A	1		0.009	0.090	
12:0....g	0.009	0.001	6	A	1		0.007	0.073	
13:0....g									
14:0....g	0.139	0.009	6	A	1		0.118	1.152	
15:0....g	0.006	0.001	6	A	1		0.005	0.053	
16:0....g	2.403	0.144	6	A	1		2.043	19.948	
17:0....g	0.034	0.004	6	A	1		0.029	0.286	
18:0....g	1.308	0.094	6	A	1		1.112	10.859	
20:0....g	0.017	0.001	6	A	1		0.015	0.145	
22:0....g	0.002	0.000	6	A	1		0.002	0.018	
24:0....g	0.002	0.000	6	A	1		0.001	0.014	
Fatty acids, total monounsaturated....g	4.572		0	NC	4		3.886	37.944	
14:1....g	0.002	0.000	6	A	1		0.002	0.015	
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		0.201	1.964	
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		3.619	35.337	
18:1 c....g	4.202	0.253	6	A	1		3.571	34.874	
18:1 t....g	0.056	0.012	6	A	1		0.047	0.463	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.076	0.005	6	A	1		0.064	0.627	
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		1.295	12.646	
18:2 undifferentiated....g	1.345	0.109	6	AS	1		1.143	11.164	
18:2 n-6 c,c....g	1.334	0.107	6	A	1		1.134	11.074	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.011	0.003	6	A	1		0.009	0.090	
18:3 undifferentiated....g	0.056	0.005	6	AS	1		0.047	0.462	
18:3 n-3 c,c,c (ALA)....g	0.048	0.004	6	A	1		0.041	0.400	
18:3 n-6 c,c,c....g	0.003	0.001	6	A	1		0.003	0.026	
18:3i....g	0.004	0.000	6	A	1		0.004	0.036	
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		0.046	0.451	
20:3 undifferentiated....g	0.007	0.001	6	A	1		0.006	0.061	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.055	0.002	6	A	1		0.047	0.455	
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		0.005	0.053	
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		0.060	0.589	
Fatty acids, total trans-monoenoic....g	0.056		0	NC	4		0.047	0.463	
Fatty acids, total trans-polyenoic....g	0.015		0	NC	4		0.013	0.126	
Cholesterol....mg	83	1.279	6	A	1		70	685	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.306		0	A	1		0.260	2.538	
Threonine....g	1.130		0	A	1		0.961	9.379	
Isoleucine....g	1.217		0	A	1		1.034	10.099	
Leucine....g	2.115		0	A	1		1.798	17.554	

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
Lysine....g	2.285		0	A	1		1.943	18.968	
Methionine....g	0.704		0	A	1		0.599	5.846	
Cystine....g	0.290		0	A	1		0.246	2.405	
Phenylalanine....g	1.068		0	A	1		0.908	8.862	
Tyrosine....g	1.018		0	A	1		0.865	8.450	
Valine....g	1.300		0	A	1		1.105	10.788	
Arginine....g	1.656		0	A	1		1.407	13.743	
Histidine....g	1.045		0	A	1		0.888	8.675	
Alanine....g	1.472		0	A	1		1.251	12.216	
Aspartic acid....g	2.404		0	A	1		2.043	19.950	
Glutamic acid....g	3.926		0	A	1		3.337	32.582	
Glycine....g	1.161		0	A	1		0.987	9.639	
Proline....g	1.039		0	A	1		0.883	8.624	
Serine....g	1.073		0	A	1		0.912	8.907	
Hydroxyproline....g	0.090		0	A	1		0.076	0.744	
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 = 85g: 3 oz

Measure 2 = 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 27 (2014)

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		53.29	531.61	
Energy....kcal	199		0	NC	4		169	1686	
Energy....kJ	832		0	NC	4		707	7055	
Protein....g	26.48		0	PAK	1		22.51	224.54	
Total lipid (fat)....g	10.32		0	PAK	1		8.77	87.50	
Ash....g	1.20		0	PAK	1		1.02	10.17	
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		10	99	
Iron, Fe....mg	0.89		0	PAK	1		0.76	7.58	
Magnesium, Mg....mg	23		0	PAK	1		20	197	
Phosphorus, P....mg	268		0	PAK	1		227	2269	
Potassium, K....mg	439		0	PAK	1		373	3724	
Sodium, Na....mg	67		0	PAK	1		57	570	
Zinc, Zn....mg	2.41		0	PAK	1		2.05	20.41	
Copper, Cu....mg	0.079		0	PAK	1		0.067	0.668	
Manganese, Mn....mg	0.015		0	PAK	1		0.013	0.131	
Selenium, Se....µg	43.7		0	PAK	1		37.2	370.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.600		0	PAK	1		0.510	5.084	
Riboflavin....mg	0.269		0	PAK	1		0.229	2.284	
Niacin....mg	7.435		0	PAK	1		6.319	63.045	
Pantothenic acid....mg	1.448		0	PIK	4		1.231	12.277	
Vitamin B-6....mg	0.478		0	PIK	4		0.406	4.052	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	91.5		0	PIK	4		77.7	775.5	
Betaine....mg	3.6		0	PIK	4		3.0	30.3	
Vitamin B-12....µg	0.84		0	PIK	4		0.71	7.09	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	2		0	PIK	4		2	21	
Retinol....µg	2		0	PIK	4		2	21	
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		7	70	
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		0.18	1.83	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	PAK	1		0.5	4.6	
Vitamin D....IU	22		0	PIK	4		18	183	
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									

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
Lipids:									
Fatty acids, total saturated....g	3.706		0	PIK	4		3.150	31.429	
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	0.008		0	PAK	1		0.007	0.072	
12:0....g	0.006		0	PAK	1		0.006	0.055	
13:0....g									
14:0....g	0.133		0	PAK	1		0.113	1.128	
15:0....g	0.002		0	PAK	1		0.002	0.018	
16:0....g	2.300		0	PAK	1		1.955	19.502	
17:0....g	0.030		0	PAK	1		0.026	0.257	
18:0....g	1.208		0	PAK	1		1.027	10.241	
20:0....g	0.018		0	PAK	1		0.016	0.156	
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	4.458		0	PIK	4		3.790	37.807	
14:1....g	0.001		0	PAK	1		0.001	0.006	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.230		0	PAK	1		0.196	1.954	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	4.154		0	PAK	1		3.531	35.229	
18:1 c....g	4.086		0	PAK	1		3.473	34.653	
18:1 t....g	0.068		0	PAK	1		0.058	0.576	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.073		0	PAK	1		0.062	0.618	
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	1.611		0	PIK	4		1.369	13.658	
18:2 undifferentiated....g	1.423		0	PAK	1		1.210	12.068	
18:2 n-6 c,c....g	1.417		0	PAK	1		1.204	12.012	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.007		0	PAK	1		0.006	0.056	
18:3 undifferentiated....g	0.056		0	PAK	1		0.048	0.478	
18:3 n-3 c,c,c (ALA)....g	0.055		0	PAK	1		0.047	0.468	
18:3 n-6 c,c,c....g	0.001		0	PAK	1		0.001	0.010	
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	0.058		0	PAK	1		0.049	0.493	
20:3 undifferentiated....g	0.003		0	PAK	1		0.003	0.027	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.065		0	PAK	1		0.055	0.547	
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	0.004		0	PAK	1		0.004	0.037	
22:6 n-3 (DHA)....g	0.001		0	PAK	1		0.001	0.007	
Fatty acids, total trans....g	0.074		0	PIK	4		0.063	0.631	
Fatty acids, total trans-monoenoic....g	0.068		0	PIK	4		0.058	0.576	
Fatty acids, total trans-polyenoic....g	0.007		0	PIK	4		0.006	0.056	
Cholesterol....mg	76		0	PAK	1		65	648	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.315		0	PAK	1		0.268	2.672	
Threonine....g	1.164		0	PAK	1		0.990	9.875	
Isoleucine....g	1.254		0	PAK	1		1.066	10.632	
Leucine....g	2.179		0	PAK	1		1.852	18.481	

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
Lysine....g	2.355		0	PAK	1		2.002	19.970	
Methionine....g	0.726		0	PAK	1		0.617	6.155	
Cystine....g	0.299		0	PAK	1		0.254	2.532	
Phenylalanine....g	1.100		0	PAK	1		0.935	9.330	
Tyrosine....g	1.049		0	PAK	1		0.892	8.897	
Valine....g	1.339		0	PAK	1		1.138	11.358	
Arginine....g	1.706		0	PAK	1		1.450	14.469	
Histidine....g	1.077		0	PAK	1		0.916	9.134	
Alanine....g	1.517		0	PAK	1		1.289	12.861	
Aspartic acid....g	2.477		0	PAK	1		2.105	21.004	
Glutamic acid....g	4.045		0	PAK	1		3.438	34.303	
Glycine....g	1.197		0	PAK	1		1.017	10.148	
Proline....g	1.071		0	PAK	1		0.910	9.079	
Serine....g	1.106		0	PAK	1		0.940	9.377	
Hydroxyproline....g	0.092		0	PAK	1		0.079	0.783	
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 = 848g: 1 roast

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		55.05	549.19	
Energy....kcal	175		0	NC	4		148	1481	
Energy....kJ	731		0	NC	4		621	6199	
Protein....g	27.58	0.452	12	A	1		23.45	233.91	
Total lipid (fat)....g	7.14	0.486	18	A	1		6.07	60.58	
Ash....g	1.24	0.018	12	A	1		1.06	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		9	94	
Iron, Fe....mg	0.92	0.035	12	A	1		0.78	7.79	
Magnesium, Mg....mg	24	0.428	12	A	1		20	204	
Phosphorus, P....mg	277	6.829	12	A	1		235	2345	
Potassium, K....mg	457	13.508	12	A	1		388	3876	
Sodium, Na....mg	68	1.965	12	A	1		58	575	
Zinc, Zn....mg	2.50	0.111	12	A	1		2.13	21.21	
Copper, Cu....mg	0.078	0.003	12	A	1		0.066	0.662	
Manganese, Mn....mg	0.016	0.000	12	A	1		0.014	0.137	
Selenium, Se....µg	45.6	4.278	12	A	1		38.7	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		0.528	5.272	
Riboflavin....mg	0.273	0.013	12	A	1		0.232	2.318	
Niacin....mg	7.680	0.519	12	A	1		6.528	65.126	
Pantothenic acid....mg	1.501		0	BFPN	4		1.276	12.729	
Vitamin B-6....mg	0.494		0	BFPN	4		0.420	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....µg	0		0	NC	4		0	0	
Choline, total....mg	94.8		0	BFPN	4		80.6	803.8	
Betaine....mg	3.7		0	BFPN	4		3.1	31.1	
Vitamin B-12....µg	0.85		0	BFPN	4		0.73	7.24	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	1		0	NC	4		1	11	
Retinol....µg	1		0	BFSN	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	4		0	NC	4		4	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		0.19	1.94	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	AS	1		0.4	4.0	
Vitamin D....IU	19		0	BFFN	4		16	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									

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
Lipids:									
Fatty acids, total saturated....g	2.560		0	NC	4		2.176	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		0.005	0.049	
12:0....g	0.004	0.002	6	A	1		0.003	0.033	
13:0....g									
14:0....g	0.090	0.009	6	A	1		0.076	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		1.346	13.424	
17:0....g	0.019	0.002	6	A	1		0.016	0.158	
18:0....g	0.846	0.091	6	A	1		0.719	7.177	
20:0....g	0.013	0.001	6	A	1		0.011	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		2.604	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		0.140	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		2.422	24.167	
18:1 c....g	2.800	0.274	6	A	1		2.380	23.744	
18:1 t....g	0.050	0.012	6	A	1		0.042	0.423	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.049	0.005	6	A	1		0.041	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		0.889	8.869	
18:2 undifferentiated....g	0.913	0.107	6	AS	1		0.776	7.742	
18:2 n-6 c,c....g	0.911	0.106	6	A	1		0.774	7.727	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.002	0.002	6	A	1		0.002	0.016	
18:3 undifferentiated....g	0.035	0.004	6	AS	1		0.029	0.294	
18:3 n-3 c,c,c (ALA)....g	0.035	0.004	6	A	1		0.029	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		0.032	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		0.049	0.493	
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		0.002	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		0.044	0.438	
Fatty acids, total trans-monoenoic....g	0.050		0	NC	4		0.042	0.423	
Fatty acids, total trans-polyenoic....g	0.002		0	NC	4		0.002	0.016	
Cholesterol....mg	76	2.101	6	A	1		65	647	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.328		0	A	1		0.279	2.784	
Threonine....g	1.213		0	A	1		1.031	10.287	
Isoleucine....g	1.306		0	A	1		1.110	11.076	
Leucine....g	2.270		0	A	1		1.930	19.252	

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
Lysine....g	2.453		0	A	1		2.085	20.803	
Methionine....g	0.756		0	A	1		0.643	6.411	
Cystine....g	0.311		0	A	1		0.264	2.637	
Phenylalanine....g	1.146		0	A	1		0.974	9.719	
Tyrosine....g	1.093		0	A	1		0.929	9.268	
Valine....g	1.395		0	A	1		1.186	11.831	
Arginine....g	1.777		0	A	1		1.511	15.072	
Histidine....g	1.122		0	A	1		0.954	9.515	
Alanine....g	1.580		0	A	1		1.343	13.398	
Aspartic acid....g	2.580		0	A	1		2.193	21.880	
Glutamic acid....g	4.214		0	A	1		3.582	35.734	
Glycine....g	1.247		0	A	1		1.060	10.572	
Proline....g	1.115		0	A	1		0.948	9.458	
Serine....g	1.152		0	A	1		0.979	9.769	
Hydroxyproline....g	0.096		0	A	1		0.082	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 = 85g: 3 oz

Measure 2 = 848g: 1 roast

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		49.34	108.54	
Energy....kcal	242		0	PIK	4		206	453	
Energy....kJ	1014		0	PIK	4		862	1896	
Protein (N x 6.25)....g	28.21		0	PAK	1		23.98	52.75	
Total lipid (fat)....g	13.51		0	PAK	1		11.48	25.26	
Ash....g	1.22		0	PAK	1		1.03	2.27	
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	55		0	PIK	4		46	102	
Iron, Fe....mg	0.86		0	PIK	4		0.73	1.61	
Magnesium, Mg....mg	20		0	PIK	4		17	38	
Phosphorus, P....mg	225		0	PIK	4		191	421	
Potassium, K....mg	273		0	PIK	4		232	511	
Sodium, Na....mg	73		0	PIK	4		62	137	
Zinc, Zn....mg	3.28		0	PIK	4		2.79	6.14	
Copper, Cu....mg	0.104		0	PIK	4		0.088	0.195	
Manganese, Mn....mg	0.012		0	PIK	4		0.010	0.022	
Selenium, Se....µg	44.1		0	PIK	4		37.4	82.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.518		0	PIK	4		0.440	0.968	
Riboflavin....mg	0.336		0	PIK	4		0.286	0.628	
Niacin....mg	7.868		0	PIK	4		6.688	14.714	
Pantothenic acid....mg	1.007		0	PIK	4		0.856	1.882	
Vitamin B-6....mg	0.519		0	PIK	4		0.441	0.971	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	95.1		0	PIK	4		80.8	177.8	
Betaine....mg	3.7		0	PIK	4		3.2	7.0	
Vitamin B-12....µg	0.66		0	PIK	4		0.56	1.24	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	4		0	PIK	4		4	8	
Retinol....µg	4		0	PIK	4		4	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	14		0	PIK	4		12	26	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.19		0	PIK	4		0.16	0.36	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.8		0	PAK	1		0.7	1.5	
Vitamin D....IU	33		0	PIK	4		28	62	
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									

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
Lipids:									
Fatty acids, total saturated....g	4.934		0	PIK	4		4.194	9.227	
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	0.001		0	PIK	4		0.001	0.002	
10:0....g	0.013		0	PIK	4		0.011	0.024	
12:0....g	0.012		0	PIK	4		0.010	0.022	
13:0....g									
14:0....g	0.174		0	PIK	4		0.148	0.325	
15:0....g	0.007		0	PIK	4		0.006	0.013	
16:0....g	3.005		0	PIK	4		2.555	5.620	
17:0....g	0.043		0	PIK	4		0.037	0.081	
18:0....g	1.652		0	PIK	4		1.404	3.089	
20:0....g	0.024		0	PIK	4		0.020	0.044	
22:0....g	0.002		0	PIK	4		0.002	0.003	
24:0....g	0.002		0	PIK	4		0.002	0.004	
Fatty acids, total monounsaturated....g	5.557		0	PIK	4		4.723	10.391	
14:1....g	0.001		0	PIK	4		0.001	0.003	
15:1....g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated....g	0.280		0	PIK	4		0.238	0.523	
17:1....g	0.000		0	PIK	4		0.000	0.000	
18:1 undifferentiated....g	5.184		0	PIK	4		4.407	9.694	
18:1 c....g	5.125		0	PIK	4		4.356	9.584	
18:1 t....g	0.059		0	PIK	4		0.050	0.110	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.091		0	PIK	4		0.078	0.171	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.155		0	PIK	4		1.831	4.029	
18:2 undifferentiated....g	1.877		0	PIK	4		1.595	3.510	
18:2 n-6 c,c....g	1.052		0	PAK	1		0.894	1.966	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.009		0	PAK	1		0.008	0.017	
18:3 undifferentiated....g	0.083		0	PIK	4		0.071	0.156	
18:3 n-3 c,c,c (ALA)....g	0.074		0	PIK	4		0.063	0.138	
18:3 n-6 c,c,c....g	0.003		0	PIK	4		0.003	0.006	
18:3i....g	0.007		0	PIK	4		0.006	0.012	
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.074		0	PIK	4		0.063	0.139	
20:3 undifferentiated....g	0.009		0	PIK	4		0.007	0.016	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.098		0	PIK	4		0.083	0.183	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012		0	PIK	4		0.010	0.023	
22:6 n-3 (DHA)....g	0.001		0	PIK	4		0.001	0.002	
Fatty acids, total trans....g	0.076		0	PIK	4		0.064	0.141	
Fatty acids, total trans-monoenoic....g	0.059		0	PIK	4		0.050	0.110	
Fatty acids, total trans-polyenoic....g	0.017		0	PIK	4		0.014	0.031	
Cholesterol....mg	81		0	PAK	1		69	152	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.336		0	PAK	1		0.285	0.628	
Threonine....g	1.240		0	PAK	1		1.054	2.320	
Isoleucine....g	1.336		0	PAK	1		1.135	2.498	
Leucine....g	2.322		0	PAK	1		1.973	4.342	
Lysine....g	2.509		0	PAK	1		2.132	4.691	
Methionine....g	0.773		0	PAK	1		0.657	1.446	

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
Cystine....g	0.318		0	PAK	1		0.270	0.595	
Phenylalanine....g	1.172		0	PAK	1		0.996	2.192	
Tyrosine....g	1.118		0	PAK	1		0.950	2.090	
Valine....g	1.427		0	PAK	1		1.213	2.668	
Arginine....g	1.818		0	PAK	1		1.545	3.399	
Histidine....g	1.147		0	PAK	1		0.975	2.146	
Alanine....g	1.616		0	PAK	1		1.373	3.021	
Aspartic acid....g	2.639		0	PAK	1		2.243	4.934	
Glutamic acid....g	4.309		0	PAK	1		3.663	8.058	
Glycine....g	1.275		0	PAK	1		1.084	2.384	
Proline....g	1.141		0	PAK	1		0.969	2.133	
Serine....g	1.178		0	PAK	1		1.001	2.203	
Hydroxyproline....g	0.098		0	PAK	1		0.084	0.184	
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 = 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 27 (2014)

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		52.93	97.76	
Energy....kcal	209		0	PIK	4		178	328	
Energy....kJ	875		0	PIK	4		744	1374	
Protein (N x 6.25)....g	25.61		0	PAK	1		21.77	40.21	
Total lipid (fat)....g	11.06		0	PAK	1		9.40	17.37	
Ash....g	1.01		0	PAK	1		0.86	1.59	
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		20	37	
Iron, Fe....mg	0.79		0	PAK	1		0.67	1.23	
Magnesium, Mg....mg	25		0	PAK	1		22	40	
Phosphorus, P....mg	220		0	PAK	1		187	346	
Potassium, K....mg	344		0	PAK	1		293	540	
Sodium, Na....mg	55		0	PAK	1		46	86	
Zinc, Zn....mg	2.14		0	PAK	1		1.82	3.36	
Copper, Cu....mg	0.078		0	PAK	1		0.067	0.123	
Manganese, Mn....mg	0.009		0	PAK	1		0.007	0.014	
Selenium, Se....µg	43.6		0	PAK	1		37.1	68.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.599		0	PAK	1		0.509	0.940	
Riboflavin....mg	0.234		0	PAK	1		0.199	0.368	
Niacin....mg	8.147		0	PAK	1		6.925	12.790	
Pantothenic acid....mg	0.658		0	PIK	4		0.559	1.033	
Vitamin B-6....mg	0.669		0	PIK	4		0.569	1.050	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	73.2		0	PIK	4		62.3	115.0	
Betaine....mg	2.7		0	PIK	4		2.3	4.2	
Vitamin B-12....µg	0.59		0	PIK	4		0.50	0.92	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	2		0	PAK	1		2	3	
Retinol....µg	2		0	PIK	4		2	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	6		0	PAK	1		5	10	
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		0.09	0.17	
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	
Tocotrienol, alpha....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma....mg	0.01		0	PAK	1		0.01	0.01	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.8		0	PAK	1		0.6	1.2	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.8		0	PIK	4		0.6	1.2	
Vitamin D....IU	30		0	PIK	4		26	47	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	

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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.518		0	PIK	4		2.990	5.523	
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		0.005	0.010	
12:0....g	0.003		0	PAK	1		0.003	0.005	
13:0....g									
14:0....g	0.125		0	PAK	1		0.107	0.197	
15:0....g	0.002		0	PAK	1		0.002	0.004	
16:0....g	2.168		0	PAK	1		1.843	3.404	
17:0....g	0.033		0	PAK	1		0.028	0.051	
18:0....g	1.164		0	PAK	1		0.989	1.827	
20:0....g	0.015		0	PAK	1		0.013	0.024	
22:0....g	0.000		0	PAK	1		0.000	0.001	
24:0....g									
Fatty acids, total monounsaturated....g	4.220		0	PIK	4		3.587	6.626	
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		0.159	0.294	
17:1....g	0.010		0	PAK	1		0.008	0.016	
18:1 undifferentiated....g	3.958		0	PAK	1		3.364	6.214	
18:1 c....g	3.884		0	PAK	1		3.302	6.099	
18:1 t....g	0.074		0	PAK	1		0.063	0.116	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.064		0	PAK	1		0.054	0.100	
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		1.155	2.134	
18:2 undifferentiated....g	1.184		0	PAK	1		1.006	1.858	
18:2 n-6 c,c....g	1.151		0	PAK	1		0.978	1.807	
18:2 CLAs....g									
18:2 t,t....g	0.033		0	PAK	1		0.028	0.051	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.052		0	PAK	1		0.044	0.082	
18:3 n-3 c,c,c (ALA)....g	0.051		0	PAK	1		0.043	0.080	
18:3 n-6 c,c,c....g	0.001		0	PAK	1		0.001	0.002	
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.043		0	PAK	1		0.036	0.067	
20:3 undifferentiated....g	0.004		0	PAK	1		0.003	0.006	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.077		0	PAK	1		0.065	0.121	
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		0.091	0.167	
Fatty acids, total trans-monoenoic....g	0.074		0	PIK	4		0.063	0.116	
Fatty acids, total trans-polyenoic....g	0.033		0	PIK	4		0.028	0.051	
Cholesterol....mg	84		0	PAK	1		71	132	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.270		0	PAK	1		0.229	0.423	
Threonine....g	1.150		0	PAK	1		0.977	1.805	
Isoleucine....g	1.260		0	PAK	1		1.071	1.979	
Leucine....g	2.182		0	PAK	1		1.855	3.426	

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
Lysine....g	2.375		0	PAK	1		2.019	3.729	
Methionine....g	0.705		0	PAK	1		0.600	1.107	
Cystine....g	0.296		0	PAK	1		0.251	0.464	
Phenylalanine....g	1.077		0	PAK	1		0.915	1.690	
Tyrosine....g	0.975		0	PAK	1		0.828	1.530	
Valine....g	1.338		0	PAK	1		1.138	2.101	
Arginine....g	1.704		0	PAK	1		1.449	2.676	
Histidine....g	1.106		0	PAK	1		0.940	1.737	
Alanine....g	1.503		0	PAK	1		1.278	2.360	
Aspartic acid....g	2.505		0	PAK	1		2.130	3.934	
Glutamic acid....g	4.089		0	PAK	1		3.475	6.419	
Glycine....g	1.154		0	PAK	1		0.981	1.812	
Proline....g	1.035		0	PAK	1		0.880	1.626	
Serine....g	1.107		0	PAK	1		0.941	1.739	
Hydroxyproline....g	0.066		0	PAK	1		0.056	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 = 85g: 3 oz

Measure 2 = 157g: 1 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		49.63	100.43	
Energy....kcal	238		0	PIK	4		202	410	
Energy....kJ	997		0	PIK	4		847	1714	
Protein (N x 6.25)....g	27.63		0	PAK	1		23.49	47.53	
Total lipid (fat)....g	13.32		0	PAK	1		11.33	22.92	
Ash....g	1.26		0	PAK	1		1.07	2.17	
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	53		0	PIK	4		45	92	
Iron, Fe....mg	0.93		0	PIK	4		0.79	1.61	
Magnesium, Mg....mg	23		0	PIK	4		19	39	
Phosphorus, P....mg	251		0	PIK	4		213	431	
Potassium, K....mg	353		0	PIK	4		300	608	
Sodium, Na....mg	94		0	PIK	4		80	162	
Zinc, Zn....mg	3.20		0	PIK	4		2.72	5.51	
Copper, Cu....mg	0.118		0	PIK	4		0.100	0.202	
Manganese, Mn....mg	0.012		0	PIK	4		0.010	0.021	
Selenium, Se....µg	40.8		0	PIK	4		34.7	70.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.536		0	PIK	4		0.455	0.922	
Riboflavin....mg	0.369		0	PIK	4		0.314	0.635	
Niacin....mg	9.186		0	PIK	4		7.808	15.800	
Pantothenic acid....mg	1.288		0	PIK	4		1.095	2.216	
Vitamin B-6....mg	0.525		0	PIK	4		0.446	0.903	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	102.5		0	PIK	4		87.1	176.3	
Betaine....mg	4.0		0	PIK	4		3.4	6.9	
Vitamin B-12....µg	0.79		0	PIK	4		0.68	1.37	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	5		0	PIK	4		4	9	
Retinol....µg	5		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	17		0	PIK	4		15	30	
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		0.17	0.34	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	PAK	1		0.5	1.1	
Vitamin D....IU	25		0	PIK	4		21	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									

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
Lipids:									
Fatty acids, total saturated....g	4.867		0	PIK	4		4.137	8.371	
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	0.001		0	PIK	4		0.001	0.002	
10:0....g	0.013		0	PIK	4		0.011	0.022	
12:0....g	0.011		0	PIK	4		0.010	0.020	
13:0....g									
14:0....g	0.171		0	PIK	4		0.146	0.295	
15:0....g	0.007		0	PIK	4		0.006	0.012	
16:0....g	2.964		0	PIK	4		2.519	5.098	
17:0....g	0.043		0	PIK	4		0.036	0.073	
18:0....g	1.629		0	PIK	4		1.385	2.803	
20:0....g	0.023		0	PIK	4		0.020	0.040	
22:0....g	0.002		0	PIK	4		0.001	0.003	
24:0....g	0.002		0	PIK	4		0.002	0.003	
Fatty acids, total monounsaturated....g	5.478		0	PIK	4		4.656	9.422	
14:1....g	0.001		0	PIK	4		0.001	0.002	
15:1....g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated....g	0.275		0	PIK	4		0.234	0.474	
17:1....g	0.000		0	PIK	4		0.000	0.000	
18:1 undifferentiated....g	5.111		0	PIK	4		4.345	8.791	
18:1 c....g	5.053		0	PIK	4		4.295	8.691	
18:1 t....g	0.058		0	PIK	4		0.050	0.100	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.090		0	PIK	4		0.077	0.155	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
22:1 c....g	0.000		0	PIK	4		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.127		0	PIK	4		1.808	3.658	
18:2 undifferentiated....g	1.854		0	PIK	4		1.576	3.189	
18:2 n-6 c,c....g	1.051		0	PAK	1		0.893	1.807	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.009		0	PAK	1		0.008	0.016	
18:3 undifferentiated....g	0.082		0	PIK	4		0.070	0.141	
18:3 n-3 c,c,c (ALA)....g	0.073		0	PIK	4		0.062	0.125	
18:3 n-6 c,c,c....g	0.003		0	PIK	4		0.002	0.005	
18:3i....g	0.006		0	PIK	4		0.006	0.011	
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.073		0	PIK	4		0.062	0.126	
20:3 undifferentiated....g	0.009		0	PIK	4		0.007	0.015	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.095		0	PIK	4		0.081	0.164	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012		0	PIK	4		0.010	0.021	
22:6 n-3 (DHA)....g	0.001		0	PIK	4		0.001	0.002	
Fatty acids, total trans....g	0.075		0	PIK	4		0.064	0.129	
Fatty acids, total trans-monoenoic....g	0.058		0	PIK	4		0.050	0.100	
Fatty acids, total trans-polyenoic....g	0.016		0	PIK	4		0.014	0.028	
Cholesterol....mg	79		0	PAK	1		67	136	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.329		0	PAK	1		0.280	0.566	
Threonine....g	1.215		0	PAK	1		1.033	2.090	
Isoleucine....g	1.308		0	PAK	1		1.112	2.250	
Leucine....g	2.274		0	PAK	1		1.933	3.912	

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
Lysine....g	2.457		0	PAK	1		2.089	4.227	
Methionine....g	0.757		0	PAK	1		0.644	1.303	
Cystine....g	0.312		0	PAK	1		0.265	0.536	
Phenylalanine....g	1.148		0	PAK	1		0.976	1.975	
Tyrosine....g	1.095		0	PAK	1		0.931	1.883	
Valine....g	1.398		0	PAK	1		1.188	2.404	
Arginine....g	1.781		0	PAK	1		1.513	3.062	
Histidine....g	1.124		0	PAK	1		0.955	1.933	
Alanine....g	1.583		0	PAK	1		1.345	2.722	
Aspartic acid....g	2.585		0	PAK	1		2.197	4.446	
Glutamic acid....g	4.221		0	PAK	1		3.588	7.261	
Glycine....g	1.249		0	PAK	1		1.062	2.148	
Proline....g	1.117		0	PAK	1		0.950	1.922	
Serine....g	1.154		0	PAK	1		0.981	1.985	
Hydroxyproline....g	0.096		0	PAK	1		0.082	0.166	
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 = 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 27 (2014)

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		59.24	138.69	
Energy....kcal	170		0	PIK	4		144	338	
Energy....kJ	711		0	PIK	4		604	1414	
Protein (N x 6.25)....g	20.71		0	PAK	1		17.60	41.21	
Total lipid (fat)....g	9.03		0	PAK	1		7.67	17.97	
Ash....g	0.96		0	PAK	1		0.82	1.91	
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	19		0	PAK	1		16	38	
Iron, Fe....mg	0.63		0	PAK	1		0.53	1.24	
Magnesium, Mg....mg	25		0	PAK	1		21	49	
Phosphorus, P....mg	209		0	PAK	1		178	416	
Potassium, K....mg	343		0	PAK	1		292	682	
Sodium, Na....mg	55		0	PAK	1		47	110	
Zinc, Zn....mg	1.77		0	PAK	1		1.50	3.52	
Copper, Cu....mg	0.063		0	PAK	1		0.054	0.126	
Manganese, Mn....mg	0.007		0	PAK	1		0.006	0.015	
Selenium, Se....µg	33.8		0	PAK	1		28.8	67.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.485		0	PIK	4		0.412	0.964	
Riboflavin....mg	0.189		0	PIK	4		0.161	0.376	
Niacin....mg	6.619		0	PIK	4		5.626	13.171	
Pantothenic acid....mg	0.704		0	PIK	4		0.599	1.401	
Vitamin B-6....mg	0.697		0	PIK	4		0.592	1.386	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	55.8		0	PIK	4		47.5	111.1	
Betaine....mg	3.0		0	PIK	4		2.6	6.0	
Vitamin B-12....µg	0.53		0	PIK	4		0.45	1.06	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	2		0	PAK	1		2	4	
Retinol....µg	2		0	PIK	4		2	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	NC	4		5	13	
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		0.10	0.24	
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	
Tocotrienol, alpha....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.5		0	PAK	1		0.4	1.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	PIK	4		0.4	1.0	
Vitamin D....IU	21		0	PIK	4		18	42	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	

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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.993		0	PIK	4		2.544	5.955	
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	0.006		0	PIK	4		0.005	0.012	
12:0....g	0.004		0	PIK	4		0.003	0.008	
13:0....g									
14:0....g	0.106		0	PIK	4		0.090	0.211	
15:0....g	0.003		0	PIK	4		0.003	0.006	
16:0....g	1.834		0	PIK	4		1.559	3.650	
17:0....g	0.028		0	PIK	4		0.024	0.056	
18:0....g	0.997		0	PIK	4		0.847	1.984	
20:0....g	0.010		0	PAK	1		0.009	0.020	
22:0....g	0.000		0	PIK	4		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	3.548		0	PIK	4		3.016	7.060	
14:1....g	0.001		0	PIK	4		0.001	0.002	
15:1....g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated....g	0.160		0	PIK	4		0.136	0.319	
17:1....g	0.002		0	PIK	4		0.002	0.004	
18:1 undifferentiated....g	3.329		0	PIK	4		2.829	6.624	
18:1 c....g	3.266		0	PIK	4		2.776	6.499	
18:1 t....g	0.063		0	PIK	4		0.053	0.125	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.056		0	PIK	4		0.047	0.111	
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		1.011	2.368	
18:2 undifferentiated....g	1.052		0	PIK	4		0.894	2.094	
18:2 n-6 c,c....g	1.023		0	PIK	4		0.869	2.035	
18:2 CLAs....g									
18:2 t,t....g	0.030		0	PIK	4		0.025	0.059	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.048		0	PIK	4		0.041	0.095	
18:3 n-3 c,c,c (ALA)....g	0.046		0	PIK	4		0.039	0.092	
18:3 n-6 c,c,c....g	0.001		0	PIK	4		0.001	0.003	
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.039		0	PIK	4		0.033	0.077	
20:3 undifferentiated....g	0.005		0	PIK	4		0.004	0.009	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.046		0	PIK	4		0.039	0.092	
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		0.079	0.184	
Fatty acids, total trans-monoenoic....g	0.063		0	PIK	4		0.053	0.125	
Fatty acids, total trans-polyenoic....g	0.021		0	PIK	4		0.018	0.041	
Cholesterol....mg	69		0	PIK	4		59	138	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.218		0	PAK	1		0.185	0.434	
Threonine....g	0.930		0	PAK	1		0.790	1.850	
Isoleucine....g	1.019		0	PAK	1		0.866	2.028	
Leucine....g	1.764		0	PAK	1		1.500	3.511	

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
Lysine....g	1.921		0	PAK	1		1.633	3.822	
Methionine....g	0.570		0	PAK	1		0.485	1.135	
Cystine....g	0.239		0	PAK	1		0.203	0.476	
Phenylalanine....g	0.871		0	PAK	1		0.740	1.732	
Tyrosine....g	0.788		0	PAK	1		0.670	1.568	
Valine....g	1.082		0	PAK	1		0.920	2.154	
Arginine....g	1.378		0	PAK	1		1.171	2.742	
Histidine....g	0.895		0	PAK	1		0.760	1.780	
Alanine....g	1.216		0	PAK	1		1.033	2.419	
Aspartic acid....g	2.026		0	PAK	1		1.722	4.032	
Glutamic acid....g	3.306		0	PAK	1		2.810	6.579	
Glycine....g	0.933		0	PAK	1		0.793	1.857	
Proline....g	0.837		0	PAK	1		0.712	1.666	
Serine....g	0.895		0	PAK	1		0.761	1.782	
Hydroxyproline....g	0.053		0	PAK	1		0.045	0.106	
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 = 199g: 1 chop without refuse (Yield from 1 raw chop, with refuse, weighing 259g)

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		52.52	115.55	
Energy....kcal	200		0	NC	4		170	374	
Energy....kJ	836		0	NC	4		711	1564	
Protein (N x 6.25)....g	30.20	0.567	6	A	1		25.67	56.48	
Total lipid (fat)....g	7.86	0.541	6	A	1		6.68	14.70	
Ash....g	1.28	0.159	6	A	1		1.09	2.39	
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	53		0	BFNN	4		45	99	
Iron, Fe....mg	0.91		0	BFNN	4		0.77	1.69	
Magnesium, Mg....mg	21		0	BFNN	4		18	39	
Phosphorus, P....mg	239		0	BFNN	4		203	447	
Potassium, K....mg	288		0	BFNN	4		245	539	
Sodium, Na....mg	75		0	BFNN	4		64	140	
Zinc, Zn....mg	3.51		0	BFNN	4		2.98	6.57	
Copper, Cu....mg	0.103		0	BFNN	4		0.088	0.193	
Manganese, Mn....mg	0.013		0	BFNN	4		0.011	0.024	
Selenium, Se....µg	47.4		0	BFNN	4		40.3	88.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.547		0	BFPN	4		0.465	1.023	
Riboflavin....mg	0.358		0	BFPN	4		0.304	0.669	
Niacin....mg	8.197		0	BFPN	4		6.967	15.328	
Pantothenic acid....mg	1.043		0	BFPN	4		0.886	1.950	
Vitamin B-6....mg	0.555		0	BFPN	4		0.472	1.038	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	102.3		0	BFPN	4		87.0	191.4	
Betaine....mg	4.0		0	BFPN	4		3.4	7.4	
Vitamin B-12....µg	0.66		0	BFPN	4		0.56	1.23	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2		0	NC	4		2	3	
Retinol....µg	2		0	BFSN	4		2	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		5	12	
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	0.40	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.7		0	AS	1		0.6	1.3	
Vitamin D....IU	29		0	BFFN	4		24	53	
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									

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
Lipids:									
Fatty acids, total saturated....g	2.671		0	BFYN	4		2.270	4.995	
4:0....g	0.000		0	BFYN	4		0.000	0.000	
6:0....g	0.000		0	BFYN	4		0.000	0.000	
8:0....g	0.001		0	BFYN	4		0.001	0.002	
10:0....g	0.008		0	BFYN	4		0.007	0.015	
12:0....g	0.007		0	BFYN	4		0.006	0.013	
13:0....g									
14:0....g	0.094		0	BFYN	4		0.080	0.176	
15:0....g	0.003		0	BFYN	4		0.003	0.007	
16:0....g	1.635		0	BFYN	4		1.390	3.057	
17:0....g	0.019		0	BFYN	4		0.017	0.036	
18:0....g	0.887		0	BFYN	4		0.754	1.660	
20:0....g	0.012		0	BFYN	4		0.011	0.023	
22:0....g	0.002		0	BFYN	4		0.002	0.004	
24:0....g	0.001		0	BFYN	4		0.001	0.003	
Fatty acids, total monounsaturated....g	3.114		0	BFYN	4		2.647	5.823	
14:1....g	0.000		0	BFYN	4		0.000	0.000	
15:1....g	0.000		0	BFYN	4		0.000	0.000	
16:1 undifferentiated....g	0.179		0	BFYN	4		0.152	0.334	
17:1....g	0.000		0	BFYN	4		0.000	0.000	
18:1 undifferentiated....g	2.886		0	BFYN	4		2.454	5.398	
18:1 c....g	2.862		0	BFYN	4		2.433	5.352	
18:1 t....g	0.025		0	BFYN	4		0.021	0.046	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.049		0	BFYN	4		0.041	0.091	
22:1 undifferentiated....g	0.000		0	BFYN	4		0.000	0.000	
22:1 c....g	0.000		0	BFYN	4		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.089		0	BFYN	4		0.926	2.037	
18:2 undifferentiated....g	0.911		0	BFYN	4		0.774	1.704	
18:3 undifferentiated....g	0.038		0	BFYN	4		0.033	0.072	
18:3 n-3 c,c,c (ALA)....g	0.034		0	BFYN	4		0.029	0.063	
18:3 n-6 c,c,c....g	0.003		0	BFYN	4		0.003	0.006	
18:3i....g	0.001		0	BFYN	4		0.001	0.002	
18:4....g	0.000		0	BFYN	4		0.000	0.000	
20:2 n-6 c,c....g	0.035		0	BFYN	4		0.030	0.066	
20:3 undifferentiated....g	0.004		0	BFYN	4		0.004	0.008	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.090		0	BFYN	4		0.077	0.169	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFYN	4		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		0	BFYN	4		0.008	0.017	
22:6 n-3 (DHA)....g	0.000		0	BFYN	4		0.000	0.000	
Fatty acids, total trans....g	0.027		0	BFYN	4		0.023	0.050	
Fatty acids, total trans-monoenoic....g	0.025		0	BFYN	4		0.021	0.046	
Fatty acids, total trans-polyenoic....g	0.002		0	BFYN	4		0.002	0.004	
Cholesterol....mg	81	0.997	6	A	1		69	151	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.359		0	A	1		0.306	0.672	
Threonine....g	1.328		0	A	1		1.129	2.484	
Isoleucine....g	1.430		0	A	1		1.216	2.674	
Leucine....g	2.486		0	A	1		2.113	4.649	
Lysine....g	2.686		0	A	1		2.283	5.023	
Methionine....g	0.828		0	A	1		0.704	1.548	
Cystine....g	0.341		0	A	1		0.289	0.637	
Phenylalanine....g	1.255		0	A	1		1.067	2.347	
Tyrosine....g	1.197		0	A	1		1.017	2.238	

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
Valine....g	1.528		0	A	1		1.299	2.857	
Arginine....g	1.946		0	A	1		1.654	3.639	
Histidine....g	1.229		0	A	1		1.044	2.297	
Alanine....g	1.730		0	A	1		1.470	3.235	
Aspartic acid....g	2.825		0	A	1		2.401	5.283	
Glutamic acid....g	4.614		0	A	1		3.922	8.628	
Glycine....g	1.365		0	A	1		1.160	2.553	
Proline....g	1.221		0	A	1		1.038	2.284	
Serine....g	1.261		0	A	1		1.072	2.359	
Hydroxyproline....g	0.105		0	A	1		0.090	0.197	
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 = 85g: 3 oz

Measure 2 = 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.7		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	2.156		0	NC	4		3.148	1.833	
4:0....g	0.000		0	Z	7		0.000	0.000	
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 t....g	0.045	0.007	4	A	1		0.066	0.039	
18:1-11 t (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 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-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.065		0	NC	4		0.094	0.055	
Fatty acids, total trans-monoenoic....g	0.045		0	NC	4		0.066	0.039	
Fatty acids, total trans-polyenoic....g	0.019		0	NC	4		0.028	0.016	
Cholesterol....mg	84	7.084	4	A	1		123	72	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.282		0	A	1		0.411	0.239	
Threonine....g	1.201		0	A	1		1.754	1.021	
Isoleucine....g	1.317		0	A	1		1.922	1.119	
Leucine....g	2.279		0	A	1		3.328	1.938	
Lysine....g	2.482		0	A	1		3.623	2.109	
Methionine....g	0.737		0	A	1		1.076	0.626	

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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
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 27 (2014)

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		52.85	106.94	
Energy....kcal	195		0	NC	4		166	336	
Energy....kJ	817		0	NC	4		695	1406	
Protein (N x 6.25)....g	29.56	0.475	6	A	1		25.12	50.84	
Total lipid (fat)....g	7.66	0.333	6	A	1		6.51	13.17	
Ash....g	1.33	0.020	6	A	1		1.13	2.29	
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	51		0	BFNN	4		44	88	
Iron, Fe....mg	0.99		0	BFNN	4		0.84	1.70	
Magnesium, Mg....mg	24		0	BFNN	4		20	41	
Phosphorus, P....mg	268		0	BFNN	4		227	460	
Potassium, K....mg	378		0	BFNN	4		321	650	
Sodium, Na....mg	99		0	BFNN	4		84	170	
Zinc, Zn....mg	3.42		0	BFNN	4		2.91	5.89	
Copper, Cu....mg	0.118		0	BFNN	4		0.101	0.204	
Manganese, Mn....mg	0.013		0	BFNN	4		0.011	0.023	
Selenium, Se....µg	43.7		0	BFNN	4		37.1	75.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.567		0	BFPN	4		0.482	0.975	
Riboflavin....mg	0.395		0	BFPN	4		0.336	0.679	
Niacin....mg	9.667		0	BFPN	4		8.217	16.628	
Pantothenic acid....mg	1.357		0	BFPN	4		1.154	2.335	
Vitamin B-6....mg	0.562		0	BFPN	4		0.477	0.966	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	110.6		0	BFPN	4		94.0	190.2	
Betaine....mg	4.3		0	BFPN	4		3.6	7.4	
Vitamin B-12....µg	0.80		0	BFPN	4		0.68	1.38	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	3		0	NC	4		3	5	
Retinol....µg	3		0	BFSN	4		3	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	10		0	NC	4		9	17	
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	0.38	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	AS	1		0.4	0.9	
Vitamin D....IU	20		0	BFFN	4		17	34	
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									

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
Lipids:									
Fatty acids, total saturated....g	2.597		0	BFYN	4		2.208	4.467	
4:0....g	0.000		0	BFYN	4		0.000	0.000	
6:0....g	0.000		0	BFYN	4		0.000	0.000	
8:0....g	0.001		0	BFYN	4		0.001	0.002	
10:0....g	0.008		0	BFYN	4		0.007	0.013	
12:0....g	0.007		0	BFYN	4		0.006	0.011	
13:0....g									
14:0....g	0.091		0	BFYN	4		0.078	0.157	
15:0....g	0.003		0	BFYN	4		0.003	0.006	
16:0....g	1.590		0	BFYN	4		1.351	2.734	
17:0....g	0.019		0	BFYN	4		0.016	0.033	
18:0....g	0.863		0	BFYN	4		0.733	1.484	
20:0....g	0.012		0	BFYN	4		0.010	0.021	
22:0....g	0.002		0	BFYN	4		0.002	0.003	
24:0....g	0.001		0	BFYN	4		0.001	0.002	
Fatty acids, total monounsaturated....g	3.028		0	BFYN	4		2.574	5.208	
14:1....g	0.000		0	BFYN	4		0.000	0.000	
15:1....g	0.000		0	BFYN	4		0.000	0.000	
16:1 undifferentiated....g	0.174		0	BFYN	4		0.148	0.299	
17:1....g	0.000		0	BFYN	4		0.000	0.000	
18:1 undifferentiated....g	2.807		0	BFYN	4		2.386	4.828	
18:1 c....g	2.783		0	BFYN	4		2.365	4.787	
18:1 t....g	0.024		0	BFYN	4		0.020	0.041	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.047		0	BFYN	4		0.040	0.081	
22:1 undifferentiated....g	0.000		0	BFYN	4		0.000	0.000	
22:1 c....g	0.000		0	BFYN	4		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.059		0	BFYN	4		0.900	1.821	
18:2 undifferentiated....g	0.886		0	BFYN	4		0.753	1.524	
18:3 undifferentiated....g	0.037		0	BFYN	4		0.032	0.064	
18:3 n-3 c,c,c (ALA)....g	0.033		0	BFYN	4		0.028	0.057	
18:3 n-6 c,c,c....g	0.003		0	BFYN	4		0.003	0.006	
18:3i....g	0.001		0	BFYN	4		0.001	0.002	
18:4....g	0.000		0	BFYN	4		0.000	0.000	
20:2 n-6 c,c....g	0.034		0	BFYN	4		0.029	0.059	
20:3 undifferentiated....g	0.004		0	BFYN	4		0.003	0.007	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.088		0	BFYN	4		0.075	0.151	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFYN	4		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		0	BFYN	4		0.008	0.016	
22:6 n-3 (DHA)....g	0.000		0	BFYN	4		0.000	0.000	
Fatty acids, total trans....g	0.026		0	BFYN	4		0.022	0.044	
Fatty acids, total trans-monoenoic....g	0.024		0	BFYN	4		0.020	0.041	
Fatty acids, total trans-polyenoic....g	0.002		0	BFYN	4		0.002	0.003	
Cholesterol....mg	78	1.653	6	A	1		67	135	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.352		0	A	1		0.299	0.605	
Threonine....g	1.300		0	A	1		1.105	2.236	
Isoleucine....g	1.400		0	A	1		1.190	2.407	
Leucine....g	2.433		0	A	1		2.068	4.185	
Lysine....g	2.629		0	A	1		2.235	4.522	
Methionine....g	0.810		0	A	1		0.689	1.394	
Cystine....g	0.333		0	A	1		0.283	0.573	
Phenylalanine....g	1.228		0	A	1		1.044	2.112	
Tyrosine....g	1.171		0	A	1		0.995	2.014	

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
Valine....g	1.495		0	A	1		1.271	2.572	
Arginine....g	1.905		0	A	1		1.619	3.276	
Histidine....g	1.202		0	A	1		1.022	2.068	
Alanine....g	1.693		0	A	1		1.439	2.912	
Aspartic acid....g	2.765		0	A	1		2.350	4.756	
Glutamic acid....g	4.516		0	A	1		3.838	7.767	
Glycine....g	1.336		0	A	1		1.136	2.298	
Proline....g	1.195		0	A	1		1.016	2.056	
Serine....g	1.234		0	A	1		1.049	2.123	
Hydroxyproline....g	0.103		0	A	1		0.088	0.177	
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 = 85g: 3 oz

Measure 2 = 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 27 (2014)

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		62.58	131.04	
Energy....kcal	127		0	NC	4		108	227	
Energy....kJ	533		0	NC	4		453	949	
Protein (N x 6.25)....g	21.99	0.592	12	A	1		18.69	39.14	
Total lipid (fat)....g	3.71	0.253	12	A	1		3.16	6.61	
Ash....g	1.01	0.043	12	A	1		0.86	1.80	
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		15	32	
Iron, Fe....mg	0.65	0.016	12	A	1		0.55	1.15	
Magnesium, Mg....mg	26	0.421	12	A	1		22	46	
Phosphorus, P....mg	220	2.761	12	A	1		187	392	
Potassium, K....mg	362	7.389	12	A	1		307	644	
Sodium, Na....mg	58	1.270	12	A	1		49	103	
Zinc, Zn....mg	1.86	0.042	12	A	1		1.58	3.31	
Copper, Cu....mg	0.066	0.003	12	A	1		0.056	0.117	
Manganese, Mn....mg	0.008	0.000	12	A	1		0.007	0.014	
Selenium, Se....µg	36.0	4.564	12	A	1		30.6	64.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.510		0	BFYN	4		0.433	0.908	
Riboflavin....mg	0.198		0	BFYN	4		0.169	0.353	
Niacin....mg	6.934		0	BFYN	4		5.894	12.343	
Pantothenic acid....mg	0.732		0	BFPN	4		0.622	1.303	
Vitamin B-6....mg	0.742		0	BFPN	4		0.630	1.320	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	58.5		0	BFPN	4		49.7	104.0	
Betaine....mg	3.1		0	BFPN	4		2.6	5.5	
Vitamin B-12....µg	0.50		0	BFPN	4		0.43	0.89	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	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		0.11	0.23	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.4		0	AS	1		0.3	0.6	
Vitamin D....IU	14		0	BFFN	4		12	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									

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
Lipids:									
Fatty acids, total saturated....g	1.098		0	BFFN	4		0.933	1.954	
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		0.002	0.003	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.040		0	BFFN	4		0.034	0.071	
15:0....g	0.000		0	BFFN	4		0.000	0.000	
16:0....g	0.688		0	BFFN	4		0.585	1.224	
17:0....g	0.009		0	BFFN	4		0.008	0.016	
18:0....g	0.355		0	BFFN	4		0.302	0.632	
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		1.144	2.395	
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		0.050	0.106	
17:1....g	0.002		0	BFFN	4		0.002	0.004	
18:1 undifferentiated....g	1.265		0	BFFN	4		1.076	2.252	
18:1 c....g	1.242		0	BFFN	4		1.056	2.211	
18:1 t....g	0.023		0	BFFN	4		0.020	0.041	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.019		0	BFFN	4		0.016	0.034	
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		0.353	0.739	
18:2 undifferentiated....g	0.353		0	BFFN	4		0.300	0.628	
18:2 n-6 c,c....g	0.343		0	BFFN	4		0.292	0.611	
18:2 CLAs....g									
18:2 t,t....g	0.010		0	BFFN	4		0.008	0.017	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.014		0	BFFN	4		0.012	0.025	
18:3 n-3 c,c,c (ALA)....g	0.014		0	BFFN	4		0.012	0.025	
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		0.010	0.021	
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		0.031	0.065	
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		0.028	0.059	
Fatty acids, total trans-monoenoic....g	0.023		0	BFFN	4		0.020	0.041	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	69		0	BFYN	4		58	122	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.231		0	A	1		0.197	0.412	
Threonine....g	0.987		0	A	1		0.839	1.757	
Isoleucine....g	1.082		0	A	1		0.920	1.926	
Leucine....g	1.873		0	A	1		1.592	3.334	
Lysine....g	2.039		0	A	1		1.733	3.630	
Methionine....g	0.606		0	A	1		0.515	1.078	

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
Cystine....g	0.254		0	A	1		0.216	0.452	
Phenylalanine....g	0.924		0	A	1		0.786	1.645	
Tyrosine....g	0.837		0	A	1		0.711	1.489	
Valine....g	1.149		0	A	1		0.977	2.045	
Arginine....g	1.463		0	A	1		1.244	2.604	
Histidine....g	0.950		0	A	1		0.807	1.690	
Alanine....g	1.291		0	A	1		1.097	2.297	
Aspartic acid....g	2.151		0	A	1		1.828	3.829	
Glutamic acid....g	3.510		0	A	1		2.984	6.248	
Glycine....g	0.991		0	A	1		0.842	1.763	
Proline....g	0.889		0	A	1		0.756	1.582	
Serine....g	0.951		0	A	1		0.808	1.692	
Hydroxyproline....g	0.056		0	A	1		0.048	0.100	
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 = 85g: 3 oz

Measure 2 = 178g: 1 chop without refuse (Yield from 1 raw chop, with refuse, weighing 259g)

