

NDB No. 10856

HORMEL ALWAYS TENDER. Boneless Pork Loin, Fresh Pork

Refuse: 0%

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
							Measure 1	Measure 2	Measure 3
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.....g									
22:5 n-3.....g									
22:6 n-3.....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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10855

HORMEL ALWAYS TENDER. Center Cut Chops, Fresh Pork

Refuse: 0%

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	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
				A	1	1			
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.....g									
22:5 n-3.....g									
22:6 n-3.....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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10854

HORMEL ALWAYS TENDER. Pork Loin Filets. Lemon Garlic-Flavored

Refuse: 0%

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	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
				A	1	1			
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.....g									
22:5 n-3.....g									
22:6 n-3.....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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10853

HORMEL ALWAYS TENDER. Pork Tenderloin, Peppercorn-Flavored

Refuse: 0%

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	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
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.....g									
22:5 n-3.....g									
22:6 n-3.....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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10852

HORMEL ALWAYS TENDER. Pork Tenderloin. Teriyaki-Flavored

Refuse: 0%

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	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
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.....g									
22:5 n-3.....g									
22:6 n-3.....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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10857

HORMEL Canadian Style Bacon

Refuse: 0%

NDB No. 10857

HORMEL Canadian Style Bacon

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 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.....g									
22:5 n-3.....g									
22:6 n-3.....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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10851
HORMEL. Cure 81 Ham

Refuse: 0%

NDB No. 10851
HORMEL, Cure 81 Ham

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 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.....g									
22:5 n-3.....g									
22:6 n-3.....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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10124

Pork, cured, bacon, cooked, broiled, pan-fried or 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	12.94	0.389	97		1		16.43	2.46	
Energy.....kcal	576		0	NC	4		732	109	
Energy.....kj	2410				4		3061	458	
Protein (N x 6.25).....g	30.45	0.500	81		1		38.67	5.79	
Total lipid (fat).....g	49.24	0.646	81		1		62.53	9.36	
Ash.....g	6.78	0.120	81		1		8.61	1.29	
Carbohydrate, by difference.....g	0.59		0	NC	4		0.75	0.11	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12	0.447	35		1		15	2	
Iron, Fe.....mg	1.61	0.102	46		1		2.04	0.31	
Magnesium, Mg.....mg	24	0.466	41		1		30	5	
Phosphorus, P.....mg	336	17.997	26		1		427	64	
Potassium, K.....mg	486	13.174	37		1		617	92	
Sodium, Na.....mg	1596	56.171	58		1		2027	303	
Zinc, Zn.....mg	3.26	0.079	46		1		4.14	0.62	
Copper, Cu.....mg	0.170	0.012	46		1		0.216	0.032	
Manganese, Mn.....mg	0.041	0.004	39		1		0.052	0.008	
Selenium, Se.....mcg	24.7	2.075	42	A	1		31.4	4.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.692	0.019	29		1		0.879	0.131	
Riboflavin.....mg	0.285	0.008	29		1		0.362	0.054	
Niacin.....mg	7.322	0.345	29		1		9.299	1.391	
Pantothenic acid.....mg	1.055	0.091	10		1		1.340	0.200	
Vitamin B-6.....mg	0.270	0.015	25		1		0.343	0.051	
Folate, total.....mcg	5		0		1		6	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		0		1		6	1	
Folate, DFE.....mcg_DFE	5		0	NC	4		6	1	
Vitamin B-12.....mcg	1.75	0.144	24		1		2.22	0.33	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0		1		0	0	
Vitamin E.....mg_ATE	0.540		0		4		0.686	0.103	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	17.420		0		1		22.123	3.310	
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	0.080	0.016	19		1		0.102	0.015	
12:0.....g	0.070	0.017	19		1		0.089	0.013	
13:0.....g									
14:0.....g	0.620	0.021	31		1		0.787	0.118	
15:0.....g									
16:0.....g	10.980	0.260	31		1		13.945	2.086	
17:0.....g									
18:0.....g	5.670	0.141	31		1		7.201	1.077	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	23.690		0		1		30.086	4.501	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.730	0.098	31		1		2.197	0.329	

NDB No. 10124

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	21.960	0.522	31	1			27.889	4.172
20:1.....g	0.000		0	1			0.000	0.000
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	5.810		0	1			7.379	1.104
18:2 undifferentiated.....g	4.890	0.157	31	1			6.210	0.929
18:3 undifferentiated.....g	0.790	0.090	19	1			1.003	0.150
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	0.007	12	1			0.165	0.025
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	85	4.681	16	1			108	16
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.292		4	1			0.371	0.055
Threonine.....g	1.169		10	1			1.485	0.222
Isoleucine.....g	1.237		10	1			1.571	0.235
Leucine.....g	2.119		10	1			2.691	0.403
Lysine.....g	2.261		10	1			2.871	0.430
Methionine.....g	0.672		10	1			0.853	0.128
Cystine.....g	0.312		4	1			0.396	0.059
Phenylalanine.....g	1.174		10	1			1.491	0.223
Tyrosine.....g	0.887		10	1			1.126	0.169
Valine.....g	1.466		10	1			1.862	0.279
Arginine.....g	1.861		9	1			2.363	0.354
Histidine.....g	0.877		10	1			1.114	0.167
Alanine.....g	1.705		9	1			2.165	0.324
Aspartic acid.....g	2.514		10	1			3.193	0.478
Glutamic acid.....g	4.180		10	1			5.309	0.794
Glycine.....g	2.178		10	1			2.766	0.414
Proline.....g	1.618		10	1			2.055	0.307
Serine.....g	1.145		10	1			1.454	0.218
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7			0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

Common Measures:

Measure 1 = 127g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 19g: 3 medium slices, cooked (raw product packed 20/lb)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10123

Pork, cured, bacon, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	31.58	0.335	251		1		12.00	21.47	
Energy.....kcal	556		0	NC	4		211	378	
Energy.....kj	2326				4		884	1582	
Protein (N x 6.25).....g	8.66	0.105	321		1		3.29	5.89	
Total lipid (fat).....g	57.54	0.437	202		1		21.87	39.13	
Ash.....g	2.13	0.057	50		1		0.81	1.45	
Carbohydrate, by difference.....g	0.09		0	NC	4		0.03	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		2		1		3	5	
Iron, Fe.....mg	0.60	0.057	20		1		0.23	0.41	
Magnesium, Mg.....mg	9	0.540	20		1		3	6	
Phosphorus, P.....mg	142	11.022	20		1		54	97	
Potassium, K.....mg	153	9.401	15		1		58	104	
Sodium, Na.....mg	730	38.012	20		1		277	496	
Zinc, Zn.....mg	1.15	0.077	19		1		0.44	0.78	
Copper, Cu.....mg	0.064	0.008	18		1		0.024	0.044	
Manganese, Mn.....mg	0.007	0.002	18		1		0.003	0.005	
Selenium, Se.....mcg	25.0	2.138	14	A	1		9.5	17.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.368	0.022	18		1		0.140	0.250	
Riboflavin.....mg	0.104	0.004	18		1		0.040	0.071	
Niacin.....mg	2.776	0.156	18		1		1.055	1.888	
Pantothenic acid.....mg	0.352	0.062	6		1		0.134	0.239	
Vitamin B-6.....mg	0.140	0.009	18		1		0.053	0.095	
Folate, total.....mcg	2	0.240	7		1		1	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2	0.240	7		1		1	1	
Folate, DFE.....mcg_DFE	2		0	NC	4		1	1	
Vitamin B-12.....mcg	0.93	0.054	15		1		0.35	0.63	
Vitamin A, IU.....IU	0		4		1		0	0	
Vitamin A, RAE.....mcg_RAE	0	0.000	4		1		0	0	
Retinol.....mcg	0	0.000	4		1		0	0	
Vitamin E.....mg_ATE	0.490		0		4		0.186	0.333	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	21.260		0		1		8.079	14.457	
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	0.230	0.098	14		1		0.087	0.156	
12:0.....g	0.220	0.109	14		1		0.084	0.150	
13:0.....g									
14:0.....g	0.880	0.024	74		1		0.334	0.598	
15:0.....g									
16:0.....g	13.230	0.212	74		1		5.027	8.996	
17:0.....g									
18:0.....g	6.700	0.132	74		1		2.546	4.556	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	26.330		0		1		10.005	17.904	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.810	0.047	74		1		0.688	1.231	

NDB No. 10123

Pork, cured, bacon, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	24.510	0.358	74		1		9.314	16.667
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	6.750		0		1		2.565	4.590
18:2 undifferentiated.....g	6.000	0.141	74		1		2.280	4.080
18:3 undifferentiated.....g	0.750	0.036	74		1		0.285	0.510
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.....g	0.000		0		1		0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	67	2.957	16		1		25	46
Phytosterols.....mg	0		0		4		0	0
Amino Acids:								
Tryptophan.....g	0.083		4		1		0.032	0.056
Threonine.....g	0.332		10		1		0.126	0.226
Isoleucine.....g	0.352		10		1		0.134	0.239
Leucine.....g	0.602		10		1		0.229	0.409
Lysine.....g	0.643		10		1		0.244	0.437
Methionine.....g	0.191		10		1		0.073	0.130
Cystine.....g	0.089		4		1		0.034	0.061
Phenylalanine.....g	0.334		10		1		0.127	0.227
Tyrosine.....g	0.252		10		1		0.096	0.171
Valine.....g	0.417		10		1		0.158	0.284
Arginine.....g	0.529		9		1		0.201	0.360
Histidine.....g	0.249		10		1		0.095	0.169
Alanine.....g	0.485		9		1		0.184	0.330
Aspartic acid.....g	0.715		10		1		0.272	0.486
Glutamic acid.....g	1.188		10		1		0.451	0.808
Glycine.....g	0.619		10		1		0.235	0.421
Proline.....g	0.460		10		1		0.175	0.313
Serine.....g	0.325		10		1		0.124	0.221
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

Common Measures:

Measure 1 = 38g: 1 thick slice, packed 12/lb

Measure 2 = 68g: 3 medium slices (packed 20/lb)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10129

Pork, cured, breakfast strips, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	26.93	1.982	6		1		45.78	9.16	
Energy.....kcal	459		0	NC	4		780	156	
Energy.....kj	1920				4		3265	653	
Protein (N x 6.25).....g	28.95	1.933	6		1		49.22	9.84	
Total lipid (fat).....g	36.70	0.975	6		1		62.39	12.48	
Ash.....g	6.37	0.400	6		1		10.83	2.17	
Carbohydrate, by difference.....g	1.05		0	NC	4		1.79	0.36	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	14	1.961	6		1		24	5	
Iron, Fe.....mg	1.97	0.097	6		1		3.35	0.67	
Magnesium, Mg.....mg	26	2.302	6		1		44	9	
Phosphorus, P.....mg	265	27.269	6		1		451	90	
Potassium, K.....mg	466	38.945	6		1		792	158	
Sodium, Na.....mg	2099	197.512	5		1		3568	714	
Zinc, Zn.....mg	3.68	0.280	6		1		6.26	1.25	
Copper, Cu.....mg	0.153	0.029	6		1		0.260	0.052	
Manganese, Mn.....mg	0.044	0.008	4		1		0.075	0.015	
Selenium, Se.....mcg	24.7		0	BFZN	4		42.0	8.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.737	0.040	6		1		1.253	0.251	
Riboflavin.....mg	0.368	0.046	6		1		0.626	0.125	
Niacin.....mg	7.592	0.559	6		1		12.906	2.581	
Pantothenic acid.....mg	0.922		0		1		1.567	0.313	
Vitamin B-6.....mg	0.340	0.027	5		1		0.578	0.116	
Folate, total.....mcg	4		0		1		7	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		1		7	1	
Folate, DFE.....mcg_DFE	4		0	NC	4		7	1	
Vitamin B-12.....mcg	1.77	0.048	6		1		3.01	0.60	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0		1		0	0	
Vitamin E.....mg_ATE	0.306		0		4		0.520	0.104	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	12.770		0		1		21.709	4.342	
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	0.100	0.032	4		1		0.170	0.034	
12:0.....g	0.080	0.027	4		1		0.136	0.027	
13:0.....g									
14:0.....g	0.630	0.087	4		1		1.071	0.214	
15:0.....g									
16:0.....g	7.390	0.435	4		1		12.563	2.513	
17:0.....g									
18:0.....g	4.560	0.288	4		1		7.752	1.550	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	16.400		0		1		27.880	5.576	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.670	0.163	4		1		2.839	0.568	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	14.730	0.902	4	1			25.041	5.008
20:1.....g	0.000		0	1			0.000	0.000
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	5.650		0	1			9.605	1.921
18:2 undifferentiated.....g	4.860	0.608	4	1			8.262	1.652
18:3 undifferentiated.....g	0.790	0.157	4	1			1.343	0.269
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1			0.000	0.000
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	105	4.245	4	1			179	36
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.278		0	1			0.473	0.095
Threonine.....g	1.112		0	1			1.890	0.378
Isoleucine.....g	1.177		0	1			2.001	0.400
Leucine.....g	2.015		0	1			3.426	0.685
Lysine.....g	2.149		0	1			3.653	0.731
Methionine.....g	0.639		0	1			1.086	0.217
Cystine.....g	0.296		0	1			0.503	0.101
Phenylalanine.....g	1.116		0	1			1.897	0.379
Tyrosine.....g	0.843		0	1			1.433	0.287
Valine.....g	1.394		0	1			2.370	0.474
Arginine.....g	1.769		0	1			3.007	0.601
Histidine.....g	0.834		0	1			1.418	0.284
Alanine.....g	1.621		0	1			2.756	0.551
Aspartic acid.....g	2.390		0	1			4.063	0.813
Glutamic acid.....g	3.974		0	1			6.756	1.351
Glycine.....g	2.071		0	1			3.521	0.704
Proline.....g	1.538		0	1			2.615	0.523
Serine.....g	1.089		0	1			1.851	0.370
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	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 = 170g: 1 package (12 oz)