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 10189

Pork, fresh, loin, center loin (chops), boneless, 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	59.42		0	PAK	1		81.40		
Energy....kcal	229		0	NC	4		314		
Energy....kJ	958		0	NC	4		1312		
Protein....g	26.68		0	PAK	1		36.55		
Total lipid (fat)....g	13.60		0	PAK	1		18.63		
Ash....g	1.00		0	PAK	1		1.37		
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	9		0	PAK	1		12		
Iron, Fe....mg	0.62		0	PAK	1		0.85		
Magnesium, Mg....mg	25		0	PAK	1		34		
Phosphorus, P....mg	222		0	PAK	1		305		
Potassium, K....mg	366		0	PAK	1		501		
Sodium, Na....mg	86		0	PAK	1		118		
Zinc, Zn....mg	1.60		0	PAK	1		2.20		
Copper, Cu....mg	0.064		0	PAK	1		0.087		
Manganese, Mn....mg	0.000		0	PAK	1		0.001		
Selenium, Se....µg	47.8		0	PAK	1		65.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.550		0	PAK	1		0.754		
Riboflavin....mg	0.234		0	PAK	1		0.321		
Niacin....mg	8.403		0	PAK	1		11.512		
Pantothenic acid....mg	0.788		0	PAK	1		1.079		
Vitamin B-6....mg	0.355		0	PAK	1		0.487		
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....µg	0		0	NC	4		0		
Choline, total....mg	73.0		0	PIK	4		100.0		
Betaine....mg	3.9		0	PIK	4		5.3		
Vitamin B-12....µg	0.61		0	PAK	1		0.84		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....µg	5		0	PAK	1		7		
Retinol....µg	5		0	PAK	1		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	16		0	PAK	1		22		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.17		0	PIK	4		0.24		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg	0.00		0	PAK	1		0.00		
Tocopherol, gamma....mg	0.00		0	PAK	1		0.00		
Tocopherol, delta....mg	0.00		0	PAK	1		0.00		
Tocotrienol, alpha....mg	0.00		0	PAK	1		0.00		
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00		
Tocotrienol, gamma....mg	0.00		0	PAK	1		0.00		
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00		
Vitamin D (D2 + D3)....µg	0.3		0	PAK	1		0.4		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.3		0	PAK	1		0.4		
Vitamin D....IU	10		0	PAK	1		14		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		

NDB No. 10189

Pork, fresh, loin, center loin (chops), boneless, 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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.890		0	PIK	4		6.699		
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	0.025		0	PAK	1		0.034		
12:0....g	0.014		0	PAK	1		0.020		
13:0....g									
14:0....g	0.182		0	PAK	1		0.249		
15:0....g	0.009		0	PAK	1		0.012		
16:0....g	3.047		0	PAK	1		4.175		
17:0....g	0.043		0	PAK	1		0.059		
18:0....g	1.544		0	PAK	1		2.115		
20:0....g	0.023		0	PAK	1		0.032		
22:0....g	0.002		0	PAK	1		0.003		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	5.932		0	PIK	4		8.126		
14:1....g	0.002		0	PAK	1		0.003		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.311		0	PAK	1		0.426		
16:1 c....g	0.108		0	PAK	1		0.147		
16:1 t....g	0.001		0	PAK	1		0.001		
17:1....g	0.007		0	PAK	1		0.009		
18:1 undifferentiated....g	5.513		0	PAK	1		7.552		
18:1 c....g	5.446		0	PAK	1		7.462		
18:1 t....g	0.066		0	PAK	1		0.091		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.099		0	PAK	1		0.136		
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	0.000		0	PAK	1		0.000		
24:1 c....g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	2.198		0	PIK	4		3.011		
18:2 undifferentiated....g	1.937		0	PAK	1		2.654		
18:2 n-6 c,c....g	1.920		0	PAK	1		2.631		
18:2 CLAs....g	0.002		0	PAK	1		0.003		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.015		0	PAK	1		0.020		
18:3 undifferentiated....g	0.077		0	PAK	1		0.105		
18:3 n-3 c,c,c (ALA)....g	0.073		0	PAK	1		0.100		
18:3 n-6 c,c,c....g	0.003		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	0.076		0	PAK	1		0.104		
20:3 undifferentiated....g	0.018		0	PAK	1		0.025		
20:3 n-3....g	0.002		0	PAK	1		0.003		
20:3 n-6....g	0.007		0	PAK	1		0.010		
20:4 undifferentiated....g	0.071		0	PAK	1		0.097		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000		
21:5....g									
22:4....g	0.008		0	PAK	1		0.010		
22:5 n-3 (DPA)....g	0.009		0	PAK	1		0.013		
22:6 n-3 (DHA)....g	0.002		0	PAK	1		0.003		
Fatty acids, total trans....g	0.081		0	PIK	4		0.111		
Fatty acids, total trans-monoenoic....g	0.067		0	PIK	4		0.092		
Fatty acids, total trans-polyenoic....g	0.015		0	PIK	4		0.020		
Cholesterol....mg	75		0	PAK	1		103		
Phytosterols....mg									
Amino Acids:									

NDB No. 10189

Pork, fresh, loin, center loin (chops), boneless, 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
Tryptophan....g	0.282		0	PAK	1		0.387		
Threonine....g	1.197		0	PAK	1		1.640		
Isoleucine....g	1.311		0	PAK	1		1.796		
Leucine....g	2.270		0	PAK	1		3.109		
Lysine....g	2.470		0	PAK	1		3.384		
Methionine....g	0.735		0	PAK	1		1.006		
Cystine....g	0.308		0	PAK	1		0.421		
Phenylalanine....g	1.121		0	PAK	1		1.536		
Tyrosine....g	1.017		0	PAK	1		1.393		
Valine....g	1.392		0	PAK	1		1.907		
Arginine....g	1.773		0	PAK	1		2.429		
Histidine....g	1.150		0	PAK	1		1.575		
Alanine....g	1.564		0	PAK	1		2.143		
Aspartic acid....g	2.605		0	PAK	1		3.569		
Glutamic acid....g	4.252		0	PAK	1		5.825		
Glycine....g	1.202		0	PAK	1		1.647		
Proline....g	1.079		0	PAK	1		1.478		
Serine....g	1.152		0	PAK	1		1.578		
Hydroxyproline....g	0.004		0	PAK	1		0.005		
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 = 137g: 1 chop

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 10164

Pork, fresh, loin, center loin (chops), boneless, separable lean and 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	65.15		0	PAK	1		110.76		
Energy ... kcal	201		0	NC	4		342		
Energy ... kJ	842		0	NC	4		1431		
Protein ... g	21.14		0	PAK	1		35.93		
Total lipid (fat) ... g	12.96		0	PAK	1		22.03		
Ash ... g	1.03		0	PAK	1		1.75		
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	9		0	PAK	1		15		
Iron, Fe ... mg	0.48		0	PAK	1		0.81		
Magnesium, Mg ... mg	23		0	PAK	1		39		
Phosphorus, P ... mg	203		0	PAK	1		346		
Potassium, K ... mg	345		0	PAK	1		587		
Sodium, Na ... mg	82		0	PAK	1		140		
Zinc, Zn ... mg	1.31		0	PAK	1		2.23		
Copper, Cu ... mg	0.054		0	PAK	1		0.093		
Manganese, Mn ... mg	0.000		0	PAK	1		0.001		
Selenium, Se ... µg	41.3		0	PAK	1		70.3		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	PIK	4		0.0		
Thiamin ... mg	0.615		0	PAK	1		1.046		
Riboflavin ... mg	0.203		0	PAK	1		0.345		
Niacin ... mg	7.413		0	PAK	1		12.602		
Pantothenic acid ... mg	0.670		0	PAK	1		1.139		
Vitamin B-6 ... mg	0.336		0	PAK	1		0.572		
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 ... µg	0		0	NC	4		0		
Choline, total ... mg	58.4		0	PIK	4		99.3		
Betaine ... mg	3.1		0	PIK	4		5.3		
Vitamin B-12 ... µg	0.43		0	PAK	1		0.73		
Vitamin B-12, added ... µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE ... µg	5		0	PAK	1		8		
Retinol ... µg	5		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	16		0	PAK	1		27		
Lycopene ... µg	0		0	PIK	4		0		
Lutein + zeaxanthin ... µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) ... mg	0.16		0	PIK	4		0.26		
Vitamin E, added ... mg	0.00		0	PIK	4		0.00		
Tocopherol, beta ... mg	0.00		0	PAK	1		0.00		
Tocopherol, gamma ... mg	0.00		0	PAK	1		0.00		
Tocopherol, delta ... mg	0.00		0	PAK	1		0.00		
Tocotrienol, alpha ... mg	0.00		0	PAK	1		0.00		
Tocotrienol, beta ... mg	0.00		0	PAK	1		0.00		
Tocotrienol, gamma ... mg	0.00		0	PAK	1		0.00		
Tocotrienol, delta ... mg	0.00		0	PAK	1		0.00		
Vitamin D (D2 + D3) ... µg	0.3		0	PAK	1		0.5		
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg	0.3		0	PAK	1		0.5		
Vitamin D ... IU	11		0	PAK	1		19		
Vitamin K (phylloquinone) ... µg	0.0		0	PIK	4		0.0		

NDB No. 10164

Pork, fresh, loin, center 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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.413		0	PIK	4		7.501		
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	0.013		0	PAK	1		0.022		
12:0....g	0.011		0	PAK	1		0.018		
13:0....g									
14:0....g	0.165		0	PAK	1		0.281		
15:0....g	0.007		0	PAK	1		0.012		
16:0....g	2.755		0	PAK	1		4.684		
17:0....g	0.041		0	PAK	1		0.069		
18:0....g	1.396		0	PAK	1		2.372		
20:0....g	0.022		0	PAK	1		0.038		
22:0....g	0.002		0	PAK	1		0.003		
24:0....g	0.001		0	PAK	1		0.001		
Fatty acids, total monounsaturated....g	5.349		0	PIK	4		9.093		
14:1....g	0.002		0	PAK	1		0.003		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.270		0	PAK	1		0.459		
16:1 c....g	0.052		0	PAK	1		0.089		
16:1 t....g	0.000		0	PAK	1		0.000		
17:1....g	0.003		0	PAK	1		0.005		
18:1 undifferentiated....g	4.981		0	PAK	1		8.468		
18:1 c....g	4.915		0	PAK	1		8.356		
18:1 t....g	0.066		0	PAK	1		0.112		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.091		0	PAK	1		0.155		
22:1 undifferentiated....g	0.000		0	PAK	1		0.001		
22:1 c....g	0.000		0	PAK	1		0.001		
22:1 t....g	0.000		0	PAK	1		0.000		
24:1 c....g	0.001		0	PAK	1		0.002		
Fatty acids, total polyunsaturated....g	2.050		0	PIK	4		3.484		
18:2 undifferentiated....g	1.822		0	PAK	1		3.098		
18:2 n-6 c,c....g	1.806		0	PAK	1		3.070		
18:2 CLAs....g	0.001		0	PAK	1		0.002		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.015		0	PAK	1		0.026		
18:3 undifferentiated....g	0.075		0	PAK	1		0.127		
18:3 n-3 c,c,c (ALA)....g	0.071		0	PAK	1		0.121		
18:3 n-6 c,c,c....g	0.003		0	PAK	1		0.006		
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		0.123		
20:3 undifferentiated....g	0.014		0	PAK	1		0.024		
20:3 n-3....g	0.001		0	PAK	1		0.001		
20:3 n-6....g	0.004		0	PAK	1		0.007		
20:4 undifferentiated....g	0.051		0	PAK	1		0.087		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000		
21:5....g									
22:4....g	0.004		0	PAK	1		0.008		
22:5 n-3 (DPA)....g	0.008		0	PAK	1		0.014		
22:6 n-3 (DHA)....g	0.003		0	PAK	1		0.004		
Fatty acids, total trans....g	0.081		0	PIK	4		0.138		
Fatty acids, total trans-monoenoic....g	0.066		0	PIK	4		0.112		
Fatty acids, total trans-polyenoic....g	0.015		0	PIK	4		0.026		
Cholesterol....mg	59		0	PAK	1		101		
Phytosterols....mg									
Amino Acids:									

NDB No. 10164

Pork, fresh, loin, center 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
Tryptophan....g	0.252		0	PAK	1		0.428		
Threonine....g	0.929		0	PAK	1		1.580		
Isoleucine....g	1.001		0	PAK	1		1.701		
Leucine....g	1.740		0	PAK	1		2.957		
Lysine....g	1.880		0	PAK	1		3.196		
Methionine....g	0.579		0	PAK	1		0.985		
Cystine....g	0.238		0	PAK	1		0.405		
Phenylalanine....g	0.878		0	PAK	1		1.493		
Tyrosine....g	0.837		0	PAK	1		1.424		
Valine....g	1.069		0	PAK	1		1.817		
Arginine....g	1.362		0	PAK	1		2.315		
Histidine....g	0.860		0	PAK	1		1.462		
Alanine....g	1.211		0	PAK	1		2.058		
Aspartic acid....g	1.977		0	PAK	1		3.361		
Glutamic acid....g	3.229		0	PAK	1		5.489		
Glycine....g	0.955		0	PAK	1		1.624		
Proline....g	0.855		0	PAK	1		1.453		
Serine....g	0.883		0	PAK	1		1.501		
Hydroxyproline....g	0.004		0	PAK	1		0.007		
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 = 170g: 1 chop

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 10163

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

Refuse: 14% Separable lean 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	65.07	0.468	6	A	1		89.14		
Energy....kcal	162		0	NC	4		222		
Energy....kJ	677		0	NC	4		927		
Protein....g	30.02	0.470	6	A	1		41.13		
Total lipid (fat)....g	4.65	0.326	6	A	1		6.37		
Ash....g	1.10	0.034	6	A	1		1.51		
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	0.310	6	A	1		9		
Iron, Fe....mg	0.64	0.026	6	A	1		0.88		
Magnesium, Mg....mg	27	0.477	6	A	1		37		
Phosphorus, P....mg	242	6.791	6	A	1		331		
Potassium, K....mg	407	14.809	6	A	1		557		
Sodium, Na....mg	91	18.805	6	A	1		125		
Zinc, Zn....mg	1.75	0.048	6	A	1		2.40		
Copper, Cu....mg	0.059	0.002	6	A	1		0.081		
Manganese, Mn....mg	0.000	0.000	6	A	1		0.000		
Selenium, Se....µg	54.0	8.935	3	A	1		74.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.608	0.042	3	A	1		0.833		
Riboflavin....mg	0.240	0.006	3	A	1		0.329		
Niacin....mg	9.303	0.452	3	A	1		12.746		
Pantothenic acid....mg	0.835		2	A	1		1.144		
Vitamin B-6....mg	0.383	0.003	3	A	1		0.525		
Folate, total....µg	0		0	BFPN	4		0		
Folic acid....µg									
Folate, food....µg	0		0	BFPN	4		0		
Folate, DFE....µg									
Choline, total....mg	79.8		0	BFPN	4		109.3		
Betaine....mg	4.2		0	BFPN	4		5.7		
Vitamin B-12....µg	0.63	0.043	3	A	1		0.86		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	2		0	AS	1		2		
Retinol....µg	2		1	A	1		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	AS	1		7		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.20	0.027	3	A	1		0.28		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00	0.000	3	A	1		0.00		
Tocopherol, gamma....mg	0.00	0.000	3	A	1		0.00		
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, alpha....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, delta....mg	0.00	0.000	3	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		

NDB No. 10163

Pork, fresh, loin, center loin (chops), boneless, 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
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.658		0	NC	4		2.271		
4:0....g	0.000	0.000	6	A	1		0.000		
6:0....g	0.000	0.000	6	A	1		0.000		
8:0....g	0.000	0.000	6	A	1		0.000		
10:0....g	0.020	0.001	6	A	1		0.027		
12:0....g	0.008	0.000	6	A	1		0.011		
13:0....g									
14:0....g	0.061	0.006	6	A	1		0.083		
15:0....g	0.004	0.000	6	A	1		0.005		
16:0....g	1.027	0.086	6	A	1		1.408		
17:0....g	0.010	0.001	6	A	1		0.014		
18:0....g	0.519	0.045	6	A	1		0.711		
20:0....g	0.007	0.001	6	A	1		0.009		
22:0....g	0.002	0.000	6	A	1		0.003		
24:0....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total monounsaturated....g	2.002		0	NC	4		2.743		
14:1....g	0.001	0.000	6	A	1		0.001		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.127	0.014	6	AS	1		0.174		
16:1 c....g	0.126	0.014	6	A	1		0.173		
16:1 t....g	0.001	0.001	6	A	1		0.001		
17:1....g	0.008	0.001	6	A	1		0.011		
18:1 undifferentiated....g	1.836	0.167	6	AS	1		2.515		
18:1 c....g	1.824	0.166	6	A	1		2.499		
18:1 t....g	0.012	0.002	6	A	1		0.016		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.031	0.003	6	A	1		0.042		
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	0.000	0.000	6	A	1		0.000		
24:1 c....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.606		0	NC	4		0.830		
18:2 undifferentiated....g	0.497	0.038	6	AS	1		0.681		
18:2 n-6 c,c....g	0.492	0.038	6	A	1		0.674		
18:2 CLAs....g	0.003	0.000	6	A	1		0.004		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.002	0.000	6	A	1		0.002		
18:3 undifferentiated....g	0.015	0.002	6	AS	1		0.021		
18:3 n-3 c,c,c (ALA)....g	0.015	0.002	6	A	1		0.020		
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	0.017	0.001	6	A	1		0.024		
20:3 undifferentiated....g	0.011	0.001	6	AS	1		0.015		
20:3 n-3....g	0.003	0.000	6	A	1		0.004		
20:3 n-6....g	0.008	0.000	6	A	1		0.011		
20:4 undifferentiated....g	0.053	0.003	6	A	1		0.072		
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	0.009	0.000	6	A	1		0.012		
22:5 n-3 (DPA)....g	0.004	0.000	6	A	1		0.006		
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total trans....g	0.014		0	NC	4		0.020		
Fatty acids, total trans-monoenoic....g	0.013		0	NC	4		0.017		
Fatty acids, total trans-polyenoic....g	0.002		0	NC	4		0.002		
Cholesterol....mg	74	2.166	3	A	1		102		
Phytosterols....mg									
Amino Acids:									

NDB No. 10163

Pork, fresh, loin, center loin (chops), boneless, 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
Tryptophan....g	0.316		0	A	1		0.433		
Threonine....g	1.348		0	A	1		1.847		
Isoleucine....g	1.477		0	A	1		2.024		
Leucine....g	2.557		0	A	1		3.504		
Lysine....g	2.784		0	A	1		3.814		
Methionine....g	0.827		0	A	1		1.133		
Cystine....g	0.346		0	A	1		0.475		
Phenylalanine....g	1.262		0	A	1		1.729		
Tyrosine....g	1.142		0	A	1		1.565		
Valine....g	1.569		0	A	1		2.149		
Arginine....g	1.998		0	A	1		2.737		
Histidine....g	1.297		0	A	1		1.776		
Alanine....g	1.762		0	A	1		2.414		
Aspartic acid....g	2.937		0	A	1		4.023		
Glutamic acid....g	4.793		0	A	1		6.566		
Glycine....g	1.353		0	A	1		1.853		
Proline....g	1.214		0	A	1		1.663		
Serine....g	1.298		0	A	1		1.778		
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 = 137g: 1 chop

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 10094

Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw

Refuse: 16% 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	72.38	0.205	6	A	1		123.04		
Energy....kcal	123		0	NC	4		209		
Energy....kJ	514		0	NC	4		874		
Protein....g	23.75	0.142	6	A	1		40.37		
Total lipid (fat)....g	3.09	0.283	6	A	1		5.25		
Ash....g	1.14	0.064	6	A	1		1.95		
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	0.956	6	A	1		11		
Iron, Fe....mg	0.48	0.043	6	A	1		0.82		
Magnesium, Mg....mg	26	0.353	6	A	1		44		
Phosphorus, P....mg	221	7.378	6	A	1		375		
Potassium, K....mg	386	12.845	6	A	1		656		
Sodium, Na....mg	87	18.972	6	A	1		148		
Zinc, Zn....mg	1.42	0.043	6	A	1		2.41		
Copper, Cu....mg	0.048	0.000	6	A	1		0.081		
Manganese, Mn....mg	0.000	0.000	6	A	1		0.000		
Selenium, Se....µg	46.9	8.434	3	A	1		79.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.690	0.086	3	A	1		1.174		
Riboflavin....mg	0.203	0.003	3	A	1		0.346		
Niacin....mg	8.210	0.505	3	A	1		13.957		
Pantothenic acid....mg	0.700		1	A	1		1.190		
Vitamin B-6....mg	0.363	0.023	3	A	1		0.618		
Folate, total....µg	0		0	BFPN	4		0		
Folic acid....µg									
Folate, food....µg	0		0	BFPN	4		0		
Folate, DFE....µg									
Choline, total....mg	63.1		0	BFPN	4		107.3		
Betaine....mg	3.3		0	BFPN	4		5.6		
Vitamin B-12....µg	0.41	0.037	3	A	1		0.69		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	1		0	AS	1		2		
Retinol....µg	1		1	A	1		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	4		0	AS	1		6		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.18	0.024	3	A	1		0.31		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00	0.000	3	A	1		0.00		
Tocopherol, gamma....mg	0.00	0.000	3	A	1		0.00		
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, alpha....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, delta....mg	0.00	0.000	3	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		

NDB No. 10094

Pork, fresh, loin, center 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
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.801		0	NC	4		1.362		
4:0....g	0.000	0.000	6	A	1		0.000		
6:0....g	0.000	0.000	6	A	1		0.000		
8:0....g	0.000	0.000	6	A	1		0.000		
10:0....g	0.005	0.001	6	A	1		0.009		
12:0....g	0.003	0.001	6	A	1		0.005		
13:0....g									
14:0....g	0.030	0.004	6	A	1		0.051		
15:0....g	0.001	0.000	6	A	1		0.002		
16:0....g	0.500	0.060	6	A	1		0.850		
17:0....g	0.005	0.000	6	A	1		0.008		
18:0....g	0.251	0.028	6	A	1		0.426		
20:0....g	0.004	0.001	6	A	1		0.007		
22:0....g	0.002	0.000	6	A	1		0.004		
24:0....g	0.001	0.000	6	A	1		0.002		
Fatty acids, total monounsaturated....g	0.958		0	NC	4		1.629		
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	0.062	0.009	6	AS	1		0.105		
16:1 c....g	0.062	0.009	6	A	1		0.105		
16:1 t....g	0.000	0.000	6	A	1		0.000		
17:1....g	0.003	0.000	6	A	1		0.006		
18:1 undifferentiated....g	0.876	0.118	6	AS	1		1.489		
18:1 c....g	0.869	0.118	6	A	1		1.477		
18:1 t....g	0.007	0.000	6	A	1		0.012		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.015	0.002	6	A	1		0.026		
22:1 undifferentiated....g	0.001	0.000	6	AS	1		0.001		
22:1 c....g	0.001	0.000	6	A	1		0.001		
22:1 t....g	0.000	0.000	6	A	1		0.000		
24:1 c....g	0.001	0.000	6	A	1		0.002		
Fatty acids, total polyunsaturated....g	0.287		0	NC	4		0.488		
18:2 undifferentiated....g	0.231	0.013	6	AS	1		0.393		
18:2 n-6 c,c....g	0.228	0.013	6	A	1		0.388		
18:2 CLAs....g	0.001	0.000	6	A	1		0.002		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.001	0.000	6	A	1		0.002		
18:3 undifferentiated....g	0.007	0.000	6	AS	1		0.012		
18:3 n-3 c,c,c (ALA)....g	0.007	0.000	6	A	1		0.012		
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	0.008	0.001	6	A	1		0.014		
20:3 undifferentiated....g	0.006	0.000	6	AS	1		0.010		
20:3 n-3....g	0.001	0.000	6	A	1		0.001		
20:3 n-6....g	0.005	0.000	6	A	1		0.008		
20:4 undifferentiated....g	0.028	0.001	6	A	1		0.048		
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	0.005	0.000	6	A	1		0.009		
22:5 n-3 (DPA)....g	0.002	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	0.008		0	NC	4		0.014		
Fatty acids, total trans-monoenoic....g	0.007		0	NC	4		0.012		
Fatty acids, total trans-polyenoic....g	0.001		0	NC	4		0.002		
Cholesterol....mg	56	0.968	3	A	1		94		
Phytosterols....mg									
Amino Acids:									

NDB No. 10094

Pork, fresh, loin, center 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
Tryptophan....g	0.283		0	A	1		0.481		
Threonine....g	1.044		0	A	1		1.776		
Isoleucine....g	1.125		0	A	1		1.912		
Leucine....g	1.955		0	A	1		3.323		
Lysine....g	2.112		0	A	1		3.591		
Methionine....g	0.651		0	A	1		1.107		
Cystine....g	0.268		0	A	1		0.455		
Phenylalanine....g	0.987		0	A	1		1.678		
Tyrosine....g	0.941		0	A	1		1.600		
Valine....g	1.201		0	A	1		2.042		
Arginine....g	1.530		0	A	1		2.602		
Histidine....g	0.966		0	A	1		1.642		
Alanine....g	1.360		0	A	1		2.313		
Aspartic acid....g	2.222		0	A	1		3.777		
Glutamic acid....g	3.628		0	A	1		6.168		
Glycine....g	1.073		0	A	1		1.825		
Proline....g	0.960		0	A	1		1.632		
Serine....g	0.992		0	A	1		1.686		
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 = 170g: 1 chop

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		51.22	542.30	
Energy....kcal	231		0	PIK	4		196	2077	
Energy....kJ	966		0	PIK	4		821	8692	
Protein (N x 6.25)....g	27.01		0	PAK	1		22.96	243.09	
Total lipid (fat)....g	12.80		0	PAK	1		10.88	115.24	
Ash....g	1.14		0	PAK	1		0.97	10.25	
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	33		0	PIK	4		28	298	
Iron, Fe....mg	0.89		0	PIK	4		0.76	8.02	
Magnesium, Mg....mg	20		0	PIK	4		17	184	
Phosphorus, P....mg	213		0	PIK	4		181	1917	
Potassium, K....mg	350		0	PIK	4		297	3147	
Sodium, Na....mg	83		0	PIK	4		71	750	
Zinc, Zn....mg	3.53		0	PIK	4		3.00	31.73	
Copper, Cu....mg	0.103		0	PIK	4		0.087	0.924	
Manganese, Mn....mg	0.018		0	PIK	4		0.015	0.163	
Selenium, Se....µg	42.6		0	PIK	4		36.2	383.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.536		0	PIK	4		0.455	4.820	
Riboflavin....mg	0.422		0	PIK	4		0.359	3.797	
Niacin....mg	7.420		0	PIK	4		6.307	66.783	
Pantothenic acid....mg	1.478		0	PIK	4		1.256	13.304	
Vitamin B-6....mg	0.485		0	PIK	4		0.412	4.365	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	92.4		0	PIK	4		78.5	831.3	
Betaine....mg	3.6		0	PIK	4		3.1	32.7	
Vitamin B-12....µg	0.87		0	PIK	4		0.74	7.82	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	4		0	PIK	4		4	40	
Retinol....µg	4		0	PIK	4		4	40	
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	15		0	PIK	4		12	132	
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	PIK	4		0.18	1.93	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	PAK	1		0.5	5.7	
Vitamin D....IU	25		0	PIK	4		22	229	
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									

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
Lipids:									
Fatty acids, total saturated....g	4.859		0	PIK	4		4.130	43.731	
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	0.014		0	PAK	1		0.012	0.129	
12:0....g	0.011		0	PAK	1		0.009	0.100	
13:0....g									
14:0....g	0.173		0	PAK	1		0.147	1.555	
15:0....g	0.003		0	PAK	1		0.003	0.031	
16:0....g	2.975		0	PAK	1		2.529	26.778	
17:0....g	0.045		0	PAK	1		0.038	0.405	
18:0....g	1.614		0	PAK	1		1.372	14.525	
20:0....g	0.022		0	PAK	1		0.019	0.202	
22:0....g	0.000		0	PAK	1		0.000	0.000	
24:0....g	0.001		0	PAK	1		0.001	0.006	
Fatty acids, total monounsaturated....g	5.478		0	PIK	4		4.656	49.299	
14:1....g	0.001		0	PAK	1		0.001	0.010	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.270		0	PAK	1		0.229	2.428	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	5.120		0	PAK	1		4.352	46.083	
18:1 c....g	5.053		0	PAK	1		4.295	45.477	
18:1 t....g	0.067		0	PAK	1		0.057	0.606	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.086		0	PAK	1		0.073	0.778	
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	2.073		0	PIK	4		1.762	18.661	
18:2 undifferentiated....g	1.848		0	PAK	1		1.571	16.636	
18:2 n-6 c,c....g	1.828		0	PAK	1		1.554	16.452	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.020		0	PAK	1		0.017	0.184	
18:3 undifferentiated....g	0.076		0	PAK	1		0.064	0.681	
18:3 n-3 c,c,c (ALA)....g	0.071		0	PAK	1		0.060	0.638	
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000	0.000	
18:3i....g	0.005		0	PAK	1		0.004	0.043	
18:4....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c....g	0.072		0	PAK	1		0.061	0.651	
20:3 undifferentiated....g	0.004		0	PAK	1		0.004	0.040	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.062		0	PAK	1		0.052	0.554	
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	0.010		0	PAK	1		0.009	0.090	
22:6 n-3 (DHA)....g	0.001		0	PAK	1		0.001	0.009	
Fatty acids, total trans....g	0.093		0	PIK	4		0.079	0.833	
Fatty acids, total trans-monoenoic....g	0.067		0	PIK	4		0.057	0.606	
Fatty acids, total trans-polyenoic....g	0.025		0	PIK	4		0.021	0.227	
Cholesterol....mg	76		0	PAK	1		65	683	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.321		0	PAK	1		0.273	2.893	
Threonine....g	1.188		0	PAK	1		1.010	10.690	
Isoleucine....g	1.279		0	PAK	1		1.087	11.511	
Leucine....g	2.223		0	PAK	1		1.890	20.008	

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
Lysine....g	2.402		0	PAK	1		2.042	21.619	
Methionine....g	0.740		0	PAK	1		0.629	6.663	
Cystine....g	0.305		0	PAK	1		0.259	2.741	
Phenylalanine....g	1.122		0	PAK	1		0.954	10.100	
Tyrosine....g	1.070		0	PAK	1		0.910	9.631	
Valine....g	1.366		0	PAK	1		1.161	12.296	
Arginine....g	1.740		0	PAK	1		1.479	15.664	
Histidine....g	1.099		0	PAK	1		0.934	9.888	
Alanine....g	1.547		0	PAK	1		1.315	13.924	
Aspartic acid....g	2.527		0	PAK	1		2.148	22.739	
Glutamic acid....g	4.126		0	PAK	1		3.507	37.136	
Glycine....g	1.221		0	PAK	1		1.038	10.987	
Proline....g	1.092		0	PAK	1		0.928	9.829	
Serine....g	1.128		0	PAK	1		0.959	10.152	
Hydroxyproline....g	0.094		0	PAK	1		0.080	0.848	
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 = 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 27 (2014)

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		54.10	572.87	
Energy....kcal	194		0	NC	4		165	1744	
Energy....kJ	811		0	NC	4		689	7295	
Protein (N x 6.25)....g	28.58	0.708	6	A	1		24.30	257.25	
Total lipid (fat)....g	7.95	0.464	6	A	1		6.75	71.51	
Ash....g	1.19	0.031	6	A	1		1.01	10.67	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	30		0	BFNN	4		25	266	
Iron, Fe....mg	0.93		0	BFNN	4		0.79	8.41	
Magnesium, Mg....mg	21		0	BFNN	4		18	189	
Phosphorus, P....mg	223		0	BFNN	4		190	2010	
Potassium, K....mg	370		0	BFNN	4		315	3330	
Sodium, Na....mg	86		0	BFNN	4		73	775	
Zinc, Zn....mg	3.74		0	BFNN	4		3.18	33.70	
Copper, Cu....mg	0.102		0	BFNN	4		0.087	0.917	
Manganese, Mn....mg	0.020		0	BFNN	4		0.017	0.176	
Selenium, Se....µg	45.2		0	BFNN	4		38.4	406.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.562		0	BFPN	4		0.478	5.059	
Riboflavin....mg	0.449		0	BFPN	4		0.381	4.038	
Niacin....mg	7.655		0	BFPN	4		6.507	68.895	
Pantothenic acid....mg	1.555		0	BFPN	4		1.322	13.999	
Vitamin B-6....mg	0.512		0	BFPN	4		0.435	4.609	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	98.2		0	BFPN	4		83.5	884.0	
Betaine....mg	3.8		0	BFPN	4		3.2	34.2	
Vitamin B-12....µg	0.88		0	BFPN	4		0.75	7.96	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2		0	NC	4		2	22	
Retinol....µg	2		0	BFSN	4		2	22	
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		7	74	
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	2.12	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	AS	1		0.4	4.7	
Vitamin D....IU	21		0	BFFN	4		18	188	
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									

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
Lipids:									
Fatty acids, total saturated....g	2.932		0	NC	4		2.492	26.387	
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	0.010	0.001	6	A	1		0.009	0.094	
12:0....g	0.007	0.001	6	A	1		0.006	0.062	
13:0....g									
14:0....g	0.105	0.008	6	A	1		0.089	0.944	
15:0....g	0.000	0.000	6	A	1		0.000	0.000	
16:0....g	1.810	0.126	6	A	1		1.539	16.290	
17:0....g	0.025	0.002	6	A	1		0.021	0.225	
18:0....g	0.962	0.070	6	A	1		0.818	8.656	
20:0....g	0.013	0.001	6	A	1		0.011	0.115	
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	3.398		0	NC	4		2.889	30.585	
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	0.183	0.017	6	A	1		0.156	1.647	
17:1....g	0.000	0.000	6	A	1		0.000	0.000	
18:1 undifferentiated....g	3.166	0.197	6	AS	1		2.691	28.490	
18:1 c....g	3.127	0.193	6	A	1		2.658	28.140	
18:1 t....g	0.039	0.006	6	A	1		0.033	0.350	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.050	0.003	6	A	1		0.042	0.447	
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	1.162		0	NC	4		0.988	10.457	
18:2 undifferentiated....g	1.027	0.026	6	AS	1		0.873	9.240	
18:2 n-6 c,c....g	1.013	0.027	6	A	1		0.861	9.115	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.014	0.001	6	A	1		0.012	0.124	
18:3 undifferentiated....g	0.037	0.001	6	AS	1		0.031	0.332	
18:3 n-3 c,c,c (ALA)....g	0.037	0.001	6	A	1		0.031	0.332	
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	0.039	0.002	6	A	1		0.033	0.352	
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	0.052	0.001	6	A	1		0.044	0.467	
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	0.007	0.000	6	A	1		0.006	0.066	
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans....g	0.053		0	NC	4		0.045	0.474	
Fatty acids, total trans-monoenoic....g	0.039		0	NC	4		0.033	0.350	
Fatty acids, total trans-polyenoic....g	0.014		0	NC	4		0.012	0.124	
Cholesterol....mg	75	1.983	6	A	1		64	676	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.340		0	A	1		0.289	3.062	
Threonine....g	1.257		0	A	1		1.068	11.313	
Isoleucine....g	1.353		0	A	1		1.150	12.181	
Leucine....g	2.353		0	A	1		2.000	21.174	

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
Lysine....g	2.542		0	A	1		2.161	22.879	
Methionine....g	0.783		0	A	1		0.666	7.051	
Cystine....g	0.322		0	A	1		0.274	2.900	
Phenylalanine....g	1.188		0	A	1		1.009	10.689	
Tyrosine....g	1.133		0	A	1		0.963	10.193	
Valine....g	1.446		0	A	1		1.229	13.012	
Arginine....g	1.842		0	A	1		1.566	16.576	
Histidine....g	1.163		0	A	1		0.988	10.464	
Alanine....g	1.637		0	A	1		1.392	14.735	
Aspartic acid....g	2.674		0	A	1		2.273	24.064	
Glutamic acid....g	4.367		0	A	1		3.712	39.300	
Glycine....g	1.292		0	A	1		1.098	11.627	
Proline....g	1.156		0	A	1		0.982	10.402	
Serine....g	1.194		0	A	1		1.015	10.743	
Hydroxyproline....g	0.100		0	A	1		0.085	0.898	
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 = 85g: 3 oz

Measure 2 = 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 27 (2014)

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....µg	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....µg	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	
Tocotrienol, alpha....mg	0.00		0	PAK	1		0.00	0.01	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00		0	PAK	1		0.00	0.01	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
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	

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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.365		0	PIK	4		3.146	10.730	
4:0....g	0.000		0	PIK	4		0.000	0.000	
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 t....g	0.072		0	PIK	4		0.096	0.328	
18:1-11 t (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 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-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans....g	0.074		0	PIK	4		0.099	0.336	
Fatty acids, total trans-monoenoic....g	0.049		0	PIK	4		0.066	0.224	
Fatty acids, total trans-polyenoic....g	0.025		0	PIK	4		0.033	0.112	
Cholesterol....mg	58		0	PIK	4		77	263	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.214		0	PAK	1		0.284	0.968	
Threonine....g	0.911		0	PAK	1		1.211	4.131	
Isoleucine....g	0.998		0	PAK	1		1.327	4.527	
Leucine....g	1.728		0	PAK	1		2.298	7.838	

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
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 27 (2014)

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		61.54	62.26	
Energy....kcal	136		0	NC	4		116	117	
Energy....kJ	570		0	NC	4		485	491	
Protein (N x 6.25)....g	21.79	0.479	12	A	1		18.52	18.74	
Total lipid (fat)....g	4.80	0.377	12	A	1		4.08	4.13	
Ash....g	1.01	0.042	12	A	1		0.86	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		21	21	
Iron, Fe....mg	0.61	0.021	12	A	1		0.52	0.53	
Magnesium, Mg....mg	25	0.417	12	A	1		21	21	
Phosphorus, P....mg	216	3.497	12	A	1		183	185	
Potassium, K....mg	359	5.751	12	A	1		305	309	
Sodium, Na....mg	60	1.422	12	A	1		51	51	
Zinc, Zn....mg	1.97	0.061	12	A	1		1.68	1.70	
Copper, Cu....mg	0.068	0.005	12	A	1		0.058	0.059	
Manganese, Mn....mg	0.009	0.002	12	A	1		0.008	0.008	
Selenium, Se....µg	38.3	5.446	12	A	1		32.5	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		0.411	0.416	
Riboflavin....mg	0.186		0	BFYN	4		0.158	0.160	
Niacin....mg	6.685		0	BFYN	4		5.682	5.749	
Pantothenic acid....mg	0.725		0	BFPN	4		0.616	0.624	
Vitamin B-6....mg	0.735		0	BFPN	4		0.625	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....µg	0		0	NC	4		0	0	
Choline, total....mg	57.9		0	BFPN	4		49.2	49.8	
Betaine....mg	3.0		0	BFPN	4		2.6	2.6	
Vitamin B-12....µg	0.50		0	BFPN	4		0.42	0.43	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	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		0.11	0.11	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	AS	1		0.4	0.4	
Vitamin D....IU	19		0	BFFN	4		16	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									

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
Lipids:									
Fatty acids, total saturated....g	1.617		0	BFFN	4		1.374	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		0.003	0.003	
12:0....g	0.002		0	BFFN	4		0.001	0.001	
13:0....g									
14:0....g	0.058		0	BFFN	4		0.049	0.050	
15:0....g	0.000		0	BFFN	4		0.000	0.000	
16:0....g	1.010		0	BFFN	4		0.859	0.869	
17:0....g	0.013		0	BFFN	4		0.011	0.011	
18:0....g	0.525		0	BFFN	4		0.446	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		1.699	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		0.103	0.105	
17:1....g	0.002		0	BFFN	4		0.002	0.002	
18:1 undifferentiated....g	1.846		0	BFFN	4		1.569	1.588	
18:1 c....g	1.821		0	BFFN	4		1.548	1.566	
18:1 t....g	0.025		0	BFFN	4		0.021	0.022	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.029		0	BFFN	4		0.024	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		0.445	0.451	
18:2 undifferentiated....g	0.449		0	BFFN	4		0.382	0.386	
18:2 n-6 c,c....g	0.436		0	BFFN	4		0.371	0.375	
18:2 CLAs....g									
18:2 t,t....g	0.013		0	BFFN	4		0.011	0.011	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.018		0	BFFN	4		0.015	0.016	
18:3 n-3 c,c,c (ALA)....g	0.018		0	BFFN	4		0.015	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		0.014	0.014	
20:3 undifferentiated....g	0.001		0	BFFN	4		0.001	0.001	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.039		0	BFFN	4		0.033	0.034	
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		48	48	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.229		0	A	1		0.195	0.197	
Threonine....g	0.978		0	A	1		0.832	0.841	
Isoleucine....g	1.072		0	A	1		0.911	0.922	
Leucine....g	1.856		0	A	1		1.578	1.596	
Lysine....g	2.021		0	A	1		1.718	1.738	
Methionine....g	0.600		0	A	1		0.510	0.516	
Cystine....g	0.251		0	A	1		0.214	0.216	
Phenylalanine....g	0.916		0	A	1		0.779	0.788	

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
Tyrosine....g	0.829		0	A	1		0.705	0.713	
Valine....g	1.139		0	A	1		0.968	0.979	
Arginine....g	1.450		0	A	1		1.232	1.247	
Histidine....g	0.941		0	A	1		0.800	0.809	
Alanine....g	1.279		0	A	1		1.087	1.100	
Aspartic acid....g	2.132		0	A	1		1.812	1.833	
Glutamic acid....g	3.479		0	A	1		2.957	2.992	
Glycine....g	0.982		0	A	1		0.835	0.844	
Proline....g	0.881		0	A	1		0.749	0.758	
Serine....g	0.942		0	A	1		0.801	0.810	
Hydroxyproline....g	0.056		0	A	1		0.048	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 = 85g: 3 oz

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 27 (2014)

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		56.23	66.81	
Energy....kcal	211		0	NC	4		179	213	
Energy....kJ	883		0		4		750	892	
Protein (N x 6.25)....g	19.90		0		1		16.92	20.10	
Total lipid (fat)....g	14.01		0		1		11.91	14.15	
Ash....g	0.89		0		1		0.76	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		4	5	
Iron, Fe....mg	0.71		0		1		0.60	0.72	
Magnesium, Mg....mg	20		0		1		17	20	
Phosphorus, P....mg	193		0		1		164	195	
Potassium, K....mg	384		0		1		326	388	
Sodium, Na....mg	42		0		1		36	42	
Zinc, Zn....mg	1.57		0		1		1.33	1.59	
Copper, Cu....mg	0.054		0		1		0.046	0.055	
Manganese, Mn....mg	0.009		0		1		0.008	0.009	
Selenium, Se....µg	32.0		0	PAK	1		27.2	32.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0		1		0.3	0.3	
Thiamin....mg	0.779		0		1		0.662	0.787	
Riboflavin....mg	0.247		0		1		0.210	0.249	
Niacin....mg	4.638		0		1		3.942	4.684	
Pantothenic acid....mg	0.703		0		1		0.598	0.710	
Vitamin B-6....mg	0.417		0		1		0.354	0.421	
Folate, total....µg	6		0		1		5	6	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	6		0		1		5	6	
Folate, DFE....µg	6		0	NC	4		5	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.50		0		1		0.43	0.51	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	AS	1		0	0	
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	6		0		1		5	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		0.25	0.29	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.4		0	AS	1		1.2	1.4	
Vitamin D....IU	54		0	BFFN	4		46	55	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	4.860		0		1		4.131	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		0.009	0.010	
12:0....g	0.020		0		1		0.017	0.020	
13:0....g									
14:0....g	0.170		0		1		0.145	0.172	
15:0....g									
16:0....g	3.030		0		1		2.576	3.060	
17:0....g									
18:0....g	1.580		0		1		1.343	1.596	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.250		0		1		5.313	6.313	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.400		0		1		0.340	0.404	
17:1....g									
18:1 undifferentiated....g	5.730		0		1		4.871	5.787	
20:1....g	0.100		0		1		0.085	0.101	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.500		0		1		1.275	1.515	
18:2 undifferentiated....g	1.250		0		1		1.063	1.263	
18:3 undifferentiated....g	0.100		0		1		0.085	0.101	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.090		0		1		0.077	0.091	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	60		0		1		51	61	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.245		0		1		0.208	0.247	
Threonine....g	0.897		0		1		0.762	0.906	
Isoleucine....g	0.916		0		1		0.779	0.925	
Leucine....g	1.584		0		1		1.346	1.600	
Lysine....g	1.780		0		1		1.513	1.798	
Methionine....g	0.517		0		1		0.439	0.522	
Cystine....g	0.250		0		1		0.213	0.253	
Phenylalanine....g	0.791		0		1		0.672	0.799	
Tyrosine....g	0.680		0		1		0.578	0.687	
Valine....g	1.072		0		1		0.911	1.083	
Arginine....g	1.258		0		1		1.069	1.271	
Histidine....g	0.774		0		1		0.658	0.782	
Alanine....g	1.169		0		1		0.994	1.181	
Aspartic acid....g	1.827		0		1		1.553	1.845	
Glutamic acid....g	3.063		0		1		2.604	3.094	
Glycine....g	1.038		0		1		0.882	1.048	
Proline....g	0.850		0		1		0.723	0.859	
Serine....g	0.822		0		1		0.699	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	

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
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 = 85g: 3 oz

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 27 (2014)

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		61.18	63.34	
Energy....kcal	152		0	NC	4		129	134	
Energy....kJ	636		0		4		541	560	
Protein (N x 6.25)....g	21.80	0.330	53		1		18.53	19.18	
Total lipid (fat)....g	6.48	0.335	15		1		5.51	5.70	
Ash....g	0.98	0.013	49		1		0.83	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		4	4	
Iron, Fe....mg	0.77	0.019	60		1		0.65	0.68	
Magnesium, Mg....mg	22	0.759	26		1		19	19	
Phosphorus, P....mg	207	1.243	5		1		176	182	
Potassium, K....mg	421	2.549	146		1		358	370	
Sodium, Na....mg	45	1.072	164		1		38	40	
Zinc, Zn....mg	1.69	0.036	48		1		1.44	1.49	
Copper, Cu....mg	0.058	0.002	60		1		0.049	0.051	
Manganese, Mn....mg	0.010		2		1		0.009	0.009	
Selenium, Se....µg	35.4	3.605	5	A	1		30.1	31.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3	0.211	3		1		0.3	0.3	
Thiamin....mg	0.856	0.032	49		1		0.728	0.753	
Riboflavin....mg	0.268	0.007	52		1		0.228	0.236	
Niacin....mg	5.036	0.299	11		1		4.281	4.432	
Pantothenic acid....mg	0.766	0.082	4		1		0.651	0.674	
Vitamin B-6....mg	0.470	0.033	4		1		0.400	0.414	
Folate, total....µg	7	1.450	4		1		6	6	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	7	1.450	4		1		6	6	
Folate, DFE....µg	7		0	NC	4		6	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.53	0.044	11		1		0.45	0.47	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	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	6		1		1		5	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		0.15	0.16	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	AS	1		0.5	0.6	
Vitamin D....IU	25		0	BFFN	4		21	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									

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
Lipids:									
Fatty acids, total saturated....g	2.240		0		1		1.904	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		0.009	0.009	
12:0....g	0.010		75		1		0.009	0.009	
13:0....g									
14:0....g	0.080		378		1		0.068	0.070	
15:0....g									
16:0....g	1.430		378		1		1.216	1.258	
17:0....g									
18:0....g	0.700		378		1		0.595	0.616	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.930		0		1		2.491	2.578	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.200		378		1		0.170	0.176	
17:1....g									
18:1 undifferentiated....g	2.660		378		1		2.261	2.341	
20:1....g	0.050		71		1		0.043	0.044	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.700		0		1		0.595	0.616	
18:2 undifferentiated....g	0.560		378		1		0.476	0.493	
18:3 undifferentiated....g	0.030		190		1		0.026	0.026	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.080		315		1		0.068	0.070	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....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		47	48	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.277		0		1		0.235	0.244	
Threonine....g	0.995		0		1		0.846	0.876	
Isoleucine....g	1.021		0		1		0.868	0.898	
Leucine....g	1.749		0		1		1.487	1.539	
Lysine....g	1.960		0		1		1.666	1.725	
Methionine....g	0.577		0		1		0.490	0.508	
Cystine....g	0.278		0		1		0.236	0.245	
Phenylalanine....g	0.870		0		1		0.740	0.766	
Tyrosine....g	0.760		0		1		0.646	0.669	
Valine....g	1.183		0		1		1.006	1.041	
Arginine....g	1.355		0		1		1.152	1.192	
Histidine....g	0.871		0		1		0.740	0.766	
Alanine....g	1.270		0		1		1.080	1.118	
Aspartic acid....g	2.022		0		1		1.719	1.779	
Glutamic acid....g	3.413		0		1		2.901	3.003	
Glycine....g	1.035		0		1		0.880	0.911	
Proline....g	0.876		0		1		0.745	0.771	
Serine....g	0.900		0		1		0.765	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	

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
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 = 85g: 3 oz

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 27 (2014)

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		48.32	106.30	
Energy....kcal	261		0	PIK	4		222	488	
Energy....kJ	1091		0	PIK	4		927	2040	
Protein (N x 6.25)....g	26.66		0	PAK	1		22.66	49.86	
Total lipid (fat)....g	16.28		0	PAK	1		13.84	30.45	
Ash....g	1.07		0	PAK	1		0.91	2.00	
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	53		0	PIK	4		45	99	
Iron, Fe....mg	0.81		0	PIK	4		0.69	1.52	
Magnesium, Mg....mg	19		0	PIK	4		16	36	
Phosphorus, P....mg	213		0	PIK	4		181	399	
Potassium, K....mg	259		0	PIK	4		220	484	
Sodium, Na....mg	70		0	PIK	4		59	131	
Zinc, Zn....mg	3.10		0	PIK	4		2.63	5.79	
Copper, Cu....mg	0.101		0	PIK	4		0.086	0.188	
Manganese, Mn....mg	0.011		0	PIK	4		0.009	0.021	
Selenium, Se....µg	41.5		0	PIK	4		35.3	77.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.492		0	PIK	4		0.418	0.919	
Riboflavin....mg	0.318		0	PIK	4		0.270	0.595	
Niacin....mg	7.505		0	PIK	4		6.380	14.035	
Pantothenic acid....mg	0.962		0	PIK	4		0.818	1.799	
Vitamin B-6....mg	0.491		0	PIK	4		0.417	0.918	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	91.0		0	PIK	4		77.3	170.1	
Betaine....mg	3.6		0	PIK	4		3.1	6.7	
Vitamin B-12....µg	0.64		0	PIK	4		0.55	1.20	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	5		0	PIK	4		4	9	
Retinol....µg	5		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	16		0	PIK	4		13	30	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.19		0	PIK	4		0.16	0.35	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.9		0	PAK	1		0.8	1.8	
Vitamin D....IU	37		0	PIK	4		32	70	
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									

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
Lipids:									
Fatty acids, total saturated....g	5.435		0	PIK	4		4.620	10.164	
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	0.001		0	PIK	4		0.001	0.002	
10:0....g	0.014		0	PIK	4		0.012	0.026	
12:0....g	0.013		0	PIK	4		0.011	0.024	
13:0....g									
14:0....g	0.192		0	PIK	4		0.163	0.358	
15:0....g	0.008		0	PIK	4		0.007	0.015	
16:0....g	3.308		0	PIK	4		2.812	6.186	
17:0....g	0.049		0	PIK	4		0.041	0.091	
18:0....g	1.822		0	PIK	4		1.548	3.406	
20:0....g	0.026		0	PIK	4		0.022	0.049	
22:0....g	0.002		0	PIK	4		0.001	0.003	
24:0....g	0.002		0	PIK	4		0.002	0.004	
Fatty acids, total monounsaturated....g	6.088		0	PIK	4		5.175	11.385	
14:1....g	0.002		0	PIK	4		0.001	0.003	
15:1....g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated....g	0.300		0	PIK	4		0.255	0.561	
17:1....g	0.000		0	PIK	4		0.000	0.000	
18:1 undifferentiated....g	5.686		0	PIK	4		4.833	10.632	
18:1 c....g	5.618		0	PIK	4		4.776	10.506	
18:1 t....g	0.067		0	PIK	4		0.057	0.126	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.101		0	PIK	4		0.086	0.189	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
22:1 c....g	0.000		0	PIK	4		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.397		0	PIK	4		2.037	4.482	
18:2 undifferentiated....g	2.099		0	PIK	4		1.784	3.926	
18:2 n-6 c,c....g	1.331		0	PAK	1		1.132	2.490	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.012		0	PAK	1		0.010	0.022	
18:3 undifferentiated....g	0.094		0	PIK	4		0.080	0.175	
18:3 n-3 c,c,c (ALA)....g	0.083		0	PIK	4		0.071	0.155	
18:3 n-6 c,c,c....g	0.003		0	PIK	4		0.002	0.005	
18:3i....g	0.008		0	PIK	4		0.007	0.015	
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.083		0	PIK	4		0.071	0.155	
20:3 undifferentiated....g	0.010		0	PIK	4		0.008	0.019	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.096		0	PIK	4		0.082	0.180	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013		0	PIK	4		0.011	0.024	
22:6 n-3 (DHA)....g	0.001		0	PIK	4		0.001	0.003	
Fatty acids, total trans....g	0.088		0	PIK	4		0.074	0.164	
Fatty acids, total trans-monoenoic....g	0.067		0	PIK	4		0.057	0.126	
Fatty acids, total trans-polyenoic....g	0.020		0	PIK	4		0.017	0.038	
Cholesterol....mg	79		0	PAK	1		67	148	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.317		0	PAK	1		0.270	0.593	
Threonine....g	1.173		0	PAK	1		0.997	2.193	
Isoleucine....g	1.262		0	PAK	1		1.073	2.361	
Leucine....g	2.194		0	PAK	1		1.865	4.104	

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
Lysine....g	2.371		0	PAK	1		2.016	4.434	
Methionine....g	0.731		0	PAK	1		0.621	1.367	
Cystine....g	0.301		0	PAK	1		0.256	0.562	
Phenylalanine....g	1.108		0	PAK	1		0.942	2.072	
Tyrosine....g	1.056		0	PAK	1		0.898	1.975	
Valine....g	1.349		0	PAK	1		1.146	2.522	
Arginine....g	1.718		0	PAK	1		1.460	3.213	
Histidine....g	1.085		0	PAK	1		0.922	2.028	
Alanine....g	1.527		0	PAK	1		1.298	2.856	
Aspartic acid....g	2.494		0	PAK	1		2.120	4.664	
Glutamic acid....g	4.073		0	PAK	1		3.462	7.617	
Glycine....g	1.205		0	PAK	1		1.024	2.253	
Proline....g	1.078		0	PAK	1		0.916	2.016	
Serine....g	1.113		0	PAK	1		0.946	2.082	
Hydroxyproline....g	0.093		0	PAK	1		0.079	0.174	
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 = 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 27 (2014)