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10128

Pork, cured, breakfast strips, raw or unheated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	47.41	0.422	38		1		161.19	32.24	
Energy.....kcal	388		0	NC	4		1319	264	
Energy.....kj	1623				4		5520	1104	
Protein (N x 6.25).....g	11.74	0.157	38		1		39.92	7.98	
Total lipid (fat).....g	37.16	0.626	40		1		126.34	25.27	
Ash.....g	3.00	0.052	6		1		10.20	2.04	
Carbohydrate, by difference.....g	0.70		0	NC	4		2.38	0.48	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8	1.528	3		1		27	5	
Iron, Fe.....mg	0.94	0.056	6		1		3.20	0.64	
Magnesium, Mg.....mg	12	0.476	6		1		41	8	
Phosphorus, P.....mg	137	17.192	6		1		466	93	
Potassium, K.....mg	204	11.965	6		1		694	139	
Sodium, Na.....mg	987	40.062	6		1		3356	671	
Zinc, Zn.....mg	1.66	0.076	6		1		5.64	1.13	
Copper, Cu.....mg	0.063	0.008	6		1		0.214	0.043	
Manganese, Mn.....mg	0.030	0.002	3		1		0.102	0.020	
Selenium, Se.....mcg	25.0		0	BFZN	4		85.0	17.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	27.2	3.399	5		1		92.5	18.5	
Thiamin.....mg	0.475	0.026	6		1		1.615	0.323	
Riboflavin.....mg	0.180	0.021	6		1		0.612	0.122	
Niacin.....mg	3.650	0.214	6		1		12.410	2.482	
Pantothenic acid.....mg	0.476		0		1		1.618	0.324	
Vitamin B-6.....mg	0.210	0.013	5		1		0.714	0.143	
Folate, total.....mcg	3		0		1		10	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		0		1		10	2	
Folate, DFE.....mcg_DFE	3		0	NC	4		10	2	
Vitamin B-12.....mcg	0.99	0.015	6		1		3.37	0.67	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0		1		0	0	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	12.910		0		1		43.894	8.779	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.210	0.084	4		1		0.714	0.143	
12:0.....g	0.210	0.095	4		1		0.714	0.143	
13:0.....g									
14:0.....g	0.720	0.118	4		1		2.448	0.490	
15:0.....g									
16:0.....g	7.520	0.280	4		1		25.568	5.114	
17:0.....g									
18:0.....g	4.270	0.291	4		1		14.518	2.904	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	16.790		0		1		57.086	11.417	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.840	0.095	4		1		6.256	1.251	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	14.950	0.724	4	1			50.830	10.166
20:1.....g	0.000		0	4			0.000	0.000
22:1 undifferentiated.....g	0.000		0	4			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	5.550		0	1			18.870	3.774
18:2 undifferentiated.....g	4.660	0.460	4	1			15.844	3.169
18:3 undifferentiated.....g	0.900	0.258	4	1			3.060	0.612
18:4.....g	0.000		0	4			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4			0.000	0.000
20:5 n-3.....g	0.000		0	4			0.000	0.000
22:5 n-3.....g	0.000		0	4			0.000	0.000
22:6 n-3.....g	0.000		0	4			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	69	2.250	4	1			235	47
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.113		0	1			0.384	0.077
Threonine.....g	0.451		0	1			1.533	0.307
Isoleucine.....g	0.477		0	1			1.622	0.324
Leucine.....g	0.817		0	1			2.778	0.556
Lysine.....g	0.871		0	1			2.961	0.592
Methionine.....g	0.259		0	1			0.881	0.176
Cystine.....g	0.120		0	1			0.408	0.082
Phenylalanine.....g	0.453		0	1			1.540	0.308
Tyrosine.....g	0.342		0	1			1.163	0.233
Valine.....g	0.565		0	1			1.921	0.384
Arginine.....g	0.717		0	1			2.438	0.488
Histidine.....g	0.338		0	1			1.149	0.230
Alanine.....g	0.657		0	1			2.234	0.447
Aspartic acid.....g	0.969		0	1			3.295	0.659
Glutamic acid.....g	1.611		0	1			5.477	1.095
Glycine.....g	0.839		0	1			2.853	0.571
Proline.....g	0.623		0	1			2.118	0.424
Serine.....g	0.441		0	1			1.499	0.300
Hydroxyproline.....g								

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

Common Measures:

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

Measure 2 = 68g: 3 slices

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	61.70		0		1		85.76	29.00
Energy.....kcal	185		0	NC	4		257	87
Energy.....kj	774				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								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	10		0		1		14	5
Iron, Fe.....mg	0.824		0		1		1.14	0.39
Magnesium, Mg.....mg	21		0		1		29	10
Phosphorus, P.....mg	296		0		1		411	139
Potassium, K.....mg	390		0		1		542	183
Sodium, Na.....mg	1546		0		1		2149	727
Zinc, Zn.....mg	1.70		0		1		2.36	0.80
Copper, Cu.....mg	0.054		0		1		0.075	0.025
Manganese, Mn.....mg	0.027		0		1		0.038	0.013
Selenium, Se.....mcg	24.7		0	BFZN	4		34.3	11.6
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0
Thiamin.....mg	0.824		0		1		1.145	0.387
Riboflavin.....mg	0.197		0		1		0.274	0.093
Niacin.....mg	6.915		0		1		9.612	3.250
Pantothenic acid.....mg	0.520		0		1		0.723	0.244
Vitamin B-6.....mg	0.450		0		1		0.626	0.212
Folate, total.....mcg	4		0		1		6	2
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	4		0		1		6	2
Folate, DFE.....mcg_DFE	4		0	NC	4		6	2
Vitamin B-12.....mcg	0.78		0		1		1.08	0.37
Vitamin A, IU.....IU	0		0		1		0	0
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0
Retinol.....mcg	0		0		1		0	0
Vitamin E.....mg_ATE	0.260		0		4		0.361	0.122
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	2.840		0		1		3.948	1.335
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		0.042	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

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....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	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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10130