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....µg	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....µg	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	
Tocotrienol, alpha....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma....mg	0.01		0	PAK	1		0.01	0.01	
Tocotrienol, 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	

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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.486		0	PIK	4		5.024	3.813	
4:0....g	0.000		0	PIK	4		0.000	0.000	
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 t....g	0.080		0	PAK	1		0.089	0.068	
18:1-11 t (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 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-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans....g	0.120		0	PIK	4		0.134	0.102	
Fatty acids, total trans-monoenoic....g	0.080		0	PIK	4		0.089	0.068	
Fatty acids, total trans-polyenoic....g	0.040		0	PIK	4		0.045	0.034	
Cholesterol....mg	67		0	PAK	1		75	57	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.257		0	PAK	1		0.288	0.218	
Threonine....g	1.096		0	PAK	1		1.228	0.932	
Isoleucine....g	1.202		0	PAK	1		1.346	1.021	
Leucine....g	2.080		0	PAK	1		2.330	1.768	

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
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 27 (2014)

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		48.54	96.51	
Energy....kcal	256		0	PIK	4		218	433	
Energy....kJ	1072		0	PIK	4		911	1811	
Protein (N x 6.25)....g	26.81		0	PAK	1		22.79	45.31	
Total lipid (fat)....g	15.71		0	PAK	1		13.35	26.54	
Ash....g	1.22		0	PAK	1		1.03	2.06	
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	48		0	PIK	4		41	82	
Iron, Fe....mg	0.83		0	PIK	4		0.70	1.40	
Magnesium, Mg....mg	20		0	PIK	4		17	34	
Phosphorus, P....mg	222		0	PIK	4		189	376	
Potassium, K....mg	313		0	PIK	4		266	529	
Sodium, Na....mg	84		0	PIK	4		71	142	
Zinc, Zn....mg	2.83		0	PIK	4		2.41	4.79	
Copper, Cu....mg	0.106		0	PIK	4		0.090	0.178	
Manganese, Mn....mg	0.011		0	PIK	4		0.009	0.018	
Selenium, Se....µg	36.1		0	PIK	4		30.7	61.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.521		0	PIK	4		0.442	0.880	
Riboflavin....mg	0.358		0	PIK	4		0.305	0.606	
Niacin....mg	8.931		0	PIK	4		7.591	15.093	
Pantothenic acid....mg	1.252		0	PIK	4		1.065	2.117	
Vitamin B-6....mg	0.510		0	PIK	4		0.433	0.861	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	89.3		0	PIK	4		75.9	151.0	
Betaine....mg	3.5		0	PIK	4		3.0	6.0	
Vitamin B-12....µg	0.78		0	PIK	4		0.66	1.31	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	6		0	PIK	4		5	9	
Retinol....µg	6		0	PIK	4		5	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	18		0	PIK	4		16	31	
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		0.19	0.39	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.7		0	PAK	1		0.6	1.1	
Vitamin D....IU	26		0	PIK	4		22	45	
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									

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
Lipids:									
Fatty acids, total saturated....g	5.056		0	PIK	4		4.298	8.545	
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	0.001		0	PIK	4		0.001	0.002	
10:0....g	0.013		0	PIK	4		0.011	0.022	
12:0....g	0.012		0	PIK	4		0.010	0.020	
13:0....g									
14:0....g	0.178		0	PIK	4		0.151	0.301	
15:0....g	0.007		0	PIK	4		0.006	0.013	
16:0....g	3.079		0	PIK	4		2.617	5.203	
17:0....g	0.045		0	PIK	4		0.038	0.076	
18:0....g	1.694		0	PIK	4		1.440	2.862	
20:0....g	0.024		0	PIK	4		0.021	0.041	
22:0....g	0.002		0	PIK	4		0.001	0.003	
24:0....g	0.002		0	PIK	4		0.002	0.003	
Fatty acids, total monounsaturated....g	5.680		0	PIK	4		4.828	9.599	
14:1....g	0.002		0	PIK	4		0.001	0.003	
15:1....g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated....g	0.283		0	PIK	4		0.241	0.479	
17:1....g	0.000		0	PIK	4		0.000	0.000	
18:1 undifferentiated....g	5.302		0	PIK	4		4.506	8.960	
18:1 c....g	5.240		0	PIK	4		4.454	8.856	
18:1 t....g	0.061		0	PIK	4		0.052	0.104	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.094		0	PIK	4		0.080	0.158	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
22:1 c....g	0.000		0	PIK	4		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.218		0	PIK	4		1.885	3.748	
18:2 undifferentiated....g	2.226		0	PAK	1		1.892	3.761	
18:2 n-6 c,c....g	1.152		0	PAK	1		0.980	1.948	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.010		0	PAK	1		0.009	0.017	
18:3 undifferentiated....g	0.086		0	PIK	4		0.073	0.146	
18:3 n-3 c,c,c (ALA)....g	0.076		0	PIK	4		0.065	0.129	
18:3 n-6 c,c,c....g	0.003		0	PIK	4		0.002	0.005	
18:3i....g	0.007		0	PIK	4		0.006	0.012	
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.077		0	PIK	4		0.065	0.129	
20:3 undifferentiated....g	0.009		0	PIK	4		0.008	0.015	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.095		0	PIK	4		0.081	0.161	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012		0	PIK	4		0.010	0.021	
22:6 n-3 (DHA)....g	0.001		0	PIK	4		0.001	0.002	
Fatty acids, total trans....g	0.079		0	PIK	4		0.067	0.134	
Fatty acids, total trans-monoenoic....g	0.061		0	PIK	4		0.052	0.104	
Fatty acids, total trans-polyenoic....g	0.018		0	PIK	4		0.015	0.030	
Cholesterol....mg	78		0	PAK	1		66	132	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.319		0	PAK	1		0.271	0.539	
Threonine....g	1.179		0	PAK	1		1.002	1.992	
Isoleucine....g	1.269		0	PAK	1		1.079	2.145	
Leucine....g	2.207		0	PAK	1		1.876	3.729	

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
Lysine....g	2.384		0	PAK	1		2.027	4.029	
Methionine....g	0.735		0	PAK	1		0.625	1.242	
Cystine....g	0.302		0	PAK	1		0.257	0.511	
Phenylalanine....g	1.114		0	PAK	1		0.947	1.882	
Tyrosine....g	1.062		0	PAK	1		0.903	1.795	
Valine....g	1.356		0	PAK	1		1.153	2.292	
Arginine....g	1.727		0	PAK	1		1.468	2.919	
Histidine....g	1.090		0	PAK	1		0.927	1.843	
Alanine....g	1.536		0	PAK	1		1.305	2.595	
Aspartic acid....g	2.508		0	PAK	1		2.132	4.238	
Glutamic acid....g	4.095		0	PAK	1		3.481	6.921	
Glycine....g	1.212		0	PAK	1		1.030	2.048	
Proline....g	1.084		0	PAK	1		0.921	1.832	
Serine....g	1.120		0	PAK	1		0.952	1.892	
Hydroxyproline....g	0.094		0	PAK	1		0.080	0.158	
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 = 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 27 (2014)

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		52.33	115.12	
Energy....kcal	208		0	NC	4		177	389	
Energy....kJ	871		0	NC	4		740	1629	
Protein (N x 6.25)....g	29.03	0.361	6	A	1		24.68	54.29	
Total lipid (fat)....g	9.32	0.699	6	A	1		7.93	17.44	
Ash....g	1.13	0.049	6	A	1		0.96	2.11	
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	51		0	BFNN	4		43	95	
Iron, Fe....mg	0.87		0	BFNN	4		0.74	1.62	
Magnesium, Mg....mg	20		0	BFNN	4		17	38	
Phosphorus, P....mg	229		0	BFNN	4		195	429	
Potassium, K....mg	277		0	BFNN	4		235	517	
Sodium, Na....mg	72		0	BFNN	4		61	135	
Zinc, Zn....mg	3.37		0	BFNN	4		2.86	6.30	
Copper, Cu....mg	0.099		0	BFNN	4		0.084	0.185	
Manganese, Mn....mg	0.012		0	BFNN	4		0.010	0.023	
Selenium, Se....µg	45.4		0	BFNN	4		38.6	85.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.526		0	BFPN	4		0.447	0.983	
Riboflavin....mg	0.344		0	BFPN	4		0.292	0.643	
Niacin....mg	7.880		0	BFPN	4		6.698	14.735	
Pantothenic acid....mg	1.003		0	BFPN	4		0.852	1.875	
Vitamin B-6....mg	0.533		0	BFPN	4		0.453	0.998	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	99.8		0	BFPN	4		84.8	186.6	
Betaine....mg	3.9		0	BFPN	4		3.3	7.2	
Vitamin B-12....µg	0.63		0	BFPN	4		0.54	1.18	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2		0	NC	4		2	3	
Retinol....µg	2		0	NR	4		2	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		5	11	
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	BFSN	4		0.18	0.40	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.8		0	AS	1		0.7	1.5	
Vitamin D....IU	32		0	BFFN	4		27	60	
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									

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
Lipids:									
Fatty acids, total saturated....g	2.553		0	NC	4		2.170	4.775	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	BFYN	4		0.000	0.000	
8:0....g	0.001		0	BFYN	4		0.001	0.002	
10:0....g	0.008		0	BFYN	4		0.006	0.014	
12:0....g	0.006		0	BFYN	4		0.005	0.012	
13:0....g									
14:0....g	0.090		0	BFYN	4		0.076	0.168	
15:0....g	0.003		0	BFYN	4		0.003	0.006	
16:0....g	1.563		0	BFYN	4		1.329	2.923	
17:0....g	0.019		0	BFYN	4		0.016	0.035	
18:0....g	0.848		0	BFYN	4		0.721	1.587	
20:0....g	0.012		0	BFYN	4		0.010	0.022	
22:0....g	0.002		0	BFYN	4		0.002	0.004	
24:0....g	0.001		0	BFYN	4		0.001	0.002	
Fatty acids, total monounsaturated....g	5.737		0	NC	4		4.876	10.727	
14:1....g	0.000		0	BFYN	4		0.000	0.000	
15:1....g	0.000		0	BFYN	4		0.000	0.000	
16:1 undifferentiated....g	0.171		0	BFYN	4		0.145	0.320	
17:1....g	0.000		0	BFYN	4		0.000	0.000	
18:1 undifferentiated....g	2.760		0	BFYN	4		2.346	5.160	
18:1 c....g	2.736		0	BFYN	4		2.326	5.116	
18:1 t....g	0.023		0	BFYN	4		0.020	0.044	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.046		0	BFYN	4		0.039	0.087	
22:1 undifferentiated....g	0.000		0	BFYN	4		0.000	0.000	
22:1 c....g	0.000		0	BFYN	4		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.078		0	NC	4		0.916	2.016	
18:2 undifferentiated....g	0.871		0	BFYN	4		0.740	1.629	
18:3 undifferentiated....g	0.037		0	BFYN	4		0.031	0.069	
18:3 n-3 c,c,c (ALA)....g	0.032		0	BFYN	4		0.028	0.061	
18:3 n-6 c,c,c....g	0.003		0	BFYN	4		0.003	0.006	
18:3i....g	0.001		0	BFYN	4		0.001	0.002	
18:4....g	0.000		0	BFYN	4		0.000	0.000	
20:2 n-6 c,c....g	0.034		0	BFYN	4		0.029	0.063	
20:3 undifferentiated....g	0.004		0	BFYN	4		0.003	0.007	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.086		0	BFYN	4		0.074	0.162	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFYN	4		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		0	BFYN	4		0.008	0.017	
22:6 n-3 (DHA)....g	0.000		0	BFYN	4		0.000	0.000	
Fatty acids, total trans....g	0.025		0	BFYN	4		0.022	0.047	
Fatty acids, total trans-monoenoic....g	0.023		0	BFYN	4		0.020	0.044	
Fatty acids, total trans-polyenoic....g	0.002		0	BFYN	4		0.002	0.004	
Cholesterol....mg	79	1.782	6	A	1		67	147	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.346		0	A	1		0.294	0.646	
Threonine....g	1.277		0	A	1		1.085	2.388	
Isoleucine....g	1.375		0	A	1		1.169	2.571	
Leucine....g	2.390		0	A	1		2.031	4.469	
Lysine....g	2.582		0	A	1		2.195	4.829	
Methionine....g	0.796		0	A	1		0.676	1.488	
Cystine....g	0.327		0	A	1		0.278	0.612	
Phenylalanine....g	1.206		0	A	1		1.025	2.256	
Tyrosine....g	1.150		0	A	1		0.978	2.151	

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
Valine....g	1.469		0	A	1		1.248	2.746	
Arginine....g	1.871		0	A	1		1.590	3.499	
Histidine....g	1.181		0	A	1		1.004	2.209	
Alanine....g	1.663		0	A	1		1.414	3.110	
Aspartic acid....g	2.716		0	A	1		2.309	5.079	
Glutamic acid....g	4.435		0	A	1		3.770	8.294	
Glycine....g	1.312		0	A	1		1.115	2.454	
Proline....g	1.174		0	A	1		0.998	2.195	
Serine....g	1.213		0	A	1		1.031	2.267	
Hydroxyproline....g	0.101		0	BFPN	4		0.086	0.189	
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 = 85g: 3 oz

Measure 2 = 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 27 (2014)

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		55.37	43.65	
Energy....kcal	186		0	NC	4		158	124	
Energy....kJ	776		0	NC	4		660	520	
Protein (N x 6.25)....g	25.79	0.832	12	A	1		21.92	17.28	
Total lipid (fat)....g	8.36	0.678	12	A	1		7.10	5.60	
Ash....g	1.02	0.012	12	A	1		0.87	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		22	18	
Iron, Fe....mg	0.68	0.019	12	A	1		0.58	0.46	
Magnesium, Mg....mg	25	0.488	12	A	1		21	17	
Phosphorus, P....mg	218	3.383	12	A	1		185	146	
Potassium, K....mg	343	7.646	12	A	1		292	230	
Sodium, Na....mg	57	1.133	12	A	1		48	38	
Zinc, Zn....mg	2.25	0.073	12	A	1		1.91	1.51	
Copper, Cu....mg	0.088	0.010	12	A	1		0.075	0.059	
Manganese, Mn....mg	0.007	0.000	12	A	1		0.006	0.004	
Selenium, Se....µg	45.4	5.799	12	A	1		38.6	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		0.483	0.381	
Riboflavin....mg	0.219	0.039	4	A	1		0.186	0.147	
Niacin....mg	7.855	0.354	4	A	1		6.677	5.263	
Pantothenic acid....mg	0.648		0	BFPN	4		0.550	0.434	
Vitamin B-6....mg	0.675		0	BFPN	4		0.574	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....µg	0		0	NC	4		0	0	
Choline, total....mg	73.3		0	BFPN	4		62.3	49.1	
Betaine....mg	2.7		0	BFPN	4		2.3	1.8	
Vitamin B-12....µg	0.52		0	BFPN	4		0.44	0.35	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	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		0.08	0.07	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.8		0	AS	1		0.7	0.5	
Vitamin D....IU	32		0	BFFN	4		27	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									

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
Lipids:									
Fatty acids, total saturated....g	2.816		0	NC	4		2.394	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		0.004	0.004	
12:0....g	0.003	0.003	4	A	1		0.002	0.002	
13:0....g									
14:0....g	0.101	0.026	4	A	1		0.086	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		1.496	1.179	
17:0....g	0.022	0.005	4	A	1		0.019	0.015	
18:0....g	0.914	0.231	4	A	1		0.777	0.612	
20:0....g	0.011	0.004	4	A	1		0.009	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		2.959	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		0.180	0.142	
17:1....g	0.004	0.004	4	A	1		0.004	0.003	
18:1 undifferentiated....g	3.216	0.755	4	AS	1		2.733	2.155	
18:1 c....g	3.172	0.742	4	A	1		2.696	2.125	
18:1 t....g	0.044	0.013	4	A	1		0.037	0.029	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.050	0.013	4	A	1		0.042	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		0.776	0.612	
18:2 undifferentiated....g	0.783	0.178	4	AS	1		0.665	0.524	
18:2 n-6 c,c....g	0.760	0.173	4	A	1		0.646	0.509	
18:2 CLAs....g									
18:2 t,t....g	0.023	0.005	4	A	1		0.020	0.015	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.031	0.009	4	AS	1		0.027	0.021	
18:3 n-3 c,c,c (ALA)....g	0.031	0.009	4	A	1		0.027	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		0.024	0.019	
20:3 undifferentiated....g	0.002	0.002	4	A	1		0.002	0.001	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.068	0.002	4	A	1		0.058	0.046	
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		0.057	0.045	
Fatty acids, total trans-monoenoic....g	0.044		0	NC	4		0.037	0.029	
Fatty acids, total trans-polyenoic....g	0.023		0	NC	4		0.020	0.015	
Cholesterol....mg	66	6.272	4	A	1		56	44	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.271		0	A	1		0.231	0.182	
Threonine....g	1.158		0	A	1		0.984	0.776	
Isoleucine....g	1.269		0	A	1		1.079	0.850	
Leucine....g	2.197		0	A	1		1.867	1.472	
Lysine....g	2.392		0	A	1		2.033	1.603	
Methionine....g	0.710		0	A	1		0.604	0.476	

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
Cystine....g	0.298		0	A	1		0.253	0.199	
Phenylalanine....g	1.084		0	A	1		0.921	0.726	
Tyrosine....g	0.981		0	A	1		0.834	0.658	
Valine....g	1.348		0	A	1		1.146	0.903	
Arginine....g	1.716		0	A	1		1.459	1.150	
Histidine....g	1.114		0	A	1		0.947	0.746	
Alanine....g	1.514		0	A	1		1.287	1.014	
Aspartic acid....g	2.523		0	A	1		2.144	1.690	
Glutamic acid....g	4.117		0	A	1		3.500	2.759	
Glycine....g	1.162		0	A	1		0.988	0.779	
Proline....g	1.043		0	A	1		0.886	0.699	
Serine....g	1.115		0	A	1		0.948	0.747	
Hydroxyproline....g	0.066		0	A	1		0.056	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 = 85g: 3 oz

Measure 2 = 67g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		51.97	103.33	
Energy....kcal	211		0	NC	4		179	356	
Energy....kJ	882		0	NC	4		750	1491	
Protein (N x 6.25)....g	28.84	0.222	6	A	1		24.51	48.74	
Total lipid (fat)....g	9.73	0.829	6	A	1		8.27	16.44	
Ash....g	1.29	0.018	6	A	1		1.10	2.18	
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	45		0	BFSN	4		39	77	
Iron, Fe....mg	0.88		0	BFSN	4		0.75	1.48	
Magnesium, Mg....mg	21		0	BFSN	4		18	35	
Phosphorus, P....mg	237		0	BFSN	4		201	401	
Potassium, K....mg	335		0	BFSN	4		284	566	
Sodium, Na....mg	88		0	BFSN	4		75	148	
Zinc, Zn....mg	3.03		0	BFSN	4		2.58	5.12	
Copper, Cu....mg	0.105		0	BFSN	4		0.089	0.177	
Manganese, Mn....mg	0.012		0	BFSN	4		0.010	0.020	
Selenium, Se....µg	38.7		0	BFSN	4		32.9	65.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.553		0	BFPN	4		0.470	0.935	
Riboflavin....mg	0.385		0	BFPN	4		0.328	0.651	
Niacin....mg	9.432		0	BFPN	4		8.017	15.940	
Pantothenic acid....mg	1.324		0	BFPN	4		1.126	2.238	
Vitamin B-6....mg	0.548		0	BFPN	4		0.466	0.926	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	96.6		0	BFPN	4		82.1	163.3	
Betaine....mg	3.7		0	BFPN	4		3.2	6.3	
Vitamin B-12....µg	0.79		0	BFPN	4		0.67	1.33	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	3		0	NC	4		3	5	
Retinol....µg	3		0	BFSN	4		3	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	10		0	NC	4		9	18	
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		0.22	0.44	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	AS	1		0.4	0.9	
Vitamin D....IU	21		0	BFFN	4		17	35	
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									

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
Lipids:									
Fatty acids, total saturated....g	2.563		0	NC	4		2.179	4.332	
4:0....g	0.000		0	BFYN	4		0.000	0.000	
6:0....g	0.000		0	BFYN	4		0.000	0.000	
8:0....g	0.001		0	BFYN	4		0.001	0.002	
10:0....g	0.008		0	BFYN	4		0.006	0.013	
12:0....g	0.006		0	BFYN	4		0.005	0.011	
13:0....g									
14:0....g	0.090		0	BFYN	4		0.077	0.153	
15:0....g	0.003		0	BFYN	4		0.003	0.006	
16:0....g	1.569		0	BFYN	4		1.334	2.652	
17:0....g	0.019		0	BFYN	4		0.016	0.032	
18:0....g	0.852		0	BFYN	4		0.724	1.439	
20:0....g	0.012		0	BFYN	4		0.010	0.020	
22:0....g	0.002		0	BFYN	4		0.002	0.003	
24:0....g	0.001		0	BFYN	4		0.001	0.002	
Fatty acids, total monounsaturated....g	5.759		0	NC	4		4.895	9.733	
14:1....g	0.000		0	BFYN	4		0.000	0.000	
15:1....g	0.000		0	BFYN	4		0.000	0.000	
16:1 undifferentiated....g	0.172		0	BFYN	4		0.146	0.290	
17:1....g	0.000		0	BFYN	4		0.000	0.000	
18:1 undifferentiated....g	2.770		0	BFYN	4		2.355	4.682	
18:1 c....g	2.747		0	BFYN	4		2.335	4.642	
18:1 t....g	0.024		0	BFYN	4		0.020	0.040	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.047		0	BFYN	4		0.040	0.079	
22:1 undifferentiated....g	0.000		0	BFYN	4		0.000	0.000	
22:1 c....g	0.000		0	BFYN	4		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.408		0	NC	4		1.196	2.379	
18:2 undifferentiated....g	1.200		0		1		1.020	2.028	
18:3 undifferentiated....g	0.037		0	BFYN	4		0.031	0.062	
18:3 n-3 c,c,c (ALA)....g	0.033		0	BFYN	4		0.028	0.055	
18:3 n-6 c,c,c....g	0.003		0	BFYN	4		0.003	0.005	
18:3i....g	0.001		0	BFYN	4		0.001	0.002	
18:4....g	0.000		0	BFYN	4		0.000	0.000	
20:2 n-6 c,c....g	0.034		0	BFYN	4		0.029	0.057	
20:3 undifferentiated....g	0.004		0	BFYN	4		0.003	0.007	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.087		0	BFYN	4		0.074	0.147	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFYN	4		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		0	BFYN	4		0.008	0.015	
22:6 n-3 (DHA)....g	0.000		0	BFYN	4		0.000	0.000	
Fatty acids, total trans....g	0.025		0	BFYN	4		0.022	0.043	
Fatty acids, total trans-monoenoic....g	0.024		0	BFYN	4		0.020	0.040	
Fatty acids, total trans-polyenoic....g	0.002		0	BFYN	4		0.002	0.003	
Cholesterol....mg	77	1.272	6	A	1		66	131	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.343		0	A	1		0.292	0.580	
Threonine....g	1.268		0	A	1		1.078	2.143	
Isoleucine....g	1.366		0	A	1		1.161	2.308	
Leucine....g	2.374		0	A	1		2.018	4.012	
Lysine....g	2.565		0	A	1		2.180	4.335	
Methionine....g	0.790		0	A	1		0.672	1.336	
Cystine....g	0.325		0	A	1		0.276	0.550	
Phenylalanine....g	1.198		0	A	1		1.019	2.025	
Tyrosine....g	1.143		0	A	1		0.971	1.931	

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
Valine....g	1.459		0	A	1		1.240	2.465	
Arginine....g	1.858		0	A	1		1.580	3.141	
Histidine....g	1.173		0	A	1		0.997	1.983	
Alanine....g	1.652		0	A	1		1.404	2.792	
Aspartic acid....g	2.698		0	A	1		2.293	4.559	
Glutamic acid....g	4.406		0	A	1		3.745	7.446	
Glycine....g	1.303		0	A	1		1.108	2.203	
Proline....g	1.166		0	A	1		0.991	1.971	
Serine....g	1.204		0	A	1		1.024	2.035	
Hydroxyproline....g	0.101		0	BFPN	4		0.086	0.170	
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 = 85g: 3 oz

Measure 2 = 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	6.120		0		1		5.202	4.957	
4:0....g									
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									
21:5....g									
22:4....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.

NDB No. 10195

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

Common Measures:

Measure 1 = 85g: 3 oz

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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	5.790		0		1		4.922	4.632	
4:0....g									
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									
21:5....g									
22:4....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.

NDB No. 10196

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

Common Measures:

Measure 1 = 85g: 3 oz

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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.9		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	6.720		0		1		5.712	5.040	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
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									
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	

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
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 = 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.9		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	3.960		0		1		3.366	2.851	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
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									
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	

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
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 = 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	3.570		0		1		3.035	2.535	
4:0....g									
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									
21:5....g									
22:4....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.

NDB No. 10201

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 71g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	4.300		0		1		3.655	2.838	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
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									
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	

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
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 = 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 27 (2014)

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		49.09	452.23	
Energy....kcal	248		0	PIK	4		211	1939	
Energy....kJ	1036		0	PIK	4		881	8113	
Protein (N x 6.25)....g	26.99		0	PAK	1		22.94	211.29	
Total lipid (fat)....g	14.68		0	PAK	1		12.48	114.96	
Ash....g	1.09		0	PAK	1		0.93	8.56	
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	19		0	PAK	1		16	146	
Iron, Fe....mg	0.96		0	PAK	1		0.82	7.51	
Magnesium, Mg....mg	21		0	PAK	1		18	163	
Phosphorus, P....mg	230		0	PAK	1		196	1801	
Potassium, K....mg	272		0	PAK	1		232	2133	
Sodium, Na....mg	91		0	PAK	1		78	714	
Zinc, Zn....mg	2.91		0	PAK	1		2.47	22.76	
Copper, Cu....mg	0.085		0	PAK	1		0.072	0.667	
Manganese, Mn....mg	0.007		0	PAK	1		0.006	0.055	
Selenium, Se....µg	40.2		0	PAK	1		34.2	315.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.522		0	PAK	1		0.444	4.088	
Riboflavin....mg	0.295		0	PAK	1		0.251	2.309	
Niacin....mg	9.490		0	PAK	1		8.067	74.307	
Pantothenic acid....mg	1.478		0	PIK	4		1.256	11.574	
Vitamin B-6....mg	0.485		0	PIK	4		0.412	3.796	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	92.2		0	PIK	4		78.4	722.0	
Betaine....mg	3.6		0	PIK	4		3.1	28.5	
Vitamin B-12....µg	0.87		0	PIK	4		0.74	6.84	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	5		0	PIK	4		4	38	
Retinol....µg	5		0	PIK	4		4	38	
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		14	126	
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	PIK	4		0.17	1.61	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.7		0	PAK	1		0.6	5.7	
Vitamin D....IU	29		0	PIK	4		25	228	
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									

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
Lipids:									
Fatty acids, total saturated....g	5.442		0	PIK	4		4.626	42.613	
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	0.014		0	PAK	1		0.012	0.111	
12:0....g	0.013		0	PAK	1		0.011	0.098	
13:0....g									
14:0....g	0.192		0	PAK	1		0.163	1.501	
15:0....g	0.009		0	PAK	1		0.008	0.072	
16:0....g	3.331		0	PAK	1		2.831	26.083	
17:0....g	0.052		0	PAK	1		0.044	0.409	
18:0....g	1.805		0	PAK	1		1.535	14.137	
20:0....g	0.025		0	PAK	1		0.021	0.196	
22:0....g	0.000		0	PAK	1		0.000	0.000	
24:0....g	0.001		0	PAK	1		0.001	0.006	
Fatty acids, total monounsaturated....g	6.183		0	PIK	4		5.255	48.409	
14:1....g	0.001		0	PAK	1		0.001	0.010	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.296		0	PAK	1		0.251	2.314	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	5.786		0	PAK	1		4.919	45.308	
18:1 c....g	5.713		0	PAK	1		4.856	44.735	
18:1 t....g	0.073		0	PAK	1		0.062	0.573	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.099		0	PAK	1		0.084	0.777	
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	2.474		0	PIK	4		2.103	19.368	
18:2 undifferentiated....g	2.206		0	PAK	1		1.875	17.275	
18:2 n-6 c,c....g	2.187		0	PAK	1		1.859	17.123	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.019		0	PAK	1		0.016	0.152	
18:3 undifferentiated....g	0.090		0	PAK	1		0.077	0.705	
18:3 n-3 c,c,c (ALA)....g	0.082		0	PAK	1		0.070	0.645	
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000	0.000	
18:3i....g	0.008		0	PAK	1		0.007	0.060	
18:4....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c....g	0.088		0	PAK	1		0.075	0.689	
20:3 undifferentiated....g	0.010		0	PAK	1		0.009	0.081	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.067		0	PAK	1		0.057	0.522	
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	0.011		0	PAK	1		0.010	0.088	
22:6 n-3 (DHA)....g	0.001		0	PAK	1		0.001	0.009	
Fatty acids, total trans....g	0.100		0	PIK	4		0.085	0.785	
Fatty acids, total trans-monoenoic....g	0.073		0	PIK	4		0.062	0.573	
Fatty acids, total trans-polyenoic....g	0.027		0	PIK	4		0.023	0.212	
Cholesterol....mg	78		0	PAK	1		67	615	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.321		0	PAK	1		0.273	2.515	
Threonine....g	1.187		0	PAK	1		1.009	9.292	
Isoleucine....g	1.278		0	PAK	1		1.086	10.005	
Leucine....g	2.221		0	PAK	1		1.888	17.391	

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
Lysine....g	2.400		0	PAK	1		2.040	18.792	
Methionine....g	0.740		0	PAK	1		0.629	5.792	
Cystine....g	0.304		0	PAK	1		0.259	2.382	
Phenylalanine....g	1.121		0	PAK	1		0.953	8.779	
Tyrosine....g	1.069		0	PAK	1		0.909	8.372	
Valine....g	1.365		0	PAK	1		1.160	10.688	
Arginine....g	1.739		0	PAK	1		1.478	13.615	
Histidine....g	1.098		0	PAK	1		0.933	8.595	
Alanine....g	1.546		0	PAK	1		1.314	12.103	
Aspartic acid....g	2.524		0	PAK	1		2.146	19.765	
Glutamic acid....g	4.122		0	PAK	1		3.504	32.279	
Glycine....g	1.220		0	PAK	1		1.037	9.550	
Proline....g	1.091		0	PAK	1		0.927	8.543	
Serine....g	1.127		0	PAK	1		0.958	8.824	
Hydroxyproline....g	0.094		0	PAK	1		0.080	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 = 85g: 3 oz

Measure 2 = 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 27 (2014)

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		52.23	481.10	
Energy....kcal	206		0	NC	4		175	1614	
Energy....kJ	863		0	NC	4		733	6754	
Protein (N x 6.25)....g	28.82	0.660	6	A	1		24.50	225.69	
Total lipid (fat)....g	9.21	0.577	6	A	1		7.83	72.13	
Ash....g	1.14	0.016	6	A	1		0.97	8.95	
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	13	0.385	6	A	1		11	100	
Iron, Fe....mg	1.02	0.044	6	A	1		0.86	7.96	
Magnesium, Mg....mg	22	0.254	6	A	1		18	169	
Phosphorus, P....mg	244	5.081	6	A	1		208	1912	
Potassium, K....mg	287	10.064	6	A	1		244	2250	
Sodium, Na....mg	95	3.496	6	A	1		81	746	
Zinc, Zn....mg	3.09	0.169	6	A	1		2.63	24.21	
Copper, Cu....mg	0.082	0.002	6	A	1		0.070	0.644	
Manganese, Mn....mg	0.007	0.001	6	A	1		0.006	0.058	
Selenium, Se....µg	43.1	4.416	6	A	1		36.6	337.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.552	0.042	6	A	1		0.469	4.320	
Riboflavin....mg	0.312	0.021	6	A	1		0.265	2.440	
Niacin....mg	10.003	0.651	6	A	1		8.503	78.326	
Pantothenic acid....mg	1.569		0	BFPN	4		1.333	12.282	
Vitamin B-6....mg	0.516		0	BFPN	4		0.439	4.043	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	99.1		0	BFPN	4		84.2	775.6	
Betaine....mg	3.8		0	BFPN	4		3.3	30.0	
Vitamin B-12....µg	0.89		0	BFPN	4		0.76	6.98	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	3		0	NC	4		2	20	
Retinol....µg	3		0	BFSN	4		2	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	9		0	NC	4		7	68	
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	BFPN	4		0.19	1.79	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	AS	1		0.5	4.7	
Vitamin D....IU	24		0	BFFN	4		21	189	
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									

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
Lipids:									
Fatty acids, total saturated....g	3.254		0	NC	4		2.766	25.481	
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	0.010	0.001	6	A	1		0.008	0.076	
12:0....g	0.008	0.001	6	A	1		0.007	0.060	
13:0....g									
14:0....g	0.115	0.011	6	A	1		0.097	0.897	
15:0....g	0.006	0.000	6	A	1		0.005	0.045	
16:0....g	2.008	0.168	6	A	1		1.707	15.725	
17:0....g	0.030	0.003	6	A	1		0.025	0.233	
18:0....g	1.065	0.099	6	A	1		0.905	8.335	
20:0....g	0.014	0.001	6	A	1		0.012	0.110	
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	3.830		0	NC	4		3.256	29.991	
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	0.197	0.012	6	A	1		0.167	1.543	
17:1....g	0.000	0.000	6	A	1		0.000	0.000	
18:1 undifferentiated....g	3.576	0.263	6	AS	1		3.039	27.996	
18:1 c....g	3.535	0.262	6	A	1		3.005	27.679	
18:1 t....g	0.041	0.006	6	A	1		0.034	0.317	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.058	0.006	6	A	1		0.049	0.452	
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	1.453		0	NC	4		1.235	11.376	
18:2 undifferentiated....g	1.286	0.096	6	AS	1		1.093	10.066	
18:2 n-6 c,c....g	1.274	0.095	6	A	1		1.083	9.977	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.011	0.001	6	A	1		0.010	0.090	
18:3 undifferentiated....g	0.046	0.004	6	AS	1		0.039	0.363	
18:3 n-3 c,c,c (ALA)....g	0.044	0.004	6	A	1		0.037	0.344	
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000	0.000	
18:3i....g	0.003	0.002	6	A	1		0.002	0.020	
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.051	0.004	6	A	1		0.043	0.399	
20:3 undifferentiated....g	0.006	0.000	6	A	1		0.005	0.046	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.056	0.003	6	A	1		0.047	0.437	
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	0.008	0.001	6	A	1		0.007	0.065	
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans....g	0.054		0	NC	4		0.046	0.427	
Fatty acids, total trans-monoenoic....g	0.041		0	NC	4		0.034	0.317	
Fatty acids, total trans-polyenoic....g	0.014		0	NC	4		0.012	0.109	
Cholesterol....mg	78	2.546	6	A	1		66	610	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.343		0	A	1		0.292	2.686	
Threonine....g	1.268		0	A	1		1.077	9.925	
Isoleucine....g	1.365		0	A	1		1.160	10.687	
Leucine....g	2.372		0	A	1		2.017	18.576	

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
Lysine....g	2.564		0	A	1		2.179	20.073	
Methionine....g	0.790		0	A	1		0.672	6.186	
Cystine....g	0.325		0	A	1		0.276	2.545	
Phenylalanine....g	1.198		0	A	1		1.018	9.378	
Tyrosine....g	1.142		0	A	1		0.971	8.942	
Valine....g	1.458		0	A	1		1.239	11.416	
Arginine....g	1.857		0	A	1		1.579	14.543	
Histidine....g	1.172		0	A	1		0.997	9.180	
Alanine....g	1.651		0	A	1		1.403	12.928	
Aspartic acid....g	2.696		0	A	1		2.292	21.112	
Glutamic acid....g	4.403		0	A	1		3.743	34.479	
Glycine....g	1.303		0	A	1		1.107	10.201	
Proline....g	1.165		0	A	1		0.991	9.126	
Serine....g	1.204		0	A	1		1.023	9.426	
Hydroxyproline....g	0.101		0	A	1		0.085	0.788	
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 = 85g: 3 oz

Measure 2 = 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 27 (2014)

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		48.73	181.74	
Energy....kcal	252		0	NC	4		214	799	
Energy....kJ	1054		0		4		896	3342	
Protein (N x 6.25)....g	26.99	0.395	15		1		22.94	85.56	
Total lipid (fat)....g	15.15	0.884	15		1		12.88	48.03	
Ash....g	1.11	0.028	15		1		0.94	3.52	
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		5	19	
Iron, Fe....mg	0.93		0		1		0.79	2.95	
Magnesium, Mg....mg	22		0		1		19	70	
Phosphorus, P....mg	214		0		1		182	678	
Potassium, K....mg	346		0		1		294	1097	
Sodium, Na....mg	48		0		1		41	152	
Zinc, Zn....mg	2.64		0		1		2.24	8.37	
Copper, Cu....mg	0.016		0		1		0.014	0.051	
Manganese, Mn....mg	0.010		0		1		0.009	0.032	
Selenium, Se....µg	40.3		0	PAK	1		34.3	127.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0		1		0.3	1.3	
Thiamin....mg	0.604		0		1		0.513	1.915	
Riboflavin....mg	0.290		0		1		0.247	0.919	
Niacin....mg	5.044		0		1		4.287	15.989	
Pantothenic acid....mg	0.531		0		1		0.451	1.683	
Vitamin B-6....mg	0.363		0		1		0.309	1.151	
Folate, total....µg	8		0		1		7	25	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8		0		1		7	25	
Folate, DFE....µg	8		0	NC	4		7	25	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.56		0		1		0.48	1.78	
Vitamin A, RAE....µg	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		8	29	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.1		0	AS	1		0.9	3.4	
Vitamin D....IU	43		0	BFFN	4		37	137	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	5.350		0		1		4.548	16.960	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.010		0		1		0.009	0.032	
12:0....g	0.010		0		1		0.009	0.032	
13:0....g									
14:0....g	0.180		0		1		0.153	0.571	
15:0....g									
16:0....g	3.320		0		1		2.822	10.524	
17:0....g									
18:0....g	1.700		0		1		1.445	5.389	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.680		0		1		5.678	21.176	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.480		0		1		0.408	1.522	
17:1....g									
18:1 undifferentiated....g	6.000		0		1		5.100	19.020	
20:1....g	0.130		0		1		0.111	0.412	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.300		0		1		1.105	4.121	
18:2 undifferentiated....g	1.120		0		1		0.952	3.550	
18:3 undifferentiated....g	0.030		0		1		0.026	0.095	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.080		0		1		0.068	0.254	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....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		69	257	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.343		0		1		0.292	1.087	
Threonine....g	1.232		0		1		1.047	3.905	
Isoleucine....g	1.264		0		1		1.074	4.007	
Leucine....g	2.166		0		1		1.841	6.866	
Lysine....g	2.427		0		1		2.063	7.694	
Methionine....g	0.715		0		1		0.608	2.267	
Cystine....g	0.344		0		1		0.292	1.090	
Phenylalanine....g	1.077		0		1		0.915	3.414	
Tyrosine....g	0.940		0		1		0.799	2.980	
Valine....g	1.464		0		1		1.244	4.641	
Arginine....g	1.678		0		1		1.426	5.319	
Histidine....g	1.078		0		1		0.916	3.417	
Alanine....g	1.572		0		1		1.336	4.983	
Aspartic acid....g	2.503		0		1		2.128	7.935	
Glutamic acid....g	4.225		0		1		3.591	13.393	
Glycine....g	1.282		0		1		1.090	4.064	
Proline....g	1.084		0		1		0.921	3.436	
Serine....g	1.115		0		1		0.948	3.535	
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.

NDB No. 10198

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 317g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with 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 27 (2014)

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		51.52	171.53	
Energy....kcal	214		0	NC	4		182	606	
Energy....kJ	895		0		4		761	2534	
Protein (N x 6.25)....g	28.81	0.466	15		1		24.49	81.53	
Total lipid (fat)....g	10.13	0.460	15		1		8.61	28.67	
Ash....g	1.14	0.031	15		1		0.97	3.23	
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		5	17	
Iron, Fe....mg	1.00	0.052	5		1		0.85	2.83	
Magnesium, Mg....mg	24	0.649	5		1		20	68	
Phosphorus, P....mg	222	5.177	5		1		189	628	
Potassium, K....mg	363	7.466	5		1		309	1027	
Sodium, Na....mg	50	2.188	5		1		43	142	
Zinc, Zn....mg	2.83	0.173	5		1		2.41	8.01	
Copper, Cu....mg	0.012	0.004	5		1		0.010	0.034	
Manganese, Mn....mg	0.011		0		1		0.009	0.031	
Selenium, Se....µg	43.2	5.282	5	A	1		36.7	122.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0		1		0.3	1.1	
Thiamin....mg	0.639		0		1		0.543	1.808	
Riboflavin....mg	0.312		0		1		0.265	0.883	
Niacin....mg	5.355		0		1		4.552	15.155	
Pantothenic acid....mg	0.581		0		1		0.494	1.644	
Vitamin B-6....mg	0.400		0		1		0.340	1.132	
Folate, total....µg	9		0		1		8	25	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	9		0		1		8	25	
Folate, DFE....µg	9		0	NC	4		8	25	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.55		0		1		0.47	1.56	
Vitamin A, RAE....µg	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		7	23	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.7		0	AS	1		0.6	2.0	
Vitamin D....IU	29		0	BFFN	4		24	82	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	3.540		0		1		3.009	10.018	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.010		15		1		0.009	0.028	
12:0....g	0.010		15		1		0.009	0.028	
13:0....g									
14:0....g	0.120		15		1		0.102	0.340	
15:0....g									
16:0....g	2.200		15		1		1.870	6.226	
17:0....g									
18:0....g	1.120		15		1		0.952	3.170	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.490		0		1		3.817	12.707	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.330		15		1		0.281	0.934	
17:1....g									
18:1 undifferentiated....g	4.020		15		1		3.417	11.377	
20:1....g	0.090		15		1		0.077	0.255	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.850		0		1		0.723	2.406	
18:2 undifferentiated....g	0.730		15		1		0.621	2.066	
18:3 undifferentiated....g	0.020		15		1		0.017	0.057	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.060		15		1		0.051	0.170	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....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		71	235	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.366		0		1		0.311	1.036	
Threonine....g	1.316		0		1		1.119	3.724	
Isoleucine....g	1.349		0		1		1.147	3.818	
Leucine....g	2.312		0		1		1.965	6.543	
Lysine....g	2.591		0		1		2.202	7.333	
Methionine....g	0.763		0		1		0.649	2.159	
Cystine....g	0.367		0		1		0.312	1.039	
Phenylalanine....g	1.150		0		1		0.978	3.255	
Tyrosine....g	1.004		0		1		0.853	2.841	
Valine....g	1.563		0		1		1.329	4.423	
Arginine....g	1.791		0		1		1.522	5.069	
Histidine....g	1.151		0		1		0.978	3.257	
Alanine....g	1.678		0		1		1.426	4.749	
Aspartic acid....g	2.672		0		1		2.271	7.562	
Glutamic acid....g	4.510		0		1		3.834	12.763	
Glycine....g	1.368		0		1		1.163	3.871	
Proline....g	1.157		0		1		0.983	3.274	
Serine....g	1.190		0		1		1.012	3.368	
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.

NDB No. 10203

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 283g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.2		0	PAK	1		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									

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
Lipids:									
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 t....g	0.042		0	PAK	1		0.051		
18:1-11 t (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 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-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		
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		

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
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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.8		0	PAK	1		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									

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
Lipids:									
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		
21:5....g									
22:4....g									
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		

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
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 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.2		0	PAK	1		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									

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
Lipids:									
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 t....g	0.029		0	PAK	1		0.035		
18:1-11 t (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 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-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		
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		

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
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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.9		0	PAK	1		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									

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
Lipids:									
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 t....g	0.049		0	PAK	1		0.067		
18:1-11 t (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 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-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		
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		

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
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 27 (2014)

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....µg	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....µg	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	
Tocotrienol, alpha....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma....mg	0.01		0	PAK	1		0.01	0.01	
Tocotrienol, 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	

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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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.302		0	PIK	4		5.420	5.357	
4:0....g	0.000		0	PIK	4		0.000	0.000	
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 t....g	0.099		0	PAK	1		0.085	0.084	
18:1-11 t (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 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-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans....g	0.153		0	PIK	4		0.131	0.130	
Fatty acids, total trans-monoenoic....g	0.099		0	PIK	4		0.085	0.084	
Fatty acids, total trans-polyenoic....g	0.054		0	PIK	4		0.046	0.046	
Cholesterol....mg	103		0	PAK	1		89	88	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.279		0	PAK	1		0.240	0.237	
Threonine....g	1.189		0	PAK	1		1.023	1.011	
Isoleucine....g	1.303		0	PAK	1		1.121	1.108	
Leucine....g	2.257		0	PAK	1		1.941	1.918	

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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
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 27 (2014)

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....µg	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....µg	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	
Tocotrienol, alpha....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, 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	

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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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.370		0	PIK	4		3.034	0.672	
4:0....g	0.000		0	PIK	4		0.000	0.000	
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 t....g	0.075		0	PIK	4		0.096	0.021	
18:1-11 t (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 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-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans....g	0.074		0	PIK	4		0.095	0.021	
Fatty acids, total trans-monoenoic....g	0.050		0	PIK	4		0.063	0.014	
Fatty acids, total trans-polyenoic....g	0.025		0	PIK	4		0.032	0.007	
Cholesterol....mg	74		0	PIK	4		95	21	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.204		0	PAK	1		0.261	0.058	
Threonine....g	0.868		0	PAK	1		1.112	0.246	
Isoleucine....g	0.952		0	PAK	1		1.218	0.270	
Leucine....g	1.648		0	PAK	1		2.109	0.467	

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
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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.1		0	AS	1		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									

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
Lipids:									
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		
21:5....g									
22:4....g									
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		

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
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 = 122g: 1 rack

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.1		0	AS	1		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									

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
Lipids:									
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		
21:5....g									
22:4....g									
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		

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
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 = 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.1		0	AS	1		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									

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
Lipids:									
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		
21:5....g									
22:4....g									
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		

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
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 = 122g: 1 rack

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.7		0	AS	1		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									

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
Lipids:									
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		
21:5....g									
22:4....g									
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		

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
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 = 138g: 1 rack

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.2		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	5.086		0	NC	4		4.069	4.323	
4:0....g	0.000		0	Z	7		0.000	0.000	
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 t....g	0.071	0.009	4	A	1		0.057	0.061	
18:1-11 t (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 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-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.112		0	NC	4		0.090	0.096	
Fatty acids, total trans-monoenoic....g	0.071		0	NC	4		0.057	0.061	
Fatty acids, total trans-polyenoic....g	0.041		0	NC	4		0.033	0.035	
Cholesterol....mg	105	11.757	4	A	1		84	89	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.292		0	A	1		0.234	0.248	
Threonine....g	1.245		0	A	1		0.996	1.059	
Isoleucine....g	1.365		0	A	1		1.092	1.160	
Leucine....g	2.363		0	A	1		1.891	2.009	
Lysine....g	2.573		0	A	1		2.058	2.187	
Methionine....g	0.764		0	A	1		0.611	0.649	

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
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 27 (2014)

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		61.92	143.50	
Energy....kcal	140		0	NC	4		119	275	
Energy....kJ	584		0	NC	4		496	1150	
Protein (N x 6.25)....g	20.76	0.350	12	A	1		17.64	40.89	
Total lipid (fat)....g	5.64	0.687	12	A	1		4.80	11.12	
Ash....g	1.01	0.035	12	A	1		0.86	2.00	
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	21	2.145	12	A	1		18	42	
Iron, Fe....mg	0.90	0.047	12	A	1		0.77	1.77	
Magnesium, Mg....mg	23	0.505	12	A	1		19	44	
Phosphorus, P....mg	204	3.549	12	A	1		173	402	
Potassium, K....mg	338	4.720	12	A	1		287	666	
Sodium, Na....mg	67	1.635	12	A	1		57	131	
Zinc, Zn....mg	3.00	0.186	12	A	1		2.55	5.91	
Copper, Cu....mg	0.083	0.003	12	A	1		0.070	0.163	
Manganese, Mn....mg	0.012	0.001	12	A	1		0.010	0.023	
Selenium, Se....µg	34.8	3.939	12	A	1		29.6	68.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.394		0	BFYN	4		0.335	0.776	
Riboflavin....mg	0.271		0	BFYN	4		0.230	0.534	
Niacin....mg	3.097		0	BFYN	4		2.632	6.101	
Pantothenic acid....mg	1.737		0	BFPN	4		1.476	3.421	
Vitamin B-6....mg	0.577		0	BFPN	4		0.491	1.138	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	87.3		0	BFPN	4		74.2	171.9	
Betaine....mg	4.5		0	BFPN	4		3.8	8.9	
Vitamin B-12....µg	1.01		0	BFPN	4		0.86	1.99	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	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		0.21	0.49	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	AS	1		0.5	1.1	
Vitamin D....IU	22		0	BFFN	4		19	43	
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									

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
Lipids:									
Fatty acids, total saturated....g	2.012		0	BFFN	4		1.710	3.964	
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		0.004	0.010	
12:0....g	0.004		0	BFFN	4		0.003	0.008	
13:0....g									
14:0....g	0.072		0	BFFN	4		0.061	0.141	
15:0....g	0.001		0	BFFN	4		0.001	0.002	
16:0....g	1.246		0	BFFN	4		1.059	2.455	
17:0....g	0.016		0	BFFN	4		0.013	0.031	
18:0....g	0.659		0	BFFN	4		0.560	1.297	
20:0....g									
22:0....g	0.001		0	BFFN	4		0.001	0.002	
24:0....g									
Fatty acids, total monounsaturated....g	2.477		0	BFFN	4		2.105	4.879	
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		0.121	0.281	
17:1....g	0.002		0	BFFN	4		0.002	0.003	
18:1 undifferentiated....g	2.296		0	BFFN	4		1.951	4.522	
18:1 c....g	2.267		0	BFFN	4		1.927	4.467	
18:1 t....g	0.028		0	BFFN	4		0.024	0.056	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.036		0	BFFN	4		0.031	0.072	
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		0.548	1.270	
18:2 undifferentiated....g	0.559		0	BFFN	4		0.475	1.102	
18:2 n-6 c,c....g	0.543		0	BFFN	4		0.461	1.069	
18:2 CLAs....g									
18:2 t,t....g	0.016		0	BFFN	4		0.014	0.032	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.025		0	BFFN	4		0.022	0.050	
18:3 n-3 c,c,c (ALA)....g	0.025		0	BFFN	4		0.021	0.049	
18:3 n-6 c,c,c....g	0.001		0	BFFN	4		0.001	0.001	
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		0.018	0.041	
20:3 undifferentiated....g	0.003		0	BFFN	4		0.002	0.006	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.036		0	BFFN	4		0.031	0.072	
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		63	146	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.218		0	A	1		0.186	0.430	
Threonine....g	0.932		0	A	1		0.792	1.836	
Isoleucine....g	1.021		0	A	1		0.868	2.012	
Leucine....g	1.768		0	A	1		1.503	3.483	
Lysine....g	1.925		0	A	1		1.636	3.792	
Methionine....g	0.572		0	A	1		0.486	1.126	
Cystine....g	0.239		0	A	1		0.204	0.472	
Phenylalanine....g	0.872		0	A	1		0.742	1.719	

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
Tyrosine....g	0.790		0	A	1		0.671	1.556	
Valine....g	1.085		0	A	1		0.922	2.137	
Arginine....g	1.381		0	A	1		1.174	2.721	
Histidine....g	0.896		0	A	1		0.762	1.766	
Alanine....g	1.218		0	A	1		1.036	2.400	
Aspartic acid....g	2.030		0	A	1		1.726	4.000	
Glutamic acid....g	3.314		0	A	1		2.816	6.528	
Glycine....g	0.935		0	A	1		0.795	1.842	
Proline....g	0.839		0	A	1		0.713	1.653	
Serine....g	0.897		0	A	1		0.763	1.768	
Hydroxyproline....g	0.053		0	A	1		0.045	0.105	
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 = 85g: 3 oz

Measure 2 = 197g: 1 rib

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		59.74	318.82	932.70
Energy....kcal	168		0	PIK	4		143	763	2233
Energy....kJ	704		0	PIK	4		598	3194	9343
Protein (N x 6.25)....g	20.48		0	PAK	1		17.41	92.90	271.77
Total lipid (fat)....g	8.96		0	PAK	1		7.62	40.64	118.90
Ash....g	0.95		0	PAK	1		0.81	4.32	12.64
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	0.0
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0	PAK	1		12	62	181
Iron, Fe....mg	0.82		0	PAK	1		0.70	3.71	10.86
Magnesium, Mg....mg	23		0	PAK	1		20	106	310
Phosphorus, P....mg	209		0	PAK	1		177	946	2767
Potassium, K....mg	336		0	PAK	1		285	1523	4455
Sodium, Na....mg	57		0	PAK	1		48	257	753
Zinc, Zn....mg	1.95		0	PAK	1		1.66	8.84	25.87
Copper, Cu....mg	0.088		0	PAK	1		0.075	0.399	1.167
Manganese, Mn....mg	0.012		0	PAK	1		0.010	0.053	0.156
Selenium, Se....µg	29.2		0	PAK	1		24.8	132.6	387.9
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	0.0
Thiamin....mg	0.492		0	PIK	4		0.419	2.234	6.535
Riboflavin....mg	0.277		0	PIK	4		0.235	1.256	3.673
Niacin....mg	6.093		0	PIK	4		5.179	27.637	80.851
Pantothenic acid....mg	0.839		0	PIK	4		0.713	3.803	11.127
Vitamin B-6....mg	0.756		0	PIK	4		0.643	3.430	10.035
Folate, total....µg	0		0	PIK	4		0	0	0
Folic acid....µg	0		0	PIK	4		0	0	0
Folate, food....µg	0		0	PIK	4		0	0	0
Folate, DFE....µg	0		0	NC	4		0	0	0
Choline, total....mg	79.2		0	PIK	4		67.3	359.4	1051.4
Betaine....mg	3.1		0	PIK	4		2.6	13.8	40.5
Vitamin B-12....µg	0.56		0	PIK	4		0.47	2.52	7.38
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	0.00
Vitamin A, RAE....µg	2		0	PAK	1		2	8	24
Retinol....µg	2		0	PIK	4		2	8	24
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	6		0	PAK	1		5	27	79
Lycopene....µg	0		0	PIK	4		0	0	0
Lutein + zeaxanthin....µg	0		0	PIK	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.22		0	PIK	4		0.19	1.02	2.98
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	0.00		0	PAK	1		0.00	0.02	0.05
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.01	0.02
Tocotrienol, alpha....mg	0.00		0	PAK	1		0.00	0.00	0.01
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocotrienol, gamma....mg	0.00		0	PAK	1		0.00	0.01	0.03
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.5		0	PAK	1		0.5	2.5	7.2
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	PIK	4		0.5	2.5	7.2
Vitamin D....IU	22		0	PIK	4		18	98	287
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	0.0