Pork, cured, canadian-style bacon, unheated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	66.93	0.725	28		1		113.78	38.15	
Energy.....kcal	157		0	NC	4		267	89	
Energy.....kj	657				4		1117	374	
Protein (N x 6.25).....g	20.64	0.496	27		1		35.09	11.76	
Total lipid (fat).....g	6.97	0.578	14		1		11.85	3.97	
Ash.....g	3.79	0.285	14		1		6.44	2.16	
Carbohydrate, by difference.....g	1.68		0	NC	4		2.86	0.96	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8	0.864	11		1		14	5	
Iron, Fe.....mg	0.68	0.080	15		1		1.16	0.39	
Magnesium, Mg.....mg	17	0.712	13		1		29	10	
Phosphorus, P.....mg	243	8.243	33		1		413	139	
Potassium, K.....mg	344	16.441	14		1		585	196	
Sodium, Na.....mg	1409	104.412	13		1		2395	803	
Zinc, Zn.....mg	1.39	0.134	10		1		2.36	0.79	
Copper, Cu.....mg	0.045	0.012	10		1		0.077	0.026	
Manganese, Mn.....mg	0.023	0.001	4		1		0.039	0.013	
Selenium, Se.....mcg	25.0		2	A	1		42.5	14.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.751	0.036	14		1		1.277	0.428	
Riboflavin.....mg	0.172	0.008	18		1		0.292	0.098	
Niacin.....mg	6.231	0.316	14		1		10.593	3.552	
Pantothenic acid.....mg	0.520	0.120	4		1		0.884	0.296	
Vitamin B-6.....mg	0.390	0.034	15		1		0.663	0.222	
Folate, total.....mcg	4		0		1		7	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		1		7	2	
Folate, DFE.....mcg_DFE	4		0	NC	4		7	2	
Vitamin B-12.....mcg	0.67	0.066	10		1		1.14	0.38	
Vitamin A, IU.....IU	0		1		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		1		1		0	0	
Retinol.....mcg	0		1		1		0	0	
Vitamin E.....mg_ATE	0.260		0		4		0.442	0.148	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	2.220		0		1		3.774	1.265	
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	0.008	10		1		0.034	0.011	
12:0.....g	0.020	0.007	10		1		0.034	0.011	
13:0.....g									
14:0.....g	0.100	0.008	10		1		0.170	0.057	
15:0.....g									
16:0.....g	1.400	0.115	10		1		2.380	0.798	
17:0.....g									
18:0.....g	0.680	0.059	10		1		1.156	0.388	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.150		0		1		5.355	1.796	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.300	0.021	10		1		0.510	0.171	

NDB No. 10130

Pork, cured, canadian-style bacon, unheated

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	2.850	0.215	10	1			4.845	1.625
20:1.....g	0.000		0	1			0.000	0.000
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.630		0	1			1.071	0.359
18:2 undifferentiated.....g	0.540	0.061	10	1			0.918	0.308
18:3 undifferentiated.....g	0.090	0.016	10	1			0.153	0.051
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1			0.000	0.000
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	50	5.873	9	1			85	29
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.205		1	1			0.349	0.117
Threonine.....g	0.829		1	1			1.409	0.473
Isoleucine.....g	0.779		1	1			1.324	0.444
Leucine.....g	1.453		1	1			2.470	0.828
Lysine.....g	1.625		1	1			2.763	0.926
Methionine.....g	0.561		1	1			0.954	0.320
Cystine.....g	0.258		1	1			0.439	0.147
Phenylalanine.....g	0.670		1	1			1.139	0.382
Tyrosine.....g	0.624		1	1			1.061	0.356
Valine.....g	0.822		1	1			1.397	0.469
Arginine.....g	1.126		1	1			1.914	0.642
Histidine.....g	0.750		1	1			1.275	0.428
Alanine.....g	1.050		1	1			1.785	0.599
Aspartic acid.....g	1.720		1	1			2.924	0.980
Glutamic acid.....g	2.856		1	1			4.855	1.628
Glycine.....g	0.888		1	1			1.510	0.506
Proline.....g	0.773		1	1			1.314	0.441
Serine.....g	0.783		1	1			1.331	0.446
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	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 = 170g: 1 package (6 oz)

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10132

Pork, cured, feet, pickled

Refuse: 66% 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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	68.62		1		1		19.45	311.26
Energy.....kcal	203		0	NC	4		58	921
Energy.....kj	849				4		241	3853
Protein (N x 6.25).....g	13.52		1		1		3.83	61.33
Total lipid (fat).....g	16.14		1		1		4.58	73.21
Ash.....g	1.70		1		1		0.48	7.71
Carbohydrate, by difference.....g	0.02		0	NC	4		0.01	0.09
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	32		0		1		9	145
Iron, Fe.....mg	0.62		0		4		0.18	2.81
Magnesium, Mg.....mg	4		0		1		1	18
Phosphorus, P.....mg	34		0		1		10	154
Potassium, K.....mg	235		0		4		67	1066
Sodium, Na.....mg	923		0		4		262	4187
Zinc, Zn.....mg	1.24		0		4		0.35	5.62
Copper, Cu.....mg	0.050		0		4		0.014	0.227
Manganese, Mn.....mg	0.017		0		4		0.005	0.077
Selenium, Se.....mcg	7.7		0	BFYN	4		2.2	34.9
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0
Thiamin.....mg	0.007		0		1		0.002	0.032
Riboflavin.....mg	0.042		0		1		0.012	0.191
Niacin.....mg	0.366		0		1		0.104	1.660
Pantothenic acid.....mg	0.314		0		4		0.089	1.424
Vitamin B-6.....mg	0.380		0		4		0.108	1.724
Folate, total.....mcg	4		0		4		1	18
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	4		0		4		1	18
Folate, DFE.....mcg_DFE	4		0	NC	4		1	18
Vitamin B-12.....mcg	0.62		0		4		0.18	2.81
Vitamin A, IU.....IU	0		0		1		0	0
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0
Retinol.....mcg	0		0		1		0	0
Vitamin E.....mg_ATE	0.260		0		4		0.074	1.179
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	5.570		0		1		1.579	25.266
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	0.250		0		1		0.071	1.134
15:0.....g								
16:0.....g	3.640		0		1		1.032	16.511
17:0.....g								
18:0.....g	1.680		0		1		0.476	7.620
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	7.570		0		1		2.146	34.338
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.590		0		1		0.167	2.676

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	6.980		0	1			1.979	31.661
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	1.750		0	1			0.496	7.938
18:2 undifferentiated.....g	1.520		0	1			0.431	6.895
18:3 undifferentiated.....g	0.140		0	1			0.040	0.635
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.090		0	1			0.026	0.408
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	92		0	1			26	417
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.027		0	1			0.008	0.122
Threonine.....g	0.365		0	1			0.103	1.656
Isoleucine.....g	0.230		0	1			0.065	1.043
Leucine.....g	0.595		0	1			0.169	2.699
Lysine.....g	0.582		0	1			0.165	2.640
Methionine.....g	0.149		0	1			0.042	0.676
Cystine.....g	0.119		0	4			0.034	0.540
Phenylalanine.....g	0.392		0	1			0.111	1.778
Tyrosine.....g	0.216		0	1			0.061	0.980
Valine.....g	0.338		0	1			0.096	1.533
Arginine.....g	1.014		0	1			0.287	4.600
Histidine.....g	0.149		0	1			0.042	0.676
Alanine.....g	1.108		0	1			0.314	5.026
Aspartic acid.....g	0.973		0	1			0.276	4.414
Glutamic acid.....g	1.487		0	1			0.422	6.745
Glycine.....g	2.366		0	1			0.671	10.732
Proline.....g	1.419		0	1			0.402	6.437
Serine.....g	0.541		0	1			0.153	2.454
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7			0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

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 Nutrient Database for Standard Reference, Release 15 (2002)