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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.851		0	PIK	4		1.574	8.397	24.566
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	PIK	4		0.000	0.001	0.002
10:0....g	0.007		0	PIK	4		0.006	0.032	0.094
12:0....g	0.005		0	PIK	4		0.004	0.021	0.062
13:0....g									
14:0....g	0.106		0	PIK	4		0.090	0.480	1.403
15:0....g	0.003		0	PIK	4		0.002	0.013	0.038
16:0....g	1.835		0	PIK	4		1.560	8.325	24.354
17:0....g	0.028		0	PIK	4		0.024	0.127	0.371
18:0....g	0.985		0	PIK	4		0.837	4.467	13.068
20:0....g	0.009		0	PAK	1		0.008	0.043	0.124
22:0....g	0.000		0	PIK	4		0.000	0.001	0.002
24:0....g									
Fatty acids, total monounsaturated....g	2.157		0	PIK	4		1.833	9.782	28.618
14:1....g	0.001		0	PIK	4		0.001	0.005	0.015
15:1....g	0.000		0	PIK	4		0.000	0.000	0.000
16:1 undifferentiated....g	0.186		0	PIK	4		0.158	0.844	2.469
17:1....g	0.000		0	PIK	4		0.000	0.000	0.000
18:1 undifferentiated....g	3.342		0	PIK	4		2.841	15.159	44.346
18:1 c....g	3.287		0	PIK	4		2.794	14.909	43.616
18:1 t....g	0.055		0	PIK	4		0.047	0.249	0.730
18:1-11 t (18:1t n-7)....g									
20:1....g	0.052		0	PIK	4		0.044	0.234	0.685
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.754		0	PIK	4		0.641	3.421	10.008
18:2 undifferentiated....g	1.015		0	PIK	4		0.862	4.602	13.463
18:2 n-6 c,c....g	0.987		0	PIK	4		0.839	4.476	13.094
18:2 CLAs....g									
18:2 t,t....g	0.028		0	PIK	4		0.024	0.126	0.370
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.047		0	PIK	4		0.040	0.214	0.627
18:3 n-3 c,c,c (ALA)....g	0.046		0	PIK	4		0.039	0.208	0.609
18:3 n-6 c,c,c....g	0.001		0	PIK	4		0.001	0.006	0.019
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.038		0	PIK	4		0.032	0.170	0.498
20:3 undifferentiated....g	0.005		0	PIK	4		0.004	0.022	0.065
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.043		0	PIK	4		0.037	0.195	0.570
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	0.058		0	PIK	4		0.049	0.263	0.770
Fatty acids, total trans-monoenoic....g	0.039		0	PIK	4		0.033	0.176	0.514
Fatty acids, total trans-polyenoic....g	0.019		0	PIK	4		0.016	0.088	0.256
Cholesterol....mg	70		0	PIK	4		59	316	924
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.216		0	PAK	1		0.183	0.978	2.861
Threonine....g	0.919		0	PAK	1		0.782	4.171	12.202
Isoleucine....g	1.008		0	PAK	1		0.857	4.571	13.373
Leucine....g	1.745		0	PAK	1		1.483	7.914	23.152

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
Lysine....g	1.899		0	PAK	1		1.614	8.616	25.205
Methionine....g	0.564		0	PAK	1		0.479	2.559	7.485
Cystine....g	0.236		0	PAK	1		0.201	1.072	3.136
Phenylalanine....g	0.861		0	PAK	1		0.732	3.905	11.424
Tyrosine....g	0.779		0	PAK	1		0.662	3.535	10.342
Valine....g	1.070		0	PAK	1		0.910	4.854	14.201
Arginine....g	1.363		0	PAK	1		1.158	6.181	18.083
Histidine....g	0.885		0	PAK	1		0.752	4.012	11.738
Alanine....g	1.202		0	PAK	1		1.022	5.453	15.952
Aspartic acid....g	2.003		0	PAK	1		1.703	9.088	26.586
Glutamic acid....g	3.269		0	PAK	1		2.779	14.830	43.386
Glycine....g	0.923		0	PAK	1		0.784	4.186	12.245
Proline....g	0.828		0	PAK	1		0.704	3.756	10.988
Serine....g	0.885		0	PAK	1		0.753	4.017	11.750
Hydroxyproline....g	0.053		0	PAK	1		0.045	0.238	0.698
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 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 1327g: 1 roast without refuse (Yield from 1 raw roast, with refuse, weighing 1817g)

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		62.88	335.56	900.30
Energy....kcal	129		0	NC	4		109	584	1566
Energy....kJ	538		0	NC	4		458	2442	6552
Protein (N x 6.25)....g	21.65	0.464	12	A	1		18.40	98.20	263.46
Total lipid (fat)....g	4.02	0.352	12	A	1		3.41	18.22	48.88
Ash....g	1.00	0.031	12	A	1		0.85	4.54	12.17
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	12	1.194	12	A	1		10	54	144
Iron, Fe....mg	0.85	0.042	12	A	1		0.73	3.87	10.38
Magnesium, Mg....mg	25	0.276	12	A	1		21	112	300
Phosphorus, P....mg	219	2.536	12	A	1		186	991	2659
Potassium, K....mg	353	3.951	12	A	1		300	1599	4290
Sodium, Na....mg	59	1.240	12	A	1		51	270	723
Zinc, Zn....mg	2.05	0.097	12	A	1		1.74	9.31	24.97
Copper, Cu....mg	0.092	0.008	12	A	1		0.078	0.418	1.120
Manganese, Mn....mg	0.013	0.002	12	A	1		0.011	0.058	0.155
Selenium, Se....µg	30.9	4.631	12	A	1		26.2	140.0	375.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.517		0	BFYN	4		0.439	2.344	6.288
Riboflavin....mg	0.292		0	BFYN	4		0.248	1.326	3.557
Niacin....mg	6.344		0	BFYN	4		5.393	28.777	77.209
Pantothenic acid....mg	0.875		0	BFPN	4		0.744	3.968	10.646
Vitamin B-6....mg	0.803		0	BFPN	4		0.682	3.641	9.769
Folate, total....µg	0		0	BFPN	4		0	0	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	0		0	BFPN	4		0	0	0
Folate, DFE....µg	0		0	NC	4		0	0	0
Choline, total....mg	83.5		0	BFPN	4		71.0	378.9	1016.6
Betaine....mg	3.1		0	BFPN	4		2.6	14.1	37.8
Vitamin B-12....µg	0.53		0	BFPN	4		0.45	2.39	6.41
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	AS	1		0	0	0
Retinol....µg	0		0	Z	7		0	0	0
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	0		0	AS	1		0	0	0
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.24		0	BFSN	4		0.20	1.08	2.90
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.4		0	AS	1		0.3	1.8	4.7
Vitamin D....IU	16		0	BFFN	4		13	71	190
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	0.0
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g									
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0....g	0.003		0	BFFN	4		0.003	0.015	0.041
12:0....g	0.001		0	BFFN	4		0.001	0.004	0.012
13:0....g									
14:0....g	0.044		0	BFFN	4		0.038	0.201	0.540
15:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
16:0....g	0.770		0	BFFN	4		0.655	3.494	9.373
17:0....g	0.010		0	BFFN	4		0.009	0.047	0.127
18:0....g	0.387		0	BFFN	4		0.329	1.757	4.715
20:0....g									
22:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:0....g									
Fatty acids, total monounsaturated....g	1.537		0	BFFN	4		1.307	6.974	18.711
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	0.094		0	BFFN	4		0.080	0.428	1.148
17:1....g	0.000		0	BFFN	4		0.000	0.000	0.000
18:1 undifferentiated....g	1.426		0	BFFN	4		1.212	6.469	17.355
18:1 c....g	1.409		0	BFFN	4		1.197	6.389	17.142
18:1 t....g	0.018		0	BFFN	4		0.015	0.080	0.214
18:1-11 t (18:1t n-7)....g									
20:1....g	0.017		0	BFFN	4		0.014	0.077	0.207
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.424		0	BFFN	4		0.361	1.925	5.164
18:2 undifferentiated....g	0.362		0	BFFN	4		0.308	1.642	4.405
18:2 n-6 c,c....g	0.353		0	BFFN	4		0.300	1.600	4.292
18:2 CLAs....g									
18:2 t,t....g	0.009		0	BFFN	4		0.008	0.042	0.112
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.016		0	BFFN	4		0.013	0.070	0.189
18:3 n-3 c,c,c (ALA)....g	0.016		0	BFFN	4		0.013	0.070	0.189
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	0.013		0	BFFN	4		0.011	0.057	0.152
20:3 undifferentiated....g	0.001		0	BFFN	4		0.001	0.003	0.008
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.034		0	BFFN	4		0.029	0.153	0.410
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									
Cholesterol....mg	69		0	BFYN	4		59	313	840
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.228		0	A	1		0.194	1.034	2.773
Threonine....g	0.972		0	A	1		0.826	4.409	11.829
Isoleucine....g	1.065		0	A	1		0.905	4.832	12.964
Leucine....g	1.844		0	A	1		1.568	8.365	22.444
Lysine....g	2.008		0	A	1		1.707	9.107	24.434
Methionine....g	0.596		0	A	1		0.507	2.704	7.256
Cystine....g	0.250		0	A	1		0.212	1.133	3.040
Phenylalanine....g	0.910		0	A	1		0.774	4.128	11.075

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
Tyrosine....g	0.824		0	A	1		0.700	3.737	10.026
Valine....g	1.131		0	A	1		0.962	5.131	13.767
Arginine....g	1.440		0	A	1		1.224	6.534	17.530
Histidine....g	0.935		0	A	1		0.795	4.241	11.379
Alanine....g	1.271		0	A	1		1.080	5.764	15.465
Aspartic acid....g	2.118		0	A	1		1.800	9.606	25.773
Glutamic acid....g	3.456		0	A	1		2.938	15.677	42.060
Glycine....g	0.975		0	A	1		0.829	4.424	11.871
Proline....g	0.875		0	A	1		0.744	3.970	10.652
Serine....g	0.936		0	A	1		0.796	4.246	11.391
Hydroxyproline....g	0.056		0	A	1		0.047	0.252	0.676
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 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 1217g: 1 roast without refuse (Yield from 1 raw roast, with refuse, weighing 1818g)

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		62.18	153.63	
Energy....kcal	133		0	PIK	4		113	278	
Energy....kJ	555		0	PIK	4		471	1165	
Protein (N x 6.25)....g	22.49		0	PAK	1		19.12	47.24	
Total lipid (fat)....g	4.05		0	PAK	1		3.44	8.50	
Ash....g	1.28		0	PAK	1		1.09	2.68	
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		8	20	
Iron, Fe....mg	0.55		0	PAK	1		0.47	1.16	
Magnesium, Mg....mg	22		0	PAK	1		19	47	
Phosphorus, P....mg	247		0	PAK	1		210	519	
Potassium, K....mg	354		0	PAK	1		301	743	
Sodium, Na....mg	63		0	PAK	1		53	132	
Zinc, Zn....mg	1.70		0	PAK	1		1.44	3.56	
Copper, Cu....mg	0.069		0	PAK	1		0.059	0.145	
Manganese, Mn....mg	0.011		0	PAK	1		0.010	0.023	
Selenium, Se....µg	36.7		0	PAK	1		31.2	77.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.600		0	PAK	1		0.510	1.259	
Riboflavin....mg	0.252		0	PAK	1		0.214	0.529	
Niacin....mg	7.239		0	PAK	1		6.153	15.203	
Pantothenic acid....mg	0.721		0	PAK	1		0.613	1.513	
Vitamin B-6....mg	0.600		0	PAK	1		0.510	1.259	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	77.3		0	PIK	4		65.7	162.3	
Betaine....mg	3.0		0	PIK	4		2.5	6.3	
Vitamin B-12....µg	0.49		0	PAK	1		0.42	1.04	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	3		0	PIK	4		2	5	
Retinol....µg	3		0	PIK	4		2	5	
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		7	18	
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	0.37	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.4		0	PAK	1		0.4	0.9	
Vitamin D....IU	18		0	PIK	4		15	37	
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									

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
Lipids:									
Fatty acids, total saturated....g	1.393		0	PIK	4		1.184	2.925	
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		0.001	0.002	
12:0....g	0.001		0	PAK	1		0.001	0.002	
13:0....g									
14:0....g	0.052		0	PAK	1		0.044	0.109	
15:0....g	0.004		0	PAK	1		0.003	0.008	
16:0....g	0.867		0	PAK	1		0.737	1.821	
17:0....g	0.009		0	PAK	1		0.008	0.019	
18:0....g	0.456		0	PAK	1		0.388	0.958	
20:0....g	0.003		0	PAK	1		0.002	0.006	
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		1.463	3.615	
14:1....g	0.000		0	PAK	1		0.000	0.001	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.100		0	PAK	1		0.085	0.210	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	1.595		0	PAK	1		1.356	3.349	
18:1 c....g	1.577		0	PAK	1		1.341	3.312	
18:1 t....g	0.018		0	PAK	1		0.015	0.037	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.026		0	PAK	1		0.023	0.056	
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		0.602	1.486	
18:2 undifferentiated....g	0.600		0	PAK	1		0.510	1.261	
18:2 n-6 c,c....g	0.597		0	PAK	1		0.508	1.254	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.003		0	PAK	1		0.003	0.006	
18:3 undifferentiated....g	0.021		0	PAK	1		0.018	0.045	
18:3 n-3 c,c,c (ALA)....g	0.021		0	PAK	1		0.018	0.043	
18:3 n-6 c,c,c....g	0.001		0	PAK	1		0.000	0.001	
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		0.018	0.045	
20:3 undifferentiated....g	0.002		0	PAK	1		0.001	0.003	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.060		0	PAK	1		0.051	0.127	
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		0.002	0.005	
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000	0.001	
Fatty acids, total trans....g	0.021		0	PIK	4		0.018	0.043	
Fatty acids, total trans-monoenoic....g	0.018		0	PIK	4		0.015	0.037	
Fatty acids, total trans-polyenoic....g	0.003		0	PIK	4		0.003	0.006	
Cholesterol....mg	63		0	PAK	1		53	132	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.268		0	PAK	1		0.228	0.562	
Threonine....g	0.989		0	PAK	1		0.841	2.077	
Isoleucine....g	1.065		0	PAK	1		0.905	2.237	
Leucine....g	1.851		0	PAK	1		1.574	3.888	

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
Lysine....g	2.001		0	PAK	1		1.700	4.201	
Methionine....g	0.617		0	PAK	1		0.524	1.295	
Cystine....g	0.254		0	PAK	1		0.216	0.533	
Phenylalanine....g	0.935		0	PAK	1		0.794	1.963	
Tyrosine....g	0.891		0	PAK	1		0.758	1.872	
Valine....g	1.138		0	PAK	1		0.967	2.389	
Arginine....g	1.449		0	PAK	1		1.232	3.044	
Histidine....g	0.915		0	PAK	1		0.778	1.921	
Alanine....g	1.288		0	PAK	1		1.095	2.706	
Aspartic acid....g	2.104		0	PAK	1		1.789	4.419	
Glutamic acid....g	3.436		0	PAK	1		2.921	7.216	
Glycine....g	1.017		0	PAK	1		0.864	2.135	
Proline....g	0.910		0	PAK	1		0.773	1.910	
Serine....g	0.939		0	PAK	1		0.799	1.973	
Hydroxyproline....g	0.078		0	PAK	1		0.067	0.165	
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 = 210g: 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 27 (2014)

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		63.16	156.03	
Energy....kcal	121		0	NC	4		103	254	
Energy....kJ	505		0	NC	4		429	1061	
Protein (N x 6.25)....g	22.81	0.246	12	A	1		19.39	47.90	
Total lipid (fat)....g	2.59	0.179	18	A	1		2.20	5.44	
Ash....g	1.30	0.090	12	A	1		1.10	2.72	
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	9	0.189	12	A	1		8	19	
Iron, Fe....mg	0.56	0.020	12	A	1		0.48	1.18	
Magnesium, Mg....mg	23	0.446	12	A	1		19	48	
Phosphorus, P....mg	251	4.957	12	A	1		213	527	
Potassium, K....mg	354	4.858	12	A	1		301	744	
Sodium, Na....mg	63	0.669	12	A	1		54	132	
Zinc, Zn....mg	1.72	0.032	12	A	1		1.46	3.61	
Copper, Cu....mg	0.069	0.004	12	A	1		0.059	0.145	
Manganese, Mn....mg	0.011	0.000	12	A	1		0.010	0.024	
Selenium, Se....µg	37.4	3.133	12	A	1		31.8	78.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.610	0.033	12	A	1		0.519	1.281	
Riboflavin....mg	0.256	0.011	12	A	1		0.217	0.537	
Niacin....mg	7.348	0.265	12	A	1		6.246	15.431	
Pantothenic acid....mg	0.728	0.027	4	A	1		0.618	1.528	
Vitamin B-6....mg	0.611	0.024	4	A	1		0.519	1.282	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	78.4		0	BFPN	4		66.6	164.6	
Betaine....mg	3.0		0	BFPN	4		2.6	6.4	
Vitamin B-12....µg	0.49	0.030	4	A	1		0.42	1.03	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	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	7		0	NC	4		6	14	
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		0.14	0.36	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.4		0	AS	1		0.3	0.9	
Vitamin D....IU	16		0	BFFN	4		14	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									

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
Lipids:									
Fatty acids, total saturated....g	0.906		0	NC	4		0.770	1.903	
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	0.033	0.003	6	A	1		0.028	0.070	
15:0....g	0.003	0.002	6	A	1		0.002	0.006	
16:0....g	0.566	0.046	6	A	1		0.481	1.189	
17:0....g	0.004	0.002	6	A	1		0.003	0.008	
18:0....g	0.300	0.024	6	A	1		0.255	0.629	
20:0....g	0.000	0.000	6	A	1		0.000	0.000	
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	1.099		0	NC	4		0.934	2.308	
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	0.072	0.005	6	A	1		0.061	0.151	
17:1....g	0.000	0.000	6	A	1		0.000	0.000	
18:1 undifferentiated....g	1.011	0.080	6	AS	1		0.860	2.124	
18:1 c....g	1.004	0.078	6	A	1		0.854	2.109	
18:1 t....g	0.007	0.002	6	A	1		0.006	0.015	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.016	0.001	6	A	1		0.013	0.033	
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	0.413		0	NC	4		0.351	0.867	
18:2 undifferentiated....g	0.335	0.036	6	AS	1		0.284	0.703	
18:2 n-6 c,c....g	0.335	0.036	6	A	1		0.284	0.703	
18:2 CLAs....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	0.008	0.002	6	AS	1		0.007	0.016	
18:3 n-3 c,c,c (ALA)....g	0.008	0.002	6	A	1		0.007	0.016	
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	0.012	0.001	6	A	1		0.010	0.024	
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	0.001	6	A	1		0.049	0.121	
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	0.001	0.001	6	A	1		0.001	0.002	
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans....g	0.007		0	NC	4		0.006	0.015	
Fatty acids, total trans-monoenoic....g	0.007		0	NC	4		0.006	0.015	
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	
Cholesterol....mg	63	1.435	6	A	1		53	131	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.271		0	A	1		0.231	0.570	
Threonine....g	1.003		0	A	1		0.853	2.106	
Isoleucine....g	1.080		0	A	1		0.918	2.268	
Leucine....g	1.877		0	A	1		1.596	3.942	

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
Lysine....g	2.028		0	A	1		1.724	4.260	
Methionine....g	0.625		0	A	1		0.531	1.313	
Cystine....g	0.257		0	A	1		0.219	0.540	
Phenylalanine....g	0.948		0	A	1		0.806	1.990	
Tyrosine....g	0.904		0	A	1		0.768	1.898	
Valine....g	1.154		0	A	1		0.981	2.423	
Arginine....g	1.470		0	A	1		1.249	3.086	
Histidine....g	0.928		0	A	1		0.789	1.948	
Alanine....g	1.306		0	A	1		1.110	2.743	
Aspartic acid....g	2.133		0	A	1		1.813	4.480	
Glutamic acid....g	3.484		0	A	1		2.962	7.317	
Glycine....g	1.031		0	A	1		0.876	2.165	
Proline....g	0.922		0	A	1		0.784	1.937	
Serine....g	0.952		0	A	1		0.810	2.000	
Hydroxyproline....g	0.080		0	A	1		0.068	0.167	
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 = 85g: 3 oz

Measure 2 = 210g: 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 27 (2014)

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		50.05	105.98	
Energy....kcal	234		0	PIK	4		199	421	
Energy....kJ	979		0	PIK	4		832	1763	
Protein (N x 6.25)....g	28.81		0	PAK	1		24.49	51.86	
Total lipid (fat)....g	12.31		0	PAK	1		10.46	22.16	
Ash....g	1.20		0	PAK	1		1.02	2.16	
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	12		0	PIK	4		10	21	
Iron, Fe....mg	0.71		0	PIK	4		0.60	1.27	
Magnesium, Mg....mg	24		0	PIK	4		21	44	
Phosphorus, P....mg	285		0	PIK	4		243	514	
Potassium, K....mg	400		0	PIK	4		340	720	
Sodium, Na....mg	58		0	PIK	4		49	104	
Zinc, Zn....mg	1.97		0	PIK	4		1.68	3.55	
Copper, Cu....mg	0.085		0	PIK	4		0.073	0.154	
Manganese, Mn....mg	0.013		0	PIK	4		0.011	0.024	
Selenium, Se....µg	44.1		0	PIK	4		37.5	79.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.633		0	PIK	4		0.538	1.140	
Riboflavin....mg	0.264		0	PIK	4		0.225	0.476	
Niacin....mg	7.537		0	PIK	4		6.407	13.567	
Pantothenic acid....mg	0.966		0	PIK	4		0.821	1.738	
Vitamin B-6....mg	0.507		0	PIK	4		0.431	0.912	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	84.7		0	PIK	4		72.0	152.5	
Betaine....mg	3.3		0	PIK	4		2.8	6.0	
Vitamin B-12....µg	0.63		0	PIK	4		0.53	1.13	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	4		0	PIK	4		3	7	
Retinol....µg	4		0	PIK	4		3	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	13		0	PIK	4		11	23	
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		0.19	0.40	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	PAK	1		0.5	1.0	
Vitamin D....IU	22		0	PIK	4		19	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									

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
Lipids:									
Fatty acids, total saturated....g	4.294		0	PIK	4		3.650	7.730	
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	PAK	1		0.000	0.000	
10:0....g	0.010		0	PAK	1		0.009	0.018	
12:0....g	0.007		0	PAK	1		0.006	0.013	
13:0....g									
14:0....g	0.158		0	PAK	1		0.135	0.285	
15:0....g	0.004		0	PAK	1		0.003	0.007	
16:0....g	2.671		0	PAK	1		2.270	4.808	
17:0....g	0.042		0	PAK	1		0.036	0.076	
18:0....g	1.382		0	PAK	1		1.174	2.487	
20:0....g	0.020		0	PAK	1		0.017	0.036	
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	5.180		0	PIK	4		4.403	9.324	
14:1....g	0.001		0	PAK	1		0.001	0.002	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.272		0	PAK	1		0.232	0.490	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	4.823		0	PAK	1		4.099	8.681	
18:1 c....g	4.756		0	PAK	1		4.043	8.561	
18:1 t....g	0.067		0	PAK	1		0.057	0.120	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.084		0	PAK	1		0.071	0.151	
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	2.160		0	PIK	4		1.836	3.889	
18:2 undifferentiated....g	1.893		0	PAK	1		1.609	3.407	
18:2 n-6 c,c....g	1.881		0	PAK	1		1.599	3.387	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.011		0	PAK	1		0.010	0.021	
18:3 undifferentiated....g	0.077		0	PAK	1		0.065	0.138	
18:3 n-3 c,c,c (ALA)....g	0.075		0	PAK	1		0.063	0.134	
18:3 n-6 c,c,c....g	0.002		0	PAK	1		0.002	0.004	
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	0.072		0	PAK	1		0.061	0.130	
20:3 undifferentiated....g	0.008		0	PAK	1		0.007	0.015	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.095		0	PAK	1		0.081	0.172	
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	0.014		0	PAK	1		0.012	0.025	
22:6 n-3 (DHA)....g	0.001		0	PAK	1		0.001	0.003	
Fatty acids, total trans....g	0.078		0	PIK	4		0.066	0.141	
Fatty acids, total trans-monoenoic....g	0.067		0	PIK	4		0.057	0.120	
Fatty acids, total trans-polyenoic....g	0.011		0	PIK	4		0.010	0.021	
Cholesterol....mg	87		0	PAK	1		74	157	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.343		0	PAK	1		0.291	0.617	
Threonine....g	1.267		0	PAK	1		1.077	2.281	
Isoleucine....g	1.364		0	PAK	1		1.160	2.456	
Leucine....g	2.371		0	PAK	1		2.016	4.269	

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
Lysine....g	2.562		0	PAK	1		2.178	4.612	
Methionine....g	0.790		0	PAK	1		0.671	1.422	
Cystine....g	0.325		0	PAK	1		0.276	0.585	
Phenylalanine....g	1.197		0	PAK	1		1.018	2.155	
Tyrosine....g	1.142		0	PAK	1		0.970	2.055	
Valine....g	1.457		0	PAK	1		1.239	2.623	
Arginine....g	1.857		0	PAK	1		1.578	3.342	
Histidine....g	1.172		0	PAK	1		0.996	2.110	
Alanine....g	1.650		0	PAK	1		1.403	2.971	
Aspartic acid....g	2.695		0	PAK	1		2.291	4.851	
Glutamic acid....g	4.402		0	PAK	1		3.741	7.923	
Glycine....g	1.302		0	PAK	1		1.107	2.344	
Proline....g	1.165		0	PAK	1		0.990	2.097	
Serine....g	1.203		0	PAK	1		1.023	2.166	
Hydroxyproline....g	0.101		0	PAK	1		0.085	0.181	
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 = 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 27 (2014)

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		51.49	118.13	
Energy....kcal	222		0	PIK	4		188	432	
Energy....kJ	928		0	PIK	4		789	1809	
Protein (N x 6.25)....g	26.96		0	PAK	1		22.91	52.56	
Total lipid (fat)....g	11.82		0	PAK	1		10.05	23.06	
Ash....g	1.21		0	PAK	1		1.03	2.36	
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	60		0	PIK	4		51	118	
Iron, Fe....mg	1.01		0	PIK	4		0.86	1.97	
Magnesium, Mg....mg	23		0	PIK	4		20	45	
Phosphorus, P....mg	280		0	PIK	4		238	546	
Potassium, K....mg	363		0	PIK	4		309	708	
Sodium, Na....mg	86		0	PIK	4		73	167	
Zinc, Zn....mg	3.60		0	PIK	4		3.06	7.02	
Copper, Cu....mg	0.120		0	PIK	4		0.102	0.234	
Manganese, Mn....mg	0.012		0	PIK	4		0.010	0.023	
Selenium, Se....µg	41.8		0	PIK	4		35.5	81.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.695		0	PIK	4		0.591	1.355	
Riboflavin....mg	0.278		0	PIK	4		0.236	0.541	
Niacin....mg	8.414		0	PIK	4		7.152	16.406	
Pantothenic acid....mg	1.254		0	PIK	4		1.066	2.446	
Vitamin B-6....mg	0.562		0	PIK	4		0.478	1.096	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	91.0		0	PIK	4		77.3	177.4	
Betaine....mg	3.6		0	PIK	4		3.1	7.0	
Vitamin B-12....µg	0.75		0	PIK	4		0.63	1.45	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	5		0	PIK	4		4	9	
Retinol....µg	5		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	16		0	PIK	4		13	30	
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	PIK	4		0.20	0.47	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.0		0	PAK	1		0.9	2.0	
Vitamin D....IU	42		0	PIK	4		36	82	
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									

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
Lipids:									
Fatty acids, total saturated....g	4.045		0	PIK	4		3.438	7.887	
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	0.006		0	PIK	4		0.005	0.011	
12:0....g	0.006		0	PIK	4		0.005	0.011	
13:0....g									
14:0....g	0.153		0	PIK	4		0.130	0.298	
15:0....g	0.004		0	PAK	1		0.004	0.008	
16:0....g	2.517		0	PIK	4		2.140	4.909	
17:0....g	0.025		0	PAK	1		0.021	0.048	
18:0....g	1.306		0	PIK	4		1.110	2.548	
20:0....g	0.013		0	PAK	1		0.011	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	4.842		0	PIK	4		4.116	9.443	
14:1....g	0.001		0	PAK	1		0.001	0.003	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.257		0	PIK	4		0.219	0.502	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	4.508		0	PIK	4		3.832	8.791	
18:1 c....g	2.806		0	PAK	1		2.385	5.473	
18:1 t....g	0.040		0	PAK	1		0.034	0.079	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.075		0	PIK	4		0.064	0.147	
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	1.908		0	PIK	4		1.622	3.722	
18:2 undifferentiated....g	1.673		0	PIK	4		1.422	3.263	
18:2 n-6 c,c....g	1.083		0	PAK	1		0.920	2.111	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.009		0	PAK	1		0.008	0.018	
18:3 undifferentiated....g	0.062		0	PIK	4		0.053	0.121	
18:3 n-3 c,c,c (ALA)....g	0.044		0	PAK	1		0.037	0.085	
18:3 n-6 c,c,c....g	0.002		0	PAK	1		0.002	0.005	
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.044		0	PAK	1		0.037	0.086	
20:3 undifferentiated....g	0.006		0	PAK	1		0.005	0.012	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.094		0	PIK	4		0.080	0.184	
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	0.009		0	PIK	4		0.008	0.018	
22:6 n-3 (DHA)....g	0.002		0	PIK	4		0.001	0.003	
Fatty acids, total trans....g	0.050		0	PIK	4		0.042	0.097	
Fatty acids, total trans-monoenoic....g	0.040		0	PIK	4		0.034	0.079	
Fatty acids, total trans-polyenoic....g	0.009		0	PIK	4		0.008	0.018	
Cholesterol....mg	87		0	PAK	1		74	169	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.321		0	PAK	1		0.273	0.626	
Threonine....g	1.185		0	PAK	1		1.008	2.312	
Isoleucine....g	1.276		0	PAK	1		1.085	2.489	
Leucine....g	2.219		0	PAK	1		1.886	4.326	

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
Lysine....g	2.397		0	PAK	1		2.038	4.675	
Methionine....g	0.739		0	PAK	1		0.628	1.441	
Cystine....g	0.304		0	PAK	1		0.258	0.593	
Phenylalanine....g	1.120		0	PAK	1		0.952	2.184	
Tyrosine....g	1.068		0	PAK	1		0.908	2.083	
Valine....g	1.363		0	PAK	1		1.159	2.659	
Arginine....g	1.737		0	PAK	1		1.476	3.387	
Histidine....g	1.096		0	PAK	1		0.932	2.138	
Alanine....g	1.544		0	PAK	1		1.312	3.011	
Aspartic acid....g	2.521		0	PAK	1		2.143	4.917	
Glutamic acid....g	4.118		0	PAK	1		3.500	8.030	
Glycine....g	1.218		0	PAK	1		1.036	2.376	
Proline....g	1.090		0	PAK	1		0.926	2.125	
Serine....g	1.126		0	PAK	1		0.957	2.195	
Hydroxyproline....g	0.094		0	PAK	1		0.080	0.183	
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 = 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 27 (2014)

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		52.84	111.89	
Energy....kcal	195		0	NC	4		165	350	
Energy....kJ	814		0	NC	4		692	1465	
Protein (N x 6.25)....g	31.00	0.460	6	A	1		26.35	55.80	
Total lipid (fat)....g	6.90	0.488	6	A	1		5.87	12.42	
Ash....g	1.28	0.046	6	A	1		1.09	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		9	19	
Iron, Fe....mg	0.73		0	BFNN	4		0.62	1.31	
Magnesium, Mg....mg	26		0	BFNN	4		22	47	
Phosphorus, P....mg	303		0	BFNN	4		258	545	
Potassium, K....mg	428		0	BFNN	4		364	770	
Sodium, Na....mg	58		0	BFNN	4		49	105	
Zinc, Zn....mg	2.09		0	BFNN	4		1.78	3.77	
Copper, Cu....mg	0.085		0	BFNN	4		0.072	0.153	
Manganese, Mn....mg	0.014		0	BFNN	4		0.012	0.026	
Selenium, Se....µg	47.4		0	BFNN	4		40.3	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		0.574	1.216	
Riboflavin....mg	0.271		0	BFPN	4		0.230	0.488	
Niacin....mg	7.982		0	BFPN	4		6.785	14.367	
Pantothenic acid....mg	1.011		0	BFPN	4		0.860	1.821	
Vitamin B-6....mg	0.538		0	BFPN	4		0.457	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....µg	0		0	NC	4		0	0	
Choline, total....mg	89.9		0	BFPN	4		76.4	161.9	
Betaine....mg	3.5		0	BFPN	4		3.0	6.3	
Vitamin B-12....µg	0.64		0	BFPN	4		0.54	1.15	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2		0	NC	4		1	3	
Retinol....µg	2		0	BFSN	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	6		0	NC	4		5	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		0.21	0.44	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.4		0	AS	1		0.4	0.8	
Vitamin D....IU	17		0	BFFN	4		15	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									

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
Lipids:									
Fatty acids, total saturated....g	2.327		0	NC	4		1.978	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		0.005	0.010	
12:0....g	0.003	0.002	6	A	1		0.002	0.005	
13:0....g									
14:0....g	0.085	0.008	6	A	1		0.072	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		1.225	2.593	
17:0....g	0.023	0.002	6	A	1		0.019	0.041	
18:0....g	0.760	0.074	6	A	1		0.646	1.368	
20:0....g	0.010	0.001	6	A	1		0.009	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		2.367	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		0.136	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		2.196	4.649	
18:1 c....g	2.548	0.192	6	A	1		2.166	4.587	
18:1 t....g	0.035	0.007	6	A	1		0.029	0.062	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.042	0.004	6	A	1		0.036	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		1.034	2.191	
18:2 undifferentiated....g	1.038	0.122	6	AS	1		0.882	1.868	
18:2 n-6 c,c....g	1.035	0.120	6	A	1		0.879	1.862	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.004	0.002	6	A	1		0.003	0.006	
18:3 undifferentiated....g	0.040	0.008	6	AS	1		0.034	0.073	
18:3 n-3 c,c,c (ALA)....g	0.040	0.008	6	A	1		0.034	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		0.032	0.067	
20:3 undifferentiated....g	0.003	0.002	6	A	1		0.003	0.005	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.087	0.003	6	A	1		0.074	0.157	
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		0.009	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		0.032	0.069	
Fatty acids, total trans-monoenoic....g	0.035		0	NC	4		0.029	0.062	
Fatty acids, total trans-polyenoic....g	0.004		0	NC	4		0.003	0.006	
Cholesterol....mg	88	2.961	6	A	1		75	159	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.369		0	A	1		0.314	0.664	
Threonine....g	1.363		0	A	1		1.159	2.454	
Isoleucine....g	1.468		0	A	1		1.248	2.642	
Leucine....g	2.552		0	A	1		2.169	4.593	

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
Lysine....g	2.757		0	A	1		2.344	4.963	
Methionine....g	0.850		0	A	1		0.722	1.529	
Cystine....g	0.350		0	A	1		0.297	0.629	
Phenylalanine....g	1.288		0	A	1		1.095	2.319	
Tyrosine....g	1.228		0	A	1		1.044	2.211	
Valine....g	1.568		0	A	1		1.333	2.822	
Arginine....g	1.998		0	A	1		1.698	3.596	
Histidine....g	1.261		0	A	1		1.072	2.270	
Alanine....g	1.776		0	A	1		1.509	3.196	
Aspartic acid....g	2.900		0	A	1		2.465	5.220	
Glutamic acid....g	4.736		0	A	1		4.025	8.524	
Glycine....g	1.401		0	A	1		1.191	2.522	
Proline....g	1.253		0	A	1		1.065	2.256	
Serine....g	1.295		0	A	1		1.100	2.330	
Hydroxyproline....g	0.108		0	BFPN	4		0.092	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 = 85g: 3 oz

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 27 (2014)

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		54.92	125.99	
Energy....kcal	174		0	NC	4		148	340	
Energy....kJ	729		0	NC	4		620	1422	
Protein (N x 6.25)....g	29.29	0.489	6	A	1		24.90	57.12	
Total lipid (fat)....g	5.45	0.211	6	A	1		4.63	10.63	
Ash....g	1.31	0.017	6	A	1		1.11	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		55	126	
Iron, Fe....mg	1.07		0	BFNN	4		0.91	2.09	
Magnesium, Mg....mg	25		0	BFNN	4		21	48	
Phosphorus, P....mg	300		0	BFNN	4		255	585	
Potassium, K....mg	391		0	BFNN	4		332	762	
Sodium, Na....mg	89		0	BFNN	4		76	173	
Zinc, Zn....mg	3.94		0	BFNN	4		3.35	7.67	
Copper, Cu....mg	0.123		0	BFNN	4		0.105	0.241	
Manganese, Mn....mg	0.013		0	BFNN	4		0.011	0.025	
Selenium, Se....µg	45.3		0	BFNN	4		38.5	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		0.639	1.466	
Riboflavin....mg	0.287		0	BFPN	4		0.244	0.559	
Niacin....mg	9.035		0	BFPN	4		7.680	17.619	
Pantothenic acid....mg	1.342		0	BFPN	4		1.140	2.616	
Vitamin B-6....mg	0.606		0	BFPN	4		0.515	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....µg	0		0	NC	4		0	0	
Choline, total....mg	97.8		0	BFPN	4		83.1	190.7	
Betaine....mg	3.8		0	BFPN	4		3.2	7.4	
Vitamin B-12....µg	0.77		0	BFPN	4		0.65	1.50	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2		0	NC	4		2	5	
Retinol....µg	2		0	BFSN	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	8		0	NC	4		7	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		0.23	0.52	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.0		0	AS	1		0.8	1.9	
Vitamin D....IU	38		0	BFFN	4		33	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									

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
Lipids:									
Fatty acids, total saturated....g	1.718		0	BFYN	4		1.460	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		0.056	0.128	
15:0....g									
16:0....g	1.063		0	BFYN	4		0.903	2.073	
17:0....g									
18:0....g	0.572		0	BFYN	4		0.486	1.115	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.007		0	BFYN	4		1.706	3.913	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.124		0	BFYN	4		0.106	0.243	
17:1....g									
18:1 undifferentiated....g	1.857		0	BFYN	4		1.578	3.620	
20:1....g	0.026		0	BFYN	4		0.022	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		0.661	1.516	
18:2 undifferentiated....g	0.650		0	BFYN	4		0.552	1.267	
18:3 undifferentiated....g	0.018		0	BFYN	4		0.015	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		0.072	0.165	
20:5 n-3 (EPA)....g	0.000		0	BFYN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.005		0	BFYN	4		0.005	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		75	171	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.349		0	A	1		0.296	0.680	
Threonine....g	1.288		0	A	1		1.095	2.512	
Isoleucine....g	1.387		0	A	1		1.179	2.705	
Leucine....g	2.411		0	A	1		2.049	4.701	
Lysine....g	2.605		0	A	1		2.214	5.080	
Methionine....g	0.803		0	A	1		0.682	1.566	
Cystine....g	0.330		0	A	1		0.281	0.644	
Phenylalanine....g	1.217		0	A	1		1.035	2.373	
Tyrosine....g	1.161		0	A	1		0.986	2.263	
Valine....g	1.482		0	A	1		1.259	2.889	
Arginine....g	1.887		0	A	1		1.604	3.681	
Histidine....g	1.191		0	A	1		1.013	2.323	
Alanine....g	1.678		0	A	1		1.426	3.272	
Aspartic acid....g	2.740		0	A	1		2.329	5.343	
Glutamic acid....g	4.475		0	A	1		3.804	8.726	
Glycine....g	1.324		0	A	1		1.125	2.582	
Proline....g	1.184		0	A	1		1.007	2.310	
Serine....g	1.223		0	A	1		1.040	2.385	
Hydroxyproline....g	0.102		0	A	1		0.087	0.199	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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 = 85g: 3 oz

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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.4		0	PAK	1		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									

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
Lipids:									
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 t....g	0.006		0	PAK	1		0.005	0.005	
18:1-11 t (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 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-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	
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	

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
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 27 (2014)

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		56.08	104.91	
Energy....kcal	170		0	PIK	4		145	271	
Energy....kJ	712		0	PIK	4		606	1133	
Protein (N x 6.25)....g	28.19		0	PAK	1		23.96	44.82	
Total lipid (fat)....g	5.53		0	PAK	1		4.70	8.80	
Ash....g	1.37		0	PAK	1		1.16	2.17	
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		10	18	
Iron, Fe....mg	0.87		0	PAK	1		0.74	1.38	
Magnesium, Mg....mg	27		0	PAK	1		23	43	
Phosphorus, P....mg	292		0	PAK	1		248	464	
Potassium, K....mg	420		0	PAK	1		357	667	
Sodium, Na....mg	65		0	PAK	1		56	104	
Zinc, Zn....mg	2.15		0	PAK	1		1.83	3.42	
Copper, Cu....mg	0.085		0	PAK	1		0.073	0.136	
Manganese, Mn....mg	0.015		0	PAK	1		0.013	0.023	
Selenium, Se....µg	45.3		0	PAK	1		38.5	72.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.653		0	PAK	1		0.555	1.038	
Riboflavin....mg	0.290		0	PAK	1		0.246	0.461	
Niacin....mg	8.654		0	PAK	1		7.356	13.759	
Pantothenic acid....mg	1.295		0	PIK	4		1.100	2.059	
Vitamin B-6....mg	0.584		0	PIK	4		0.496	0.928	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	105.6		0	PIK	4		89.7	167.9	
Betaine....mg	4.1		0	PIK	4		3.5	6.5	
Vitamin B-12....µg	0.75		0	PIK	4		0.64	1.19	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	2		0	PIK	4		2	4	
Retinol....µg	2		0	PIK	4		2	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	8		0	PIK	4		7	13	
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	PIK	4		0.22	0.41	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.7		0	PAK	1		0.6	1.0	
Vitamin D....IU	26		0	PIK	4		22	42	
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									

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
Lipids:									
Fatty acids, total saturated....g	1.785		0	PIK	4		1.517	2.837	
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		0.001	0.002	
12:0....g	0.001		0	PAK	1		0.001	0.002	
13:0....g									
14:0....g	0.068		0	PAK	1		0.058	0.108	
15:0....g	0.003		0	PAK	1		0.002	0.004	
16:0....g	1.107		0	PAK	1		0.941	1.760	
17:0....g	0.014		0	PAK	1		0.012	0.022	
18:0....g	0.587		0	PAK	1		0.499	0.933	
20:0....g	0.004		0	PAK	1		0.003	0.007	
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	2.106		0	PIK	4		1.790	3.348	
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	0.123		0	PAK	1		0.104	0.195	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	1.953		0	PAK	1		1.660	3.106	
18:1 c....g	1.936		0	PAK	1		1.646	3.079	
18:1 t....g	0.017		0	PAK	1		0.015	0.027	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.029		0	PAK	1		0.025	0.047	
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	0.822		0	PIK	4		0.698	1.307	
18:2 undifferentiated....g	0.701		0	PAK	1		0.596	1.114	
18:2 n-6 c,c....g	0.699		0	PAK	1		0.594	1.112	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.002		0	PAK	1		0.001	0.003	
18:3 undifferentiated....g	0.022		0	PAK	1		0.019	0.036	
18:3 n-3 c,c,c (ALA)....g	0.022		0	PAK	1		0.019	0.035	
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000	0.001	
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	0.023		0	PAK	1		0.020	0.037	
20:3 undifferentiated....g	0.001		0	PAK	1		0.001	0.002	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.069		0	PAK	1		0.058	0.109	
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	0.005		0	PAK	1		0.004	0.008	
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans....g	0.019		0	PIK	4		0.016	0.030	
Fatty acids, total trans-monoenoic....g	0.017		0	PIK	4		0.015	0.027	
Fatty acids, total trans-polyenoic....g	0.002		0	PIK	4		0.001	0.003	
Cholesterol....mg	76		0	PAK	1		65	122	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.336		0	PAK	1		0.285	0.533	
Threonine....g	1.240		0	PAK	1		1.054	1.971	
Isoleucine....g	1.335		0	PAK	1		1.135	2.122	
Leucine....g	2.320		0	PAK	1		1.972	3.689	

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
Lysine....g	2.507		0	PAK	1		2.131	3.986	
Methionine....g	0.773		0	PAK	1		0.657	1.229	
Cystine....g	0.318		0	PAK	1		0.270	0.505	
Phenylalanine....g	1.171		0	PAK	1		0.996	1.862	
Tyrosine....g	1.117		0	PAK	1		0.949	1.776	
Valine....g	1.426		0	PAK	1		1.212	2.267	
Arginine....g	1.816		0	PAK	1		1.544	2.888	
Histidine....g	1.147		0	PAK	1		0.975	1.823	
Alanine....g	1.615		0	PAK	1		1.372	2.567	
Aspartic acid....g	2.637		0	PAK	1		2.241	4.193	
Glutamic acid....g	4.306		0	PAK	1		3.661	6.847	
Glycine....g	1.274		0	PAK	1		1.083	2.026	
Proline....g	1.140		0	PAK	1		0.969	1.812	
Serine....g	1.177		0	PAK	1		1.001	1.872	
Hydroxyproline....g	0.098		0	PAK	1		0.084	0.156	
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 = 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 27 (2014)

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		56.45	106.93	
Energy....kcal	163		0	NC	4		139	263	
Energy....kJ	683		0	NC	4		581	1100	
Protein (N x 6.25)....g	28.75	0.263	12	A	1		24.44	46.29	
Total lipid (fat)....g	4.50	0.376	12	A	1		3.83	7.25	
Ash....g	1.43	0.057	12	A	1		1.21	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	0.335	12	A	1		9	17	
Iron, Fe....mg	0.71	0.027	12	A	1		0.60	1.14	
Magnesium, Mg....mg	25	0.449	12	A	1		21	41	
Phosphorus, P....mg	294	4.876	12	A	1		250	474	
Potassium, K....mg	416	8.480	12	A	1		353	669	
Sodium, Na....mg	56	0.760	12	A	1		48	91	
Zinc, Zn....mg	2.04	0.052	12	A	1		1.73	3.28	
Copper, Cu....mg	0.083	0.004	12	A	1		0.070	0.133	
Manganese, Mn....mg	0.014	0.000	12	A	1		0.012	0.022	
Selenium, Se....µg	46.1	4.017	12	A	1		39.1	74.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.663	0.033	12	A	1		0.564	1.068	
Riboflavin....mg	0.266	0.011	12	A	1		0.226	0.428	
Niacin....mg	7.834	0.254	12	A	1		6.659	12.613	
Pantothenic acid....mg	0.993		0	BFPN	4		0.844	1.598	
Vitamin B-6....mg	0.528		0	BFPN	4		0.449	0.851	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	88.3		0	BFPN	4		75.0	142.1	
Betaine....mg	3.4		0	BFPN	4		2.9	5.5	
Vitamin B-12....µg	0.63		0	BFPN	4		0.53	1.01	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2		0	NC	4		1	3	
Retinol....µg	2		0	BFSN	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	5		0	NC	4		5	9	
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		0.15	0.29	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.4		0	AS	1		0.3	0.6	
Vitamin D....IU	14		0	BFFN	4		12	23	
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									

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
Lipids:									
Fatty acids, total saturated....g	1.517		0	BFFN	4		1.290	2.443	
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	0.004		0	BFFN	4		0.003	0.006	
12:0....g	0.002		0	BFFN	4		0.001	0.003	
13:0....g									
14:0....g	0.055		0	BFFN	4		0.047	0.089	
15:0....g									
16:0....g	0.940		0	BFFN	4		0.799	1.513	
17:0....g									
18:0....g	0.496		0	BFFN	4		0.421	0.798	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.816		0	BFFN	4		1.544	2.924	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.104		0	BFFN	4		0.089	0.168	
17:1....g									
18:1 undifferentiated....g	1.685		0	BFFN	4		1.432	2.712	
20:1....g	0.027		0	BFFN	4		0.023	0.044	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.794		0	BFFN	4		0.675	1.278	
18:2 undifferentiated....g	0.677		0	BFFN	4		0.575	1.090	
18:3 undifferentiated....g	0.026		0	BFFN	4		0.022	0.042	
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	0.057		0	BFFN	4		0.048	0.092	
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	0.007		0	BFFN	4		0.006	0.012	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	80	1.993	6	A	1		68	128	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.342		0	A	1		0.291	0.551	
Threonine....g	1.264		0	A	1		1.075	2.036	
Isoleucine....g	1.361		0	A	1		1.157	2.192	
Leucine....g	2.366		0	A	1		2.011	3.810	
Lysine....g	2.557		0	A	1		2.173	4.117	
Methionine....g	0.788		0	A	1		0.670	1.269	
Cystine....g	0.324		0	A	1		0.276	0.522	
Phenylalanine....g	1.195		0	A	1		1.015	1.923	
Tyrosine....g	1.139		0	A	1		0.968	1.834	
Valine....g	1.454		0	A	1		1.236	2.341	
Arginine....g	1.853		0	A	1		1.575	2.983	
Histidine....g	1.169		0	A	1		0.994	1.883	
Alanine....g	1.647		0	A	1		1.400	2.651	
Aspartic acid....g	2.689		0	A	1		2.286	4.330	
Glutamic acid....g	4.392		0	A	1		3.733	7.071	
Glycine....g	1.299		0	A	1		1.104	2.092	
Proline....g	1.162		0	A	1		0.988	1.872	
Serine....g	1.201		0	A	1		1.021	1.933	
Hydroxyproline....g	0.100		0	A	1		0.085	0.162	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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 = 85g: 3 oz

Measure 2 = 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 27 (2014)

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		56.74	106.13	
Energy....kcal	161		0	NC	4		137	257	
Energy....kJ	676		0	NC	4		575	1075	
Protein (N x 6.25)....g	28.60	0.469	12	A	1		24.31	45.47	
Total lipid (fat)....g	4.36	0.357	18	A	1		3.71	6.93	
Ash....g	1.38	0.067	12	A	1		1.18	2.20	
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	11	0.232	12	A	1		9	18	
Iron, Fe....mg	0.88	0.045	12	A	1		0.75	1.40	
Magnesium, Mg....mg	27	0.601	12	A	1		23	43	
Phosphorus, P....mg	296	3.969	12	A	1		251	470	
Potassium, K....mg	425	10.791	12	A	1		362	676	
Sodium, Na....mg	66	0.950	12	A	1		56	104	
Zinc, Zn....mg	2.18	0.048	12	A	1		1.85	3.46	
Copper, Cu....mg	0.085	0.004	12	A	1		0.072	0.135	
Manganese, Mn....mg	0.015	0.000	12	A	1		0.013	0.024	
Selenium, Se....µg	45.9	3.876	12	A	1		39.0	73.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.662	0.042	12	A	1		0.562	1.052	
Riboflavin....mg	0.292	0.009	12	A	1		0.248	0.464	
Niacin....mg	8.761	0.348	12	A	1		7.447	13.930	
Pantothenic acid....mg	1.310		0	BFPN	4		1.113	2.083	
Vitamin B-6....mg	0.591		0	BFPN	4		0.503	0.940	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	107.0		0	BFPN	4		90.9	170.1	
Betaine....mg	4.1		0	BFPN	4		3.5	6.6	
Vitamin B-12....µg	0.75		0	BFPN	4		0.64	1.19	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2		0	NC	4		2	3	
Retinol....µg	2		0	NR	4		2	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	7		0	NC	4		6	11	
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		0.22	0.42	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	AS	1		0.5	1.0	
Vitamin D....IU	25		0	BFFN	4		21	40	
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									

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
Lipids:									
Fatty acids, total saturated....g	1.357		0	NC	4		1.153	2.158	
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	0.052	0.005	6	A	1		0.044	0.083	
15:0....g	0.002	0.002	6	A	1		0.002	0.003	
16:0....g	0.840	0.089	6	A	1		0.714	1.335	
17:0....g	0.010	0.002	6	A	1		0.008	0.015	
18:0....g	0.452	0.049	6	A	1		0.384	0.718	
20:0....g	0.002	0.002	6	A	1		0.002	0.003	
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	1.585		0	NC	4		1.347	2.520	
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	0.098	0.008	6	A	1		0.084	0.156	
17:1....g	0.000	0.000	6	A	1		0.000	0.000	
18:1 undifferentiated....g	1.467	0.148	6	AS	1		1.247	2.332	
18:1 c....g	1.457	0.145	6	A	1		1.238	2.316	
18:1 t....g	0.010	0.004	6	A	1		0.009	0.016	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.020	0.005	6	A	1		0.017	0.032	
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	0.614		0	NC	4		0.522	0.977	
18:2 undifferentiated....g	0.513	0.076	6	AS	1		0.436	0.816	
18:2 n-6 c,c....g	0.513	0.076	6	A	1		0.436	0.816	
18:2 CLAs....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	0.014	0.004	6	AS	1		0.012	0.023	
18:3 n-3 c,c,c (ALA)....g	0.014	0.004	6	A	1		0.012	0.023	
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	0.004	6	A	1		0.013	0.025	
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	0.067	0.003	6	A	1		0.057	0.106	
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	0.004	0.002	6	A	1		0.004	0.007	
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans....g	0.010		0	NC	4		0.009	0.016	
Fatty acids, total trans-monoenoic....g	0.010		0	NC	4		0.009	0.016	
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	
Cholesterol....mg	76	1.719	6	A	1		65	122	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.340		0	A	1		0.289	0.541	
Threonine....g	1.258		0	A	1		1.069	2.000	
Isoleucine....g	1.354		0	A	1		1.151	2.153	
Leucine....g	2.354		0	A	1		2.001	3.743	

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
Lysine....g	2.544		0	A	1		2.162	4.044	
Methionine....g	0.784		0	A	1		0.666	1.246	
Cystine....g	0.322		0	A	1		0.274	0.513	
Phenylalanine....g	1.188		0	A	1		1.010	1.889	
Tyrosine....g	1.133		0	A	1		0.963	1.802	
Valine....g	1.447		0	A	1		1.230	2.300	
Arginine....g	1.843		0	A	1		1.566	2.930	
Histidine....g	1.163		0	A	1		0.989	1.850	
Alanine....g	1.638		0	A	1		1.392	2.605	
Aspartic acid....g	2.675		0	A	1		2.274	4.254	
Glutamic acid....g	4.369		0	A	1		3.714	6.947	
Glycine....g	1.293		0	A	1		1.099	2.055	
Proline....g	1.156		0	A	1		0.983	1.839	
Serine....g	1.194		0	A	1		1.015	1.899	
Hydroxyproline....g	0.100		0	A	1		0.085	0.159	
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 = 85g: 3 oz

Measure 2 = 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 27 (2014)

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		50.44	620.71	
Energy....kcal	230		0	PIK	4		195	2404	
Energy....kJ	961		0	PIK	4		817	10057	
Protein (N x 6.25)....g	26.64		0	PAK	1		22.64	278.63	
Total lipid (fat)....g	12.87		0	PAK	1		10.94	134.59	
Ash....g	1.07		0	PAK	1		0.91	11.24	
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		13	154	
Iron, Fe....mg	0.94		0	PAK	1		0.80	9.84	
Magnesium, Mg....mg	25		0	PAK	1		21	264	
Phosphorus, P....mg	228		0	PAK	1		194	2384	
Potassium, K....mg	340		0	PAK	1		289	3560	
Sodium, Na....mg	57		0	PAK	1		49	598	
Zinc, Zn....mg	2.52		0	PAK	1		2.14	26.34	
Copper, Cu....mg	0.116		0	PAK	1		0.099	1.217	
Manganese, Mn....mg	0.009		0	PAK	1		0.008	0.097	
Selenium, Se....µg	44.4		0	PAK	1		37.8	464.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.639		0	PAK	1		0.543	6.681	
Riboflavin....mg	0.360		0	PAK	1		0.306	3.767	
Niacin....mg	7.865		0	PAK	1		6.685	82.267	
Pantothenic acid....mg	1.037		0	PIK	4		0.882	10.850	
Vitamin B-6....mg	0.750		0	PIK	4		0.637	7.844	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	90.7		0	PIK	4		77.1	948.9	
Betaine....mg	4.4		0	PIK	4		3.8	46.3	
Vitamin B-12....µg	0.64		0	PIK	4		0.55	6.73	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	2		0	PAK	1		1	18	
Retinol....µg	2		0	PIK	4		1	18	
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	60	
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		0.09	1.15	
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	0.06	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha....mg	0.00		0	PAK	1		0.00	0.03	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma....mg	0.01		0	PAK	1		0.01	0.06	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.7		0	PAK	1		0.6	7.7	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.7		0	PIK	4		0.6	7.7	
Vitamin D....IU	29		0	PIK	4		25	306	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	

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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.113		0	PIK	4		3.496	43.023	
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		0.009	0.109	
12:0....g	0.005		0	PAK	1		0.004	0.052	
13:0....g									
14:0....g	0.147		0	PAK	1		0.125	1.540	
15:0....g	0.002		0	PAK	1		0.002	0.025	
16:0....g	2.553		0	PAK	1		2.170	26.709	
17:0....g	0.038		0	PAK	1		0.032	0.395	
18:0....g	1.338		0	PAK	1		1.137	13.992	
20:0....g	0.019		0	PAK	1		0.016	0.196	
22:0....g	0.000		0	PAK	1		0.000	0.004	
24:0....g									
Fatty acids, total monounsaturated....g	5.042		0	PIK	4		4.286	52.743	
14:1....g	0.001		0	PAK	1		0.001	0.009	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.282		0	PAK	1		0.240	2.951	
17:1....g	0.006		0	PAK	1		0.005	0.061	
18:1 undifferentiated....g	4.688		0	PAK	1		3.985	49.041	
18:1 c....g	4.620		0	PAK	1		3.927	48.327	
18:1 t....g	0.068		0	PAK	1		0.058	0.714	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.065		0	PAK	1		0.055	0.681	
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		1.274	15.677	
18:2 undifferentiated....g	1.304		0	PAK	1		1.108	13.637	
18:2 n-6 c,c....g	1.269		0	PAK	1		1.079	13.277	
18:2 CLAs....g									
18:2 t,t....g	0.034		0	PAK	1		0.029	0.359	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.059		0	PAK	1		0.051	0.622	
18:3 n-3 c,c,c (ALA)....g	0.058		0	PAK	1		0.050	0.609	
18:3 n-6 c,c,c....g	0.001		0	PAK	1		0.001	0.012	
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		0.040	0.495	
20:3 undifferentiated....g	0.005		0	PAK	1		0.004	0.050	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.084		0	PAK	1		0.071	0.874	
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		0.087	1.073	
Fatty acids, total trans-monoenoic....g	0.068		0	PIK	4		0.058	0.714	
Fatty acids, total trans-polyenoic....g	0.034		0	PIK	4		0.029	0.359	
Cholesterol....mg	89		0	PAK	1		75	926	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.280		0	PAK	1		0.238	2.933	
Threonine....g	1.196		0	PAK	1		1.017	12.510	
Isoleucine....g	1.311		0	PAK	1		1.114	13.710	
Leucine....g	2.269		0	PAK	1		1.929	23.737	

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
Lysine....g	2.471		0	PAK	1		2.100	25.842	
Methionine....g	0.734		0	PAK	1		0.624	7.674	
Cystine....g	0.307		0	PAK	1		0.261	3.215	
Phenylalanine....g	1.120		0	PAK	1		0.952	11.713	
Tyrosine....g	1.014		0	PAK	1		0.862	10.604	
Valine....g	1.392		0	PAK	1		1.183	14.560	
Arginine....g	1.772		0	PAK	1		1.507	18.540	
Histidine....g	1.151		0	PAK	1		0.978	12.035	
Alanine....g	1.564		0	PAK	1		1.329	16.355	
Aspartic acid....g	2.606		0	PAK	1		2.215	27.257	
Glutamic acid....g	4.253		0	PAK	1		3.615	44.482	
Glycine....g	1.200		0	PAK	1		1.020	12.554	
Proline....g	1.077		0	PAK	1		0.915	11.265	
Serine....g	1.152		0	PAK	1		0.979	12.047	
Hydroxyproline....g	0.068		0	PIK	4		0.058	0.715	
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 = 1046g: 1 roast without refuse (Yield from 1 cooked roast, with refuse, weighing 1515g)

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		52.48	608.11	
Energy....kcal	204		0	NC	4		173	2007	
Energy....kJ	852		0	NC	4		725	8397	
Protein (N x 6.25)....g	27.78	0.557	12	A	1		23.61	273.64	
Total lipid (fat)....g	9.44	0.687	12	A	1		8.02	92.96	
Ash....g	1.12	0.033	12	A	1		0.95	11.00	
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	13	1.488	12	A	1		11	128	
Iron, Fe....mg	0.96	0.031	12	A	1		0.82	9.45	
Magnesium, Mg....mg	26	0.568	12	A	1		22	258	
Phosphorus, P....mg	235	4.088	12	A	1		200	2316	
Potassium, K....mg	352	8.551	12	A	1		299	3462	
Sodium, Na....mg	59	1.411	12	A	1		50	581	
Zinc, Zn....mg	2.62	0.110	12	A	1		2.23	25.79	
Copper, Cu....mg	0.121	0.015	12	A	1		0.103	1.193	
Manganese, Mn....mg	0.010	0.001	12	A	1		0.008	0.097	
Selenium, Se....µg	46.4	8.689	12	A	1		39.5	457.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.665	0.034	4	A	1		0.565	6.550	
Riboflavin....mg	0.376	0.031	4	A	1		0.320	3.706	
Niacin....mg	8.165	0.629	4	A	1		6.940	80.425	
Pantothenic acid....mg	1.075		0	BFPN	4		0.914	10.588	
Vitamin B-6....mg	0.785		0	BFPN	4		0.667	7.731	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	94.4		0	BFPN	4		80.3	930.2	
Betaine....mg	4.6		0	BFPN	4		3.9	45.1	
Vitamin B-12....µg	0.61		0	BFPN	4		0.51	5.96	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	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		0.09	0.99	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.7		0	AS	1		0.6	6.6	
Vitamin D....IU	27		0	BFFN	4		23	264	
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									

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
Lipids:									
Fatty acids, total saturated....g	2.871		0	NC	4		2.441	28.282	
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	0.008	0.001	4	A	1		0.007	0.079	
12:0....g	0.002	0.002	4	A	1		0.002	0.022	
13:0....g									
14:0....g	0.104	0.011	4	A	1		0.089	1.026	
15:0....g	0.000	0.000	4	A	1		0.000	0.000	
16:0....g	1.810	0.135	4	A	1		1.538	17.825	
17:0....g	0.024	0.002	4	A	1		0.021	0.241	
18:0....g	0.910	0.054	4	A	1		0.774	8.966	
20:0....g	0.012	0.001	4	A	1		0.011	0.123	
22:0....g	0.000	0.000	4	A	1		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	3.612		0	NC	4		3.070	35.582	
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	0.222	0.024	4	A	1		0.188	2.184	
17:1....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated....g	3.351	0.217	4	AS	1		2.848	33.004	
18:1 c....g	3.309	0.215	4	A	1		2.813	32.598	
18:1 t....g	0.041	0.003	4	A	1		0.035	0.406	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.040	0.013	4	A	1		0.034	0.394	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.997		0	NC	4		0.847	9.821	
18:2 undifferentiated....g	0.850	0.039	4	AS	1		0.723	8.377	
18:2 n-6 c,c....g	0.829	0.036	4	A	1		0.704	8.163	
18:2 CLAs....g									
18:2 t,t....g	0.022	0.003	4	A	1		0.018	0.214	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.037	0.005	4	AS	1		0.031	0.360	
18:3 n-3 c,c,c (ALA)....g	0.037	0.005	4	A	1		0.031	0.360	
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	0.001	4	A	1		0.025	0.290	
20:3 undifferentiated....g	0.002	0.002	4	A	1		0.001	0.015	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.079	0.004	4	A	1		0.067	0.780	
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	0.063		0	NC	4		0.054	0.620	
Fatty acids, total trans-monoenoic....g	0.041		0	NC	4		0.035	0.406	
Fatty acids, total trans-polyenoic....g	0.022		0	NC	4		0.018	0.214	
Cholesterol....mg	89	4.838	4	A	1		76	875	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.292		0	A	1		0.249	2.880	
Threonine....g	1.247		0	A	1		1.060	12.286	
Isoleucine....g	1.367		0	A	1		1.162	13.465	
Leucine....g	2.367		0	A	1		2.012	23.312	
Lysine....g	2.577		0	A	1		2.190	25.379	
Methionine....g	0.765		0	A	1		0.650	7.537	

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
Cystine....g	0.321		0	A	1		0.272	3.157	
Phenylalanine....g	1.168		0	A	1		0.993	11.503	
Tyrosine....g	1.057		0	A	1		0.899	10.414	
Valine....g	1.452		0	A	1		1.234	14.299	
Arginine....g	1.849		0	A	1		1.571	18.208	
Histidine....g	1.200		0	A	1		1.020	11.819	
Alanine....g	1.631		0	A	1		1.386	16.062	
Aspartic acid....g	2.718		0	A	1		2.310	26.769	
Glutamic acid....g	4.435		0	A	1		3.770	43.686	
Glycine....g	1.252		0	A	1		1.064	12.330	
Proline....g	1.123		0	A	1		0.955	11.063	
Serine....g	1.201		0	A	1		1.021	11.831	
Hydroxyproline....g	0.071		0	BFPN	4		0.061	0.703	
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 = 85g: 3 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)

Measure 2 = 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 27 (2014)

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		53.40	400.78	
Energy....kcal	192		0	PIK	4		164	1228	
Energy....kJ	805		0	PIK	4		685	5138	
Protein (N x 6.25)....g	29.62		0	PAK	1		25.18	188.97	
Total lipid (fat)....g	7.32		0	PAK	1		6.22	46.69	
Ash....g	1.42		0	PAK	1		1.21	9.05	
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		11	80	
Iron, Fe....mg	0.66		0	PAK	1		0.56	4.20	
Magnesium, Mg....mg	27		0	PAK	1		23	173	
Phosphorus, P....mg	304		0	PAK	1		258	1939	
Potassium, K....mg	398		0	PAK	1		338	2541	
Sodium, Na....mg	66		0	PAK	1		56	420	
Zinc, Zn....mg	2.20		0	PAK	1		1.87	14.01	
Copper, Cu....mg	0.109		0	PAK	1		0.092	0.693	
Manganese, Mn....mg	0.017		0	PAK	1		0.014	0.106	
Selenium, Se....µg	44.7		0	PAK	1		38.0	285.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.705		0	PAK	1		0.599	4.496	
Riboflavin....mg	0.327		0	PAK	1		0.278	2.088	
Niacin....mg	8.055		0	PAK	1		6.847	51.392	
Pantothenic acid....mg	1.616		0	PIK	4		1.374	10.310	
Vitamin B-6....mg	0.533		0	PIK	4		0.453	3.399	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	96.9		0	PIK	4		82.4	618.5	
Betaine....mg	3.8		0	PIK	4		3.2	24.1	
Vitamin B-12....µg	0.93		0	PIK	4		0.79	5.91	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	2		0	PIK	4		2	13	
Retinol....µg	2		0	PIK	4		2	13	
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	43	
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		0.17	1.26	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	PAK	1		0.5	4.0	
Vitamin D....IU	25		0	PIK	4		21	160	
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									

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
Lipids:									
Fatty acids, total saturated....g	2.528		0	PIK	4		2.149	16.127	
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		0.004	0.027	
12:0....g	0.002		0	PAK	1		0.001	0.011	
13:0....g									
14:0....g	0.097		0	PAK	1		0.082	0.618	
15:0....g	0.001		0	PAK	1		0.001	0.008	
16:0....g	1.579		0	PAK	1		1.342	10.075	
17:0....g	0.023		0	PAK	1		0.020	0.147	
18:0....g	0.812		0	PAK	1		0.690	5.183	
20:0....g	0.009		0	PAK	1		0.008	0.056	
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	3.068		0	PIK	4		2.608	19.575	
14:1....g	0.000		0	PAK	1		0.000	0.003	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.172		0	PAK	1		0.146	1.098	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	2.849		0	PAK	1		2.421	18.175	
18:1 c....g	2.813		0	PAK	1		2.391	17.946	
18:1 t....g	0.036		0	PAK	1		0.031	0.229	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.047		0	PAK	1		0.040	0.300	
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	1.198		0	PIK	4		1.019	7.645	
18:2 undifferentiated....g	1.043		0	PAK	1		0.887	6.656	
18:2 n-6 c,c....g	1.039		0	PAK	1		0.883	6.628	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.004		0	PAK	1		0.004	0.028	
18:3 undifferentiated....g	0.037		0	PAK	1		0.032	0.239	
18:3 n-3 c,c,c (ALA)....g	0.037		0	PAK	1		0.031	0.234	
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	0.038		0	PAK	1		0.033	0.245	
20:3 undifferentiated....g	0.002		0	PAK	1		0.002	0.012	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.069		0	PAK	1		0.059	0.441	
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	0.008		0	PAK	1		0.006	0.049	
22:6 n-3 (DHA)....g	0.001		0	PAK	1		0.000	0.003	
Fatty acids, total trans....g	0.040		0	PIK	4		0.034	0.258	
Fatty acids, total trans-monoenoic....g	0.036		0	PIK	4		0.031	0.229	
Fatty acids, total trans-polyenoic....g	0.004		0	PIK	4		0.004	0.028	
Cholesterol....mg	84		0	PAK	1		71	535	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.353		0	PAK	1		0.300	2.249	
Threonine....g	1.303		0	PAK	1		1.107	8.310	
Isoleucine....g	1.402		0	PAK	1		1.192	8.948	
Leucine....g	2.438		0	PAK	1		2.072	15.553	

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
Lysine....g	2.634		0	PAK	1		2.239	16.806	
Methionine....g	0.812		0	PAK	1		0.690	5.180	
Cystine....g	0.334		0	PAK	1		0.284	2.131	
Phenylalanine....g	1.231		0	PAK	1		1.046	7.852	
Tyrosine....g	1.174		0	PAK	1		0.997	7.487	
Valine....g	1.498		0	PAK	1		1.273	9.558	
Arginine....g	1.909		0	PAK	1		1.622	12.176	
Histidine....g	1.205		0	PAK	1		1.024	7.687	
Alanine....g	1.697		0	PAK	1		1.442	10.824	
Aspartic acid....g	2.771		0	PAK	1		2.355	17.676	
Glutamic acid....g	4.525		0	PAK	1		3.846	28.868	
Glycine....g	1.339		0	PAK	1		1.138	8.541	
Proline....g	1.198		0	PAK	1		1.018	7.641	
Serine....g	1.237		0	PAK	1		1.051	7.892	
Hydroxyproline....g	0.103		0	PAK	1		0.088	0.659	
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 = 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 27 (2014)

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		54.46	408.76	
Energy....kcal	178		0	NC	4		151	1133	
Energy....kJ	743		0	NC	4		632	4740	
Protein (N x 6.25)....g	30.39	0.484	12	A	1		25.83	193.89	
Total lipid (fat)....g	5.31	0.281	18	A	1		4.51	33.85	
Ash....g	1.45	0.041	12	A	1		1.24	9.27	
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	12	0.412	12	A	1		10	78	
Iron, Fe....mg	0.66	0.062	12	A	1		0.57	4.24	
Magnesium, Mg....mg	28	0.712	12	A	1		24	177	
Phosphorus, P....mg	311	7.837	12	A	1		264	1982	
Potassium, K....mg	408	8.706	12	A	1		346	2600	
Sodium, Na....mg	66	1.559	12	A	1		56	422	
Zinc, Zn....mg	2.25	0.091	12	A	1		1.91	14.33	
Copper, Cu....mg	0.109	0.005	12	A	1		0.093	0.697	
Manganese, Mn....mg	0.017	0.000	12	A	1		0.015	0.109	
Selenium, Se....µg	45.9	4.721	12	A	1		39.0	292.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.722	0.026	12	A	1		0.613	4.604	
Riboflavin....mg	0.332	0.014	12	A	1		0.282	2.116	
Niacin....mg	8.224	0.276	12	A	1		6.991	52.470	
Pantothenic acid....mg	1.654		0	BFPN	4		1.406	10.551	
Vitamin B-6....mg	0.544		0	BFPN	4		0.463	3.474	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	99.1		0	BFPN	4		84.3	632.5	
Betaine....mg	3.8		0	BFPN	4		3.3	24.5	
Vitamin B-12....µg	0.94		0	BFPN	4		0.80	6.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	1		0	NC	4		1	8	
Retinol....µg	1		0	BFSN	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	4		0	NC	4		4	27	
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	1.30	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	AS	1		0.5	3.8	
Vitamin D....IU	24		0	BFFN	4		20	150	
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									

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
Lipids:									
Fatty acids, total saturated....g	1.798		0	NC	4		1.528	11.468	
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	0.003	0.002	6	A	1		0.002	0.016	
12:0....g	0.000	0.000	6	A	1		0.000	0.000	
13:0....g									
14:0....g	0.070	0.007	6	A	1		0.059	0.444	
15:0....g	0.000	0.000	6	A	1		0.000	0.000	
16:0....g	1.123	0.091	6	A	1		0.955	7.166	
17:0....g	0.016	0.001	6	A	1		0.013	0.101	
18:0....g	0.581	0.052	6	A	1		0.494	3.709	
20:0....g	0.005	0.002	6	A	1		0.004	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	2.181		0	NC	4		1.854	13.914	
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	0.130	0.010	6	A	1		0.111	0.832	
17:1....g	0.000	0.000	6	A	1		0.000	0.000	
18:1 undifferentiated....g	2.019	0.168	6	AS	1		1.716	12.881	
18:1 c....g	1.995	0.168	6	A	1		1.696	12.728	
18:1 t....g	0.024	0.001	6	A	1		0.020	0.153	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.032	0.003	6	A	1		0.027	0.201	
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	0.844		0	NC	4		0.718	5.387	
18:2 undifferentiated....g	0.723	0.073	6	AS	1		0.615	4.615	
18:2 n-6 c,c....g	0.722	0.073	6	A	1		0.614	4.605	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.002	0.002	6	A	1		0.001	0.010	
18:3 undifferentiated....g	0.024	0.004	6	AS	1		0.020	0.151	
18:3 n-3 c,c,c (ALA)....g	0.024	0.004	6	A	1		0.020	0.151	
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	0.025	0.003	6	A	1		0.022	0.162	
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	0.066	0.003	6	A	1		0.056	0.418	
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	0.007	0.001	6	A	1		0.006	0.041	
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans....g	0.026		0	NC	4		0.022	0.163	
Fatty acids, total trans-monoenoic....g	0.024		0	NC	4		0.020	0.153	
Fatty acids, total trans-polyenoic....g	0.002		0	NC	4		0.001	0.010	
Cholesterol....mg	84	2.789	6	A	1		71	536	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.362		0	A	1		0.307	2.308	
Threonine....g	1.336		0	A	1		1.136	8.527	
Isoleucine....g	1.439		0	A	1		1.223	9.181	
Leucine....g	2.501		0	A	1		2.126	15.959	

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
Lysine....g	2.703		0	A	1		2.297	17.244	
Methionine....g	0.833		0	A	1		0.708	5.315	
Cystine....g	0.343		0	A	1		0.291	2.186	
Phenylalanine....g	1.263		0	A	1		1.073	8.056	
Tyrosine....g	1.204		0	A	1		1.024	7.682	
Valine....g	1.537		0	A	1		1.307	9.807	
Arginine....g	1.958		0	A	1		1.665	12.494	
Histidine....g	1.236		0	A	1		1.051	7.887	
Alanine....g	1.741		0	A	1		1.480	11.106	
Aspartic acid....g	2.843		0	A	1		2.416	18.137	
Glutamic acid....g	4.643		0	A	1		3.946	29.621	
Glycine....g	1.374		0	A	1		1.168	8.763	
Proline....g	1.229		0	A	1		1.044	7.840	
Serine....g	1.269		0	A	1		1.079	8.097	
Hydroxyproline....g	0.106		0	A	1		0.090	0.677	
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 = 85g: 3 oz

Measure 2 = 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.930		0		1		2.491	2.227	
4:0....g									
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									
21:5....g									
22:4....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.

NDB No. 10221

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

Common Measures:

Measure 1 = 85g: 3 oz

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 27 (2014)

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		58.74	277.83	
Energy....kcal	147		0	PIK	4		125	591	
Energy....kJ	615		0	PIK	4		522	2471	
Protein (N x 6.25)....g	26.04		0	PAK	1		22.14	104.69	
Total lipid (fat)....g	3.96		0	PAK	1		3.36	15.91	
Ash....g	1.20		0	PAK	1		1.02	4.84	
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		5	24	
Iron, Fe....mg	1.15		0	PAK	1		0.98	4.62	
Magnesium, Mg....mg	29		0	PAK	1		25	117	
Phosphorus, P....mg	265		0	PAK	1		226	1067	
Potassium, K....mg	419		0	PAK	1		356	1685	
Sodium, Na....mg	57		0	PAK	1		49	230	
Zinc, Zn....mg	2.41		0	PAK	1		2.05	9.68	
Copper, Cu....mg	0.111		0	PAK	1		0.094	0.445	
Manganese, Mn....mg	0.013		0	PAK	1		0.011	0.051	
Selenium, Se....µg	38.0		0	PAK	1		32.3	152.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.944		0	PAK	1		0.803	3.797	
Riboflavin....mg	0.385		0	PAK	1		0.327	1.548	
Niacin....mg	7.402		0	PAK	1		6.292	29.756	
Pantothenic acid....mg	1.008		0	PAK	1		0.857	4.054	
Vitamin B-6....mg	0.735		0	PAK	1		0.625	2.956	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	88.5		0	PAK	1		75.3	356.0	
Betaine....mg	4.3		0	PAK	1		3.7	17.3	
Vitamin B-12....µg	0.57		0	PAK	1		0.49	2.31	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	0		0	PAK	1		0	1	
Retinol....µg	0		0	PAK	1		0	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	1		0	PAK	1		1	3	
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		0.07	0.33	
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		0.01	0.06	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha....mg	0.02		0	PAK	1		0.02	0.08	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma....mg	0.02		0	PAK	1		0.02	0.08	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.3		0	PAK	1		0.2	1.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.3		0	PIK	4		0.2	1.0	
Vitamin D....IU	10		0	PIK	4		9	42	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	

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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.358		0	PIK	4		1.154	5.458	
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	0.001	
12:0....g	0.000		0	PAK	1		0.000	0.001	
13:0....g									
14:0....g	0.045		0	PAK	1		0.038	0.181	
15:0....g	0.000		0	PAK	1		0.000	0.001	
16:0....g	0.832		0	PAK	1		0.707	3.343	
17:0....g	0.013		0	PAK	1		0.011	0.052	
18:0....g	0.465		0	PAK	1		0.395	1.870	
20:0....g	0.002		0	PAK	1		0.002	0.009	
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		1.293	6.113	
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		0.075	0.356	
17:1....g	0.001		0	PAK	1		0.001	0.003	
18:1 undifferentiated....g	1.408		0	PAK	1		1.197	5.662	
18:1 c....g	1.384		0	PAK	1		1.176	5.564	
18:1 t....g	0.024		0	PAK	1		0.021	0.098	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.023		0	PAK	1		0.019	0.091	
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		0.484	2.287	
18:2 undifferentiated....g	0.480		0	PAK	1		0.408	1.931	
18:2 n-6 c,c....g	0.467		0	PAK	1		0.397	1.876	
18:2 CLAs....g									
18:2 t,t....g	0.014		0	PAK	1		0.012	0.055	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.016		0	PAK	1		0.014	0.064	
18:3 n-3 c,c,c (ALA)....g	0.016		0	PAK	1		0.013	0.064	
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000	0.001	
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.015		0	PAK	1		0.013	0.060	
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.002	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.057		0	PAK	1		0.049	0.230	
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		0.032	0.153	
Fatty acids, total trans-monoenoic....g	0.024		0	PIK	4		0.021	0.098	
Fatty acids, total trans-polyenoic....g	0.014		0	PIK	4		0.012	0.055	
Cholesterol....mg	73		0	PAK	1		62	295	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.274		0	PAK	1		0.233	1.102	
Threonine....g	1.169		0	PAK	1		0.994	4.700	
Isoleucine....g	1.281		0	PAK	1		1.089	5.151	
Leucine....g	2.219		0	PAK	1		1.886	8.919	

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
Lysine....g	2.415		0	PAK	1		2.053	9.710	
Methionine....g	0.717		0	PAK	1		0.610	2.883	
Cystine....g	0.300		0	PAK	1		0.255	1.208	
Phenylalanine....g	1.095		0	PAK	1		0.931	4.401	
Tyrosine....g	0.991		0	PAK	1		0.842	3.984	
Valine....g	1.361		0	PAK	1		1.157	5.471	
Arginine....g	1.733		0	PAK	1		1.473	6.966	
Histidine....g	1.125		0	PAK	1		0.956	4.522	
Alanine....g	1.529		0	PAK	1		1.299	6.145	
Aspartic acid....g	2.548		0	PAK	1		2.165	10.241	
Glutamic acid....g	4.158		0	PAK	1		3.534	16.713	
Glycine....g	1.173		0	PAK	1		0.997	4.717	
Proline....g	1.053		0	PAK	1		0.895	4.233	
Serine....g	1.126		0	PAK	1		0.957	4.526	
Hydroxyproline....g	0.067		0	PAK	1		0.057	0.269	
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 = 402g: 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 27 (2014)

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		63.72	378.60	
Energy....kcal	120		0	PIK	4		102	606	
Energy....kJ	502		0	PIK	4		427	2536	
Protein (N x 6.25)....g	20.65		0	PAK	1		17.55	104.27	
Total lipid (fat)....g	3.53		0	PAK	1		3.00	17.84	
Ash....g	1.01		0	PAK	1		0.86	5.11	
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		5	28	
Iron, Fe....mg	0.97		0	PAK	1		0.83	4.91	
Magnesium, Mg....mg	27		0	PAK	1		23	136	
Phosphorus, P....mg	243		0	PAK	1		207	1229	
Potassium, K....mg	393		0	PAK	1		334	1986	
Sodium, Na....mg	52		0	PAK	1		44	262	
Zinc, Zn....mg	1.87		0	PAK	1		1.59	9.42	
Copper, Cu....mg	0.089		0	PAK	1		0.076	0.450	
Manganese, Mn....mg	0.014		0	PAK	1		0.012	0.072	
Selenium, Se....µg	30.3		0	PAK	1		25.8	153.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.982		0	PAK	1		0.834	4.957	
Riboflavin....mg	0.337		0	PAK	1		0.286	1.701	
Niacin....mg	6.610		0	PAK	1		5.618	33.380	
Pantothenic acid....mg	0.837		0	PAK	1		0.712	4.228	
Vitamin B-6....mg	0.765		0	PAK	1		0.650	3.862	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	79.7		0	PAK	1		67.8	402.6	
Betaine....mg	3.0		0	PAK	1		2.5	15.1	
Vitamin B-12....µg	0.52		0	PAK	1		0.44	2.62	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	0		0	PAK	1		0	2	
Retinol....µg	0		0	PAK	1		0	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	2		0	PAK	1		1	8	
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		0.18	1.09	
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	0.03		0	PAK	1		0.03	0.15	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.3		0	PAK	1		0.2	1.3	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.3		0	PIK	4		0.2	1.3	
Vitamin D....IU	10		0	PIK	4		9	51	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	

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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.181		0	PIK	4		1.004	5.965	
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		0.001	0.005	
12:0....g	0.001		0	PAK	1		0.001	0.005	
13:0....g									
14:0....g	0.039		0	PAK	1		0.033	0.196	
15:0....g	0.001		0	PAK	1		0.001	0.004	
16:0....g	0.725		0	PAK	1		0.616	3.660	
17:0....g	0.008		0	PAK	1		0.007	0.042	
18:0....g	0.404		0	PAK	1		0.343	2.040	
20:0....g	0.003		0	PAK	1		0.002	0.013	
22:0....g	0.000		0	PAK	1		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	1.355		0	PIK	4		1.152	6.844	
14:1....g	0.000		0	PAK	1		0.000	0.001	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.075		0	PAK	1		0.063	0.377	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	1.259		0	PAK	1		1.071	6.360	
18:1 c....g	1.237		0	PAK	1		1.051	6.244	
18:1 t....g	0.023		0	PAK	1		0.019	0.116	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.021		0	PAK	1		0.018	0.105	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.562		0	PIK	4		0.477	2.837	
18:2 undifferentiated....g	0.476		0	PAK	1		0.405	2.403	
18:2 n-6 c,c....g	0.463		0	PAK	1		0.394	2.339	
18:2 CLAs....g									
18:2 t,t....g	0.013		0	PAK	1		0.011	0.065	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.016		0	PAK	1		0.014	0.082	
18:3 n-3 c,c,c (ALA)....g	0.016		0	PAK	1		0.013	0.080	
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000	0.002	
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.014		0	PAK	1		0.012	0.071	
20:3 undifferentiated....g	0.001		0	PAK	1		0.001	0.006	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.054		0	PAK	1		0.046	0.274	
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	0.036		0	PIK	4		0.030	0.181	
Fatty acids, total trans-monoenoic....g	0.023		0	PIK	4		0.019	0.116	
Fatty acids, total trans-polyenoic....g	0.013		0	PIK	4		0.011	0.065	
Cholesterol....mg	65		0	PAK	1		55	329	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.217		0	PAK	1		0.185	1.098	
Threonine....g	0.927		0	PAK	1		0.788	4.681	
Isoleucine....g	1.016		0	PAK	1		0.864	5.131	
Leucine....g	1.759		0	PAK	1		1.495	8.883	

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
Lysine....g	1.915		0	PAK	1		1.628	9.670	
Methionine....g	0.569		0	PAK	1		0.483	2.872	
Cystine....g	0.238		0	PAK	1		0.202	1.203	
Phenylalanine....g	0.868		0	PAK	1		0.738	4.383	
Tyrosine....g	0.786		0	PAK	1		0.668	3.968	
Valine....g	1.079		0	PAK	1		0.917	5.449	
Arginine....g	1.374		0	PAK	1		1.168	6.938	
Histidine....g	0.892		0	PAK	1		0.758	4.504	
Alanine....g	1.212		0	PAK	1		1.030	6.120	
Aspartic acid....g	2.020		0	PAK	1		1.717	10.200	
Glutamic acid....g	3.296		0	PAK	1		2.802	16.646	
Glycine....g	0.930		0	PAK	1		0.791	4.698	
Proline....g	0.835		0	PAK	1		0.710	4.216	
Serine....g	0.893		0	PAK	1		0.759	4.508	
Hydroxyproline....g	0.053		0	PAK	1		0.045	0.268	
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 = 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.240		0		1		1.904	1.635	
4:0....g									
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									
21:5....g									
22:4....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.

NDB No. 10223

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

Common Measures:

Measure 1 = 85g: 3 oz

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 27 (2014)

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		59.03	231.28	279.20
Energy....kcal	143		0	NC	4		122	477	576
Energy....kJ	600		0	NC	4		510	1997	2411
Protein (N x 6.25)....g	26.17	0.592	12	A	1		22.24	87.14	105.19
Total lipid (fat)....g	3.51	0.258	12	A	1		2.98	11.67	14.09
Ash....g	1.21	0.026	12	A	1		1.03	4.03	4.87
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.214	12	A	1		5	19	23
Iron, Fe....mg	1.15	0.024	12	A	1		0.98	3.84	4.63
Magnesium, Mg....mg	29	0.324	12	A	1		25	97	117
Phosphorus, P....mg	267	7.034	12	A	1		227	888	1072
Potassium, K....mg	421	4.578	12	A	1		358	1402	1692
Sodium, Na....mg	57	8.380	12	A	1		49	191	231
Zinc, Zn....mg	2.42	0.062	12	A	1		2.05	8.05	9.72
Copper, Cu....mg	0.111	0.004	12	A	1		0.095	0.371	0.447
Manganese, Mn....mg	0.013	0.000	12	A	1		0.011	0.042	0.051
Selenium, Se....µg	38.2	4.858	12	A	1		32.4	127.1	153.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.950	0.064	12	A	1		0.807	3.162	3.817
Riboflavin....mg	0.387	0.028	12	A	1		0.329	1.289	1.556
Niacin....mg	7.432	0.349	12	A	1		6.318	24.750	29.878
Pantothenic acid....mg	1.012	0.055	4	A	1		0.861	3.371	4.070
Vitamin B-6....mg	0.739	0.039	4	A	1		0.628	2.462	2.972
Folate, total....µg	0		1	A	1		0	0	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	0		1	A	1		0	0	0
Folate, DFE....µg	0		0	NC	4		0	0	0
Choline, total....mg	88.9	7.169	4	AS	1		75.6	296.2	357.6
Betaine....mg	4.3	0.250	4	A	1		3.7	14.4	17.4
Vitamin B-12....µg	0.57	0.075	4	A	1		0.48	1.90	2.29
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	AS	1		0	0	0
Retinol....µg	0		1	A	1		0	0	0
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	0		0	AS	1		0	0	0
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.08		1	A	1		0.07	0.27	0.32
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	0.01		1	A	1		0.01	0.05	0.06
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, alpha....mg	0.02		1	A	1		0.02	0.07	0.08
Tocotrienol, beta....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, gamma....mg	0.02		1	A	1		0.02	0.07	0.08
Tocotrienol, delta....mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.2		0	AS	1		0.2	0.8	1.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.2		0	BFFN	4		0.2	0.8	1.0
Vitamin D....IU	10		0	BFFN	4		8	33	40
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	0.0

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
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.198		0	NC	4		1.018	3.988	4.814
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	0.000	12	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.039	0.004	12	A	1		0.033	0.131	0.158
15:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
16:0....g	0.735	0.062	12	A	1		0.625	2.448	2.955
17:0....g	0.011	0.001	12	A	1		0.010	0.038	0.045
18:0....g	0.411	0.033	12	A	1		0.349	1.367	1.650
20:0....g	0.001	0.001	12	A	1		0.001	0.004	0.005
22:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
24:0....g									
Fatty acids, total monounsaturated....g	1.334		0	NC	4		1.134	4.441	5.362
14:1....g	0.000	0.000	12	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	12	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.080	0.008	12	A	1		0.068	0.268	0.323
17:1....g	0.000	0.000	12	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	1.234	0.108	12	AS	1		1.049	4.108	4.959
18:1 c....g	1.213	0.109	12	A	1		1.031	4.038	4.875
18:1 t....g	0.021	0.003	12	A	1		0.018	0.070	0.085
18:1-11 t (18:1t n-7)....g									
20:1....g	0.020	0.002	12	A	1		0.017	0.065	0.079
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.506		0	NC	4		0.430	1.684	2.033
18:2 undifferentiated....g	0.423	0.027	12	AS	1		0.360	1.409	1.701
18:2 n-6 c,c....g	0.411	0.028	12	A	1		0.350	1.369	1.653
18:2 CLAs....g									
18:2 t,t....g	0.012	0.002	12	A	1		0.010	0.040	0.049
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.013	0.001	12	AS	1		0.011	0.044	0.053
18:3 n-3 c,c,c (ALA)....g	0.013	0.001	12	A	1		0.011	0.044	0.053
18:3 n-6 c,c,c....g	0.000	0.000	12	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	0.013	0.001	12	A	1		0.011	0.042	0.051
20:3 undifferentiated....g	0.000	0.000	12	A	1		0.000	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		0.048	0.189	0.228
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	0.033		0	NC	4		0.028	0.110	0.133
Fatty acids, total trans-monoenoic....g	0.021		0	NC	4		0.018	0.070	0.085
Fatty acids, total trans-polyenoic....g	0.012		0	NC	4		0.010	0.040	0.049
Cholesterol....mg	73	2.658	12	A	1		62	244	295
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.275		0	A	1		0.234	0.917	1.107
Threonine....g	1.175		0	A	1		0.999	3.912	4.723
Isoleucine....g	1.288		0	A	1		1.094	4.288	5.176
Leucine....g	2.229		0	A	1		1.895	7.423	8.961

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
Lysine....g	2.427		0	A	1		2.063	8.081	9.756
Methionine....g	0.721		0	A	1		0.613	2.400	2.897
Cystine....g	0.302		0	A	1		0.257	1.005	1.214
Phenylalanine....g	1.100		0	A	1		0.935	3.663	4.422
Tyrosine....g	0.996		0	A	1		0.846	3.316	4.003
Valine....g	1.367		0	A	1		1.162	4.553	5.497
Arginine....g	1.741		0	A	1		1.480	5.798	6.999
Histidine....g	1.130		0	A	1		0.961	3.764	4.543
Alanine....g	1.536		0	A	1		1.306	5.115	6.175
Aspartic acid....g	2.560		0	A	1		2.176	8.524	10.290
Glutamic acid....g	4.177		0	A	1		3.551	13.911	16.793
Glycine....g	1.179		0	A	1		1.002	3.926	4.740
Proline....g	1.058		0	A	1		0.899	3.523	4.253
Serine....g	1.131		0	A	1		0.962	3.767	4.548
Hydroxyproline....g	0.067		0	A	1		0.057	0.224	0.270
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 = 85g: 3 oz

Measure 2 = 333g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 3 = 402g: 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 27 (2014)

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		64.60	344.74	383.81
Energy....kcal	109		0	NC	4		93	494	551
Energy....kJ	456		0	NC	4		388	2069	2303
Protein (N x 6.25)....g	20.95	0.555	12	A	1		17.80	95.01	105.78
Total lipid (fat)....g	2.17	0.132	12	A	1		1.84	9.84	10.96
Ash....g	1.03	0.032	12	A	1		0.87	4.65	5.18
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.210	12	A	1		4	22	25
Iron, Fe....mg	0.98	0.032	12	A	1		0.84	4.47	4.97
Magnesium, Mg....mg	27	0.963	12	A	1		23	124	138
Phosphorus, P....mg	247	7.715	12	A	1		210	1118	1245
Potassium, K....mg	399	16.350	12	A	1		339	1808	2013
Sodium, Na....mg	53	6.102	12	A	1		45	238	265
Zinc, Zn....mg	1.89	0.082	12	A	1		1.61	8.57	9.54
Copper, Cu....mg	0.090	0.005	12	A	1		0.077	0.409	0.455
Manganese, Mn....mg	0.015	0.001	12	A	1		0.012	0.066	0.073
Selenium, Se....µg	30.8	3.704	12	A	1		26.2	139.6	155.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.998	0.093	12	A	1		0.848	4.525	5.038
Riboflavin....mg	0.342	0.027	12	A	1		0.291	1.551	1.727
Niacin....mg	6.684	0.330	12	A	1		5.681	30.319	33.755
Pantothenic acid....mg	0.846	0.061	4	A	1		0.719	3.839	4.274
Vitamin B-6....mg	0.777	0.041	4	A	1		0.660	3.523	3.922
Folate, total....µg	0		1	A	1		0	0	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	0		1	A	1		0	0	0
Folate, DFE....µg	0		0	NC	4		0	0	0
Choline, total....mg	80.8	3.227	4	AS	1		68.7	366.6	408.2
Betaine....mg	3.0	0.300	4	A	1		2.6	13.6	15.2
Vitamin B-12....µg	0.51	0.051	4	A	1		0.43	2.31	2.58
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	AS	1		0	0	0
Retinol....µg	0		1	A	1		0	0	0
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	0		0	AS	1		0	0	0
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		1	A	1		0.19	1.00	1.11
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		0.03	0.14	0.15
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, alpha....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, beta....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, gamma....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.2		0	AS	1		0.2	1.0	1.1
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.2		0	BFFN	4		0.2	1.0	1.1
Vitamin D....IU	8		0	BFFN	4		7	38	43
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	0.0

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
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.698		0	NC	4		0.594	3.168	3.526
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	0.000	12	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.022	0.002	12	A	1		0.019	0.099	0.110
15:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
16:0....g	0.432	0.030	12	A	1		0.367	1.961	2.183
17:0....g	0.003	0.001	12	A	1		0.003	0.015	0.017
18:0....g	0.241	0.015	12	A	1		0.205	1.092	1.216
20:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
24:0....g									
Fatty acids, total monounsaturated....g	0.792		0	NC	4		0.673	3.594	4.001
14:1....g	0.000	0.000	12	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	12	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.049	0.005	12	A	1		0.042	0.223	0.248
17:1....g	0.000	0.000	12	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.732	0.058	12	AS	1		0.622	3.319	3.695
18:1 c....g	0.719	0.057	12	A	1		0.611	3.261	3.630
18:1 t....g	0.013	0.002	12	A	1		0.011	0.058	0.065
18:1-11 t (18:1t n-7)....g									
20:1....g	0.011	0.001	12	A	1		0.010	0.052	0.057
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.367		0	NC	4		0.312	1.663	1.851
18:2 undifferentiated....g	0.300	0.019	12	AS	1		0.255	1.359	1.513
18:2 n-6 c,c....g	0.292	0.019	12	A	1		0.248	1.324	1.474
18:2 CLAs....g									
18:2 t,t....g	0.008	0.002	12	A	1		0.007	0.035	0.039
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.008	0.001	12	AS	1		0.006	0.034	0.038
18:3 n-3 c,c,c (ALA)....g	0.008	0.001	12	A	1		0.006	0.034	0.038
18:3 n-6 c,c,c....g	0.000	0.000	12	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	0.007	0.001	12	A	1		0.006	0.033	0.037
20:3 undifferentiated....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.052	0.002	12	A	1		0.044	0.237	0.264
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	0.021		0	NC	4		0.018	0.093	0.104
Fatty acids, total trans-monoenoic....g	0.013		0	NC	4		0.011	0.058	0.065
Fatty acids, total trans-polyenoic....g	0.008		0	NC	4		0.007	0.035	0.039
Cholesterol....mg	65	5.199	12	A	1		55	295	328
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.220		0	A	1		0.187	1.000	1.113
Threonine....g	0.940		0	A	1		0.799	4.266	4.749
Isoleucine....g	1.031		0	A	1		0.876	4.675	5.205
Leucine....g	1.784		0	A	1		1.517	8.094	9.011

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
Lysine....g	1.943		0	A	1		1.651	8.812	9.811
Methionine....g	0.577		0	A	1		0.490	2.617	2.913
Cystine....g	0.242		0	A	1		0.205	1.096	1.221
Phenylalanine....g	0.881		0	A	1		0.748	3.994	4.447
Tyrosine....g	0.797		0	A	1		0.678	3.616	4.026
Valine....g	1.095		0	A	1		0.930	4.965	5.528
Arginine....g	1.394		0	A	1		1.185	6.322	7.039
Histidine....g	0.905		0	A	1		0.769	4.104	4.569
Alanine....g	1.230		0	A	1		1.045	5.577	6.209
Aspartic acid....g	2.049		0	A	1		1.742	9.295	10.348
Glutamic acid....g	3.344		0	A	1		2.842	15.168	16.887
Glycine....g	0.944		0	A	1		0.802	4.281	4.766
Proline....g	0.847		0	A	1		0.720	3.841	4.277
Serine....g	0.906		0	A	1		0.770	4.108	4.574
Hydroxyproline....g	0.054		0	A	1		0.046	0.244	0.272
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 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 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 27 (2014)

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 ... µg	1		0	NC	4		1		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.55		0	PAK	1		0.82		
Vitamin A, RAE ... µg	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		
Tocotrienol, alpha ... mg	0.02		0	PAK	1		0.03		
Tocotrienol, beta ... mg	0.00		0	PAK	1		0.00		
Tocotrienol, gamma ... mg	0.02		0	PAK	1		0.03		
Tocotrienol, 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									

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
Lipids:									
Fatty acids, total saturated....g	2.725		0	PIK	4		4.087		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PAK	1		0.000		
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		
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	0.087		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		

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
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 = 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 27 (2014)

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....µg	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....µg	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		
Tocotrienol, alpha....mg	0.02		6	A	1		0.03		
Tocotrienol, beta....mg	0.00		2	A	1		0.00		
Tocotrienol, gamma....mg	0.02		6	A	1		0.03		
Tocotrienol, 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		

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
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
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 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-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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....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									

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
Lipids:									
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 t....g	0.038		0	PAK	1		0.052		
18:1-11 t (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 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-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		
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		

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
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 27 (2014)

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						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.92		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....µg	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....µg	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	
Tocotrienol, alpha....mg	0.02		0	PAK	1		0.03	0.02	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma....mg	0.04		0	PAK	1		0.06	0.04	
Tocotrienol, 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	

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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.164		0	PIK	4		4.587	2.689	
4:0....g	0.000		0	PIK	4		0.000	0.000	
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 t....g	0.056		0	PAK	1		0.081	0.047	
18:1-11 t (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 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-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans....g	0.086		0	PIK	4		0.125	0.073	
Fatty acids, total trans-monoenoic....g	0.056		0	PIK	4		0.081	0.047	
Fatty acids, total trans-polyenoic....g	0.030		0	PIK	4		0.044	0.026	
Cholesterol....mg	73		0	PAK	1		105	62	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.280		0	PAK	1		0.406	0.238	
Threonine....g	1.195		0	PAK	1		1.733	1.016	
Isoleucine....g	1.310		0	PAK	1		1.900	1.114	
Leucine....g	2.268		0	PAK	1		3.289	1.928	

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
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 27 (2014)

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 ... µg	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 ... µg	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									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.6		0	PAK	1		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									

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
Lipids:									
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 t....g	0.036		0	PAK	1		0.051		
18:1-11 t (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 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-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		
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		

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
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 27 (2014)

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						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.38		0	PAK	1		59.83	130.21	
Energy....kcal	155		0	PIK	4		131	286	
Energy....kJ	647		0	PIK	4		550	1197	
Protein (N x 6.25)....g	21.55		0	PAK	1		18.32	39.87	
Total lipid (fat)....g	6.94		0	PAK	1		5.90	12.83	
Ash....g	0.97		0	PAK	1		0.83	1.80	
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		6	12	
Iron, Fe....mg	0.50		0	PAK	1		0.42	0.92	
Magnesium, Mg....mg	26		0	PAK	1		22	49	
Phosphorus, P....mg	226		0	PAK	1		192	419	
Potassium, K....mg	373		0	PAK	1		317	691	
Sodium, Na....mg	48		0	PAK	1		41	89	
Zinc, Zn....mg	1.55		0	PAK	1		1.31	2.86	
Copper, Cu....mg	0.056		0	PAK	1		0.047	0.103	
Manganese, Mn....mg	0.007		0	PAK	1		0.006	0.013	
Selenium, Se....µg	33.1		0	PAK	1		28.2	61.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.667		0	PAK	1		0.567	1.233	
Riboflavin....mg	0.185		0	PAK	1		0.157	0.341	
Niacin....mg	7.988		0	PAK	1		6.790	14.778	
Pantothenic acid....mg	0.727		0	PAK	1		0.618	1.345	
Vitamin B-6....mg	0.726		0	PAK	1		0.617	1.342	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	57.8		0	PAK	1		49.1	106.9	
Betaine....mg	3.1		0	PAK	1		2.6	5.7	
Vitamin B-12....µg	0.53		0	PAK	1		0.45	0.98	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	1		0	PAK	1		1	2	
Retinol....µg	1		0	PAK	1		1	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	4		0	PAK	1		4	8	
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		0.11	0.23	
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		0.03	0.07	
Tocopherol, delta....mg	0.02		0	PAK	1		0.01	0.03	
Tocotrienol, alpha....mg	0.01		0	PAK	1		0.01	0.03	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.4		0	PAK	1		0.4	0.8	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.4		0	PIK	4		0.4	0.8	
Vitamin D....IU	18		0	PIK	4		15	33	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	

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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.450		0	PIK	4		2.082	4.532	
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		0.003	0.006	
12:0....g	0.003		0	PAK	1		0.003	0.006	
13:0....g									
14:0....g	0.088		0	PAK	1		0.074	0.162	
15:0....g	0.002		0	PAK	1		0.002	0.004	
16:0....g	1.523		0	PAK	1		1.294	2.817	
17:0....g	0.016		0	PAK	1		0.014	0.030	
18:0....g	0.805		0	PAK	1		0.684	1.490	
20:0....g	0.009		0	PAK	1		0.007	0.016	
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		2.537	5.522	
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	0.166		0	PAK	1		0.141	0.307	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	2.771		0	PAK	1		2.355	5.126	
18:1 c....g	2.727		0	PAK	1		2.318	5.045	
18:1 t....g	0.044		0	PAK	1		0.037	0.081	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.047		0	PAK	1		0.040	0.088	
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		0.747	1.625	
18:2 undifferentiated....g	0.763		0	PAK	1		0.649	1.412	
18:2 n-6 c,c....g	0.743		0	PAK	1		0.632	1.375	
18:2 CLAs....g									
18:2 t,t....g	0.020		0	PAK	1		0.017	0.038	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.033		0	PAK	1		0.028	0.062	
18:3 n-3 c,c,c (ALA)....g	0.032		0	PAK	1		0.028	0.060	
18:3 n-6 c,c,c....g	0.001		0	PAK	1		0.001	0.002	
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.027		0	PAK	1		0.023	0.050	
20:3 undifferentiated....g	0.003		0	PAK	1		0.003	0.006	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.051		0	PAK	1		0.044	0.095	
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		0.054	0.118	
Fatty acids, total trans-monoenoic....g	0.044		0	PIK	4		0.037	0.081	
Fatty acids, total trans-polyenoic....g	0.020		0	PIK	4		0.017	0.038	
Cholesterol....mg	67		0	PAK	1		57	124	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.227		0	PAK	1		0.193	0.420	
Threonine....g	0.968		0	PAK	1		0.822	1.790	
Isoleucine....g	1.060		0	PAK	1		0.901	1.962	
Leucine....g	1.836		0	PAK	1		1.561	3.397	

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
Lysine....g	1.999		0	PAK	1		1.699	3.698	
Methionine....g	0.594		0	PAK	1		0.505	1.098	
Cystine....g	0.249		0	PAK	1		0.211	0.460	
Phenylalanine....g	0.906		0	PAK	1		0.770	1.676	
Tyrosine....g	0.820		0	PAK	1		0.697	1.517	
Valine....g	1.126		0	PAK	1		0.957	2.083	
Arginine....g	1.434		0	PAK	1		1.219	2.653	
Histidine....g	0.931		0	PAK	1		0.791	1.722	
Alanine....g	1.265		0	PAK	1		1.075	2.340	
Aspartic acid....g	2.108		0	PAK	1		1.792	3.900	
Glutamic acid....g	3.441		0	PAK	1		2.925	6.365	
Glycine....g	0.971		0	PAK	1		0.825	1.796	
Proline....g	0.871		0	PAK	1		0.741	1.612	
Serine....g	0.932		0	PAK	1		0.792	1.724	
Hydroxyproline....g	0.055		0	PAK	1		0.047	0.102	
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 = 185g: 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.9		1	AS	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									

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
Lipids:										
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 t	g	0.015	0.004	6	A	1		0.020		
18:1-11 t (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 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-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		
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		

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
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 27 (2014)

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....µg	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....µg	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		
Tocotrienol, alpha....mg	0.02		1	A	1		0.03		
Tocotrienol, beta....mg	0.00		1	A	1		0.00		
Tocotrienol, gamma....mg	0.04		1	A	1		0.06		
Tocotrienol, 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		

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
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									
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 t....g	0.033	0.007	12	A	1		0.047		
18:1-11 t (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 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-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g	0.052		0	NC	4		0.075		
Fatty acids, total trans-monoenoic....g	0.033		0	NC	4		0.047		
Fatty acids, total trans-polyenoic....g	0.019		0	NC	4		0.028		
Cholesterol....mg	72	2.983	12	A	1		104		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.290		0	A	1		0.421		
Threonine....g	1.238		0	A	1		1.795		
Isoleucine....g	1.357		0	A	1		1.968		
Leucine....g	2.349		0	A	1		3.406		

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
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 27 (2014)