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				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									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		0		1		11	7	
Iron, Fe.....mg	1.48		2		1		2.07	1.26	
Magnesium, Mg.....mg	14		0		1		20	12	
Phosphorus, P.....mg	196		0		1		274	167	
Potassium, K.....mg	287		0		1		402	244	
Sodium, Na.....mg	1203		0		1		1684	1023	
Zinc, Zn.....mg	2.88		2		1		4.03	2.45	
Copper, Cu.....mg	0.079		0		1		0.111	0.067	
Manganese, Mn.....mg	0.054		2		1		0.076	0.046	
Selenium, Se.....mcg	19.5		0	BFYN	4		27.3	16.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.754		0		1		1.056	0.641	
Riboflavin.....mg	0.202		0		1		0.283	0.172	
Niacin.....mg	4.023		0		1		5.632	3.420	
Pantothenic acid.....mg	0.403		0		1		0.564	0.343	
Vitamin B-6.....mg	0.400		0		1		0.560	0.340	
Folate, total.....mcg	3		0		1		4	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		0		1		4	3	
Folate, DFE.....mcg_DFE	3		0	NC	4		4	3	
Vitamin B-12.....mcg	0.65		0		1		0.91	0.55	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0		1		0	0	
Vitamin E.....mg_ATE	0.260		0		4		0.364	0.221	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	1.810		0		1		2.534	1.539	
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		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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....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	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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	65.75		0		1		92.05	55.89
Energy.....kcal	165		0	NC	4		231	140
Energy.....kj	690				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								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	8		0		1		11	7
Iron, Fe.....mg	1.40	0.096	7		1		1.96	1.19
Magnesium, Mg.....mg	19		0		1		27	16
Phosphorus, P.....mg	248		0		1		347	211
Potassium, K.....mg	362		0		1		507	308
Sodium, Na.....mg	1385		0		1		1939	1177
Zinc, Zn.....mg	2.63	0.280	7		1		3.68	2.24
Copper, Cu.....mg	0.119		0		1		0.167	0.101
Manganese, Mn.....mg	0.046	0.005	6		1		0.064	0.039
Selenium, Se.....mcg	19.5		0	BFZN	4		27.3	16.6
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0
Thiamin.....mg	0.739		0		1		1.035	0.628
Riboflavin.....mg	0.280		0		1		0.392	0.238
Niacin.....mg	5.324		0		1		7.454	4.525
Pantothenic acid.....mg	0.597		0		1		0.836	0.507
Vitamin B-6.....mg	0.350		0		1		0.490	0.298
Folate, total.....mcg	3		0		1		4	3
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	3		0		1		4	3
Folate, DFE.....mcg_DFE	3		0	NC	4		4	3
Vitamin B-12.....mcg	0.68		0		1		0.95	0.58
Vitamin A, IU.....IU	0		0		4		0	0
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0
Retinol.....mcg	0		0		4		0	0
Vitamin E.....mg_ATE	0.260		0		4		0.364	0.221
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	2.610		0		1		3.654	2.219
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		0.042	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

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....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	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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

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				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									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7	1.850	6		1		10	2	
Iron, Fe.....mg	0.90	0.067	28		1		1.26	0.25	
Magnesium, Mg.....mg	18	0.755	28		1		25	5	
Phosphorus, P.....mg	236	7.327	31		1		330	66	
Potassium, K.....mg	297	6.227	70		1		416	83	
Sodium, Na.....mg	1278	31.577	74		1		1789	358	
Zinc, Zn.....mg	2.05	0.070	27		1		2.87	0.57	
Copper, Cu.....mg	0.089	0.006	26		1		0.125	0.025	
Manganese, Mn.....mg	0.032	0.002	9		1		0.045	0.009	
Selenium, Se.....mcg	16.3		0	BFZN	4		22.8	4.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.889	0.033	28		1		1.245	0.249	
Riboflavin.....mg	0.240	0.009	27		1		0.336	0.067	
Niacin.....mg	5.090	0.178	27		1		7.126	1.425	
Pantothenic acid.....mg	0.454	0.071	10		1		0.636	0.127	
Vitamin B-6.....mg	0.380	0.023	27		1		0.532	0.106	
Folate, total.....mcg	3		0		1		4	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		0		1		4	1	
Folate, DFE.....mcg_DFE	3		0	NC	4		4	1	
Vitamin B-12.....mcg	0.80	0.054	26		1		1.12	0.22	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0		4		0	0	
Vitamin E.....mg_ATE	0.260		0		4		0.364	0.073	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	2.700		0		1		3.780	0.756	
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	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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0		1		0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000
22:6 n-3.....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		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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

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				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									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8	0.333	3		1		11	7	
Iron, Fe.....mg	1.34	0.093	5		1		1.88	1.14	
Magnesium, Mg.....mg	22	0.335	3		1		31	19	
Phosphorus, P.....mg	281	5.034	3		1		393	239	
Potassium, K.....mg	409	15.300	3		1		573	348	
Sodium, Na.....mg	1500	86.297	3		1		2100	1275	
Zinc, Zn.....mg	2.47	0.197	5		1		3.46	2.10	
Copper, Cu.....mg	0.145	0.016	5		1		0.203	0.123	
Manganese, Mn.....mg	0.041	0.007	4		1		0.057	0.035	
Selenium, Se.....mcg	19.8		0	BFYN	4		27.7	16.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.730	0.046	3		1		1.022	0.621	
Riboflavin.....mg	0.330	0.035	3		1		0.462	0.281	
Niacin.....mg	6.150	1.126	3		1		8.610	5.228	
Pantothenic acid.....mg	0.720		2		1		1.008	0.612	
Vitamin B-6.....mg	0.310	0.052	3		1		0.434	0.264	
Folate, total.....mcg	3		0		4		4	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		0		4		4	3	
Folate, DFE.....mcg_DFE	3		0	NC	4		4	3	
Vitamin B-12.....mcg	0.70	0.113	9		1		0.98	0.60	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0		1		0	0	
Vitamin E.....mg_ATE	0.260		0		4		0.364	0.221	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	3.120		0		1		4.368	2.652	
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	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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....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	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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

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	Source	Confidence	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
Proximates:									
Water.....g	55.93	0.365	10		1		15.86	63.20	
Energy.....kcal	195		0	NC	4		55	220	
Energy.....kj	816				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									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10		0		4		3	11	
Iron, Fe.....mg	1.11		0		4		0.31	1.25	
Magnesium, Mg.....mg	25		0		4		7	28	
Phosphorus, P.....mg	318		0		4		90	359	
Potassium, K.....mg	510		0		4		145	576	
Sodium, Na.....mg	2695		0		4		764	3045	
Zinc, Zn.....mg	2.81		0		4		0.80	3.18	
Copper, Cu.....mg	0.108		0		4		0.031	0.122	
Manganese, Mn.....mg	0.048		0		4		0.014	0.054	
Selenium, Se.....mcg	25.8		0	BFNN	4		7.3	29.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.567		0		1		0.161	0.641	
Riboflavin.....mg	0.242		0		1		0.069	0.273	
Niacin.....mg	3.881		0		1		1.100	4.386	
Pantothenic acid.....mg	0.402		0		4		0.114	0.454	
Vitamin B-6.....mg	0.420		0		4		0.119	0.475	
Folate, total.....mcg	5		0		4		1	6	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		0		4		1	6	
Folate, DFE.....mcg_DFE	5		0	NC	4		1	6	
Vitamin B-12.....mcg	0.88		0		4		0.25	0.99	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0		1		0	0	
Vitamin E.....mg_ATE	0.260		0		4		0.074	0.294	
Vitamin D.....IU									
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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	1		0.000	0.000	
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....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								
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