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	55.09	
Energy....kcal	172		0	NC	4		244	146	
Energy....kJ	718		0	NC	4		1020	611	
Protein (N x 6.25)....g	30.46	0.312	6	A	1		43.25	25.89	
Total lipid (fat)....g	4.62	0.345	6	A	1		6.56	3.93	
Ash....g	1.29	0.021	6	A	1		1.84	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	8	0.332	6	A	1		12	7	
Iron, Fe....mg	0.84	0.043	6	A	1		1.20	0.72	
Magnesium, Mg....mg	26	0.283	6	A	1		37	22	
Phosphorus, P....mg	293	3.675	6	A	1		416	249	
Potassium, K....mg	390	5.783	6	A	1		553	331	
Sodium, Na....mg	87	1.254	6	A	1		124	74	
Zinc, Zn....mg	2.32	0.087	6	A	1		3.29	1.97	
Copper, Cu....mg	0.094	0.007	6	A	1		0.133	0.080	
Manganese, Mn....mg	0.011	0.002	6	A	1		0.015	0.009	
Selenium, Se....µg	42.0	1.742	6	A	1		59.6	35.7	
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	0.558	
Riboflavin....mg	0.233	0.025	6	A	1		0.331	0.198	
Niacin....mg	10.850	0.570	6	A	1		15.407	9.223	
Pantothenic acid....mg	1.399		0	BFPN	4		1.986	1.189	
Vitamin B-6....mg	0.579		0	BFPN	4		0.822	0.492	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	104.7		0	BFPN	4		148.7	89.0	
Betaine....mg	4.1		0	BFPN	4		5.8	3.4	
Vitamin B-12....µg	0.83		0	BFPN	4		1.18	0.70	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	3		0	NC	4		4	2	
Retinol....µg	3		0	BFSN	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	NC	4		13	8	
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	0.19	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	AS	1		0.7	0.4	
Vitamin D....IU	20		0	BFFN	4		28	17	
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									

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
Lipids:									
Fatty acids, total saturated....g	1.784		0	NC	4		2.534	1.517	
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	0.001	
10:0....g	0.005	0.000	6	A	1		0.007	0.004	
12:0....g	0.005	0.000	6	A	1		0.006	0.004	
13:0....g									
14:0....g	0.065	0.006	6	A	1		0.092	0.055	
15:0....g	0.002	0.000	6	A	1		0.003	0.002	
16:0....g	1.110	0.100	6	A	1		1.576	0.943	
17:0....g	0.011	0.001	6	A	1		0.016	0.010	
18:0....g	0.576	0.044	6	A	1		0.818	0.489	
20:0....g	0.009	0.001	6	A	1		0.012	0.007	
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	1.796	
14:1....g	0.001	0.000	6	A	1		0.001	0.001	
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	0.111	
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	1.658	
18:1 c....g	1.933	0.176	6	A	1		2.745	1.643	
18:1 t....g	0.017	0.002	6	A	1		0.024	0.014	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.032	0.003	6	A	1		0.045	0.027	
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	0.577	
18:2 undifferentiated....g	0.568	0.051	6	AS	1		0.806	0.482	
18:2 n-6 c,c....g	0.568	0.051	6	A	1		0.806	0.482	
18:2 CLAs....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	0.019	
18:3 n-3 c,c,c (ALA)....g	0.021	0.003	6	A	1		0.029	0.018	
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	0.000	
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	0.018	
20:3 undifferentiated....g	0.002	0.001	6	A	1		0.003	0.002	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.060	0.001	6	A	1		0.085	0.051	
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	0.005	
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	0.015	
Fatty acids, total trans-monoenoic....g	0.017		0	NC	4		0.024	0.014	
Fatty acids, total trans-polyenoic....g	0.001		0	NC	4		0.001	0.000	
Cholesterol....mg	69	1.022	6	A	1		98	58	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.362		0	A	1		0.515	0.308	
Threonine....g	1.339		0	A	1		1.902	1.138	
Isoleucine....g	1.442		0	A	1		2.048	1.226	
Leucine....g	2.507		0	A	1		3.560	2.131	

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
Lysine....g	2.709		0	A	1		3.846	2.302	
Methionine....g	0.835		0	A	1		1.185	0.710	
Cystine....g	0.343		0	A	1		0.488	0.292	
Phenylalanine....g	1.265		0	A	1		1.797	1.076	
Tyrosine....g	1.207		0	A	1		1.714	1.026	
Valine....g	1.541		0	A	1		2.188	1.309	
Arginine....g	1.963		0	A	1		2.787	1.668	
Histidine....g	1.239		0	A	1		1.759	1.053	
Alanine....g	1.745		0	A	1		2.477	1.483	
Aspartic acid....g	2.849		0	A	1		4.046	2.422	
Glutamic acid....g	4.653		0	A	1		6.607	3.955	
Glycine....g	1.377		0	A	1		1.955	1.170	
Proline....g	1.231		0	A	1		1.749	1.047	
Serine....g	1.272		0	A	1		1.806	1.081	
Hydroxyproline....g	0.106		0	A	1		0.151	0.090	
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 = 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 27 (2014)

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		61.99	134.92	330.81
Energy....kcal	127		0	NC	4		108	234	574
Energy....kJ	530		0	NC	4		450	980	2402
Protein (N x 6.25)....g	22.41	0.359	12	A	1		19.05	41.47	101.67
Total lipid (fat)....g	3.42	0.607	12	A	1		2.91	6.33	15.52
Ash....g	1.01	0.026	12	A	1		0.86	1.86	4.57
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.168	12	A	1		4	10	23
Iron, Fe....mg	0.51	0.019	12	A	1		0.43	0.93	2.29
Magnesium, Mg....mg	27	0.327	12	A	1		23	51	124
Phosphorus, P....mg	234	3.848	12	A	1		199	433	1062
Potassium, K....mg	387	5.965	12	A	1		329	716	1756
Sodium, Na....mg	49	3.088	12	A	1		42	91	224
Zinc, Zn....mg	1.59	0.032	12	A	1		1.35	2.95	7.23
Copper, Cu....mg	0.057	0.004	12	A	1		0.048	0.105	0.258
Manganese, Mn....mg	0.008	0.001	12	A	1		0.006	0.014	0.034
Selenium, Se....µg	34.5	7.198	12	A	1		29.3	63.8	156.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.693	0.055	12	A	1		0.589	1.282	3.143
Riboflavin....mg	0.190	0.011	12	A	1		0.162	0.352	0.863
Niacin....mg	8.265	0.504	12	A	1		7.025	15.290	37.490
Pantothenic acid....mg	0.746	0.059	4	A	1		0.634	1.380	3.384
Vitamin B-6....mg	0.756	0.038	4	A	1		0.643	1.399	3.429
Folate, total....µg	0		1	A	1		0	0	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	0		1	A	1		0	0	0
Folate, DFE....µg	0		0	NC	4		0	0	0
Choline, total....mg	59.6	4.984	4	AS	1		50.7	110.2	270.3
Betaine....mg	3.1	0.452	4	A	1		2.7	5.8	14.2
Vitamin B-12....µg	0.51	0.018	4	A	1		0.43	0.94	2.31
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	AS	1		0	0	0
Retinol....µg	0		1	A	1		0	0	0
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	0		0	AS	1		0	0	0
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.13		1	A	1		0.11	0.24	0.59
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	0.04		1	A	1		0.03	0.07	0.18
Tocopherol, delta....mg	0.01		1	A	1		0.01	0.03	0.07
Tocotrienol, alpha....mg	0.01		1	A	1		0.01	0.03	0.07
Tocotrienol, beta....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, gamma....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.3		0	AS	1		0.3	0.6	1.5
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.3		0	BFFN	4		0.3	0.6	1.5
Vitamin D....IU	13		0	BFFN	4		11	25	60
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	0.0

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
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.208		0	NC	4		1.027	2.235	5.480
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	0.000	12	A	1		0.000	0.000	0.000
10:0....g	0.001	0.001	12	A	1		0.001	0.001	0.003
12:0....g	0.001	0.001	12	A	1		0.001	0.001	0.003
13:0....g									
14:0....g	0.044	0.009	12	A	1		0.038	0.082	0.201
15:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
16:0....g	0.772	0.152	12	A	1		0.657	1.429	3.503
17:0....g	0.004	0.001	12	A	1		0.003	0.007	0.016
18:0....g	0.384	0.078	12	A	1		0.327	0.711	1.743
20:0....g	0.002	0.002	12	A	1		0.002	0.004	0.010
22:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
24:0....g									
Fatty acids, total monounsaturated....g	1.546		0	NC	4		1.314	2.860	7.013
14:1....g	0.000	0.000	12	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	12	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.102	0.017	12	A	1		0.087	0.188	0.462
17:1....g	0.000	0.000	12	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	1.421	0.265	12	AS	1		1.208	2.629	6.445
18:1 c....g	1.403	0.263	12	A	1		1.193	2.596	6.366
18:1 t....g	0.017	0.004	12	A	1		0.015	0.032	0.079
18:1-11 t (18:1t n-7)....g									
20:1....g	0.023	0.005	12	A	1		0.020	0.043	0.106
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.366		0	NC	4		0.311	0.677	1.661
18:2 undifferentiated....g	0.300	0.047	12	AS	1		0.255	0.556	1.363
18:2 n-6 c,c....g	0.293	0.045	12	A	1		0.249	0.543	1.331
18:2 CLAs....g									
18:2 t,t....g	0.007	0.002	12	A	1		0.006	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		0.009	0.020	0.049
18:3 n-3 c,c,c (ALA)....g	0.011	0.002	12	A	1		0.009	0.020	0.049
18:3 n-6 c,c,c....g	0.000	0.000	12	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	0.009	0.003	12	A	1		0.008	0.017	0.043
20:3 undifferentiated....g	0.000	0.000	12	A	1		0.000	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		0.039	0.084	0.206
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	0.024		0	NC	4		0.021	0.045	0.111
Fatty acids, total trans-monoenoic....g	0.017		0	NC	4		0.015	0.032	0.079
Fatty acids, total trans-polyenoic....g	0.007		0	NC	4		0.006	0.013	0.032
Cholesterol....mg	66	5.924	12	A	1		56	123	301
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.236		0	A	1		0.201	0.436	1.070
Threonine....g	1.006		0	A	1		0.855	1.862	4.565
Isoleucine....g	1.103		0	A	1		0.938	2.040	5.003
Leucine....g	1.910		0	A	1		1.623	3.533	8.662

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
Lysine....g	2.079		0	A	1		1.767	3.846	9.430
Methionine....g	0.617		0	A	1		0.525	1.142	2.800
Cystine....g	0.259		0	A	1		0.220	0.478	1.173
Phenylalanine....g	0.942		0	A	1		0.801	1.743	4.274
Tyrosine....g	0.853		0	A	1		0.725	1.578	3.869
Valine....g	1.171		0	A	1		0.996	2.167	5.313
Arginine....g	1.491		0	A	1		1.268	2.759	6.765
Histidine....g	0.968		0	A	1		0.823	1.791	4.392
Alanine....g	1.316		0	A	1		1.118	2.434	5.968
Aspartic acid....g	2.193		0	A	1		1.864	4.057	9.946
Glutamic acid....g	3.578		0	A	1		3.042	6.620	16.232
Glycine....g	1.010		0	A	1		0.858	1.868	4.581
Proline....g	0.906		0	A	1		0.770	1.677	4.111
Serine....g	0.969		0	A	1		0.824	1.793	4.396
Hydroxyproline....g	0.058		0	A	1		0.049	0.106	0.261
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 = 85g: 3 oz

Measure 2 = 185g: 1 chop

Measure 3 = 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 27 (2014)

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		54.19	540.65	
Energy....kcal	192		0	PIK	4		164	1632	
Energy....kJ	805		0	PIK	4		685	6829	
Protein (N x 6.25)....g	26.45		0	PAK	1		22.48	224.29	
Total lipid (fat)....g	8.82		0	PAK	1		7.50	74.78	
Ash....g	0.98		0	PAK	1		0.83	8.33	
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		6	61	
Iron, Fe....mg	0.64		0	PAK	1		0.55	5.44	
Magnesium, Mg....mg	25		0	PAK	1		21	214	
Phosphorus, P....mg	223		0	PAK	1		189	1888	
Potassium, K....mg	349		0	PAK	1		297	2958	
Sodium, Na....mg	46		0	PAK	1		39	389	
Zinc, Zn....mg	2.11		0	PAK	1		1.79	17.88	
Copper, Cu....mg	0.077		0	PAK	1		0.066	0.654	
Manganese, Mn....mg	0.007		0	PAK	1		0.006	0.057	
Selenium, Se....µg	34.9		0	PAK	1		29.7	296.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.547		0	PAK	1		0.465	4.636	
Riboflavin....mg	0.232		0	PAK	1		0.197	1.968	
Niacin....mg	7.104		0	PAK	1		6.039	60.246	
Pantothenic acid....mg	0.674		0	PIK	4		0.573	5.715	
Vitamin B-6....mg	0.692		0	PIK	4		0.588	5.865	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	75.5		0	PIK	4		64.1	639.9	
Betaine....mg	2.8		0	PIK	4		2.4	23.4	
Vitamin B-12....µg	0.58		0	PIK	4		0.49	4.91	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	1		0	PAK	1		1	10	
Retinol....µg	1		0	PIK	4		1	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	4		0	PAK	1		3	34	
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		0.09	0.89	
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	0.04	
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha....mg	0.00		0	PAK	1		0.00	0.01	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00		0	PAK	1		0.00	0.04	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.5		0	PAK	1		0.4	4.2	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	PIK	4		0.4	4.2	
Vitamin D....IU	20		0	PIK	4		17	169	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	

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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.839		0	PIK	4		2.413	24.075	
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		0.003	0.032	
12:0....g	0.002		0	PAK	1		0.002	0.017	
13:0....g									
14:0....g	0.101		0	PAK	1		0.086	0.855	
15:0....g	0.002		0	PAK	1		0.001	0.014	
16:0....g	1.756		0	PAK	1		1.493	14.891	
17:0....g	0.023		0	PAK	1		0.020	0.195	
18:0....g	0.937		0	PAK	1		0.796	7.945	
20:0....g	0.014		0	PAK	1		0.012	0.123	
22:0....g	0.000		0	PAK	1		0.000	0.002	
24:0....g									
Fatty acids, total monounsaturated....g	3.517		0	PIK	4		2.989	29.820	
14:1....g	0.001		0	PAK	1		0.001	0.005	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.191		0	PAK	1		0.162	1.618	
17:1....g	0.006		0	PAK	1		0.005	0.053	
18:1 undifferentiated....g	3.263		0	PAK	1		2.774	27.674	
18:1 c....g	3.212		0	PAK	1		2.730	27.239	
18:1 t....g	0.051		0	PAK	1		0.044	0.435	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.055		0	PAK	1		0.047	0.470	
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		0.849	8.469	
18:2 undifferentiated....g	0.871		0	PAK	1		0.740	7.384	
18:2 n-6 c,c....g	0.843		0	PAK	1		0.716	7.145	
18:2 CLAs....g									
18:2 t,t....g	0.028		0	PAK	1		0.024	0.239	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.037		0	PAK	1		0.031	0.313	
18:3 n-3 c,c,c (ALA)....g	0.036		0	PAK	1		0.031	0.306	
18:3 n-6 c,c,c....g	0.001		0	PAK	1		0.001	0.007	
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.032		0	PAK	1		0.027	0.273	
20:3 undifferentiated....g	0.002		0	PAK	1		0.002	0.020	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.056		0	PAK	1		0.048	0.479	
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		0.068	0.674	
Fatty acids, total trans-monoenoic....g	0.051		0	PIK	4		0.044	0.435	
Fatty acids, total trans-polyenoic....g	0.028		0	PIK	4		0.024	0.239	
Cholesterol....mg	80		0	PAK	1		68	675	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.278		0	PAK	1		0.237	2.361	
Threonine....g	1.188		0	PAK	1		1.009	10.070	
Isoleucine....g	1.302		0	PAK	1		1.106	11.037	
Leucine....g	2.253		0	PAK	1		1.915	19.108	

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
Lysine....g	2.453		0	PAK	1		2.085	20.802	
Methionine....g	0.728		0	PAK	1		0.619	6.177	
Cystine....g	0.305		0	PAK	1		0.259	2.588	
Phenylalanine....g	1.112		0	PAK	1		0.945	9.429	
Tyrosine....g	1.007		0	PAK	1		0.856	8.536	
Valine....g	1.382		0	PAK	1		1.175	11.721	
Arginine....g	1.760		0	PAK	1		1.496	14.924	
Histidine....g	1.142		0	PAK	1		0.971	9.688	
Alanine....g	1.553		0	PAK	1		1.320	13.166	
Aspartic acid....g	2.587		0	PAK	1		2.199	21.942	
Glutamic acid....g	4.223		0	PAK	1		3.589	35.808	
Glycine....g	1.192		0	PAK	1		1.013	10.106	
Proline....g	1.069		0	PAK	1		0.909	9.068	
Serine....g	1.144		0	PAK	1		0.972	9.698	
Hydroxyproline....g	0.068		0	PAK	1		0.058	0.576	
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 = 848g: 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 27 (2014)

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		59.62	1539.57	
Energy ... kcal	166		0	PIK	4		141	3649	
Energy ... kJ	696		0	PIK	4		591	15267	
Protein (N x 6.25) ... g	21.34		0	PAK	1		18.14	468.38	
Total lipid (fat) ... g	8.33		0	PAK	1		7.08	182.80	
Ash ... g	0.97		0	PAK	1		0.83	21.33	
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		6	155	
Iron, Fe ... mg	0.53		0	PAK	1		0.45	11.64	
Magnesium, Mg ... mg	24		0	PAK	1		21	535	
Phosphorus, P ... mg	216		0	PAK	1		184	4739	
Potassium, K ... mg	358		0	PAK	1		304	7852	
Sodium, Na ... mg	47		0	PAK	1		40	1039	
Zinc, Zn ... mg	1.73		0	PAK	1		1.47	37.93	
Copper, Cu ... mg	0.056		0	PAK	1		0.048	1.239	
Manganese, Mn ... mg	0.007		0	PAK	1		0.006	0.150	
Selenium, Se ... µg	26.5		0	PAK	1		22.6	582.3	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	PIK	4		0.0	0.0	
Thiamin ... mg	0.426		0	PIK	4		0.363	9.361	
Riboflavin ... mg	0.181		0	PIK	4		0.154	3.967	
Niacin ... mg	5.566		0	PIK	4		4.731	122.173	
Pantothenic acid ... mg	0.722		0	PIK	4		0.614	15.854	
Vitamin B-6 ... mg	0.718		0	PIK	4		0.610	15.764	
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 ... µg	0		0	NC	4		0	0	
Choline, total ... mg	57.3		0	PIK	4		48.7	1258.8	
Betaine ... mg	3.1		0	PIK	4		2.6	67.5	
Vitamin B-12 ... µg	0.54		0	PIK	4		0.46	11.76	
Vitamin B-12, added ... µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE ... µg	2		0	PAK	1		1	34	
Retinol ... µg	2		0	PIK	4		1	34	
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		4	113	
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		0.10	2.70	
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	0.07	
Tocopherol, delta ... mg	0.00		0	PAK	1		0.00	0.03	
Tocotrienol, alpha ... mg	0.00		0	PAK	1		0.00	0.02	
Tocotrienol, beta ... mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma ... mg	0.00		0	PAK	1		0.00	0.04	
Tocotrienol, delta ... mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3) ... µg	0.5		0	PAK	1		0.4	11.5	
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg	0.5		0	PIK	4		0.4	11.5	
Vitamin D ... IU	21		0	PIK	4		18	461	
Vitamin K (phylloquinone) ... µg	0.0		0	PIK	4		0.0	0.0	

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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.598		0	PIK	4		1.358	35.073	
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	0.002	
10:0....g	0.004		0	PIK	4		0.004	0.098	
12:0....g	0.003		0	PIK	4		0.003	0.072	
13:0....g									
14:0....g	0.098		0	PIK	4		0.083	2.146	
15:0....g	0.002		0	PIK	4		0.002	0.054	
16:0....g	1.701		0	PIK	4		1.446	37.337	
17:0....g	0.024		0	PIK	4		0.020	0.523	
18:0....g	0.919		0	PIK	4		0.781	20.172	
20:0....g	0.008		0	PAK	1		0.007	0.178	
22:0....g	0.000		0	PIK	4		0.000	0.003	
24:0....g									
Fatty acids, total monounsaturated....g	1.861		0	PIK	4		1.582	40.859	
14:1....g	0.001		0	PIK	4		0.001	0.021	
15:1....g	0.000		0	PIK	4		0.000	0.000	
16:1 undifferentiated....g	0.173		0	PIK	4		0.147	3.801	
17:1....g	0.001		0	PIK	4		0.001	0.030	
18:1 undifferentiated....g	3.126		0	PIK	4		2.657	68.616	
18:1 c....g	3.073		0	PIK	4		2.612	67.457	
18:1 t....g	0.053		0	PIK	4		0.045	1.159	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.054		0	PIK	4		0.046	1.181	
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		0.553	14.289	
18:2 undifferentiated....g	0.913		0	PIK	4		0.776	20.048	
18:2 n-6 c,c....g	0.885		0	PIK	4		0.752	19.428	
18:2 CLAs....g									
18:2 t,t....g	0.028		0	PIK	4		0.024	0.621	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.041		0	PIK	4		0.035	0.892	
18:3 n-3 c,c,c (ALA)....g	0.039		0	PIK	4		0.034	0.865	
18:3 n-6 c,c,c....g	0.001		0	PIK	4		0.001	0.026	
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		0.029	0.747	
20:3 undifferentiated....g	0.004		0	PIK	4		0.003	0.081	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.042		0	PIK	4		0.036	0.918	
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		0.043	1.099	
Fatty acids, total trans-monoenoic....g	0.033		0	PIK	4		0.028	0.734	
Fatty acids, total trans-polyenoic....g	0.017		0	PIK	4		0.014	0.366	
Cholesterol....mg	64		0	PIK	4		54	1397	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.225		0	PAK	1		0.191	4.930	
Threonine....g	0.958		0	PAK	1		0.814	21.029	
Isoleucine....g	1.050		0	PAK	1		0.892	23.047	
Leucine....g	1.818		0	PAK	1		1.545	39.901	

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
Lysine....g	1.979		0	PAK	1		1.682	43.440	
Methionine....g	0.588		0	PAK	1		0.500	12.900	
Cystine....g	0.246		0	PAK	1		0.209	5.404	
Phenylalanine....g	0.897		0	PAK	1		0.762	19.689	
Tyrosine....g	0.812		0	PAK	1		0.690	17.825	
Valine....g	1.115		0	PAK	1		0.948	24.475	
Arginine....g	1.420		0	PAK	1		1.207	31.166	
Histidine....g	0.922		0	PAK	1		0.783	20.231	
Alanine....g	1.253		0	PAK	1		1.065	27.493	
Aspartic acid....g	2.087		0	PAK	1		1.774	45.819	
Glutamic acid....g	3.407		0	PAK	1		2.896	74.774	
Glycine....g	0.961		0	PAK	1		0.817	21.104	
Proline....g	0.863		0	PAK	1		0.733	18.937	
Serine....g	0.923		0	PAK	1		0.784	20.251	
Hydroxyproline....g	0.055		0	PIK	4		0.047	1.202	
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 = 2195g: 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 27 (2014)

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		55.76		
Energy....kcal	173		0	NC	4		147		
Energy....kJ	723		0	NC	4		615		
Protein (N x 6.25)....g	27.23	0.767	12	A	1		23.14		
Total lipid (fat)....g	6.28	0.736	12	A	1		5.34		
Ash....g	1.01	0.049	12	A	1		0.86		
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	6	0.365	12	A	1		5		
Iron, Fe....mg	0.64	0.040	12	A	1		0.55		
Magnesium, Mg....mg	26	0.527	12	A	1		22		
Phosphorus, P....mg	227	3.469	12	A	1		193		
Potassium, K....mg	357	6.916	12	A	1		303		
Sodium, Na....mg	47	1.197	12	A	1		40		
Zinc, Zn....mg	2.16	0.123	12	A	1		1.84		
Copper, Cu....mg	0.079	0.005	12	A	1		0.067		
Manganese, Mn....mg	0.007	0.000	12	A	1		0.006		
Selenium, Se....µg	35.8	5.627	12	A	1		30.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.561	0.043	4	A	1		0.477		
Riboflavin....mg	0.237	0.019	4	A	1		0.202		
Niacin....mg	7.277	0.371	4	A	1		6.186		
Pantothenic acid....mg	0.684		0	BFPN	4		0.581		
Vitamin B-6....mg	0.713		0	BFPN	4		0.606		
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....µg	0		0	NC	4		0		
Choline, total....mg	77.3		0	BFPN	4		65.7		
Betaine....mg	2.8		0	BFPN	4		2.4		
Vitamin B-12....µg	0.55		0	BFPN	4		0.47		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	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		0.08		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.4		0	AS	1		0.4		
Vitamin D....IU	18		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. 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
Lipids:									
Fatty acids, total saturated....g	1.927		0	NC	4		1.638		
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		0.001		
12:0....g	0.000	0.000	4	A	1		0.000		
13:0....g									
14:0....g	0.069	0.007	4	A	1		0.059		
15:0....g	0.000	0.000	4	A	1		0.000		
16:0....g	1.208	0.136	4	A	1		1.027		
17:0....g	0.013	0.002	4	A	1		0.011		
18:0....g	0.625	0.064	4	A	1		0.531		
20:0....g	0.010	0.001	4	A	1		0.008		
22:0....g	0.000	0.000	4	A	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	2.464		0	NC	4		2.094		
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	0.145	0.015	4	A	1		0.123		
17:1....g	0.002	0.002	4	A	1		0.002		
18:1 undifferentiated....g	2.279	0.305	4	AS	1		1.937		
18:1 c....g	2.247	0.295	4	A	1		1.910		
18:1 t....g	0.032	0.011	4	A	1		0.027		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.038	0.006	4	A	1		0.032		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.631		0	NC	4		0.536		
18:2 undifferentiated....g	0.539	0.083	4	AS	1		0.458		
18:2 n-6 c,c....g	0.520	0.080	4	A	1		0.442		
18:2 CLAs....g									
18:2 t,t....g	0.019	0.004	4	A	1		0.016		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.020	0.004	4	AS	1		0.017		
18:3 n-3 c,c,c (ALA)....g	0.020	0.004	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	0.019	0.003	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	0.052	0.001	4	A	1		0.044		
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	0.051		0	NC	4		0.043		
Fatty acids, total trans-monoenoic....g	0.032		0	NC	4		0.027		
Fatty acids, total trans-polyenoic....g	0.019		0	NC	4		0.016		
Cholesterol....mg	79	10.621	4	A	1		68		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.287		0	A	1		0.244		
Threonine....g	1.223		0	A	1		1.039		
Isoleucine....g	1.340		0	A	1		1.139		
Leucine....g	2.320		0	A	1		1.972		
Lysine....g	2.525		0	A	1		2.147		
Methionine....g	0.750		0	A	1		0.637		

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
Cystine....g	0.314		0	A	1		0.267		
Phenylalanine....g	1.145		0	A	1		0.973		
Tyrosine....g	1.036		0	A	1		0.881		
Valine....g	1.423		0	A	1		1.209		
Arginine....g	1.812		0	A	1		1.540		
Histidine....g	1.176		0	A	1		1.000		
Alanine....g	1.598		0	A	1		1.359		
Aspartic acid....g	2.664		0	A	1		2.264		
Glutamic acid....g	4.347		0	A	1		3.695		
Glycine....g	1.227		0	A	1		1.043		
Proline....g	1.101		0	A	1		0.936		
Serine....g	1.177		0	A	1		1.001		
Hydroxyproline....g	0.070		0	A	1		0.059		
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 27 (2014)

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		62.29	1608.53	
Energy....kcal	132		0	NC	4		112	2904	
Energy....kJ	553		0	NC	4		470	12149	
Protein (N x 6.25)....g	22.39	0.401	12	A	1		19.04	491.56	
Total lipid (fat)....g	4.06	0.372	12	A	1		3.45	89.21	
Ash....g	1.01	0.025	12	A	1		0.86	22.26	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.185	12	A	1		4	112	
Iron, Fe....mg	0.54	0.043	12	A	1		0.46	11.86	
Magnesium, Mg....mg	26	0.425	12	A	1		22	561	
Phosphorus, P....mg	225	3.118	12	A	1		191	4937	
Potassium, K....mg	374	3.412	12	A	1		318	8200	
Sodium, Na....mg	49	1.574	12	A	1		42	1075	
Zinc, Zn....mg	1.80	0.142	12	A	1		1.53	39.51	
Copper, Cu....mg	0.058	0.004	12	A	1		0.049	1.268	
Manganese, Mn....mg	0.007	0.001	12	A	1		0.006	0.160	
Selenium, Se....µg	27.7	4.694	12	A	1		23.6	609.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.443		0	BFYN	4		0.376	9.716	
Riboflavin....mg	0.187		0	BFYN	4		0.159	4.114	
Niacin....mg	5.745		0	BFYN	4		4.883	126.099	
Pantothenic acid....mg	0.745		0	BFPN	4		0.634	16.360	
Vitamin B-6....mg	0.755		0	BFPN	4		0.642	16.579	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	59.5		0	BFPN	4		50.6	1306.8	
Betaine....mg	3.1		0	BFPN	4		2.7	68.5	
Vitamin B-12....µg	0.51		0	BFPN	4		0.43	11.18	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	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		0.11	2.81	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.4		0	AS	1		0.3	8.7	
Vitamin D....IU	16		0	BFFN	4		13	346	
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									

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
Lipids:									
Fatty acids, total saturated....g	1.248		0	BFFN	4		1.061	27.390	
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									
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.045		0	BFFN	4		0.038	0.983	
15:0....g	0.000		0	BFFN	4		0.000	0.000	
16:0....g	0.782		0	BFFN	4		0.665	17.174	
17:0....g	0.009		0	BFFN	4		0.007	0.187	
18:0....g	0.404		0	BFFN	4		0.344	8.878	
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		1.356	35.020	
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		0.080	2.063	
17:1....g	0.001		0	BFFN	4		0.001	0.032	
18:1 undifferentiated....g	1.476		0	BFFN	4		1.254	32.389	
18:1 c....g	1.455		0	BFFN	4		1.237	31.935	
18:1 t....g	0.021		0	BFFN	4		0.018	0.454	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.024		0	BFFN	4		0.021	0.535	
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		0.347	8.968	
18:2 undifferentiated....g	0.349		0	BFFN	4		0.297	7.666	
18:2 n-6 c,c....g	0.337		0	BFFN	4		0.286	7.394	
18:2 CLAs....g									
18:2 t,t....g	0.012		0	BFFN	4		0.011	0.273	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.013		0	BFFN	4		0.011	0.287	
18:3 n-3 c,c,c (ALA)....g	0.013		0	BFFN	4		0.011	0.287	
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		0.011	0.273	
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		0.029	0.742	
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		53	1377	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.236		0	A	1		0.200	5.174	
Threonine....g	1.005		0	A	1		0.855	22.070	
Isoleucine....g	1.102		0	A	1		0.937	24.188	
Leucine....g	1.908		0	A	1		1.622	41.876	
Lysine....g	2.077		0	A	1		1.765	45.590	
Methionine....g	0.617		0	A	1		0.524	13.538	
Cystine....g	0.258		0	A	1		0.220	5.672	
Phenylalanine....g	0.941		0	A	1		0.800	20.663	

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
Tyrosine....g	0.852		0	A	1		0.724	18.707	
Valine....g	1.170		0	A	1		0.995	25.686	
Arginine....g	1.490		0	A	1		1.267	32.708	
Histidine....g	0.967		0	A	1		0.822	21.232	
Alanine....g	1.315		0	A	1		1.117	28.854	
Aspartic acid....g	2.191		0	A	1		1.862	48.087	
Glutamic acid....g	3.575		0	A	1		3.039	78.475	
Glycine....g	1.009		0	A	1		0.858	22.148	
Proline....g	0.905		0	A	1		0.770	19.874	
Serine....g	0.968		0	A	1		0.823	21.253	
Hydroxyproline....g	0.057		0	A	1		0.049	1.262	
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 = 85g: 3 oz

Measure 2 = 2195g: 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.2		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	5.110		0		1		4.344	4.548	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
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									
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	

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
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 = 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.3		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	5.230		0		1		4.446	4.550	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
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									
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	

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
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 = 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 27 (2014)

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 ... µg	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 ... µg	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									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	1.0		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	5.370		0		1		4.565	4.779	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
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									
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	

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
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 = 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 27 (2014)

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		56.88	78.30	
Energy....kcal	198		0	NC	4		168	232	
Energy....kJ	828		0		4		704	969	
Protein (N x 6.25)....g	19.74		0		1		16.78	23.10	
Total lipid (fat)....g	12.58		0		1		10.69	14.72	
Ash....g	0.96		0		1		0.82	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	21	
Iron, Fe....mg	0.79		0		1		0.67	0.92	
Magnesium, Mg....mg	21		0		1		18	25	
Phosphorus, P....mg	197		0		1		167	230	
Potassium, K....mg	356		0		1		303	417	
Sodium, Na....mg	50		0		1		43	59	
Zinc, Zn....mg	1.74		0		1		1.48	2.04	
Copper, Cu....mg	0.056		0		1		0.048	0.066	
Manganese, Mn....mg	0.011		0		1		0.009	0.013	
Selenium, Se....µg	33.2		0	PIE	4		28.2	38.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0		1		0.5	0.7	
Thiamin....mg	0.901		0		1		0.766	1.054	
Riboflavin....mg	0.248		0		1		0.211	0.290	
Niacin....mg	4.580		0		1		3.893	5.359	
Pantothenic acid....mg	0.723		0		1		0.615	0.846	
Vitamin B-6....mg	0.472		0		1		0.401	0.552	
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....µg	1		0	NC	4		1	1	
Choline, total....mg	69.7		0	BFPN	4		59.2	81.5	
Betaine....mg	3.2		0	BFPN	4		2.8	3.8	
Vitamin B-12....µg	0.53		0		1		0.45	0.62	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	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	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		0.17	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		0.04	0.05	
Tocopherol, delta....mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, alpha....mg	0.01		0	BFSN	4		0.01	0.01	
Tocotrienol, beta....mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, gamma....mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, delta....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.5		0	AS	1		0.5	0.6	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	BFNN	4		0.5	0.6	
Vitamin D....IU	21		0	BFNN	4		18	25	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	

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
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.360		0		1		3.706	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		0.009	0.012	
12:0....g	0.010		0		1		0.009	0.012	
13:0....g									
14:0....g	0.160		0		1		0.136	0.187	
15:0....g									
16:0....g	2.720		0		1		2.312	3.182	
17:0....g									
18:0....g	1.420		0		1		1.207	1.661	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.610		0		1		4.769	6.564	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.360		0		1		0.306	0.421	
17:1....g									
18:1 undifferentiated....g	5.140		0		1		4.369	6.014	
20:1....g	0.090		0		1		0.077	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		1.139	1.568	
18:2 undifferentiated....g	1.110		0		1		0.944	1.299	
18:3 undifferentiated....g	0.090		0		1		0.077	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		0.068	0.094	
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									
Cholesterol....mg	63		0		1		54	74	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.244		0		1		0.207	0.285	
Threonine....g	0.891		0		1		0.757	1.042	
Isoleucine....g	0.910		0		1		0.774	1.065	
Leucine....g	1.572		0		1		1.336	1.839	
Lysine....g	1.766		0		1		1.501	2.066	
Methionine....g	0.514		0		1		0.437	0.601	
Cystine....g	0.248		0		1		0.211	0.290	
Phenylalanine....g	0.785		0		1		0.667	0.918	
Tyrosine....g	0.676		0		1		0.575	0.791	
Valine....g	1.064		0		1		0.904	1.245	
Arginine....g	1.245		0		1		1.058	1.457	
Histidine....g	0.770		0		1		0.655	0.901	
Alanine....g	1.158		0		1		0.984	1.355	
Aspartic acid....g	1.814		0		1		1.542	2.122	
Glutamic acid....g	3.044		0		1		2.587	3.561	
Glycine....g	1.019		0		1		0.866	1.192	
Proline....g	0.838		0		1		0.712	0.980	
Serine....g	0.815		0		1		0.693	0.954	
Hydroxyproline....g									

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
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 = 85g: 3 oz

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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.8		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	3.380		0		1		2.873	2.704	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
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									
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	

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
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 = 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.9		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	3.640		0		1		3.094	2.876	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
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									
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	

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
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 = 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 27 (2014)

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....µg	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....µg	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	
Tocotrienol, alpha....mg	0.03		0	BFSN	4		0.02	0.02	
Tocotrienol, beta....mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, gamma....mg	0.01		0	BFSN	4		0.01	0.01	
Tocotrienol, 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	

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
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.510		0		1		2.984	2.843	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
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									
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									

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
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 = 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 27 (2014)

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		61.40	76.56	
Energy....kcal	143		0	NC	4		122	152	
Energy....kJ	598		0		4		509	634	
Protein (N x 6.25)....g	21.43		0		1		18.22	22.72	
Total lipid (fat)....g	5.66		0		1		4.81	6.00	
Ash....g	1.05		0		1		0.89	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	18	
Iron, Fe....mg	0.84		0		1		0.71	0.89	
Magnesium, Mg....mg	23		0		1		20	24	
Phosphorus, P....mg	211		0		1		179	224	
Potassium, K....mg	389		0		1		331	412	
Sodium, Na....mg	52		0		1		44	55	
Zinc, Zn....mg	1.84		0		1		1.56	1.95	
Copper, Cu....mg	0.062		0		1		0.053	0.066	
Manganese, Mn....mg	0.012		0		1		0.010	0.013	
Selenium, Se....µg	36.1		0	BFNN	4		30.7	38.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0		1		0.5	0.6	
Thiamin....mg	0.989		0		1		0.841	1.048	
Riboflavin....mg	0.267		0		1		0.227	0.283	
Niacin....mg	4.915		0		1		4.178	5.210	
Pantothenic acid....mg	0.781		0		1		0.664	0.828	
Vitamin B-6....mg	0.527		0		1		0.448	0.559	
Folate, total....µg	5		0		1		4	5	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		1		4	5	
Folate, DFE....µg	5		0	NC	4		4	5	
Choline, total....mg	75.6		0	BFPN	4		64.3	80.2	
Betaine....mg	3.5		0	BFPN	4		3.0	3.7	
Vitamin B-12....µg	0.63		0		1		0.54	0.67	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	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	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		0.15	0.19	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	AS	1		0.5	0.6	
Vitamin D....IU	22		0	BFFN	4		19	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									

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
Lipids:									
Fatty acids, total saturated....g	1.950		0		1		1.658	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		0.009	0.011	
12:0....g	0.010		0		1		0.009	0.011	
13:0....g									
14:0....g	0.070		0		1		0.060	0.074	
15:0....g									
16:0....g	1.250		0		1		1.063	1.325	
17:0....g									
18:0....g	0.610		0		1		0.519	0.647	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.560		0		1		2.176	2.714	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.180		0		1		0.153	0.191	
17:1....g									
18:1 undifferentiated....g	2.320		0		1		1.972	2.459	
20:1....g	0.040		0		1		0.034	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		0.519	0.647	
18:2 undifferentiated....g	0.490		0		1		0.417	0.519	
18:3 undifferentiated....g	0.020		0		1		0.017	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		0.060	0.074	
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									
Cholesterol....mg	59		0		1		50	63	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.272		0		1		0.231	0.288	
Threonine....g	0.978		0		1		0.831	1.037	
Isoleucine....g	1.003		0		1		0.853	1.063	
Leucine....g	1.719		0		1		1.461	1.822	
Lysine....g	1.927		0		1		1.638	2.043	
Methionine....g	0.567		0		1		0.482	0.601	
Cystine....g	0.273		0		1		0.232	0.289	
Phenylalanine....g	0.855		0		1		0.727	0.906	
Tyrosine....g	0.747		0		1		0.635	0.792	
Valine....g	1.162		0		1		0.988	1.232	
Arginine....g	1.332		0		1		1.132	1.412	
Histidine....g	0.856		0		1		0.728	0.907	
Alanine....g	1.248		0		1		1.061	1.323	
Aspartic acid....g	1.987		0		1		1.689	2.106	
Glutamic acid....g	3.354		0		1		2.851	3.555	
Glycine....g	1.017		0		1		0.864	1.078	
Proline....g	0.861		0		1		0.732	0.913	
Serine....g	0.885		0		1		0.752	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	

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
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 = 85g: 3 oz

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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.8		1	AS	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									

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
Lipids:									
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 t....g	0.385		1	A	1		0.109	0.435	
18:1-11 t (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 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-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	
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	

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
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 27 (2014)

NDB No. 10006
Pork, fresh, 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	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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.7		1	AS	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									

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
Lipids:									
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 t....g	0.468		1	A	1		0.133	0.529	
18:1-11 t (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 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-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	
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	

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
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 27 (2014)

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		46.71	101.66	
Energy....kcal	267		0	PIK	4		227	493	
Energy....kJ	1116		0	PIK	4		948	2064	
Protein (N x 6.25)....g	25.07		0	PAK	1		21.31	46.38	
Total lipid (fat)....g	17.69		0	PAK	1		15.04	32.73	
Ash....g	0.82		0	PAK	1		0.69	1.51	
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	26		0	PAK	1		22	49	
Iron, Fe....mg	1.75		0	PAK	1		1.48	3.23	
Magnesium, Mg....mg	23		0	PAK	1		19	42	
Phosphorus, P....mg	208		0	PAK	1		177	385	
Potassium, K....mg	305		0	PAK	1		259	564	
Sodium, Na....mg	58		0	PAK	1		49	107	
Zinc, Zn....mg	4.84		0	PAK	1		4.12	8.96	
Copper, Cu....mg	0.129		0	PAK	1		0.110	0.239	
Manganese, Mn....mg	0.012		0	PAK	1		0.010	0.022	
Selenium, Se....µg	42.4		0	PAK	1		36.0	78.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.501		0	PAK	1		0.425	0.926	
Riboflavin....mg	0.365		0	PAK	1		0.310	0.674	
Niacin....mg	3.872		0	PAK	1		3.292	7.164	
Pantothenic acid....mg	1.290		0	PAK	1		1.096	2.386	
Vitamin B-6....mg	0.448		0	PAK	1		0.381	0.828	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	102.3		0	PAK	1		86.9	189.2	
Betaine....mg	3.4		0	PAK	1		2.9	6.3	
Vitamin B-12....µg	0.93		0	PAK	1		0.79	1.72	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	2		0	PAK	1		2	4	
Retinol....µg	2		0	PIK	4		2	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	8		0	PAK	1		7	15	
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		0.10	0.23	
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		0.00	0.00	
Tocotrienol, alpha....mg	0.00		0	PAK	1		0.00	0.01	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma....mg	0.01		0	PAK	1		0.01	0.02	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	1.2		0	PAK	1		1.0	2.2	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.2		0	PIK	4		1.0	2.2	
Vitamin D....IU	47		0	PIK	4		40	87	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	

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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.584		0	PIK	4		5.596	12.180	
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		0.015	0.032	
12:0....g	0.014		0	PAK	1		0.012	0.025	
13:0....g									
14:0....g	0.223		0	PAK	1		0.190	0.413	
15:0....g	0.005		0	PAK	1		0.004	0.009	
16:0....g	3.990		0	PAK	1		3.391	7.381	
17:0....g	0.055		0	PAK	1		0.047	0.102	
18:0....g	2.248		0	PAK	1		1.910	4.158	
20:0....g	0.032		0	PAK	1		0.027	0.058	
22:0....g	0.001		0	PAK	1		0.000	0.001	
24:0....g									
Fatty acids, total monounsaturated....g	7.987		0	PIK	4		6.789	14.776	
14:1....g	0.001		0	PAK	1		0.001	0.002	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.408		0	PAK	1		0.347	0.755	
17:1....g	0.008		0	PAK	1		0.007	0.015	
18:1 undifferentiated....g	7.443		0	PAK	1		6.326	13.769	
18:1 c....g	7.345		0	PAK	1		6.243	13.587	
18:1 t....g	0.098		0	PAK	1		0.083	0.181	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.127		0	PAK	1		0.108	0.235	
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		1.761	3.833	
18:2 undifferentiated....g	1.811		0	PAK	1		1.539	3.350	
18:2 n-6 c,c....g	1.754		0	PAK	1		1.491	3.245	
18:2 CLAs....g									
18:2 t,t....g	0.056		0	PAK	1		0.048	0.104	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.079		0	PAK	1		0.067	0.146	
18:3 n-3 c,c,c (ALA)....g	0.077		0	PAK	1		0.066	0.143	
18:3 n-6 c,c,c....g	0.002		0	PAK	1		0.001	0.003	
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.072		0	PAK	1		0.061	0.134	
20:3 undifferentiated....g	0.011		0	PAK	1		0.009	0.021	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.099		0	PAK	1		0.084	0.183	
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		0.131	0.286	
Fatty acids, total trans-monoenoic....g	0.098		0	PIK	4		0.083	0.181	
Fatty acids, total trans-polyenoic....g	0.056		0	PIK	4		0.048	0.104	
Cholesterol....mg	98		0	PAK	1		84	182	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.264		0	PAK	1		0.224	0.488	
Threonine....g	1.126		0	PAK	1		0.957	2.083	
Isoleucine....g	1.234		0	PAK	1		1.049	2.282	
Leucine....g	2.136		0	PAK	1		1.816	3.951	

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
Lysine....g	2.325		0	PAK	1		1.977	4.302	
Methionine....g	0.691		0	PAK	1		0.587	1.277	
Cystine....g	0.289		0	PAK	1		0.246	0.535	
Phenylalanine....g	1.054		0	PAK	1		0.896	1.950	
Tyrosine....g	0.954		0	PAK	1		0.811	1.765	
Valine....g	1.310		0	PAK	1		1.114	2.424	
Arginine....g	1.668		0	PAK	1		1.418	3.086	
Histidine....g	1.083		0	PAK	1		0.920	2.003	
Alanine....g	1.472		0	PAK	1		1.251	2.723	
Aspartic acid....g	2.453		0	PAK	1		2.085	4.537	
Glutamic acid....g	4.003		0	PAK	1		3.402	7.405	
Glycine....g	1.130		0	PAK	1		0.960	2.090	
Proline....g	1.014		0	PAK	1		0.862	1.875	
Serine....g	1.084		0	PAK	1		0.921	2.005	
Hydroxyproline....g	0.064		0	PAK	1		0.055	0.119	
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 = 185g: 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 27 (2014)

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		58.81	199.25	313.82
Energy....kcal	186		0	PIK	4		158	535	843
Energy....kJ	778		0	PIK	4		661	2240	3527
Protein (N x 6.25)....g	17.42		0	PAK	1		14.80	50.16	79.00
Total lipid (fat)....g	12.36		0	PAK	1		10.51	35.60	56.07
Ash....g	0.83		0	PAK	1		0.70	2.38	3.75
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	0.0
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0	PAK	1		14	47	75
Iron, Fe....mg	1.12		0	PAK	1		0.95	3.22	5.06
Magnesium, Mg....mg	20		0	PAK	1		17	59	92
Phosphorus, P....mg	190		0	PAK	1		161	547	862
Potassium, K....mg	318		0	PAK	1		270	915	1440
Sodium, Na....mg	61		0	PAK	1		52	175	276
Zinc, Zn....mg	3.09		0	PAK	1		2.63	8.90	14.01
Copper, Cu....mg	0.096		0	PAK	1		0.081	0.276	0.434
Manganese, Mn....mg	0.011		0	PAK	1		0.010	0.033	0.051
Selenium, Se....µg	26.2		0	PAK	1		22.3	75.6	119.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	0.0
Thiamin....mg	0.520		0	PAK	1		0.442	1.499	2.361
Riboflavin....mg	0.353		0	PAK	1		0.300	1.018	1.603
Niacin....mg	4.239		0	PAK	1		3.603	12.209	19.228
Pantothenic acid....mg	1.447		0	PAK	1		1.230	4.167	6.563
Vitamin B-6....mg	0.486		0	PAK	1		0.413	1.399	2.203
Folate, total....µg	0		0	PIK	4		0	0	0
Folic acid....µg	0		0	PIK	4		0	0	0
Folate, food....µg	0		0	PIK	4		0	0	0
Folate, DFE....µg	0		0	NC	4		0	0	0
Choline, total....mg	73.3		0	PAK	1		62.3	211.1	332.5
Betaine....mg	3.9		0	PAK	1		3.3	11.2	17.6
Vitamin B-12....µg	0.91		0	PAK	1		0.78	2.63	4.14
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	0.00
Vitamin A, RAE....µg	2		0	PAK	1		2	7	11
Retinol....µg	2		0	PIK	4		2	7	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	8		0	PAK	1		7	24	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	0.22		0	PIK	4		0.18	0.62	0.98
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	0.01		0	PAK	1		0.00	0.01	0.02
Tocopherol, delta....mg	0.00		0	PAK	1		0.00	0.01	0.01
Tocotrienol, alpha....mg	0.00		0	PAK	1		0.00	0.00	0.01
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocotrienol, gamma....mg	0.00		0	PAK	1		0.00	0.01	0.01
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.7		0	PAK	1		0.6	2.2	3.4
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.7		0	PIK	4		0.6	2.2	3.4
Vitamin D....IU	30		0	PIK	4		25	86	136
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	0.0

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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.348		0	PIK	4		3.696	12.522	19.723
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	0.001	0.001
10:0....g	0.007		0	PAK	1		0.006	0.020	0.032
12:0....g	0.005		0	PAK	1		0.004	0.015	0.024
13:0....g									
14:0....g	0.149		0	PAK	1		0.127	0.429	0.676
15:0....g	0.005		0	PAK	1		0.004	0.014	0.023
16:0....g	2.647		0	PAK	1		2.250	7.624	12.007
17:0....g	0.038		0	PAK	1		0.032	0.109	0.172
18:0....g	1.474		0	PAK	1		1.253	4.245	6.687
20:0....g	0.022		0	PAK	1		0.018	0.063	0.098
22:0....g	0.001		0	PAK	1		0.001	0.002	0.003
24:0....g									
Fatty acids, total monounsaturated....g	5.206		0	PIK	4		4.425	14.994	23.615
14:1....g	0.002		0	PAK	1		0.001	0.004	0.007
15:1....g	0.000		0	PAK	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.261		0	PAK	1		0.222	0.751	1.183
17:1....g	0.001		0	PAK	1		0.001	0.002	0.003
18:1 undifferentiated....g	4.861		0	PAK	1		4.132	13.999	22.048
18:1 c....g	4.786		0	PAK	1		4.068	13.784	21.710
18:1 t....g	0.074		0	PAK	1		0.063	0.215	0.338
18:1-11 t (18:1t n-7)....g									
20:1....g	0.082		0	PAK	1		0.070	0.237	0.373
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.597		0	PIK	4		1.357	4.599	7.243
18:2 undifferentiated....g	1.401		0	PAK	1		1.191	4.036	6.356
18:2 n-6 c,c....g	1.361		0	PAK	1		1.157	3.920	6.174
18:2 CLAs....g									
18:2 t,t....g	0.040		0	PAK	1		0.034	0.116	0.182
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.063		0	PAK	1		0.053	0.180	0.284
18:3 n-3 c,c,c (ALA)....g	0.061		0	PAK	1		0.052	0.175	0.275
18:3 n-6 c,c,c....g	0.002		0	PAK	1		0.002	0.006	0.009
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.053		0	PAK	1		0.045	0.152	0.240
20:3 undifferentiated....g	0.006		0	PAK	1		0.005	0.017	0.027
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.074		0	PAK	1		0.063	0.214	0.337
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	0.115		0	PIK	4		0.097	0.330	0.520
Fatty acids, total trans-monoenoic....g	0.074		0	PIK	4		0.063	0.215	0.338
Fatty acids, total trans-polyenoic....g	0.040		0	PIK	4		0.034	0.116	0.182
Cholesterol....mg	62		0	PAK	1		52	178	280
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.183		0	PAK	1		0.156	0.528	0.832
Threonine....g	0.782		0	PAK	1		0.665	2.252	3.547
Isoleucine....g	0.857		0	PAK	1		0.728	2.468	3.888
Leucine....g	1.484		0	PAK	1		1.261	4.273	6.730

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
Lysine....g	1.615		0	PAK	1		1.373	4.652	7.327
Methionine....g	0.480		0	PAK	1		0.408	1.382	2.176
Cystine....g	0.201		0	PAK	1		0.171	0.579	0.912
Phenylalanine....g	0.732		0	PAK	1		0.622	2.109	3.321
Tyrosine....g	0.663		0	PAK	1		0.563	1.909	3.007
Valine....g	0.910		0	PAK	1		0.774	2.621	4.128
Arginine....g	1.159		0	PAK	1		0.985	3.338	5.257
Histidine....g	0.752		0	PAK	1		0.639	2.167	3.412
Alanine....g	1.022		0	PAK	1		0.869	2.944	4.637
Aspartic acid....g	1.704		0	PAK	1		1.448	4.907	7.729
Glutamic acid....g	2.781		0	PAK	1		2.363	8.008	12.613
Glycine....g	0.785		0	PAK	1		0.667	2.260	3.560
Proline....g	0.704		0	PAK	1		0.599	2.028	3.194
Serine....g	0.753		0	PAK	1		0.640	2.169	3.416
Hydroxyproline....g	0.045		0	PAK	1		0.038	0.129	0.203
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 = 85g: 3 oz

Measure 2 = 288g: 1 steak without refuse (Yield from 1 raw steak, with refuse, weighing 380g)

Measure 3 = 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 27 (2014)

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		49.30	144.41	
Energy....kcal	233		0	NC	4		198	579	
Energy....kJ	973		0	NC	4		827	2422	
Protein (N x 6.25)....g	26.57	1.191	12	A	1		22.59	66.17	
Total lipid (fat)....g	13.20	1.075	12	A	1		11.22	32.86	
Ash....g	0.85	0.032	12	A	1		0.73	2.13	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	25	3.182	12	A	1		21	62	
Iron, Fe....mg	1.85	0.038	12	A	1		1.57	4.60	
Magnesium, Mg....mg	24	0.418	12	A	1		20	60	
Phosphorus, P....mg	217	4.029	12	A	1		184	540	
Potassium, K....mg	318	4.538	12	A	1		270	791	
Sodium, Na....mg	60	1.056	12	A	1		51	150	
Zinc, Zn....mg	5.20	0.163	12	A	1		4.42	12.95	
Copper, Cu....mg	0.137	0.003	12	A	1		0.117	0.341	
Manganese, Mn....mg	0.013	0.000	12	A	1		0.011	0.032	
Selenium, Se....µg	45.0	6.579	12	A	1		38.3	112.2	
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		0.447	1.309	
Riboflavin....mg	0.388	0.021	12	A	1		0.330	0.966	
Niacin....mg	3.935	0.235	12	A	1		3.345	9.798	
Pantothenic acid....mg	1.367	0.132	4	A	1		1.162	3.405	
Vitamin B-6....mg	0.470	0.021	4	A	1		0.400	1.171	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	108.7	4.707	4	AS	1		92.4	270.7	
Betaine....mg	3.5	0.212	4	A	1		3.0	8.8	
Vitamin B-12....µg	0.90	0.097	4	A	1		0.77	2.25	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	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	0.27	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.1		0	AS	1		1.0	2.8	
Vitamin D....IU	45		0	BFFN	4		38	113	
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									