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10142

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

Refuse: 3% Bone

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	63.46		0		1		17.99	71.71
Energy.....kcal	203		0	NC	4		58	229
Energy.....kj	849				4		241	960
Protein (N x 6.25).....g	20.17		0		1		5.72	22.79
Total lipid (fat).....g	12.90		0		1		3.66	14.58
Ash.....g	3.42		0		1		0.97	3.86
Carbohydrate, by difference.....g	0.05		0	NC	4		0.01	0.06
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	7		0		1		2	8
Iron, Fe.....mg	0.75		0		1		0.21	0.85
Magnesium, Mg.....mg	16		0		1		5	18
Phosphorus, P.....mg	215		0		1		61	243
Potassium, K.....mg	337		0		1		96	381
Sodium, Na.....mg	1386		0		1		393	1566
Zinc, Zn.....mg	1.88		0		1		0.53	2.12
Copper, Cu.....mg	0.074		0		1		0.021	0.084
Manganese, Mn.....mg	0.031		0		1		0.009	0.035
Selenium, Se.....mcg	22.6		0	PIE	4		6.4	25.5
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0
Thiamin.....mg	0.845		0		1		0.240	0.955
Riboflavin.....mg	0.205		0		1		0.058	0.232
Niacin.....mg	4.809		0		1		1.363	5.434
Pantothenic acid.....mg	0.498		0		1		0.141	0.563
Vitamin B-6.....mg	0.470		0		1		0.133	0.531
Folate, total.....mcg	4		0		1		1	5
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	4		0		1		1	5
Folate, DFE.....mcg_DFE	4		0	NC	4		1	5
Vitamin B-12.....mcg	0.80		0		1		0.23	0.90
Vitamin A, IU.....IU	0		0		1		0	0
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0
Retinol.....mcg	0		0		1		0	0
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
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

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	54		0		1		15	61
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.242		0		1		0.069	0.273
Threonine.....g	0.897		0		1		0.254	1.014
Isoleucine.....g	0.884		0		1		0.251	0.999
Leucine.....g	1.601		0		1		0.454	1.809
Lysine.....g	1.710		0		1		0.485	1.932
Methionine.....g	0.532		0		1		0.151	0.601
Cystine.....g	0.303		0		1		0.086	0.342
Phenylalanine.....g	0.871		0		1		0.247	0.984
Tyrosine.....g	0.662		0		1		0.188	0.748
Valine.....g	0.875		0		1		0.248	0.989
Arginine.....g	1.310		0		1		0.371	1.480
Histidine.....g	0.723		0		1		0.205	0.817
Alanine.....g	1.191		0		1		0.338	1.346
Aspartic acid.....g	1.910		0		1		0.541	2.158
Glutamic acid.....g	3.289		0		1		0.932	3.717
Glycine.....g	1.049		0		1		0.297	1.185
Proline.....g	0.862		0		1		0.244	0.974
Serine.....g	0.826		0		1		0.234	0.933
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10138

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	69.45	0.463	4		1		97.23	59.03	
Energy.....kcal	136		0	NC	4		190	116	
Energy.....kj	569				4		797	484	
Protein (N x 6.25).....g	21.16	0.192	4		1		29.62	17.99	
Total lipid (fat).....g	4.88	0.475	4		1		6.83	4.15	
Ash.....g	4.00	0.122	4		1		5.60	3.40	
Carbohydrate, by difference.....g	0.52		0	NC	4		0.73	0.44	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		1		1		8	5	
Iron, Fe.....mg	0.92	0.131	4		1		1.29	0.78	
Magnesium, Mg.....mg	21	1.291	4		1		29	18	
Phosphorus, P.....mg	209	21.825	4		1		293	178	
Potassium, K.....mg	348	25.905	4		1		487	296	
Sodium, Na.....mg	1135	100.706	4		1		1589	965	
Zinc, Zn.....mg	2.23	0.149	4		1		3.12	1.90	
Copper, Cu.....mg	0.050	0.004	4		1		0.070	0.043	
Manganese, Mn.....mg	0.024		1		1		0.034	0.020	
Selenium, Se.....mcg	17.4		0	BFYN	4		24.4	14.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	1.035	0.023	4		1		1.449	0.880	
Riboflavin.....mg	0.247	0.013	4		1		0.346	0.210	
Niacin.....mg	4.892	0.084	4		1		6.849	4.158	
Pantothenic acid.....mg	0.570		1		1		0.798	0.485	
Vitamin B-6.....mg	0.450	0.048	4		1		0.630	0.383	
Folate, total.....mcg	5		0		1		7	4	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		0		1		7	4	
Folate, DFE.....mcg_DFE	5		0	NC	4		7	4	
Vitamin B-12.....mcg	0.71	0.013	4		1		0.99	0.60	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0		1		0	0	
Vitamin E.....mg_ATE	0.260		0		4		0.364	0.221	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	1.600		0		1		2.240	1.360	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	30		2	1			42	26
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.240		0	1			0.336	0.204
Threonine.....g	0.944		0	1			1.322	0.802
Isoleucine.....g	0.911		0	1			1.275	0.774
Leucine.....g	1.645		0	1			2.303	1.398
Lysine.....g	1.818		0	1			2.545	1.545
Methionine.....g	0.552		0	1			0.773	0.469
Cystine.....g	0.250		0	1			0.350	0.213
Phenylalanine.....g	0.816		0	1			1.142	0.694
Tyrosine.....g	0.694		0	1			0.972	0.590
Valine.....g	0.948		0	1			1.327	0.806
Arginine.....g	1.310		0	1			1.834	1.114
Histidine.....g	0.836		0	1			1.170	0.711
Alanine.....g	1.208		0	1			1.691	1.027
Aspartic acid.....g	1.953		0	1			2.734	1.660
Glutamic acid.....g	3.124		0	1			4.374	2.655
Glycine.....g	1.036		0	1			1.450	0.881
Proline.....g	0.900		0	1			1.260	0.765
Serine.....g	0.823		0	1			1.152	0.700
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7			0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

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 Nutrient Database for Standard Reference, Release 15 (2002)

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				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									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		1		1		8	2	
Iron, Fe.....mg	0.94	0.048	21		1		1.32	0.27	
Magnesium, Mg.....mg	17	0.405	21		1		24	5	
Phosphorus, P.....mg	224	9.122	21		1		314	64	
Potassium, K.....mg	364	6.582	17		1		510	103	
Sodium, Na.....mg	1255	39.413	21		1		1757	356	
Zinc, Zn.....mg	1.93	0.052	21		1		2.70	0.55	
Copper, Cu.....mg	0.084	0.007	20		1		0.118	0.024	
Manganese, Mn.....mg	0.025		2		1		0.035	0.007	
Selenium, Se.....mcg	14.5		0	BFNN	4		20.3	4.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.836	0.026	21		1		1.170	0.237	
Riboflavin.....mg	0.230	0.004	21		1		0.322	0.065	
Niacin.....mg	5.302	0.227	21		1		7.423	1.503	
Pantothenic acid.....mg	0.492	0.092	6		1		0.689	0.139	
Vitamin B-6.....mg	0.450	0.035	21		1		0.630	0.128	
Folate, total.....mcg	6		0		1		8	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6		0		1		8	2	
Folate, DFE.....mcg_DFE	6		0	NC	4		8	2	
Vitamin B-12.....mcg	0.82	0.057	21		1		1.15	0.23	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0		1		0	0	
Vitamin E.....mg_ATE	0.260		0		4		0.364	0.074	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	1.510		0		1		2.114	0.428	
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	0.005	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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....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	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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

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	Source	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
Proximates:									
Water.....g	66.52	0.780	8		1		93.13	56.54	
Energy.....kcal	167		0	NC	4		234	142	
Energy.....kj	699				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									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7		4		1		10	6	
Iron, Fe.....mg	1.07	0.097	8		1		1.50	0.91	
Magnesium, Mg.....mg	20	0.859	8		1		28	17	
Phosphorus, P.....mg	221	14.358	8		1		309	188	
Potassium, K.....mg	351	17.375	8		1		491	298	
Sodium, Na.....mg	1068	71.956	8		1		1495	908	
Zinc, Zn.....mg	2.32	0.103	8		1		3.25	1.97	
Copper, Cu.....mg	0.078	0.007	8		1		0.109	0.066	
Manganese, Mn.....mg	0.026		3		1		0.036	0.022	
Selenium, Se.....mcg	26.6		0	BFZN	4		37.2	22.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.961	0.022	8		1		1.345	0.817	
Riboflavin.....mg	0.251	0.010	8		1		0.351	0.213	
Niacin.....mg	5.032	0.309	8		1		7.045	4.277	
Pantothenic acid.....mg	0.625		2		1		0.875	0.531	
Vitamin B-6.....mg	0.400	0.033	8		1		0.560	0.340	
Folate, total.....mcg	5		2		1		7	4	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		2		1		7	4	
Folate, DFE.....mcg_DFE	5		0	NC	4		7	4	
Vitamin B-12.....mcg	0.83	0.032	8		1		1.16	0.71	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0		4		0	0	
Vitamin E.....mg_ATE	0.260		0		4		0.364	0.221	
Vitamin D.....IU									
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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....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								
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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

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				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									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		3		1		8	2	
Iron, Fe.....mg	0.90	0.044	32		1		1.26	0.26	
Magnesium, Mg.....mg	16	0.331	32		1		22	5	
Phosphorus, P.....mg	207	6.574	32		1		290	59	
Potassium, K.....mg	334	4.817	28		1		468	95	
Sodium, Na.....mg	1276	32.532	36		1		1786	362	
Zinc, Zn.....mg	1.84	0.043	32		1		2.58	0.52	
Copper, Cu.....mg	0.078	0.006	31		1		0.109	0.022	
Manganese, Mn.....mg	0.024		0		1		0.034	0.007	
Selenium, Se.....mcg	22.1		0	BFZN	4		30.9	6.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.879	0.046	32		1		1.231	0.249	
Riboflavin.....mg	0.230	0.005	32		1		0.322	0.065	
Niacin.....mg	4.585	0.152	32		1		6.419	1.300	
Pantothenic acid.....mg	0.458	0.066	14		1		0.641	0.130	
Vitamin B-6.....mg	0.460	0.038	32		1		0.644	0.130	
Folate, total.....mcg	6		0		1		8	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6		0		1		8	2	
Folate, DFE.....mcg_DFE	6		0	NC	4		8	2	
Vitamin B-12.....mcg	0.80	0.057	32		1		1.12	0.23	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0		4		0	0	
Vitamin E.....mg_ATE	0.260		0		4		0.364	0.074	
Vitamin D.....IU									
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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....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	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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10147

Pork, cured, ham, patties, 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	51.35		2		1		30.81	212.08	
Energy.....kcal	342		0	NC	4		205	1412	
Energy.....kj	1431				4		859	5910	
Protein (N x 6.25).....g	13.30		2		1		7.98	54.93	
Total lipid (fat).....g	30.85		2		1		18.51	127.41	
Ash.....g	2.80		2		1		1.68	11.56	
Carbohydrate, by difference.....g	1.70		0	NC	4		1.02	7.02	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	9		2		1		5	37	
Iron, Fe.....mg	1.61		2		1		0.97	6.65	
Magnesium, Mg.....mg	10		1		1		6	41	
Phosphorus, P.....mg	101		1		1		61	417	
Potassium, K.....mg	244		2		1		146	1008	
Sodium, Na.....mg	1063		1		1		638	4390	
Zinc, Zn.....mg	1.90		1		1		1.14	7.85	
Copper, Cu.....mg	0.100		1		1		0.060	0.413	
Manganese, Mn.....mg	0.022		0		4		0.013	0.091	
Selenium, Se.....mcg	21.1		0	BFYN	4		12.7	87.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.350		2		1		0.210	1.446	
Riboflavin.....mg	0.185		2		1		0.111	0.764	
Niacin.....mg	3.245		2		1		1.947	13.402	
Pantothenic acid.....mg	0.262		0		1		0.157	1.082	
Vitamin B-6.....mg	0.160		1		1		0.096	0.661	
Folate, total.....mcg	3		0		4		2	12	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		0		4		2	12	
Folate, DFE.....mcg_DFE	3		0	NC	4		2	12	
Vitamin B-12.....mcg	0.70		1		1		0.42	2.89	
Vitamin A, IU.....IU	0		1		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		1		1		0	0	
Retinol.....mcg	0		1		1		0	0	
Vitamin E.....mg_ATE	0.260		0		4		0.156	1.074	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	11.090		0		1		6.654	45.802	
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		0.018	0.124	
12:0.....g	0.060		0		1		0.036	0.248	
13:0.....g									
14:0.....g	0.410		0		1		0.246	1.693	
15:0.....g									
16:0.....g	6.920		0		1		4.152	28.580	
17:0.....g									
18:0.....g	3.620		0		1		2.172	14.951	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	14.670		0		1		8.802	60.587	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.970		0		1		0.582	4.006	