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
Lipids:									
Fatty acids, total saturated....g	5.023		0	NC	4		4.269	12.507	
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		0.012	0.036	
12:0....g	0.011	0.001	12	A	1		0.009	0.026	
13:0....g									
14:0....g	0.168	0.014	12	A	1		0.143	0.419	
15:0....g	0.002	0.001	12	A	1		0.002	0.005	
16:0....g	3.051	0.243	12	A	1		2.593	7.597	
17:0....g	0.037	0.003	12	A	1		0.032	0.093	
18:0....g	1.716	0.146	12	A	1		1.458	4.272	
20:0....g	0.024	0.002	12	A	1		0.020	0.059	
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		5.269	15.436	
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		0.283	0.829	
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		4.904	14.366	
18:1 c....g	5.708	0.434	12	A	1		4.852	14.212	
18:1 t....g	0.062	0.008	12	A	1		0.053	0.154	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.097	0.007	12	A	1		0.082	0.240	
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		1.192	3.491	
18:2 undifferentiated....g	1.204	0.076	12	AS	1		1.024	2.999	
18:2 n-6 c,c....g	1.164	0.073	12	A	1		0.990	2.899	
18:2 CLAs....g									
18:2 t,t....g	0.040	0.004	12	A	1		0.034	0.100	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.048	0.003	12	AS	1		0.041	0.119	
18:3 n-3 c,c,c (ALA)....g	0.048	0.003	12	A	1		0.041	0.119	
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		0.041	0.121	
20:3 undifferentiated....g	0.007	0.001	12	A	1		0.006	0.017	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.094	0.006	12	A	1		0.080	0.235	
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		0.087	0.254	
Fatty acids, total trans-monoenoic....g	0.062		0	NC	4		0.053	0.154	
Fatty acids, total trans-polyenoic....g	0.040		0	NC	4		0.034	0.100	
Cholesterol....mg	100	3.570	12	A	1		85	249	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.280		0	A	1		0.238	0.697	
Threonine....g	1.193		0	A	1		1.014	2.971	
Isoleucine....g	1.308		0	A	1		1.111	3.256	
Leucine....g	2.264		0	A	1		1.924	5.637	
Lysine....g	2.465		0	A	1		2.095	6.137	
Methionine....g	0.732		0	A	1		0.622	1.822	

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
Cystine....g	0.307		0	A	1		0.261	0.764	
Phenylalanine....g	1.117		0	A	1		0.950	2.782	
Tyrosine....g	1.011		0	A	1		0.860	2.518	
Valine....g	1.389		0	A	1		1.180	3.458	
Arginine....g	1.768		0	A	1		1.503	4.403	
Histidine....g	1.148		0	A	1		0.976	2.858	
Alanine....g	1.560		0	A	1		1.326	3.884	
Aspartic acid....g	2.600		0	A	1		2.210	6.473	
Glutamic acid....g	4.243		0	A	1		3.606	10.564	
Glycine....g	1.197		0	A	1		1.018	2.982	
Proline....g	1.074		0	A	1		0.913	2.675	
Serine....g	1.149		0	A	1		0.977	2.861	
Hydroxyproline....g	0.068		0	A	1		0.058	0.170	
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 = 85g: 3 oz

Measure 2 = 249g: 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 27 (2014)

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		63.16	191.72	
Energy....kcal	132		0	NC	4		112	339	
Energy....kJ	550		0	NC	4		468	1420	
Protein (N x 6.25)....g	18.73	0.399	12	A	1		15.92	48.33	
Total lipid (fat)....g	5.71	0.309	12	A	1		4.86	14.74	
Ash....g	0.88	0.033	12	A	1		0.75	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		12	37	
Iron, Fe....mg	1.20	0.022	12	A	1		1.02	3.09	
Magnesium, Mg....mg	22	0.390	12	A	1		19	56	
Phosphorus, P....mg	202	3.750	12	A	1		172	521	
Potassium, K....mg	339	5.552	12	A	1		289	876	
Sodium, Na....mg	65	1.476	12	A	1		55	168	
Zinc, Zn....mg	3.36	0.071	12	A	1		2.86	8.68	
Copper, Cu....mg	0.102	0.004	12	A	1		0.087	0.264	
Manganese, Mn....mg	0.013	0.001	12	A	1		0.011	0.033	
Selenium, Se....µg	28.2	3.987	12	A	1		24.0	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		0.474	1.440	
Riboflavin....mg	0.384	0.020	12	A	1		0.326	0.991	
Niacin....mg	4.387	0.239	12	A	1		3.729	11.317	
Pantothenic acid....mg	1.567	0.113	4	A	1		1.332	4.044	
Vitamin B-6....mg	0.521	0.028	4	A	1		0.443	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....µg	0		0	NC	4		0	0	
Choline, total....mg	78.8	2.176	4	AS	1		66.9	203.2	
Betaine....mg	4.1	0.746	4	A	1		3.4	10.5	
Vitamin B-12....µg	0.91	0.049	4	A	1		0.78	2.35	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	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		0.20	0.61	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	AS	1		0.5	1.4	
Vitamin D....IU	22		0	BFFN	4		19	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									

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
Lipids:									
Fatty acids, total saturated....g	1.998		0	NC	4		1.698	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		0.001	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		0.057	0.172	
15:0....g	0.001	0.001	12	A	1		0.001	0.003	
16:0....g	1.224	0.076	12	A	1		1.040	3.158	
17:0....g	0.014	0.001	12	A	1		0.012	0.036	
18:0....g	0.680	0.044	12	A	1		0.578	1.754	
20:0....g	0.010	0.001	12	A	1		0.008	0.025	
22:0....g	0.001	0.001	12	A	1		0.000	0.002	
24:0....g									
Fatty acids, total monounsaturated....g	2.484		0	NC	4		2.112	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		0.118	0.358	
17:1....g	0.001	0.001	12	A	1		0.001	0.002	
18:1 undifferentiated....g	2.308	0.130	12	AS	1		1.962	5.954	
18:1 c....g	2.284	0.131	12	A	1		1.942	5.894	
18:1 t....g	0.023	0.002	12	A	1		0.020	0.061	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.037	0.002	12	A	1		0.031	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		0.527	1.598	
18:2 undifferentiated....g	0.517	0.030	12	AS	1		0.439	1.333	
18:2 n-6 c,c....g	0.502	0.030	12	A	1		0.427	1.295	
18:2 CLAs....g									
18:2 t,t....g	0.015	0.002	12	A	1		0.013	0.039	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.019	0.001	12	AS	1		0.016	0.049	
18:3 n-3 c,c,c (ALA)....g	0.019	0.001	12	A	1		0.016	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		0.016	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		0.055	0.167	
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		0.033	0.099	
Fatty acids, total trans-monoenoic....g	0.023		0	NC	4		0.020	0.061	
Fatty acids, total trans-polyenoic....g	0.015		0	NC	4		0.013	0.039	
Cholesterol....mg	60	4.527	12	A	1		51	155	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.197		0	A	1		0.168	0.509	
Threonine....g	0.841		0	A	1		0.715	2.170	
Isoleucine....g	0.922		0	A	1		0.783	2.378	
Leucine....g	1.596		0	A	1		1.356	4.117	
Lysine....g	1.737		0	A	1		1.477	4.482	
Methionine....g	0.516		0	A	1		0.439	1.331	

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
Cystine....g	0.216		0	A	1		0.184	0.558	
Phenylalanine....g	0.787		0	A	1		0.669	2.032	
Tyrosine....g	0.713		0	A	1		0.606	1.839	
Valine....g	0.979		0	A	1		0.832	2.525	
Arginine....g	1.246		0	A	1		1.059	3.216	
Histidine....g	0.809		0	A	1		0.688	2.087	
Alanine....g	1.100		0	A	1		0.935	2.837	
Aspartic acid....g	1.832		0	A	1		1.558	4.728	
Glutamic acid....g	2.990		0	A	1		2.542	7.715	
Glycine....g	0.844		0	A	1		0.717	2.178	
Proline....g	0.757		0	A	1		0.644	1.954	
Serine....g	0.810		0	A	1		0.688	2.090	
Hydroxyproline....g	0.048		0	A	1		0.041	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 = 85g: 3 oz

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 27 (2014)

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		51.03	1351.87	
Energy....kcal	235		0	PIK	4		200	5303	
Energy....kJ	985		0	PIK	4		837	22187	
Protein (N x 6.25)....g	24.88		0	PAK	1		21.15	560.32	
Total lipid (fat)....g	14.33		0	PAK	1		12.18	322.65	
Ash....g	1.08		0	PAK	1		0.92	24.35	
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		14	364	
Iron, Fe....mg	0.92		0	PAK	1		0.78	20.68	
Magnesium, Mg....mg	22		0	PAK	1		18	485	
Phosphorus, P....mg	240		0	PAK	1		204	5413	
Potassium, K....mg	357		0	PAK	1		304	8048	
Sodium, Na....mg	96		0	PAK	1		81	2152	
Zinc, Zn....mg	3.10		0	PAK	1		2.63	69.76	
Copper, Cu....mg	0.107		0	PAK	1		0.091	2.412	
Manganese, Mn....mg	0.022		0	PAK	1		0.018	0.484	
Selenium, Se....µg	29.4		0	PAK	1		24.9	661.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.439		0	PAK	1		0.373	9.890	
Riboflavin....mg	0.322		0	PAK	1		0.274	7.254	
Niacin....mg	5.308		0	PAK	1		4.511	119.527	
Pantothenic acid....mg	1.197		0	PAK	1		1.018	26.967	
Vitamin B-6....mg	0.346		0	PAK	1		0.294	7.787	
Folate, total....µg	5		0	PAK	1		4	102	
Folic acid....µg	0		0	PIK	4		0	0	
Folate, food....µg	5		0	PAK	1		4	102	
Folate, DFE....µg	5		0	NC	4		4	102	
Choline, total....mg	103.4		0	PIK	4		87.9	2329.0	
Betaine....mg	4.1		0	PIK	4		3.5	91.5	
Vitamin B-12....µg	0.74		0	PAK	1		0.63	16.57	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	4		0	PIK	4		3	88	
Retinol....µg	4		0	PIK	4		3	88	
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	13		0	PIK	4		11	294	
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	PIK	4		0.23	5.96	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.1		0	PAK	1		1.0	25.2	
Vitamin D....IU	45		0	PIK	4		38	1007	
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									

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
Lipids:									
Fatty acids, total saturated....g	4.854		0	PIK	4		4.126	109.319	
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		0.008	0.200	
12:0....g	0.010		0	PAK	1		0.008	0.223	
13:0....g									
14:0....g	0.175		0	PAK	1		0.149	3.949	
15:0....g	0.006		0	PAK	1		0.005	0.140	
16:0....g	3.032		0	PAK	1		2.577	68.276	
17:0....g	0.049		0	PAK	1		0.041	1.094	
18:0....g	1.549		0	PAK	1		1.317	34.890	
20:0....g	0.024		0	PAK	1		0.021	0.549	
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	6.173		0	PIK	4		5.247	139.011	
14:1....g	0.001		0	PAK	1		0.001	0.028	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.302		0	PAK	1		0.257	6.810	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	5.768		0	PAK	1		4.903	129.893	
18:1 c....g	5.614		0	PAK	1		4.772	126.427	
18:1 t....g	0.154		0	PAK	1		0.131	3.465	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.101		0	PAK	1		0.086	2.281	
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	2.783		0	PIK	4		2.365	62.668	
18:2 undifferentiated....g	2.450		0	PAK	1		2.082	55.173	
18:2 n-6 c,c....g	2.423		0	PAK	1		2.059	54.555	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.027		0	PAK	1		0.023	0.618	
18:3 undifferentiated....g	0.110		0	PAK	1		0.094	2.486	
18:3 n-3 c,c,c (ALA)....g	0.108		0	PAK	1		0.092	2.439	
18:3 n-6 c,c,c....g	0.002		0	PAK	1		0.002	0.047	
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	0.095		0	PAK	1		0.081	2.141	
20:3 undifferentiated....g	0.015		0	PAK	1		0.013	0.344	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.095		0	PAK	1		0.081	2.136	
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	0.016		0	PAK	1		0.013	0.354	
22:6 n-3 (DHA)....g	0.002		0	PAK	1		0.001	0.034	
Fatty acids, total trans....g	0.181		0	PIK	4		0.154	4.083	
Fatty acids, total trans-monoenoic....g	0.154		0	PIK	4		0.131	3.465	
Fatty acids, total trans-polyenoic....g	0.027		0	PIK	4		0.023	0.618	
Cholesterol....mg	86		0	PAK	1		73	1947	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.296		0	PAK	1		0.252	6.669	
Threonine....g	1.094		0	PAK	1		0.930	24.641	
Isoleucine....g	1.178		0	PAK	1		1.001	26.532	
Leucine....g	2.048		0	PAK	1		1.741	46.119	

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
Lysine....g	2.213		0	PAK	1		1.881	49.834	
Methionine....g	0.682		0	PAK	1		0.580	15.358	
Cystine....g	0.281		0	PAK	1		0.238	6.318	
Phenylalanine....g	1.034		0	PAK	1		0.879	23.282	
Tyrosine....g	0.986		0	PAK	1		0.838	22.201	
Valine....g	1.259		0	PAK	1		1.070	28.342	
Arginine....g	1.603		0	PAK	1		1.363	36.106	
Histidine....g	1.012		0	PAK	1		0.860	22.792	
Alanine....g	1.425		0	PAK	1		1.211	32.095	
Aspartic acid....g	2.327		0	PAK	1		1.978	52.414	
Glutamic acid....g	3.801		0	PAK	1		3.231	85.599	
Glycine....g	1.125		0	PAK	1		0.956	25.325	
Proline....g	1.006		0	PAK	1		0.855	22.656	
Serine....g	1.039		0	PAK	1		0.883	23.401	
Hydroxyproline....g	0.087		0	PAK	1		0.074	1.955	
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 = 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 27 (2014)

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						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.04		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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	8.780		0		1		11.853	7.463	
4:0....g									
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									
21:5....g									
22:4....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.

NDB No. 10076

Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted

Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		58.09	1875.91	
Energy....kcal	193		0	PIK	4		164	5291	
Energy....kJ	806		0	PIK	4		685	22137	
Protein (N x 6.25)....g	18.71		0	PAK	1		15.90	513.46	
Total lipid (fat)....g	12.51		0	PAK	1		10.64	343.49	
Ash....g	0.98		0	PAK	1		0.83	26.81	
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		10	320	
Iron, Fe....mg	0.57		0	PAK	1		0.48	15.63	
Magnesium, Mg....mg	18		0	PAK	1		15	500	
Phosphorus, P....mg	200		0	PAK	1		170	5495	
Potassium, K....mg	413		0	PAK	1		351	11346	
Sodium, Na....mg	84		0	PAK	1		71	2294	
Zinc, Zn....mg	2.15		0	PAK	1		1.83	59.03	
Copper, Cu....mg	0.072		0	PAK	1		0.061	1.982	
Manganese, Mn....mg	0.010		0	PAK	1		0.008	0.270	
Selenium, Se....µg	21.9		0	PAK	1		18.6	600.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin....mg	0.585		0	PAK	1		0.497	16.061	
Riboflavin....mg	0.246		0	PAK	1		0.209	6.753	
Niacin....mg	4.518		0	PAK	1		3.840	124.016	
Pantothenic acid....mg	1.017		0	PAK	1		0.864	27.912	
Vitamin B-6....mg	0.440		0	PAK	1		0.374	12.086	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	64.2		0	PIK	4		54.5	1761.6	
Betaine....mg	2.5		0	PIK	4		2.1	68.1	
Vitamin B-12....µg	0.57		0	PAK	1		0.48	15.60	
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE....µg	5		0	PIK	4		5	147	
Retinol....µg	5		0	PIK	4		5	147	
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	18		0	PIK	4		15	490	
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	PIK	4		0.18	5.70	
Vitamin E, added....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.8		0	PAK	1		0.6	20.8	
Vitamin D....IU	30		0	PIK	4		26	832	
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									

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
Lipids:									
Fatty acids, total saturated....g	4.140		0	PIK	4		3.519	113.639	
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		0.006	0.194	
12:0....g	0.007		0	PAK	1		0.006	0.194	
13:0....g									
14:0....g	0.154		0	PAK	1		0.131	4.231	
15:0....g	0.006		0	PAK	1		0.005	0.167	
16:0....g	2.581		0	PAK	1		2.194	70.843	
17:0....g	0.039		0	PAK	1		0.033	1.065	
18:0....g	1.329		0	PAK	1		1.130	36.484	
20:0....g	0.017		0	PAK	1		0.014	0.461	
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	5.367		0	PIK	4		4.562	147.315	
14:1....g	0.002		0	PAK	1		0.002	0.062	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.262		0	PAK	1		0.223	7.186	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	5.015		0	PAK	1		4.263	137.656	
18:1 c....g	4.911		0	PAK	1		4.175	134.821	
18:1 t....g	0.103		0	PAK	1		0.088	2.836	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.088		0	PAK	1		0.075	2.411	
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	2.474		0	PIK	4		2.103	67.910	
18:2 undifferentiated....g	2.182		0	PAK	1		1.854	59.887	
18:2 n-6 c,c....g	2.162		0	PAK	1		1.838	59.344	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.020		0	PAK	1		0.017	0.543	
18:3 undifferentiated....g	0.102		0	PAK	1		0.087	2.794	
18:3 n-3 c,c,c (ALA)....g	0.098		0	PAK	1		0.084	2.701	
18:3 n-6 c,c,c....g	0.003		0	PAK	1		0.003	0.093	
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	0.082		0	PAK	1		0.070	2.252	
20:3 undifferentiated....g	0.010		0	PAK	1		0.008	0.271	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.084		0	PAK	1		0.071	2.293	
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	0.012		0	PAK	1		0.010	0.332	
22:6 n-3 (DHA)....g	0.003		0	PAK	1		0.003	0.081	
Fatty acids, total trans....g	0.123		0	PIK	4		0.105	3.379	
Fatty acids, total trans-monoenoic....g	0.103		0	PIK	4		0.088	2.836	
Fatty acids, total trans-polyenoic....g	0.020		0	PIK	4		0.017	0.543	
Cholesterol....mg	63		0	PAK	1		54	1734	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.223		0	PAK	1		0.189	6.111	
Threonine....g	0.823		0	PAK	1		0.699	22.581	
Isoleucine....g	0.886		0	PAK	1		0.753	24.313	
Leucine....g	1.540		0	PAK	1		1.309	42.262	

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
Lysine....g	1.664		0	PAK	1		1.414	45.666	
Methionine....g	0.513		0	PAK	1		0.436	14.074	
Cystine....g	0.211		0	PAK	1		0.179	5.789	
Phenylalanine....g	0.777		0	PAK	1		0.661	21.335	
Tyrosine....g	0.741		0	PAK	1		0.630	20.344	
Valine....g	0.946		0	PAK	1		0.804	25.972	
Arginine....g	1.205		0	PAK	1		1.025	33.086	
Histidine....g	0.761		0	PAK	1		0.647	20.886	
Alanine....g	1.071		0	PAK	1		0.911	29.411	
Aspartic acid....g	1.750		0	PAK	1		1.487	48.031	
Glutamic acid....g	2.858		0	PAK	1		2.429	78.441	
Glycine....g	0.845		0	PAK	1		0.719	23.207	
Proline....g	0.756		0	PAK	1		0.643	20.761	
Serine....g	0.781		0	PAK	1		0.664	21.444	
Hydroxyproline....g	0.065		0	PAK	1		0.055	1.792	
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 = 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 27 (2014)

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		54.05	1432.08	
Energy....kcal	194		0	NC	4		165	4374	
Energy....kJ	813		0	NC	4		691	18309	
Protein (N x 6.25)....g	26.76	0.377	6	A	1		22.75	602.64	
Total lipid (fat)....g	8.87	1.026	6	A	1		7.54	199.68	
Ash....g	1.15	0.021	6	A	1		0.98	25.92	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16	1.015	6	A	1		13	349	
Iron, Fe....mg	0.97	0.019	6	A	1		0.82	21.76	
Magnesium, Mg....mg	23	0.698	6	A	1		19	515	
Phosphorus, P....mg	254	3.940	6	A	1		216	5725	
Potassium, K....mg	382	15.657	6	A	1		325	8600	
Sodium, Na....mg	100	1.544	6	A	1		85	2245	
Zinc, Zn....mg	3.35	0.294	6	A	1		2.84	75.33	
Copper, Cu....mg	0.109	0.006	6	A	1		0.093	2.452	
Manganese, Mn....mg	0.023	0.001	6	A	1		0.020	0.528	
Selenium, Se....µg	31.2	6.181	6	A	1		26.5	703.4	
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		0.394	10.434	
Riboflavin....mg	0.335	0.024	6	A	1		0.285	7.544	
Niacin....mg	5.538	0.232	6	A	1		4.708	124.723	
Pantothenic acid....mg	1.270	0.098	6	A	1		1.080	28.600	
Vitamin B-6....mg	0.362	0.025	6	A	1		0.308	8.152	
Folate, total....µg	5		0		1		4	113	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		1		4	113	
Folate, DFE....µg	5		0	NC	4		4	113	
Choline, total....mg	110.9		0	BFPN	4		94.2	2496.6	
Betaine....mg	4.3		0	BFPN	4		3.6	96.5	
Vitamin B-12....µg	0.76	0.058	6	A	1		0.64	17.04	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2		0	NR	4		2	40	
Retinol....µg	2		0	BFSN	4		2	40	
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		5	134	
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	6.59	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.0		0	AS	1		0.9	23.6	
Vitamin D....IU	42		0	BFFN	4		36	944	
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									

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
Lipids:									
Fatty acids, total saturated....g	2.850		0	NC	4		2.423	64.186	
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		0.003	0.090	
12:0....g	0.005	0.002	6	A	1		0.005	0.120	
13:0....g									
14:0....g	0.100	0.013	6	A	1		0.085	2.244	
15:0....g	0.003	0.002	6	A	1		0.002	0.060	
16:0....g	1.780	0.220	6	A	1		1.513	40.086	
17:0....g	0.029	0.003	6	A	1		0.025	0.653	
18:0....g	0.915	0.109	6	A	1		0.778	20.613	
20:0....g	0.014	0.001	6	A	1		0.012	0.319	
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		3.202	84.822	
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		0.160	4.226	
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		2.992	79.259	
18:1 c....g	3.390	0.473	6	A	1		2.882	76.343	
18:1 t....g	0.130	0.013	6	A	1		0.110	2.916	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.059	0.008	6	A	1		0.050	1.336	
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		1.580	41.872	
18:2 undifferentiated....g	1.613	0.150	6	AS	1		1.371	36.314	
18:2 n-6 c,c....g	1.592	0.147	6	A	1		1.353	35.844	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.021	0.005	6	A	1		0.018	0.469	
18:3 undifferentiated....g	0.076	0.007	6	AS	1		0.064	1.708	
18:3 n-3 c,c,c (ALA)....g	0.076	0.007	6	A	1		0.064	1.708	
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		0.052	1.374	
20:3 undifferentiated....g	0.011	0.001	6	A	1		0.009	0.240	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.086	0.006	6	A	1		0.073	1.940	
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		0.011	0.297	
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		0.128	3.386	
Fatty acids, total trans-monoenoic....g	0.130		0	NC	4		0.110	2.916	
Fatty acids, total trans-polyenoic....g	0.021		0	NC	4		0.018	0.469	
Cholesterol....mg	87	4.866	6	A	1		74	1966	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.319		0	A	1		0.271	7.173	
Threonine....g	1.177		0	A	1		1.000	26.503	
Isoleucine....g	1.267		0	A	1		1.077	28.536	
Leucine....g	2.203		0	A	1		1.872	49.602	

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
Lysine....g	2.380		0	A	1		2.023	53.598	
Methionine....g	0.734		0	A	1		0.623	16.519	
Cystine....g	0.302		0	A	1		0.256	6.795	
Phenylalanine....g	1.112		0	A	1		0.945	25.040	
Tyrosine....g	1.060		0	A	1		0.901	23.878	
Valine....g	1.354		0	A	1		1.151	30.483	
Arginine....g	1.724		0	A	1		1.466	38.833	
Histidine....g	1.089		0	A	1		0.925	24.514	
Alanine....g	1.533		0	A	1		1.303	34.519	
Aspartic acid....g	2.503		0	A	1		2.128	56.373	
Glutamic acid....g	4.088		0	A	1		3.475	92.065	
Glycine....g	1.209		0	A	1		1.028	27.237	
Proline....g	1.082		0	A	1		0.920	24.367	
Serine....g	1.118		0	A	1		0.950	25.168	
Hydroxyproline....g	0.093		0	A	1		0.079	2.103	
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 = 85g: 3 oz

Measure 2 = 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 27 (2014)

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		51.23	115.12	
Energy....kcal	228		0	NC	4		194	435	
Energy....kJ	954		0		4		811	1822	
Protein (N x 6.25)....g	26.68	0.675	12		1		22.68	50.96	
Total lipid (fat)....g	12.62	0.851	12		1		10.73	24.10	
Ash....g	1.06	0.023	12		1		0.90	2.02	
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	9		1		1		8	17	
Iron, Fe....mg	1.42	0.051	12		1		1.21	2.71	
Magnesium, Mg....mg	20		1		1		17	38	
Phosphorus, P....mg	247		1		1		210	472	
Potassium, K....mg	351	9.259	12		1		298	670	
Sodium, Na....mg	80	2.216	12		1		68	153	
Zinc, Zn....mg	4.07	0.159	12		1		3.46	7.77	
Copper, Cu....mg	0.128	0.008	12		1		0.109	0.244	
Manganese, Mn....mg	0.041		1		1		0.035	0.078	
Selenium, Se....µg	38.5		0	BFYN	4		32.7	73.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0		1		0.3	0.6	
Thiamin....mg	0.578	0.049	12		1		0.491	1.104	
Riboflavin....mg	0.357	0.013	12		1		0.303	0.682	
Niacin....mg	4.314	0.135	12		1		3.667	8.240	
Pantothenic acid....mg	0.592		0		1		0.503	1.131	
Vitamin B-6....mg	0.410		0		1		0.349	0.783	
Folate, total....µg	5		0		1		4	10	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		1		4	10	
Folate, DFE....µg	5		0	NC	4		4	10	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.78	0.066	12		1		0.66	1.49	
Vitamin A, RAE....µg	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		6	13	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.9		0	AS	1		0.8	1.7	
Vitamin D....IU	36		0	BFFN	4		31	69	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	4.300		0		1		3.655	8.213	
4:0....g									
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		0.119	0.267	
15:0....g									
16:0....g	2.700		11		1		2.295	5.157	
17:0....g									
18:0....g	1.360		11		1		1.156	2.598	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.980		0		1		5.083	11.422	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.350		11		1		0.298	0.669	
17:1....g									
18:1 undifferentiated....g	5.440		11		1		4.624	10.390	
20:1....g	0.130		11		1		0.111	0.248	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.200		0		1		1.020	2.292	
18:2 undifferentiated....g	1.040		11		1		0.884	1.986	
18:3 undifferentiated....g	0.030		11		1		0.026	0.057	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.080		11		1		0.068	0.153	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....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		81	181	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.339		0		1		0.288	0.647	
Threonine....g	1.218		0		1		1.035	2.326	
Isoleucine....g	1.249		0		1		1.062	2.386	
Leucine....g	2.141		0		1		1.820	4.089	
Lysine....g	2.399		0		1		2.039	4.582	
Methionine....g	0.706		0		1		0.600	1.348	
Cystine....g	0.340		0		1		0.289	0.649	
Phenylalanine....g	1.065		0		1		0.905	2.034	
Tyrosine....g	0.930		0		1		0.791	1.776	
Valine....g	1.447		0		1		1.230	2.764	
Arginine....g	1.659		0		1		1.410	3.169	
Histidine....g	1.066		0		1		0.906	2.036	
Alanine....g	1.554		0		1		1.321	2.968	
Aspartic acid....g	2.475		0		1		2.104	4.727	
Glutamic acid....g	4.176		0		1		3.550	7.976	
Glycine....g	1.267		0		1		1.077	2.420	
Proline....g	1.072		0		1		0.911	2.048	
Serine....g	1.102		0		1		0.937	2.105	
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.

NDB No. 10079

Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 191g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with 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 27 (2014)

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		64.18	2072.64	
Energy....kcal	120		0	NC	4		102	3307	
Energy....kJ	504		0	NC	4		428	13835	
Protein (N x 6.25)....g	20.26	0.179	6	A	1		17.22	556.15	
Total lipid (fat)....g	3.77	0.233	6	A	1		3.20	103.40	
Ash....g	1.05	0.017	6	A	1		0.89	28.90	
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	11	1.056	6	A	1		10	311	
Iron, Fe....mg	0.62	0.023	6	A	1		0.53	17.05	
Magnesium, Mg....mg	20	0.202	6	A	1		17	554	
Phosphorus, P....mg	219	6.662	6	A	1		186	6018	
Potassium, K....mg	427	11.069	6	A	1		363	11708	
Sodium, Na....mg	90	1.759	6	A	1		76	2459	
Zinc, Zn....mg	2.41	0.235	6	A	1		2.04	66.03	
Copper, Cu....mg	0.073	0.003	6	A	1		0.062	2.004	
Manganese, Mn....mg	0.011	0.000	6	A	1		0.010	0.314	
Selenium, Se....µg	24.0	5.032	6	A	1		20.4	658.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.655	0.218	6	A	1		0.557	17.980	
Riboflavin....mg	0.272	0.018	6	A	1		0.231	7.457	
Niacin....mg	4.828	0.279	6	A	1		4.104	132.538	
Pantothenic acid....mg	1.113	0.114	6	A	1		0.946	30.561	
Vitamin B-6....mg	0.489	0.037	6	A	1		0.416	13.428	
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....µg	0		0	NC	4		0	0	
Choline, total....mg	69.6		0	BFPN	4		59.2	1911.2	
Betaine....mg	2.7		0	BFPN	4		2.3	73.9	
Vitamin B-12....µg	0.55	0.070	6	A	1		0.47	15.14	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2		0	NC	4		2	55	
Retinol....µg	2		0	NR	4		2	55	
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	NC	4		6	183	
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		0.15	4.72	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	AS	1		0.5	16.4	
Vitamin D....IU	24		0	BFFN	4		20	656	
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									

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
Lipids:									
Fatty acids, total saturated....g	1.206		0	NC	4		1.025	33.109	
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	0.043	0.004	6	A	1		0.037	1.185	
15:0....g	0.000	0.000	6	A	1		0.000	0.000	
16:0....g	0.769	0.066	6	A	1		0.653	21.100	
17:0....g	0.009	0.002	6	A	1		0.008	0.256	
18:0....g	0.385	0.029	6	A	1		0.327	10.568	
20:0....g	0.000	0.000	6	A	1		0.000	0.000	
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	1.638		0	NC	4		1.392	44.959	
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	0.094	0.013	6	A	1		0.080	2.589	
17:1....g	0.000	0.000	6	A	1		0.000	0.000	
18:1 undifferentiated....g	1.520	0.130	6	AS	1		1.292	41.715	
18:1 c....g	1.476	0.132	6	A	1		1.255	40.525	
18:1 t....g	0.043	0.005	6	A	1		0.037	1.189	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.024	0.003	6	A	1		0.020	0.654	
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	0.712		0	NC	4		0.605	19.554	
18:2 undifferentiated....g	0.595	0.052	6	AS	1		0.505	16.324	
18:2 n-6 c,c....g	0.593	0.051	6	A	1		0.504	16.287	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.001	0.001	6	A	1		0.001	0.037	
18:3 undifferentiated....g	0.022	0.004	6	AS	1		0.019	0.599	
18:3 n-3 c,c,c (ALA)....g	0.022	0.004	6	A	1		0.019	0.599	
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	0.022	0.002	6	A	1		0.019	0.613	
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	0.067	0.003	6	A	1		0.057	1.839	
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	0.007	0.002	6	A	1		0.006	0.178	
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans....g	0.045		0	NC	4		0.038	1.226	
Fatty acids, total trans-monoenoic....g	0.043		0	NC	4		0.037	1.189	
Fatty acids, total trans-polyenoic....g	0.001		0	NC	4		0.001	0.037	
Cholesterol....mg	62	0.679	6	A	1		52	1693	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.241		0	A	1		0.205	6.619	
Threonine....g	0.891		0	A	1		0.757	24.458	
Isoleucine....g	0.959		0	A	1		0.815	26.335	
Leucine....g	1.668		0	A	1		1.417	45.775	

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
Lysine....g	1.802		0	A	1		1.532	49.462	
Methionine....g	0.555		0	A	1		0.472	15.244	
Cystine....g	0.228		0	A	1		0.194	6.271	
Phenylalanine....g	0.842		0	A	1		0.716	23.108	
Tyrosine....g	0.803		0	A	1		0.682	22.035	
Valine....g	1.025		0	A	1		0.871	28.131	
Arginine....g	1.306		0	A	1		1.110	35.837	
Histidine....g	0.824		0	A	1		0.701	22.622	
Alanine....g	1.161		0	A	1		0.986	31.856	
Aspartic acid....g	1.895		0	A	1		1.611	52.023	
Glutamic acid....g	3.095		0	A	1		2.631	84.962	
Glycine....g	0.916		0	A	1		0.778	25.136	
Proline....g	0.819		0	A	1		0.696	22.487	
Serine....g	0.846		0	A	1		0.719	23.226	
Hydroxyproline....g	0.071		0	A	1		0.060	1.941	
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 = 85g: 3 oz

Measure 2 = 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 27 (2014)

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		48.85	150.57	
Energy ... kcal	269		0	NC	4		229	705	
Energy ... kJ	1125		0		4		957	2949	
Protein (N x 6.25) ... g	23.11		0		1		19.64	60.55	
Total lipid (fat) ... g	18.86		0		1		16.03	49.41	
Ash ... g	1.23		0		1		1.05	3.22	
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	28		0		1		24	73	
Iron, Fe ... mg	1.45		0		1		1.23	3.80	
Magnesium, Mg ... mg	18		0		1		15	47	
Phosphorus, P ... mg	197		0		1		167	516	
Potassium, K ... mg	332		0		1		282	870	
Sodium, Na ... mg	67		0		1		57	176	
Zinc, Zn ... mg	3.96		0		1		3.37	10.38	
Copper, Cu ... mg	0.114		0		1		0.097	0.299	
Manganese, Mn ... mg	0.012		0		1		0.010	0.031	
Selenium, Se ... µg	34.3		0	PIE	4		29.2	89.9	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.7		0		1		0.6	1.8	
Thiamin ... mg	0.638		0		1		0.542	1.672	
Riboflavin ... mg	0.355		0		1		0.302	0.930	
Niacin ... mg	4.061		0		1		3.452	10.640	
Pantothenic acid ... mg	0.665		0		1		0.565	1.742	
Vitamin B-6 ... mg	0.230		0		1		0.196	0.603	
Folate, total ... µg	5		0		1		4	13	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	5		0		1		4	13	
Folate, DFE ... µg	5		0	NC	4		4	13	
Choline, total ... mg	79.4		0	BFPN	4		67.5	208.1	
Betaine ... mg	3.1		0	BFPN	4		2.6	8.0	
Vitamin B-12 ... µg	0.88		0		1		0.75	2.31	
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... µg	2		0	NC	4		2	5	
Retinol ... µg	2		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	7		0		1		6	18	
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	0.49	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	1.3		0	AS	1		1.1	3.5	
Vitamin D ... IU	54		0	BFFN	4		46	141	
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									

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
Lipids:									
Fatty acids, total saturated....g	6.970		0		1		5.925	18.261	
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	0.026	
12:0....g	0.010		0		1		0.009	0.026	
13:0....g									
14:0....g	0.230		0		1		0.196	0.603	
15:0....g									
16:0....g	4.260		0		1		3.621	11.161	
17:0....g									
18:0....g	2.310		0		1		1.964	6.052	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.270		0		1		7.030	21.667	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.520		0		1		0.442	1.362	
17:1....g									
18:1 undifferentiated....g	7.490		0		1		6.367	19.624	
20:1....g	0.170		0		1		0.145	0.445	
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		1.496	4.611	
18:2 undifferentiated....g	1.550		0		1		1.318	4.061	
18:3 undifferentiated....g	0.060		0		1		0.051	0.157	
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	0.157	
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									
Cholesterol....mg	86		0		1		73	225	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.283		0		1		0.241	0.741	
Threonine....g	1.039		0		1		0.883	2.722	
Isoleucine....g	1.059		0		1		0.900	2.775	
Leucine....g	1.836		0		1		1.561	4.810	
Lysine....g	2.064		0		1		1.754	5.408	
Methionine....g	0.598		0		1		0.508	1.567	
Cystine....g	0.289		0		1		0.246	0.757	
Phenylalanine....g	0.917		0		1		0.779	2.403	
Tyrosine....g	0.785		0		1		0.667	2.057	
Valine....g	1.242		0		1		1.056	3.254	
Arginine....g	1.467		0		1		1.247	3.844	
Histidine....g	0.893		0		1		0.759	2.340	
Alanine....g	1.360		0		1		1.156	3.563	
Aspartic acid....g	2.117		0		1		1.799	5.547	
Glutamic acid....g	3.542		0		1		3.011	9.280	
Glycine....g	1.232		0		1		1.047	3.228	
Proline....g	1.002		0		1		0.852	2.625	
Serine....g	0.954		0		1		0.811	2.499	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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 = 85g: 3 oz

Measure 2 = 262g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with 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 27 (2014)

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		51.80	145.04	
Energy....kcal	232		0	NC	4		197	552	
Energy....kJ	971		0		4		825	2310	
Protein (N x 6.25)....g	24.21		0		1		20.58	57.62	
Total lipid (fat)....g	14.30		0		1		12.16	34.03	
Ash....g	1.27		0		1		1.08	3.02	
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	27		0		1		23	64	
Iron, Fe....mg	1.56		0		1		1.33	3.71	
Magnesium, Mg....mg	26		0		1		22	62	
Phosphorus, P....mg	235		0		1		200	559	
Potassium, K....mg	427		0		1		363	1016	
Sodium, Na....mg	88		0		1		75	209	
Zinc, Zn....mg	4.23		0		1		3.60	10.07	
Copper, Cu....mg	0.121		0		1		0.103	0.288	
Manganese, Mn....mg	0.015		0		1		0.013	0.036	
Selenium, Se....µg	36.1		0	BFYN	4		30.7	85.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		1		0.9	2.4	
Thiamin....mg	1.116		0		1		0.949	2.656	
Riboflavin....mg	0.400		0		1		0.340	0.952	
Niacin....mg	4.960		0		1		4.216	11.805	
Pantothenic acid....mg	1.077		0		1		0.915	2.563	
Vitamin B-6....mg	0.437		0		1		0.371	1.040	
Folate, total....µg	8		0		1		7	19	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8		0		1		7	19	
Folate, DFE....µg	8		0	NC	4		7	19	
Choline, total....mg	83.2		0	BFPN	4		70.7	198.0	
Betaine....mg	3.2		0	BFPN	4		2.7	7.7	
Vitamin B-12....µg	1.16		0		1		0.99	2.76	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	3		0	NC	4		2	6	
Retinol....µg	3		0	NR	4		2	6	
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	21	
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		0.20	0.56	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.0		0	AS	1		0.9	2.4	
Vitamin D....IU	41		0	BFFN	4		35	97	
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									

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
Lipids:									
Fatty acids, total saturated....g	5.190		0		1		4.412	12.352	
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	0.024	
12:0....g	0.010		0		1		0.009	0.024	
13:0....g									
14:0....g	0.170		0		1		0.145	0.405	
15:0....g									
16:0....g	3.180		0		1		2.703	7.568	
17:0....g									
18:0....g	1.720		0		1		1.462	4.094	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.340		0		1		5.389	15.089	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.410		0		1		0.349	0.976	
17:1....g									
18:1 undifferentiated....g	5.720		0		1		4.862	13.614	
20:1....g	0.150		0		1		0.128	0.357	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.290		0		1		1.097	3.070	
18:2 undifferentiated....g	1.120		0		1		0.952	2.666	
18:3 undifferentiated....g	0.050		0		1		0.043	0.119	
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	0.119	
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									
Cholesterol....mg	85		0		1		72	202	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.308		0		1		0.262	0.733	
Threonine....g	1.106		0		1		0.940	2.632	
Isoleucine....g	1.134		0		1		0.964	2.699	
Leucine....g	1.943		0		1		1.652	4.624	
Lysine....g	2.178		0		1		1.851	5.184	
Methionine....g	0.641		0		1		0.545	1.526	
Cystine....g	0.309		0		1		0.263	0.735	
Phenylalanine....g	0.967		0		1		0.822	2.301	
Tyrosine....g	0.844		0		1		0.717	2.009	
Valine....g	1.314		0		1		1.117	3.127	
Arginine....g	1.505		0		1		1.279	3.582	
Histidine....g	0.967		0		1		0.822	2.301	
Alanine....g	1.411		0		1		1.199	3.358	
Aspartic acid....g	2.246		0		1		1.909	5.345	
Glutamic acid....g	3.791		0		1		3.222	9.023	
Glycine....g	1.150		0		1		0.978	2.737	
Proline....g	0.973		0		1		0.827	2.316	
Serine....g	1.000		0		1		0.850	2.380	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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 = 85g: 3 oz

Measure 2 = 238g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with 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 27 (2014)

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	µg	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	µg	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									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	1.6		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	5.950		0		1		5.058	10.056	
4:0....g	0.000		0		1		0.000	0.000	
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	
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									
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	

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
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 = 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 27 (2014)

NDB No. 10086

Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled

Refuse: 33% Bone 23%, separable fat 10%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.07	0.910	13		1		51.06	88.30	
Energy....kcal	227		0	NC	4		193	334	
Energy....kJ	950		0		4		807	1396	
Protein (N x 6.25)....g	26.74	0.326	13		1		22.73	39.31	
Total lipid (fat)....g	12.54	0.696	13		1		10.66	18.43	
Ash....g	1.10	0.029	13		1		0.94	1.62	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	33	2.648	5		1		28	49	
Iron, Fe....mg	1.56	0.051	5		1		1.33	2.29	
Magnesium, Mg....mg	24	0.502	5		1		20	35	
Phosphorus, P....mg	220	4.546	5		1		187	323	
Potassium, K....mg	343	10.614	5		1		292	504	
Sodium, Na....mg	74	1.935	5		1		63	109	
Zinc, Zn....mg	5.02	0.374	5		1		4.27	7.38	
Copper, Cu....mg	0.059	0.020	5		1		0.050	0.087	
Manganese, Mn....mg	0.009		0		1		0.008	0.013	
Selenium, Se....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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.2		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	4.450		0		1		3.783	6.542	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
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									
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	

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
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 = 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.5		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	7.860		0		1		10.611	6.681	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
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									
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	

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
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 = 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 27 (2014)

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	µg	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	µg	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									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	1.7		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	6.240		0		1		1.769	28.305	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
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									
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	

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
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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.0		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	4.790		0		1		6.467	4.072	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
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									
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	

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
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 = 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.470		0		1		0.700	11.204	
4:0....g									
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									
21:5....g									
22:4....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.

NDB No. 10072

Pork, fresh, shoulder, whole, separable lean only, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		34.36	71.54	
Energy....kcal	397		0	NC	4		337	703	
Energy....kJ	1661		0		4		1412	2940	
Protein (N x 6.25)....g	29.06	1.920	6		1		24.70	51.44	
Total lipid (fat)....g	30.30	3.181	6		1		25.76	53.63	
Ash....g	1.12	0.068	6		1		0.95	1.98	
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	47		2		1		40	83	
Iron, Fe....mg	1.85	0.154	5		1		1.57	3.27	
Magnesium, Mg....mg	24		2		1		20	42	
Phosphorus, P....mg	261		0		1		222	462	
Potassium, K....mg	320	11.313	6		1		272	566	
Sodium, Na....mg	93	8.412	5		1		79	165	
Zinc, Zn....mg	4.60	0.228	6		1		3.91	8.14	
Copper, Cu....mg	0.142	0.008	6		1		0.121	0.251	
Manganese, Mn....mg	0.014		2		1		0.012	0.025	
Selenium, Se....µg	37.4		0	BFYN	4		31.8	66.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.408	0.035	6		1		0.347	0.722	
Riboflavin....mg	0.382	0.015	6		1		0.325	0.676	
Niacin....mg	5.475	0.359	6		1		4.654	9.691	
Pantothenic acid....mg	0.750	0.087	3		1		0.638	1.328	
Vitamin B-6....mg	0.350		0		1		0.298	0.620	
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....µg	4		0	NC	4		3	7	
Choline, total....mg	99.9		0	BFPN	4		84.9	176.8	
Betaine....mg	3.9		0	BFPN	4		3.3	6.8	
Vitamin B-12....µg	1.08	0.078	6		1		0.92	1.91	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	3		0	NC	4		3	5	
Retinol....µg	3		0	NR	4		3	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	10		2		1		9	18	
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		0.29	0.60	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	2.6		0	AS	1		2.2	4.6	
Vitamin D....IU	104		0	BFFN	4		88	184	
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									

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
Lipids:									
Fatty acids, total saturated....g	11.120		0		1		9.452	19.682	
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		0.009	0.018	
12:0....g	0.010		6		1		0.009	0.018	
13:0....g									
14:0....g	0.360		6		1		0.306	0.637	
15:0....g									
16:0....g	6.800		6		1		5.780	12.036	
17:0....g									
18:0....g	3.820		6		1		3.247	6.761	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	13.480		0		1		11.458	23.860	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.720		6		1		0.612	1.274	
17:1....g									
18:1 undifferentiated....g	12.520		6		1		10.642	22.160	
20:1....g	0.240		6		1		0.204	0.425	
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		2.321	4.832	
18:2 undifferentiated....g	2.510		6		1		2.134	4.443	
18:3 undifferentiated....g	0.110		6		1		0.094	0.195	
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		0.094	0.195	
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									
Cholesterol....mg	121	3.643	6		1		103	214	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.369		0		1		0.314	0.653	
Threonine....g	1.327		0		1		1.128	2.349	
Isoleucine....g	1.361		0		1		1.157	2.409	
Leucine....g	2.332		0		1		1.982	4.128	
Lysine....g	2.613		0		1		2.221	4.625	
Methionine....g	0.769		0		1		0.654	1.361	
Cystine....g	0.371		0		1		0.315	0.657	
Phenylalanine....g	1.160		0		1		0.986	2.053	
Tyrosine....g	1.013		0		1		0.861	1.793	
Valine....g	1.577		0		1		1.340	2.791	
Arginine....g	1.806		0		1		1.535	3.197	
Histidine....g	1.161		0		1		0.987	2.055	
Alanine....g	1.693		0		1		1.439	2.997	
Aspartic acid....g	2.695		0		1		2.291	4.770	
Glutamic acid....g	4.549		0		1		3.867	8.052	
Glycine....g	1.380		0		1		1.173	2.443	
Proline....g	1.167		0		1		0.992	2.066	
Serine....g	1.200		0		1		1.020	2.124	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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 = 85g: 3 oz

Measure 2 = 177g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with 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 27 (2014)

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		40.89		
Energy ... kcal	361		0	NC	4		307		
Energy ... kJ	1512		0	NC	4		1285		
Protein ... g	20.89	1.607	12	A	1		17.76		
Total lipid (fat) ... g	30.86	1.978	12	A	1		26.23		
Ash ... g	0.82	0.049	12	A	1		0.69		
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		16		
Iron, Fe ... mg	1.43	0.062	12	A	1		1.22		
Magnesium, Mg ... mg	18	0.743	12	A	1		15		
Phosphorus, P ... mg	162	6.204	12	A	1		138		
Potassium, K ... mg	265	12.047	12	A	1		225		
Sodium, Na ... mg	91	5.551	12	A	1		77		
Zinc, Zn ... mg	3.26	0.130	12	A	1		2.77		
Copper, Cu ... mg	0.114	0.011	12	A	1		0.097		
Manganese, Mn ... mg	0.010	0.000	12	A	1		0.009		
Selenium, Se ... µg	30.6	4.891	12	A	1		26.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0		
Thiamin ... mg	0.418	0.028	4	A	1		0.355		
Riboflavin ... mg	0.328	0.054	4	A	1		0.279		
Niacin ... mg	6.103	0.253	4	A	1		5.187		
Pantothenic acid ... mg	0.808		0	BFPN	4		0.687		
Vitamin B-6 ... mg	0.590		0	BFPN	4		0.502		
Folate, total ... µg	0		0	BFPN	4		0		
Folic acid ... µg									
Folate, food ... µg	0		0	BFPN	4		0		
Folate, DFE ... µg									
Choline, total ... mg	71.0		0	BFPN	4		60.4		
Betaine ... mg	3.4		0	BFPN	4		2.9		
Vitamin B-12 ... µg	0.45		0	BFPN	4		0.39		
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... µg	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		0.12		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	2.2		0	AS	1		1.9		
Vitamin D ... IU	88		0	BFFN	4		75		
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. 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
Lipids:									
Fatty acids, total saturated....g	9.242		0	NC	4		7.856		
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		0.020		
12:0....g	0.021	0.002	4	A	1		0.018		
13:0....g									
14:0....g	0.341	0.027	4	A	1		0.290		
15:0....g	0.015	0.001	4	A	1		0.012		
16:0....g	5.605	0.387	4	A	1		4.765		
17:0....g	0.086	0.007	4	A	1		0.073		
18:0....g	3.110	0.215	4	A	1		2.643		
20:0....g	0.040	0.003	4	A	1		0.034		
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		9.102		
14:1....g	0.004	0.002	4	A	1		0.003		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.562	0.032	4	A	1		0.477		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	9.986	0.594	4	AS	1		8.488		
18:1 c....g	9.847	0.623	4	A	1		8.370		
18:1 t....g	0.139	0.047	4	A	1		0.118		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.157	0.012	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	2.996		0	NC	4		2.547		
18:2 undifferentiated....g	2.652	0.154	4	AS	1		2.254		
18:2 n-6 c,c....g	2.555	0.160	4	A	1		2.171		
18:2 CLAs....g									
18:2 t,t....g	0.097	0.007	4	A	1		0.082		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.130	0.010	4	AS	1		0.111		
18:3 n-3 c,c,c (ALA)....g	0.125	0.009	4	A	1		0.106		
18:3 n-6 c,c,c....g	0.006	0.002	4	A	1		0.005		
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		0.081		
20:3 undifferentiated....g	0.017	0.001	4	A	1		0.014		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.101	0.008	4	A	1		0.086		
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		0.200		
Fatty acids, total trans-monoenoic....g	0.139		0	NC	4		0.118		
Fatty acids, total trans-polyenoic....g	0.097		0	NC	4		0.082		
Cholesterol....mg	105	13.054	4	A	1		89		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.220		0	A	1		0.187		
Threonine....g	0.938		0	A	1		0.797		
Isoleucine....g	1.028		0	A	1		0.874		
Leucine....g	1.780		0	A	1		1.513		
Lysine....g	1.937		0	A	1		1.647		
Methionine....g	0.575		0	A	1		0.489		

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
Cystine....g	0.241		0	A	1		0.205		
Phenylalanine....g	0.878		0	A	1		0.746		
Tyrosine....g	0.795		0	A	1		0.676		
Valine....g	1.092		0	A	1		0.928		
Arginine....g	1.390		0	A	1		1.181		
Histidine....g	0.902		0	A	1		0.767		
Alanine....g	1.226		0	A	1		1.042		
Aspartic acid....g	2.043		0	A	1		1.737		
Glutamic acid....g	3.335		0	A	1		2.835		
Glycine....g	0.941		0	A	1		0.800		
Proline....g	0.845		0	A	1		0.718		
Serine....g	0.903		0	A	1		0.768		
Hydroxyproline....g	0.054		0	BFPN	4		0.046		
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 27 (2014)

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		50.78		
Energy....kcal	277		0	NC	4		236		
Energy....kJ	1159		0	NC	4		986		
Protein (N x 6.25)....g	15.47	0.572	12	A	1		13.15		
Total lipid (fat)....g	23.40	1.677	12	A	1		19.89		
Ash....g	0.67	0.043	12	A	1		0.57		
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	15	0.984	12	A	1		13		
Iron, Fe....mg	0.91	0.032	12	A	1		0.77		
Magnesium, Mg....mg	16	0.488	12	A	1		14		
Phosphorus, P....mg	141	5.030	12	A	1		120		
Potassium, K....mg	242	8.258	12	A	1		205		
Sodium, Na....mg	81	3.052	12	A	1		69		
Zinc, Zn....mg	2.50	0.093	12	A	1		2.13		
Copper, Cu....mg	0.080	0.003	12	A	1		0.068		
Manganese, Mn....mg	0.010	0.003	12	A	1		0.008		
Selenium, Se....µg	22.0	2.922	12	A	1		18.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.319		0	BFYN	4		0.271		
Riboflavin....mg	0.251		0	BFYN	4		0.213		
Niacin....mg	4.662		0	BFYN	4		3.963		
Pantothenic acid....mg	0.625		0	BFPN	4		0.531		
Vitamin B-6....mg	0.574		0	BFPN	4		0.488		
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....µg	0		0	NC	4		0		
Choline, total....mg	59.7		0	BFPN	4		50.8		
Betaine....mg	2.2		0	BFPN	4		1.9		
Vitamin B-12....µg	0.38		0	BFPN	4		0.32		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	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	0.37		0	BFSN	4		0.31		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	2.3		0	AS	1		1.9		
Vitamin D....IU	91		0	BFFN	4		77		
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. 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
Lipids:									
Fatty acids, total saturated....g	7.529		0	BFFN	4		6.400		
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	0.000		0	BFFN	4		0.000		
12:0....g	0.000		0	BFFN	4		0.000		
13:0....g									
14:0....g	0.236		0	BFFN	4		0.200		
15:0....g	0.000		0	BFFN	4		0.000		
16:0....g	4.661		0	BFFN	4		3.962		
17:0....g	0.037		0	BFFN	4		0.031		
18:0....g	2.596		0	BFFN	4		2.207		
20:0....g									
22:0....g	0.000		0	BFFN	4		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	8.542		0	BFFN	4		7.261		
14:1....g	0.000		0	BFFN	4		0.000		
15:1....g	0.000		0	BFFN	4		0.000		
16:1 undifferentiated....g	0.530		0	BFFN	4		0.451		
17:1....g	0.000		0	BFFN	4		0.000		
18:1 undifferentiated....g	7.889		0	BFFN	4		6.706		
18:1 c....g	7.751		0	BFFN	4		6.588		
18:1 t....g	0.138		0	BFFN	4		0.117		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.123		0	BFFN	4		0.104		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.953		0	BFFN	4		3.360		
18:2 undifferentiated....g	3.230		0	BFFN	4		2.746		
18:2 n-6 c,c....g	3.146		0	BFFN	4		2.674		
18:2 CLAs....g									
18:2 t,t....g	0.084		0	BFFN	4		0.071		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.081		0	BFFN	4		0.069		
18:3 n-3 c,c,c (ALA)....g	0.081		0	BFFN	4		0.069		
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	0.079		0	BFFN	4		0.067		
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	0.563		0	BFFN	4		0.478		
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	0.222		0	NC	4		0.189		
Fatty acids, total trans-monoenoic....g	0.138		0	NC	4		0.117		
Fatty acids, total trans-polyenoic....g	0.084		0	NC	4		0.071		
Cholesterol....mg	80		0	BFYN	4		68		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.163		0	A	1		0.138		
Threonine....g	0.695		0	A	1		0.591		
Isoleucine....g	0.761		0	A	1		0.647		
Leucine....g	1.318		0	A	1		1.120		
Lysine....g	1.435		0	A	1		1.220		
Methionine....g	0.426		0	A	1		0.362		

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
Cystine....g	0.179		0	A	1		0.152		
Phenylalanine....g	0.650		0	A	1		0.553		
Tyrosine....g	0.589		0	A	1		0.501		
Valine....g	0.809		0	A	1		0.687		
Arginine....g	1.030		0	A	1		0.875		
Histidine....g	0.668		0	A	1		0.568		
Alanine....g	0.908		0	A	1		0.772		
Aspartic acid....g	1.514		0	A	1		1.287		
Glutamic acid....g	2.470		0	A	1		2.100		
Glycine....g	0.697		0	A	1		0.593		
Proline....g	0.626		0	A	1		0.532		
Serine....g	0.669		0	A	1		0.569		
Hydroxyproline....g	0.040		0	A	1		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 = 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 27 (2014)

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		64.50		
Energy....kcal	138		0	NC	4		117		
Energy....kJ	577				4		491		
Protein (N x 6.25)....g	12.14	0.103	4		1		10.32		
Total lipid (fat)....g	9.51	0.821	4		1		8.08		
Ash....g	1.40	0.023	3		1		1.19		
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									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0		1		8		
Iron, Fe....mg	1.82		0		1		1.55		
Magnesium, Mg....mg	12		0		1		10		
Phosphorus, P....mg	220		0		1		187		
Potassium, K....mg	195		0		1		166		
Sodium, Na....mg	91		0		1		77		
Zinc, Zn....mg	1.48		0		1		1.26		
Copper, Cu....mg	0.263		0		1		0.224		
Manganese, Mn....mg	0.085		0		4		0.072		
Selenium, Se....µg	18.5		0	BFYN	4		15.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	14.0		0		1		11.9		
Thiamin....mg	0.078		0		1		0.066		
Riboflavin....mg	0.223		0		1		0.190		
Niacin....mg	3.330		0		1		2.831		
Pantothenic acid....mg	1.823		0		1		1.550		
Vitamin B-6....mg	0.140		0		1		0.119		
Folate, total....µg	4		0		4		3		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	4		0		4		3		
Folate, DFE....µg	4		0	NC	4		3		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.42		0		1		1.21		
Vitamin A, RAE....µg	0		0		1		0		
Retinol....µg	0		0		1		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.150		0		1		1.828		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.040		0		1		0.034		
15:0....g									
16:0....g	1.060		0		1		0.901		
17:0....g									
18:0....g	1.030		0		1		0.876		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.720		0		1		1.462		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.130		0		1		0.111		
17:1....g									
18:1 undifferentiated....g	1.100		0		1		0.935		
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	1.470		0		1		1.250		
18:2 undifferentiated....g	0.090		0		1		0.077		
18:3 undifferentiated....g	0.120		0		1		0.102		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.490		0		1		0.417		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.220		0		1		0.187		
22:6 n-3 (DHA)....g	0.460		0		1		0.391		
Fatty acids, total trans....g									
Cholesterol....mg	2552		0		1		2169		
Phytosterols....mg	0		0		4		0		
Amino Acids:									
Tryptophan....g	0.155		0		1		0.132		
Threonine....g	0.567		0		1		0.482		
Isoleucine....g	0.561		0		1		0.477		
Leucine....g	1.058		0		1		0.899		
Lysine....g	0.954		0		1		0.811		
Methionine....g	0.241		0		1		0.205		
Cystine....g	0.214		0		4		0.182		
Phenylalanine....g	0.618		0		1		0.525		
Tyrosine....g	0.509		0		1		0.433		
Valine....g	0.691		0		1		0.587		
Arginine....g	0.635		0		1		0.540		
Histidine....g	0.326		0		1		0.277		
Alanine....g	0.660		0		4		0.561		
Aspartic acid....g	1.214		0		1		1.032		
Glutamic acid....g	1.420		0		1		1.207		
Glycine....g	0.583		0		1		0.496		
Proline....g	0.660		0		4		0.561		
Serine....g	0.641		0		4		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.

NDB No. 10097

Pork, fresh, variety meats and by-products, brain, cooked, braised

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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.079		0		1		0.589	2.349	
4:0....g									
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									
21:5....g									
22:4....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.

NDB No. 10096

Pork, fresh, variety meats and by-products, brain, 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 27 (2014)

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						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.87		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....µg	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....µg	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		
Tocotrienol, alpha....mg	0.04		2	A	1		0.03		
Tocotrienol, beta....mg	0.00		2	A	1		0.00		
Tocotrienol, gamma....mg	0.00		2	A	1		0.00		
Tocotrienol, 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		

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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
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-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

NDB No. 10099

Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		217		
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....µg	3		0	NC	4		1		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.82		1	A	1		0.23		
Vitamin A, RAE....µg	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		
Tocotrienol, alpha....mg	0.04		2	A	1		0.01		
Tocotrienol, beta....mg	0.00		2	A	1		0.00		
Tocotrienol, gamma....mg	0.00		2	A	1		0.00		
Tocotrienol, 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									

NDB No. 10098

Pork, fresh, variety meats and by-products, chitterlings, 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
Lipids:										
Fatty acids, total saturated	g	7.619		0	NC	4		2.160		
4:0	g	0.000		0	Z	7		0.000		
6:0	g	0.000		0	Z	7		0.000		
8:0	g	0.000		1	A	1		0.000		
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		0	NC	4		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	0.996		0	NC	4		0.282		
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-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

NDB No. 10098

Pork, fresh, variety meats and by-products, chitterlings, raw

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	3.860		0		4		4.285	16.289	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
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	
21:5....g									
22:4....g									
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									

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

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

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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	5.390		0		4		1.528	6.091	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
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	
21:5....g									
22:4....g									
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									

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 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 27 (2014)

NDB No. 10173

Pork, fresh, variety meats and by-products, feet, cooked, simmered

Refuse: 60% Bone and hard tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	62.85		1	A	1		53.42		
Energy ... kcal	238		0	NC	4		203		
Energy ... kJ	998		0	NC	4		848		
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 ... µg	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 ... µg	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		
Tocotrienol, alpha ... mg	0.00		2	A	1		0.00		
Tocotrienol, beta ... mg	0.00		2	A	1		0.00		
Tocotrienol, gamma ... mg	0.03		2	A	1		0.03		
Tocotrienol, 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		

NDB No. 10173

Pork, fresh, variety meats and by-products, feet, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
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-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

NDB No. 10173

Pork, fresh, variety meats and by-products, feet, cooked, simmered

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	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		
Tocotrienol, alpha....mg	0.00		2	A	1		0.00		
Tocotrienol, beta....mg	0.00		2	A	1		0.00		
Tocotrienol, gamma....mg	0.00		2	A	1		0.00		
Tocotrienol, 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		

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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
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-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

NDB No. 10102
Pork, fresh, variety meats and by-products, feet, 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.340		0		1		1.943	1.729	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
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	
21:5....g									
22:4....g									
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.

NDB No. 10104

Pork, fresh, variety meats and by-products, heart, cooked, braised

Common Measures:

Measure 1 = 145g: 1 cup

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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	1.160		0		1		0.329	2.622	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
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									
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	

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
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 = 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 27 (2014)

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	µg	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	µg	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									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

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
Lipids:									
Fatty acids, total saturated....g	25.260		0		1		7.161	28.544	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
21:5....g									
22:4....g									
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	

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
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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.510		0		1		2.114	1.284	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
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	
21:5....g									
22:4....g									
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.

NDB No. 10107

Pork, fresh, variety meats and by-products, kidneys, cooked, braised

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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.040		0		1		0.295	2.423	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
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	
21:5....g									
22:4....g									
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.

NDB No. 10106

Pork, fresh, variety meats and by-products, kidneys, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

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 27 (2014)

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	µg	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	µg	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									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

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
Fatty acids, total saturated....g	45.230		0		1		12.823	51.110	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
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	
21:5....g									
22:4....g									
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.

NDB No. 10109

Pork, fresh, variety meats and by-products, leaf fat, 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 27 (2014)

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		54.67		
Energy ... kcal	165		0	NC	4		140		
Energy ... kJ	690				4		587		
Protein (N x 6.25) ... g	26.02		0		1		22.12		
Total lipid (fat) ... g	4.40		0		1		3.74		
Ash ... g	1.50		0		1		1.28		
Carbohydrate, by difference ... g	3.76		0	NC	4		3.20		
Fiber, total dietary ... g	0.0		0	Z	7		0.0		
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	10		0		1		9		
Iron, Fe ... mg	17.92		0		1		15.23		
Magnesium, Mg ... mg	14		0		1		12		
Phosphorus, P ... mg	241		0		1		205		
Potassium, K ... mg	150		0		1		128		
Sodium, Na ... mg	49		0		1		42		
Zinc, Zn ... mg	6.72		0		1		5.71		
Copper, Cu ... mg	0.634		0		1		0.539		
Manganese, Mn ... mg	0.300		0		1		0.255		
Selenium, Se ... µg	67.5		0	BFYN	4		57.4		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	23.6	2.916	6		1		20.1		
Thiamin ... mg	0.258		0		1		0.219		
Riboflavin ... mg	2.196		0		1		1.867		
Niacin ... mg	8.435		0		4		7.170		
Pantothenic acid ... mg	4.774		0		1		4.058		
Vitamin B-6 ... mg	0.570		0		1		0.485		
Folate, total ... µg	163		0		1		139		
Folic acid ... µg	0		0	Z	7		0		
Folate, food ... µg	163		0		1		139		
Folate, DFE ... µg	163		0	NC	4		139		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	18.67		0		1		15.87		
Vitamin A, RAE ... µg	5405	865.822	6		1		4594		
Retinol ... µg	5405	865.822	6		1		4594		
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	17997	2883.188	6		1		15297		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

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
Fatty acids, total saturated....g	1.410		0		1		1.199		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.020		0		1		0.017		
15:0....g									
16:0....g	0.530		0		1		0.451		
17:0....g									
18:0....g	0.840		0		1		0.714		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.630		0		1		0.536		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.030		0		1		0.026		
17:1....g									
18:1 undifferentiated....g	0.560		0		1		0.476		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.040		0		1		0.034		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.050		0		1		0.893		
18:2 undifferentiated....g	0.420		0		1		0.357		
18:3 undifferentiated....g	0.040		0		1		0.034		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.530		0		1		0.451		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.040		0		1		0.034		
22:6 n-3 (DHA)....g	0.030		0		1		0.026		
Fatty acids, total trans....g									
Cholesterol....mg	355		0		1		302		
Phytosterols....mg	0		0		4		0		
Amino Acids:									
Tryptophan....g	0.366		7		1		0.311		
Threonine....g	1.107		15		1		0.941		
Isoleucine....g	1.320		13		1		1.122		
Leucine....g	2.319		13		1		1.971		
Lysine....g	2.007		13		1		1.706		
Methionine....g	0.645		14		1		0.548		
Cystine....g	0.491		1		1		0.417		
Phenylalanine....g	1.274		13		1		1.083		
Tyrosine....g	0.887		6		1		0.754		
Valine....g	1.607		13		1		1.366		
Arginine....g	1.603		13		1		1.363		
Histidine....g	0.708		13		1		0.602		
Alanine....g	1.553		6		1		1.320		
Aspartic acid....g	2.356		8		1		2.003		
Glutamic acid....g	3.385		8		1		2.877		
Glycine....g	1.507		8		1		1.281		
Proline....g	1.395		6		1		1.186		
Serine....g	1.407		6		1		1.196		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg									
Theobromine....mg									

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.170		0		1		0.332	1.322	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
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	
21:5....g									
22:4....g									
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									

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

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		68.00		
Energy....kcal	99		0	NC	4		84		
Energy....kJ	414				4		352		
Protein (N x 6.25)....g	16.60	0.577	3		1		14.11		
Total lipid (fat)....g	3.10	0.173	3		1		2.64		
Ash....g	0.90	0.023	3		1		0.77		
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		0		1		7		
Iron, Fe....mg	16.41		0		1		13.95		
Magnesium, Mg....mg	12		0		1		10		
Phosphorus, P....mg	186		0		1		158		
Potassium, K....mg	151		0		1		128		
Sodium, Na....mg	81		0		1		69		
Zinc, Zn....mg	2.45		0		1		2.08		
Copper, Cu....mg	0.080		0		4		0.068		
Manganese, Mn....mg	0.015		0		4		0.013		
Selenium, Se....µg	23.4		0	BFYN	4		19.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.9		0		1		6.7		
Thiamin....mg	0.079		0		1		0.067		
Riboflavin....mg	0.322		0		1		0.274		
Niacin....mg	1.364		0		1		1.159		
Pantothenic acid....mg	0.663		0		1		0.564		
Vitamin B-6....mg	0.080		0		1		0.068		
Folate, total....µg	2		0		4		2		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	2		0		4		2		
Folate, DFE....µg	2		0	NC	4		2		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.03		0		1		1.73		
Vitamin A, RAE....µg	0		0		1		0		
Retinol....µg	0		0		1		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.090		0		1		0.927		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.030		0		1		0.026		
15:0....g									
16:0....g	0.720		0		1		0.612		
17:0....g									
18:0....g	0.330		0		1		0.281		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.700		0		1		0.595		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.060		0		1		0.051		
17:1....g									
18:1 undifferentiated....g	0.630		0		1		0.536		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.380		0		1		0.323		
18:2 undifferentiated....g	0.130		0		1		0.111		
18:3 undifferentiated....g	0.000		0		1		0.000		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.200		0		1		0.170		
20:5 n-3 (EPA)....g	0.010		0		1		0.009		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		1		0.026		
22:6 n-3 (DHA)....g	0.010		0		1		0.009		
Fatty acids, total trans....g									
Cholesterol....mg	387		0		1		329		
Phytosterols....mg	0		0		4		0		
Amino Acids:									
Tryptophan....g	0.146		2		1		0.124		
Threonine....g	0.584		3		1		0.496		
Isoleucine....g	0.664		3		1		0.564		
Leucine....g	1.288		3		1		1.095		
Lysine....g	1.211		3		1		1.029		
Methionine....g	0.268		3		1		0.228		
Cystine....g	0.261		0		4		0.222		
Phenylalanine....g	0.691		3		1		0.587		
Tyrosine....g	0.470		0		4		0.400		
Valine....g	0.988		3		1		0.840		
Arginine....g	0.863		3		1		0.734		
Histidine....g	0.420		3		1		0.357		
Alanine....g	1.049		0		4		0.892		
Aspartic acid....g	1.493		1		1		1.269		
Glutamic acid....g	1.726		1		1		1.467		
Glycine....g	1.211		1		1		1.029		
Proline....g	1.062		0		4		0.903		
Serine....g	0.732		0		4		0.622		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg									
Theobromine....mg									

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	0.960		0		1		0.272	4.355	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
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	
21:5....g									
22:4....g									
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.

NDB No. 10112

Pork, fresh, variety meats and by-products, lungs, 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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	9.820		0		1		2.784	44.544	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
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	
21:5....g									
22:4....g									
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.

NDB No. 10114

Pork, fresh, variety meats and by-products, mechanically separated, 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 27 (2014)

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		51.26		
Energy....kcal	219		0	NC	4		186		
Energy....kJ	916				4		779		
Protein (N x 6.25)....g	28.50	0.693	3		1		24.23		
Total lipid (fat)....g	10.80	0.635	3		1		9.18		
Ash....g	1.20	0.023	3		1		1.02		
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	16		0		1		14		
Iron, Fe....mg	2.69		0		1		2.29		
Magnesium, Mg....mg	23		0		1		20		
Phosphorus, P....mg	291		0		1		247		
Potassium, K....mg	168		0		1		143		
Sodium, Na....mg	42		0		1		36		
Zinc, Zn....mg	4.29		0		1		3.65		
Copper, Cu....mg	0.110		0		1		0.094		
Manganese, Mn....mg	0.198		0		1		0.168		
Selenium, Se....µg	72.8		0	BFYN	4		61.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.7		0		1		4.8		
Thiamin....mg	0.092		0		1		0.078		
Riboflavin....mg	0.658		0		1		0.559		
Niacin....mg	3.206		0		1		2.725		
Pantothenic acid....mg	4.741		0		1		4.030		
Vitamin B-6....mg	0.440		0		4		0.374		
Folate, total....µg	5		0		4		4		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	5		0		4		4		
Folate, DFE....µg	5		0	NC	4		4		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	17.07		0		1		14.51		
Vitamin A, RAE....µg	0		0		1		0		
Retinol....µg	0		0		1		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated.....g	3.730		0		4		3.171		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.090		0		4		0.077		
15:0.....g									
16:0.....g	2.000		0		4		1.700		
17:0.....g									
18:0.....g	1.400		0		4		1.190		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.750		0		4		3.188		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.650		0		4		0.553		
17:1.....g									
18:1 undifferentiated.....g	3.110		0		4		2.644		
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	2.030		0		4		1.726		
18:2 undifferentiated.....g	1.180		0		4		1.003		
18:3 undifferentiated.....g	0.080		0		4		0.068		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.470		0		4		0.400		
20:5 n-3 (EPA).....g	0.000		0		4		0.000		
21:5.....g									
22:4.....g									
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	315		0		1		268		
Phytosterols.....mg	0		0		4		0		
Amino Acids:									
Tryptophan.....g	0.625		0		1		0.531		
Threonine.....g	1.281		0		1		1.089		
Isoleucine.....g	1.496		0		1		1.272		
Leucine.....g	2.130		0		1		1.811		
Lysine.....g	1.965		0		1		1.670		
Methionine.....g	0.470		0		1		0.400		
Cystine.....g	0.365		0		4		0.310		
Phenylalanine.....g	1.222		0		1		1.039		
Tyrosine.....g	1.195		0		1		1.016		
Valine.....g	1.537		0		1		1.306		
Arginine.....g	1.642		0		1		1.396		
Histidine.....g	0.552		0		1		0.469		
Alanine.....g	1.459		0		4		1.240		
Aspartic acid.....g	2.736		0		1		2.326		
Glutamic acid.....g	2.348		0		1		1.996		
Glycine.....g	1.737		0		1		1.476		
Proline.....g	1.459		0		4		1.240		
Serine.....g	1.140		0		4		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.

NDB No. 10116

Pork, fresh, variety meats and by-products, pancreas, cooked, braised

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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	4.580		0		4		1.298	5.175	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
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	
21:5....g									
22:4....g									
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.

NDB No. 10115

Pork, fresh, variety meats and by-products, pancreas, 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 27 (2014)

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		56.70		
Energy....kcal	149		0	NC	4		127		
Energy....kJ	623				4		530		
Protein (N x 6.25)....g	28.20	0.981	3		1		23.97		
Total lipid (fat)....g	3.20	0.058	3		1		2.72		
Ash....g	1.70	0.023	3		1		1.45		
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	13		0		1		11		
Iron, Fe....mg	22.23		0		1		18.90		
Magnesium, Mg....mg	15		0		4		13		
Phosphorus, P....mg	283		0		1		241		
Potassium, K....mg	227		0		1		193		
Sodium, Na....mg	107		0		4		91		
Zinc, Zn....mg	3.54		0		1		3.01		
Copper, Cu....mg	0.133		0		1		0.113		
Manganese, Mn....mg	0.045		0		1		0.038		
Selenium, Se....µg	49.6		0	BFYN	4		42.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	11.6		0		1		9.9		
Thiamin....mg	0.139		0		1		0.118		
Riboflavin....mg	0.258		0		1		0.219		
Niacin....mg	5.938		0		1		5.047		
Pantothenic acid....mg	0.892		0		1		0.758		
Vitamin B-6....mg	0.060		0		1		0.051		
Folate, total....µg	4		0		4		3		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	4		0		4		3		
Folate, DFE....µg	4		0	NC	4		3		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.76		0		1		2.35		
Vitamin A, RAE....µg	0		0		1		0		
Retinol....µg	0		0		1		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.060		0		1		0.901		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.010		0		1		0.009		
13:0....g									
14:0....g	0.070		0		1		0.060		
15:0....g									
16:0....g	0.570		0		1		0.485		
17:0....g									
18:0....g	0.400		0		1		0.340		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.860		0		1		0.731		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.120		0		1		0.102		
17:1....g									
18:1 undifferentiated....g	0.730		0		1		0.621		
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	0.230		0		1		0.196		
18:2 undifferentiated....g	0.230		0		1		0.196		
18:3 undifferentiated....g	0.000		0		4		0.000		
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		
21:5....g									
22:4....g									
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	504		0		1		428		
Phytosterols....mg	0		0		4		0		
Amino Acids:									
Tryptophan....g	0.289		0		1		0.246		
Threonine....g	1.128		0		1		0.959		
Isoleucine....g	1.259		0		1		1.070		
Leucine....g	2.306		0		1		1.960		
Lysine....g	2.107		0		1		1.791		
Methionine....g	0.523		0		1		0.445		
Cystine....g	0.361		0		4		0.307		
Phenylalanine....g	1.205		0		1		1.024		
Tyrosine....g	0.790		0		1		0.672		
Valine....g	1.534		0		1		1.304		
Arginine....g	1.539		0		1		1.308		
Histidine....g	0.672		0		1		0.571		
Alanine....g	1.822		0		4		1.549		
Aspartic acid....g	2.482		0		1		2.110		
Glutamic acid....g	3.240		0		1		2.754		
Glycine....g	1.805		0		1		1.534		
Proline....g	1.571		0		4		1.335		
Serine....g	1.232		0		4		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.

NDB No. 10118

Pork, fresh, variety meats and by-products, spleen, cooked, braised

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 27 (2014)

NDB No. 10117
Pork, fresh, variety meats and by-products, spleen, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.43	0.182	16		1		22.23	88.63	
Energy....kcal	100		0	NC	4		28	113	
Energy....kJ	418				4		119	473	
Protein (N x 6.25)....g	17.86	0.166	15		1		5.06	20.18	
Total lipid (fat)....g	2.59	0.160	14		1		0.73	2.93	
Ash....g	1.53	0.073	13		1		0.43	1.73	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10		1		1		3	11	
Iron, Fe....mg	22.32	1.919	17		1		6.33	25.22	
Magnesium, Mg....mg	13		0		4		4	15	
Phosphorus, P....mg	260	3.083	10		1		74	294	
Potassium, K....mg	396		2		1		112	447	
Sodium, Na....mg	98		0		4		28	111	
Zinc, Zn....mg	2.54	0.085	8		1		0.72	2.87	
Copper, Cu....mg	0.131	0.006	15		1		0.037	0.148	
Manganese, Mn....mg	0.072	0.008	16		1		0.020	0.081	
Selenium, Se....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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	0.860		0		1		0.244	0.972	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
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	
21:5....g									
22:4....g									
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.

NDB No. 10117

Pork, fresh, variety meats and by-products, spleen, 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 27 (2014)

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						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.72		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....µg	3		0	NC	4		3		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.48		1	A	1		0.41		
Vitamin A, RAE....µg	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		
Tocotrienol, alpha....mg	0.02		2	A	1		0.02		
Tocotrienol, beta....mg	0.00		2	A	1		0.00		
Tocotrienol, gamma....mg	0.00		2	A	1		0.00		
Tocotrienol, 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									

NDB No. 10863

Pork, fresh, variety meats and by-products, stomach, cooked, simmered

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g	2.990		1	A	1		2.542		
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	0.085		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-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

NDB No. 10863

Pork, fresh, variety meats and by-products, stomach, cooked, simmered

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 10119
Pork, fresh, variety meats and by-products, stomach, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.50		1	A	1		20.84	83.05	
Energy	kcal	159		1	A	1		45	180	
Energy	kJ	665		0	A	1		189	752	
Protein (N x 6.25)	g	16.85		1	A	1		4.78	19.04	
Total lipid (fat)	g	10.14		1	A	1		2.88	11.46	
Ash	g	0.63		1	A	1		0.18	0.71	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	11		1	A	1		3	12	
Iron, Fe	mg	1.01		1	A	1		0.29	1.14	
Magnesium, Mg	mg	11		1	A	1		3	13	
Phosphorus, P	mg	130		1	A	1		37	147	
Potassium, K	mg	140		1	A	1		40	158	
Sodium, Na	mg	75		1	A	1		21	84	
Zinc, Zn	mg	1.85		1	A	1		0.52	2.09	
Copper, Cu	mg	0.169		1	A	1		0.048	0.191	
Manganese, Mn	mg	0.038		1	A	1		0.011	0.043	
Selenium, Se	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	µg	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	µg	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	
Tocotrienol, alpha	mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta	mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma	mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, 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	

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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.025		1	A	1		1.141	4.548	
4:0....g	0.000		0	Z	7		0.000	0.000	
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-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

NDB No. 10119

Pork, fresh, variety meats and by-products, stomach, 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 27 (2014)

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		39.70	128.43	
Energy....kcal	396		0	NC	4		337	1089	
Energy....kJ	1657				4		1408	4556	
Protein (N x 6.25)....g	17.00		1		1		14.45	46.75	
Total lipid (fat)....g	35.80		1		1		30.43	98.45	
Ash....g	0.40		1		1		0.34	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									
Starch....g									
Minerals:									
Calcium, Ca....mg	14		1		1		12	39	
Iron, Fe....mg	0.79		0		4		0.67	2.17	
Magnesium, Mg....mg	7		1		1		6	19	
Phosphorus, P....mg	47		1		1		40	129	
Potassium, K....mg	157		0		4		133	432	
Sodium, Na....mg	25		0		4		21	69	
Zinc, Zn....mg	1.64		0		4		1.39	4.51	
Copper, Cu....mg	0.067		0		4		0.057	0.184	
Manganese, Mn....mg	0.006		0		4		0.005	0.017	
Selenium, Se....µg	3.1		0	BFZN	4		2.6	8.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.070		1		1		0.060	0.193	
Riboflavin....mg	0.070		1		1		0.060	0.193	
Niacin....mg	1.120		1		1		0.952	3.080	
Pantothenic acid....mg	0.423		0		4		0.360	1.163	
Vitamin B-6....mg	0.270		0		4		0.230	0.743	
Folate, total....µg	4		0		4		3	11	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0		4		3	11	
Folate, DFE....µg	4		0	NC	4		3	11	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.55		0		4		0.47	1.51	
Vitamin A, RAE....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	12.450		0		1		10.583	34.238	
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	0.000		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		0.485	1.568	
15:0....g									
16:0....g	8.130		0		1		6.911	22.358	
17:0....g									
18:0....g	3.750		0		1		3.188	10.313	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	16.890		0		1		14.357	46.448	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.310		0		1		1.114	3.603	
17:1....g									
18:1 undifferentiated....g	15.580		0		1		13.243	42.845	
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		3.349	10.835	
18:2 undifferentiated....g	3.410		0		1		2.899	9.378	
18:3 undifferentiated....g	0.300		0		1		0.255	0.825	
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		0.196	0.633	
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									
Cholesterol....mg	129		1		1		110	355	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.102		1		1		0.087	0.281	
Threonine....g	0.595		1		1		0.506	1.636	
Isoleucine....g	0.391		1		1		0.332	1.075	
Leucine....g	0.952		1		1		0.809	2.618	
Lysine....g	1.020		1		1		0.867	2.805	
Methionine....g	0.306		1		1		0.260	0.842	
Cystine....g	0.220		0		4		0.187	0.605	
Phenylalanine....g	0.510		1		1		0.434	1.403	
Tyrosine....g	0.340		1		1		0.289	0.935	
Valine....g	0.510		1		1		0.434	1.403	
Arginine....g	1.173		1		1		0.997	3.226	
Histidine....g	0.306		1		1		0.260	0.842	
Alanine....g	1.258		1		1		1.069	3.460	
Aspartic acid....g	1.428		1		1		1.214	3.927	
Glutamic acid....g	2.193		1		1		1.864	6.031	
Glycine....g	2.261		1		1		1.922	6.218	
Proline....g	1.428		1		1		1.214	3.927	
Serine....g	0.731		1		1		0.621	2.010	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 275g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with 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 27 (2014)

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						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.05		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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	11.640		0		1		3.300	13.153	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
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	
21:5....g									
22:4....g									
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.

NDB No. 10174

Pork, fresh, variety meats and by-products, tail, 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 27 (2014)

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		48.37	131.44	
Energy....kcal	271		0	NC	4		230	626	
Energy....kJ	1134				4		964	2619	
Protein (N x 6.25)....g	24.10	0.289	3		1		20.49	55.67	
Total lipid (fat)....g	18.60	1.270	3		1		15.81	42.97	
Ash....g	0.80	0.023	3		1		0.68	1.85	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0		1		16	44	
Iron, Fe....mg	4.99		0		1		4.24	11.53	
Magnesium, Mg....mg	20		0		1		17	46	
Phosphorus, P....mg	174		0		1		148	402	
Potassium, K....mg	237		0		1		201	547	
Sodium, Na....mg	109		0		1		93	252	
Zinc, Zn....mg	4.53		0		1		3.85	10.46	
Copper, Cu....mg	0.110		0		4		0.094	0.254	
Manganese, Mn....mg	0.010		0		4		0.009	0.023	
Selenium, Se....µg	15.5		0	BFYN	4		13.2	35.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7		0		1		1.4	3.9	
Thiamin....mg	0.317		0		1		0.269	0.732	
Riboflavin....mg	0.510		0		1		0.434	1.178	
Niacin....mg	5.340		0		1		4.539	12.335	
Pantothenic acid....mg	0.507		0		4		0.431	1.171	
Vitamin B-6....mg	0.230		0		1		0.196	0.531	
Folate, total....µg	4		0		4		3	9	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0		4		3	9	
Folate, DFE....µg	4		0	NC	4		3	9	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.39		0		1		2.03	5.52	
Vitamin A, RAE....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	6.449		0		1		5.482	14.897	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.020		0		1		0.017	0.046	
12:0....g	0.090		0		1		0.077	0.208	
13:0....g									
14:0....g	0.340		0		1		0.289	0.785	
15:0....g									
16:0....g	4.129		0		1		3.510	9.538	
17:0....g									
18:0....g	1.870		0		1		1.590	4.320	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.759		0		1		7.445	20.233	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.700		0		1		0.595	1.617	
17:1....g									
18:1 undifferentiated....g	7.889		0		1		6.706	18.224	
20:1....g	0.170		0		1		0.145	0.393	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.930		0		1		1.641	4.458	
18:2 undifferentiated....g	1.840		0		1		1.564	4.250	
18:3 undifferentiated....g	0.090		0		1		0.077	0.208	
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	
21:5....g									
22:4....g									
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		124	337	
Phytosterols....mg	0		0		1		0	0	
Amino Acids:									
Tryptophan....g	0.278		0		1		0.236	0.642	
Threonine....g	1.018		0		1		0.865	2.352	
Isoleucine....g	1.099		0		1		0.934	2.539	
Leucine....g	1.932		0		1		1.642	4.463	
Lysine....g	1.970		0		1		1.675	4.551	
Methionine....g	0.540		0		1		0.459	1.247	
Cystine....g									
Phenylalanine....g	0.999		0		1		0.849	2.308	
Tyrosine....g									
Valine....g	1.253		0		1		1.065	2.894	
Arginine....g	1.488		0		1		1.265	3.437	
Histidine....g	0.605		0		1		0.514	1.398	
Alanine....g									
Aspartic acid....g	2.240		0		1		1.904	5.174	
Glutamic acid....g	3.035		0		1		2.580	7.011	
Glycine....g	1.781		0		1		1.514	4.114	
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.

NDB No. 10122

Pork, fresh, variety meats and by-products, tongue, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 231g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	5.960		0		1		1.690	6.735	
4:0....g	0.000		0	Z	7		0.000	0.000	
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	
21:5....g									
22:4....g									
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	

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
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** 4.11

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 10974
Pork, ground, 72% lean / 28% 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	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....µg	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....µg	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		
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.8		0	AS	1		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									

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
Lipids:									
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 t....g	0.180	0.025	8	AR	1		0.203		
18:1-11 t (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 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-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		
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		

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
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 27 (2014)

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....µg	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....µg	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		
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.8		0	AS	1		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									

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
Lipids:									
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 t....g	0.160	0.023	8	AR	1		0.136		
18:1-11 t (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 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-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		
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		

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
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 27 (2014)

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....µg	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....µg	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		
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		2	AS	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									

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
Lipids:									
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 t....g	0.118	0.022	8	AR	1		0.100		
18:1-11 t (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 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-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		
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		

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
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	AR	1		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 27 (2014)

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....µg	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....µg	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		
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	AS	1		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									

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
Lipids:									
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 t....g	0.132	0.023	8	AR	1		0.112		
18:1-11 t (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 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-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		
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		

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
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 27 (2014)

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....µg	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....µg	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		
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.4		2	AS	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									

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
Lipids:									
Fatty acids, total saturated....g	4.930		0	NR	4		5.571		
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	0.012	0.001	8	AR	1		0.014		
12:0....g	0.011	0.001	8	AR	1		0.012		
13:0....g									
14:0....g	0.186	0.202	8	AR	1		0.210		
15:0....g	0.009	0.001	8	AR	1		0.010		
16:0....g	3.082	0.035	8	AR	1		3.483		
17:0....g	0.048	0.003	8	AR	1		0.054		
18:0....g	1.555	0.024	8	AR	1		1.757		
20:0....g	0.028	0.006	8	AR	1		0.032		
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	6.680		0	NR	4		7.548		
14:1....g	0.000		8	AR	1		0.000		
15:1....g	0.000		8	AR	1		0.000		
16:1 undifferentiated....g	0.346	0.009	8	AR	1		0.391		
17:1....g	0.000		8	AR	1		0.000		
18:1 undifferentiated....g	6.203		0	AS	1		7.010		
18:1 c....g	6.107	0.077	8	AR	1		6.901		
18:1 t....g	0.095	0.009	8	AR	1		0.108		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.132	0.025	8	AR	1		0.149		
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	2.050		0	NR	4		2.317		
18:2 undifferentiated....g	1.841		0	AS	1		2.080		
18:2 n-6 c,c....g	1.812	0.099	8	AR	1		2.048		
18:2 CLAs....g									
18:2 t,t....g	0.029	0.008	8	AR	1		0.032		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.089		0	AS	1		0.100		
18:3 n-3 c,c,c (ALA)....g	0.089	0.007	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	0.086	0.004	8	AR	1		0.097		
20:3 undifferentiated....g	0.015	0.006	8	AR	1		0.017		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.078	0.002	8	AR	1		0.088		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005		1	AR	1		0.005		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		1	AR	1		0.018		
22:6 n-3 (DHA)....g	0.007		1	AR	1		0.007		
Fatty acids, total trans....g	0.124		0	NC	4		0.140		
Fatty acids, total trans-monoenoic....g	0.095		0	NC	4		0.108		
Fatty acids, total trans-polyenoic....g	0.029		0	NC	4		0.032		
Cholesterol....mg	68	2.047	16	AR	1		76		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.232		0	AR	1		0.262		
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		

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
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 27 (2014)

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....µg	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....µg	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		
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	AS	1		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									

NDB No. 10976
Pork, ground, 96% lean / 4% fat, cooked, crumbles

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
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 t....g	0.056	0.025	7	AR	1		0.048		
18:1-11 t (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 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-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	0.070		0	AR	1		0.060		
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		
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		

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
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 27 (2014)

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....µg	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....µg	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		
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	1.860		0	NR	4		1.581		
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	0.013		7	AR	1		0.011		
12:0....g	0.010		7	AR	1		0.008		
13:0....g									
14:0....g	0.064	0.005	7	AR	1		0.054		
15:0....g	0.006		7	AR	1		0.006		
16:0....g	1.137	0.082	7	AR	1		0.966		
17:0....g	0.016	0.007	7	AR	1		0.013		
18:0....g	0.576	0.045	7	AR	1		0.489		
20:0....g	0.038		7	AR	1		0.033		
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	2.360		0	NR	4		2.006		
14:1....g	0.000		7	AR	1		0.000		
15:1....g	0.000		7	AR	1		0.000		
16:1 undifferentiated....g	0.144	0.012	7	AR	1		0.123		
17:1....g	0.000		7	AR	1		0.000		
18:1 undifferentiated....g	2.156		0	AS	1		1.832		
18:1 c....g	2.109	0.357	7	AR	1		1.793		
18:1 t....g	0.046	0.023	7	AR	1		0.039		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.060	0.039	7	AR	1		0.051		
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	0.810		0	NR	4		0.689		
18:2 undifferentiated....g	0.690		0	AS	1		0.586		
18:2 n-6 c,c....g	0.667	0.070	7	AR	1		0.567		
18:2 CLAs....g									
18:2 t,t....g	0.022		7	AR	1		0.019		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.025		0	AS	1		0.021		
18:3 n-3 c,c,c (ALA)....g	0.025	0.024	7	AR	1		0.021		
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	0.029	0.009	7	AR	1		0.025		
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	0.083	0.005	7	AR	1		0.070		
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	0.008		0	BFFN	4		0.007		
22:6 n-3 (DHA)....g	0.003		0	BFFN	4		0.003		
Fatty acids, total trans....g	0.068		0	AR	1		0.058		
Fatty acids, total trans-monoenoic....g	0.046		0	NR	4		0.039		
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		
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		

NDB No. 10979
Pork, ground, 96% lean / 4% fat, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

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....µg	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....µg	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		
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	AS	1		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									

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
Lipids:									
Fatty acids, total saturated....g	1.420		0	NR	4		1.605		
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		7	AR	1		0.000		
10:0....g	0.006		7	AR	1		0.007		
12:0....g	0.003		7	AR	1		0.004		
13:0....g									
14:0....g	0.052	0.049	7	AR	1		0.059		
15:0....g	0.004		7	AR	1		0.005		
16:0....g	0.883	0.041	7	AR	1		0.998		
17:0....g	0.013	0.002	7	AR	1		0.015		
18:0....g	0.454	0.020	7	AR	1		0.513		
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	1.890		0	NR	4		2.136		
14:1....g	0.000		7	AR	1		0.000		
15:1....g	0.000		7	AR	1		0.000		
16:1 undifferentiated....g	0.114	0.005	7	AR	1		0.129		
17:1....g	0.000		7	AR	1		0.000		
18:1 undifferentiated....g	1.756		0	AS	1		1.984		
18:1 c....g	1.736	0.086	7	AR	1		1.962		
18:1 t....g	0.019	0.005	7	AR	1		0.022		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.020	0.028	7	AR	1		0.023		
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	0.660		0	NR	4		0.746		
18:2 undifferentiated....g	0.547		0	AS	1		0.618		
18:2 n-6 c,c....g	0.534	0.053	7	AR	1		0.604		
18:2 CLAs....g									
18:2 t,t....g	0.013		7	AR	1		0.015		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.027		0	AS	1		0.030		
18:3 n-3 c,c,c (ALA)....g	0.027	0.007	7	AR	1		0.030		
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	0.022	0.002	7	AR	1		0.025		
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	0.068	0.003	7	AR	1		0.076		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		1	AR	1		0.004		
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	0.007		1	AR	1		0.008		
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		
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		

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
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 27 (2014)

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		58.41	133.31	
Energy....kcal	158		0	NC	4		134	306	
Energy....kJ	659		0	NC	4		560	1279	
Protein (N x 6.25)....g	27.57	0.418	12	A	1		23.43	53.49	
Total lipid (fat)....g	4.41	0.560	12	A	1		3.75	8.56	
Ash....g	1.07	0.017	12	A	1		0.91	2.07	
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	7	0.305	6	A	1		6	14	
Iron, Fe....mg	0.97	0.019	6	A	1		0.82	1.87	
Magnesium, Mg....mg	23	0.350	6	A	1		20	45	
Phosphorus, P....mg	221	3.211	6	A	1		188	428	
Potassium, K....mg	366	7.350	6	A	1		311	710	
Sodium, Na....mg	76	4.985	6	A	1		64	147	
Zinc, Zn....mg	4.11	0.127	6	A	1		3.49	7.97	
Copper, Cu....mg	0.073	0.003	6	A	1		0.062	0.141	
Manganese, Mn....mg	0.010	0.000	6	A	1		0.008	0.019	
Selenium, Se....µg	32.1	6.202	6	A	1		27.3	62.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.481	0.043	6	A	1		0.409	0.933	
Riboflavin....mg	0.387	0.053	6	A	1		0.329	0.750	
Niacin....mg	8.205	0.266	6	A	1		6.974	15.918	
Pantothenic acid....mg	0.772	0.085	4	A	1		0.657	1.499	
Vitamin B-6....mg	0.430	0.025	4	A	1		0.365	0.834	
Folate, total....µg	1	0.594	4	A	1		1	2	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1	0.594	4	A	1		1	2	
Folate, DFE....µg	1		0	NC	4		1	2	
Choline, total....mg	88.4	4.374	4	AS	1		75.2	171.6	
Betaine....mg	7.1	2.356	4	A	1		6.1	13.9	
Vitamin B-12....µg	0.69	0.120	4	A	1		0.59	1.35	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Retinol....µg	0		0	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	0.10		0	BFPN	4		0.08	0.19	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....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									

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
Lipids:									
Fatty acids, total saturated....g	1.358		0	NC	4		1.155	2.635	
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	0.045	0.002	4	A	1		0.038	0.087	
15:0....g	0.000	0.000	4	A	1		0.000	0.000	
16:0....g	0.875	0.063	4	A	1		0.744	1.698	
17:0....g	0.011	0.002	4	A	1		0.010	0.022	
18:0....g	0.425	0.031	4	A	1		0.361	0.825	
20:0....g	0.002	0.002	4	A	1		0.002	0.004	
22:0....g	0.000	0.000	4	A	1		0.000	0.000	
24:0....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	1.928		0	NC	4		1.639	3.741	
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	0.128	0.011	4	A	1		0.109	0.249	
17:1....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated....g	1.776	0.180	4	AS	1		1.510	3.445	
18:1 c....g	1.757	0.177	4	A	1		1.494	3.409	
18:1 t....g	0.019	0.003	4	A	1		0.016	0.036	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.024	0.002	4	A	1		0.021	0.047	
22:1 undifferentiated....g	0.000	0.000	4	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	4	A	1		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.578		0	NC	4		0.491	1.122	
18:2 undifferentiated....g	0.486	0.044	4	AS	1		0.413	0.944	
18:2 n-6 c,c....g	0.483	0.043	4	A	1		0.410	0.937	
18:2 CLAs....g									
18:2 t,t....g	0.004	0.004	4	A	1		0.003	0.007	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.015	0.002	4	AS	1		0.013	0.029	
18:3 n-3 c,c,c (ALA)....g	0.015	0.002	4	A	1		0.013	0.029	
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	0.016	0.001	4	A	1		0.014	0.031	
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	0.061	0.007	4	A	1		0.052	0.118	
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		0.019	0.043	
Fatty acids, total trans-monoenoic....g	0.019		0	NC	4		0.016	0.036	
Fatty acids, total trans-polyenoic....g	0.004		0	NC	4		0.003	0.007	
Cholesterol....mg	81	1.669	12	A	1		69	157	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.328		0	A	1		0.279	0.637	
Threonine....g	1.212		0	A	1		1.031	2.352	
Isoleucine....g	1.306		0	A	1		1.110	2.533	
Leucine....g	2.269		0	A	1		1.929	4.402	

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
Lysine....g	2.452		0	A	1		2.084	4.757	
Methionine....g	0.756		0	A	1		0.642	1.466	
Cystine....g	0.311		0	A	1		0.264	0.603	
Phenylalanine....g	1.146		0	A	1		0.974	2.222	
Tyrosine....g	1.092		0	A	1		0.929	2.119	
Valine....g	1.395		0	A	1		1.185	2.705	
Arginine....g	1.777		0	A	1		1.510	3.447	
Histidine....g	1.121		0	A	1		0.953	2.176	
Alanine....g	1.579		0	A	1		1.342	3.064	
Aspartic acid....g	2.579		0	A	1		2.192	5.003	
Glutamic acid....g	4.212		0	A	1		3.580	8.171	
Glycine....g	1.246		0	A	1		1.059	2.417	
Proline....g	1.115		0	A	1		0.948	2.163	
Serine....g	1.151		0	A	1		0.979	2.234	
Hydroxyproline....g	0.096		0	A	1		0.082	0.187	
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 = 85g: 3 oz

Measure 2 = 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 27 (2014)

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	µg	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	µg	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									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	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									

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
Lipids:									
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		
21:5....g									
22:4....g									
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		

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
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 = 22g: 1 cup

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 10898
Pork, pickled pork hocks

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	68.02		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....µg	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....µg	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		
Tocotrienol, alpha....mg	0.02		1	A	1		0.02		
Tocotrienol, beta....mg	0.00		1	A	1		0.00		

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
Tocotrienol, gamma....mg	0.00		1	A	1		0.00		
Tocotrienol, delta....mg	0.00		1	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		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 t....g	0.064		1	A	1		0.075		
18:1-11 t (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 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-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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....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									

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
Lipids:									
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 t....g	0.019	0.003	4	A	1		0.017		
18:1-11 t (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 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-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g	0.022		0	NC	4		0.020		
Fatty acids, total trans-monoenoic....g	0.019		0	NC	4		0.017		
Fatty acids, total trans-polyenoic....g	0.003		0	NC	4		0.003		
Cholesterol....mg	82	1.134	12	A	1		75		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.327		0	A	1		0.301		
Threonine....g	1.208		0	A	1		1.111		
Isoleucine....g	1.301		0	A	1		1.197		
Leucine....g	2.261		0	A	1		2.080		

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
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 27 (2014)

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		55.95	536.46	
Energy....kcal	196		0	NC	4		167	1601	
Energy....kJ	822		0	NC	4		699	6699	
Protein....g	19.40	1.903	3	A	1		16.49	158.08	
Total lipid (fat)....g	12.95	0.644	3	A	1		11.01	105.54	
Ash....g	1.24	0.050	3	A	1		1.05	10.11	
Carbohydrate, by difference....g	0.59		0	NC	4		0.50	4.82	
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	
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.265	3	A	1		5	43	
Iron, Fe....mg	1.05	0.130	3	A	1		0.89	8.53	
Magnesium, Mg....mg	20	0.333	3	A	1		17	166	
Phosphorus, P....mg	173	6.667	3	A	1		147	1413	
Potassium, K....mg	243	37.118	3	A	1		207	1983	
Sodium, Na....mg	213	6.667	3	A	1		181	1739	
Zinc, Zn....mg	2.77	0.371	3	A	1		2.35	22.55	
Copper, Cu....mg	0.030	0.000	3	A	1		0.025	0.244	
Manganese, Mn....mg	0.037	0.000	3	A	1		0.031	0.300	
Selenium, Se....µg	46.0		2	A	1		39.1	374.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.052	0.006	3	A	1		0.044	0.423	
Riboflavin....mg	0.180	0.035	3	A	1		0.153	1.466	
Niacin....mg	5.767	0.398	3	A	1		4.902	46.998	
Pantothenic acid....mg	0.452		2	A	1		0.384	3.680	
Vitamin B-6....mg	0.311	0.007	3	A	1		0.264	2.534	
Folate, total....µg	1		2	A	1		1	8	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		2	A	1		1	8	
Folate, DFE....µg	1		0	NC	4		1	8	
Choline, total....mg	101.9		0	AS	1		86.6	830.5	
Betaine....mg	2.4		1	A	1		2.0	19.3	
Vitamin B-12....µg	0.93	0.070	3	A	1		0.79	7.57	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	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	0.28		2	A	1		0.24	2.28	
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		0.04	0.37	
Tocopherol, delta....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha....mg	0.01		2	A	1		0.01	0.12	
Tocotrienol, beta....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00		2	A	1		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	

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
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg	14.9		2	A	1		12.7	121.8	
Lipids:									
Fatty acids, total saturated....g	4.225		0	NC	4		3.591	34.430	
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	0.010		2	A	1		0.008	0.081	
12:0....g	0.005		2	A	1		0.004	0.040	
13:0....g									
14:0....g	0.165		2	A	1		0.140	1.345	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	2.750		2	A	1		2.337	22.412	
17:0....g	0.035		2	A	1		0.030	0.284	
18:0....g	1.255		2	A	1		1.067	10.228	
20:0....g	0.005		2	A	1		0.004	0.040	
22:0....g	0.000		2	A	1		0.000	0.000	
24:0....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	5.935		0	NC	4		5.044	48.368	
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	0.380		2	A	1		0.323	3.097	
17:1....g	0.035		2	A	1		0.030	0.284	
18:1 undifferentiated....g	5.405		2	A	1		4.594	44.050	
20:1....g	0.115		2	A	1		0.098	0.936	
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
24:1 c....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	1.790		0	NC	4		1.521	14.584	
18:2 undifferentiated....g	1.505		2	A	1		1.279	12.265	
18:3 undifferentiated....g	0.075		2	A	1		0.064	0.611	
18:4....g	0.025		2	A	1		0.021	0.203	
20:2 n-6 c,c....g	0.065		2	A	1		0.055	0.529	
20:3 undifferentiated....g	0.010		2	A	1		0.008	0.081	
20:4 undifferentiated....g	0.085		2	A	1		0.072	0.693	
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	
21:5....g	0.000		2	A	1		0.000	0.000	
22:4....g	0.020		2	A	1		0.017	0.162	
22:5 n-3 (DPA)....g	0.005		2	A	1		0.004	0.040	
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	75	9.677	3	A	1		64	610	
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 = 85g: 3 oz

Measure 2 = 815g: 1 can

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

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 10802
USDA Commodity, pork, cured, ham, boneless, cooked, heated

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	71.80		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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	1.701		1	A	1		0.482	0.289	
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	
21:5....g									
22:4....g									
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 27 (2014)

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....µg	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....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
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	
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	
21:5....g									
22:4....g									
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 27 (2014)

NDB No. 10803
USDA Commodity, pork, ground, fine/coarse, frozen, 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	57.08		1	A	1		16.18	48.52	
Energy....kcal	265		0	NC	4		75	225	
Energy....kJ	1109		0		4		314	942	
Protein (N x 6.25)....g	23.55		1	A	1		6.68	20.02	
Total lipid (fat)....g	18.19		1	A	1		5.16	15.46	
Ash....g	1.19		1	A	1		0.34	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	8		1	A	1		2	7	
Iron, Fe....mg	1.51		1	A	1		0.43	1.28	
Magnesium, Mg....mg	23		1	A	1		7	20	
Phosphorus, P....mg	231		1	A	1		65	196	
Potassium, K....mg	311		1	A	1		88	264	
Sodium, Na....mg	76		1	A	1		21	64	
Zinc, Zn....mg	3.59		1	A	1		1.02	3.05	
Copper, Cu....mg	0.131		1	A	1		0.037	0.111	
Manganese, Mn....mg	0.010		0	BFNN	4		0.003	0.009	
Selenium, Se....µg	35.4		0	BFZN	4		10.0	30.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.3		1	A	1		0.7	2.0	
Thiamin....mg	0.598		1	A	1		0.170	0.508	
Riboflavin....mg	0.247		1	A	1		0.070	0.210	
Niacin....mg	3.597		1	A	1		1.020	3.057	
Pantothenic acid....mg	0.923		1	A	1		0.262	0.785	
Vitamin B-6....mg	0.167		1	A	1		0.047	0.142	
Folate, total....µg	6		0	BFPN	4		2	5	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	6		0	BFPN	4		2	5	
Folate, DFE....µg	6		0	NC	4		2	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.30		1	A	1		0.65	1.96	
Vitamin A, RAE....µg	5		1	A	1		1	4	
Retinol....µg	5		1	A	1		1	4	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	15		1	A	1		4	13	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	5.515		1	A	1		1.564	4.688	
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	0.005		1	A	1		0.001	0.004	
10:0....g	0.025		1	A	1		0.007	0.021	
12:0....g	0.014		1	A	1		0.004	0.012	
13:0....g									
14:0....g	0.181		1	A	1		0.051	0.154	
15:0....g									
16:0....g	3.623		1	A	1		1.027	3.080	
17:0....g									
18:0....g	1.505		1	A	1		0.427	1.279	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.141		1	A	1		2.591	7.770	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.556		1	A	1		0.158	0.473	
17:1....g									
18:1 undifferentiated....g	8.435		1	A	1		2.391	7.170	
20:1....g	0.139		1	A	1		0.039	0.118	
22:1 undifferentiated....g	0.002		1	A	1		0.001	0.002	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.337		1	A	1		0.663	1.986	
18:2 undifferentiated....g	2.034		1	A	1		0.577	1.729	
18:3 undifferentiated....g	0.089		1	A	1		0.025	0.076	
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	0.110		1	A	1		0.031	0.094	
20:5 n-3 (EPA)....g	0.003		1	A	1		0.001	0.003	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.008		1	A	1		0.002	0.007	
Fatty acids, total trans....g									
Cholesterol....mg	105		1	A	1		30	89	
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 grilled patties

Measure 2 = 85g: 3 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 27 (2014)

NDB No. 10805
USDA Commodity, pork, ground, fine/coarse, frozen, 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	64.46		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....µg	5		0	NC	4		6		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.64		0	BFSN	4		0.72		
Vitamin A, RAE....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	6.379		0	BFFN	4		7.208		
4:0....g	0.000		0	BFFN	4		0.000		
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		
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									
Cholesterol....mg	58		0	BFFN	4		66		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		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 = 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 27 (2014)