NDB No. 10147

Pork, cured, ham, patties, grilled

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	13.540		0	1			8.124	55.920
20:1.....g	0.000		0	1			0.000	0.000
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.330		0	1			1.998	13.753
18:2 undifferentiated.....g	2.860		0	1			1.716	11.812
18:3 undifferentiated.....g	0.320		0	1			0.192	1.322
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.140		0	1			0.084	0.578
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	72		0	1			43	297
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.155		0	1			0.093	0.640
Threonine.....g	0.592		0	1			0.355	2.445
Isoleucine.....g	0.581		0	1			0.349	2.400
Leucine.....g	1.051		0	1			0.631	4.341
Lysine.....g	1.130		0	1			0.678	4.667
Methionine.....g	0.351		0	1			0.211	1.450
Cystine.....g	0.179		0	1			0.107	0.739
Phenylalanine.....g	0.564		0	1			0.338	2.329
Tyrosine.....g	0.436		0	1			0.262	1.801
Valine.....g	0.579		0	1			0.347	2.391
Arginine.....g	0.858		0	1			0.515	3.544
Histidine.....g	0.485		0	1			0.291	2.003
Alanine.....g	0.781		0	1			0.469	3.226
Aspartic acid.....g	1.253		0	1			0.752	5.175
Glutamic acid.....g	2.134		0	1			1.280	8.813
Glycine.....g	0.685		0	1			0.411	2.829
Proline.....g	0.568		0	1			0.341	2.346
Serine.....g	0.541		0	1			0.325	2.234
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	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 = 60g: 1 patty, cooked

Measure 2 = 413g: 1 unit, cooked (yield from 1 lb raw meat)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10146

Pork, cured, ham, patties, unheated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	54.40	2.941	5		1		15.42	35.36	
Energy.....kcal	315		0	NC	4		89	205	
Energy.....kj	1318				4		374	857	
Protein (N x 6.25).....g	12.78	0.542	5		1		3.62	8.31	
Total lipid (fat).....g	28.19	3.269	5		1		7.99	18.32	
Ash.....g	2.93	0.141	5		1		0.83	1.90	
Carbohydrate, by difference.....g	1.69		0	NC	4		0.48	1.10	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8	1.156	3		1		2	5	
Iron, Fe.....mg	1.05	0.238	4		1		0.30	0.68	
Magnesium, Mg.....mg	10	0.348	3		1		3	7	
Phosphorus, P.....mg	149	26.131	4		1		42	97	
Potassium, K.....mg	239	54.026	3		1		68	155	
Sodium, Na.....mg	1088	60.742	4		1		308	707	
Zinc, Zn.....mg	1.57	0.177	3		1		0.45	1.02	
Copper, Cu.....mg	0.070		1		1		0.020	0.046	
Manganese, Mn.....mg	0.023		0		4		0.007	0.015	
Selenium, Se.....mcg	15.8		0	BFNN	4		4.5	10.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.460	0.052	5		1		0.130	0.299	
Riboflavin.....mg	0.154	0.026	5		1		0.044	0.100	
Niacin.....mg	3.014	0.258	5		1		0.854	1.959	
Pantothenic acid.....mg	0.302		2		1		0.086	0.196	
Vitamin B-6.....mg	0.160	0.006	3		1		0.045	0.104	
Folate, total.....mcg	3		0		4		1	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		0		4		1	2	
Folate, DFE.....mcg_DFE	3		0	NC	4		1	2	
Vitamin B-12.....mcg	1.08	0.199	3		1		0.31	0.70	
Vitamin A, IU.....IU	0		1		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		1		1		0	0	
Retinol.....mcg	0		1		1		0	0	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	10.130		0		1		2.872	6.585	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	4			0.000	0.000
22:5 n-3.....g	0.000		0	4			0.000	0.000
22:6 n-3.....g	0.000		0	4			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	70		1	1			20	46
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.149		4	1			0.042	0.097
Threonine.....g	0.569		12	1			0.161	0.370
Isoleucine.....g	0.558		12	1			0.158	0.363
Leucine.....g	1.010		12	1			0.286	0.657
Lysine.....g	1.086		12	1			0.308	0.706
Methionine.....g	0.337		12	1			0.096	0.219
Cystine.....g	0.172		4	1			0.049	0.112
Phenylalanine.....g	0.542		12	1			0.154	0.352
Tyrosine.....g	0.419		12	1			0.119	0.272
Valine.....g	0.556		12	1			0.158	0.361
Arginine.....g	0.824		12	1			0.234	0.536
Histidine.....g	0.466		12	1			0.132	0.303
Alanine.....g	0.751		12	1			0.213	0.488
Aspartic acid.....g	1.205		12	1			0.342	0.783
Glutamic acid.....g	2.051		12	1			0.581	1.333
Glycine.....g	0.658		12	1			0.187	0.428
Proline.....g	0.546		12	1			0.155	0.355
Serine.....g	0.519		12	1			0.147	0.337
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 65g: 1 patty

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10140

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	60.93	2.090	4		1		85.30	51.79	
Energy.....kcal	226		0	NC	4		316	192	
Energy.....kj	946				4		1324	804	
Protein (N x 6.25).....g	20.53	0.500	4		1		28.74	17.45	
Total lipid (fat).....g	15.20	2.595	4		1		21.28	12.92	
Ash.....g	2.93	0.120	4		1		4.10	2.49	
Carbohydrate, by difference.....g	0.42		0	NC	4		0.59	0.36	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8	0.333	3		1		11	7	
Iron, Fe.....mg	1.37	0.130	4		1		1.92	1.16	
Magnesium, Mg.....mg	17	0.410	4		1		24	14	
Phosphorus, P.....mg	243	3.160	4		1		340	207	
Potassium, K.....mg	357	10.530	4		1		500	303	
Sodium, Na.....mg	941	82.905	4		1		1317	800	
Zinc, Zn.....mg	2.50	0.090	4		1		3.50	2.13	
Copper, Cu.....mg	0.130	0.020	4		1		0.182	0.111	
Manganese, Mn.....mg	0.029		2		1		0.041	0.025	
Selenium, Se.....mcg	35.9		0	BFYN	4		50.3	30.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	14.0	2.345	4		1		19.6	11.9	
Thiamin.....mg	0.820	0.045	4		1		1.148	0.697	
Riboflavin.....mg	0.260	0.015	4		1		0.364	0.221	
Niacin.....mg	5.300	0.885	4		1		7.420	4.505	
Pantothenic acid.....mg	0.730		1		1		1.022	0.621	
Vitamin B-6.....mg	0.300	0.025	4		1		0.420	0.255	
Folate, total.....mcg	5		0		1		7	4	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		0		1		7	4	
Folate, DFE.....mcg_DFE	5		0	NC	4		7	4	
Vitamin B-12.....mcg	1.06	0.090	4		1		1.48	0.90	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0		1		0	0	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	5.040		0		1		7.056	4.284	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	4			0.000	0.000
22:5 n-3.....g	0.000		0	4			0.000	0.000
22:6 n-3.....g	0.000		0	4			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	62	13.570	4	1			87	53
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.233		0	1			0.326	0.198
Threonine.....g	0.916		0	1			1.282	0.779
Isoleucine.....g	0.883		0	1			1.236	0.751
Leucine.....g	1.596		0	1			2.234	1.357
Lysine.....g	1.764		0	1			2.470	1.499
Methionine.....g	0.535		0	1			0.749	0.455
Cystine.....g	0.243		0	1			0.340	0.207
Phenylalanine.....g	0.791		0	1			1.107	0.672
Tyrosine.....g	0.673		0	1			0.942	0.572
Valine.....g	0.920		0	1			1.288	0.782
Arginine.....g	1.271		0	1			1.779	1.080
Histidine.....g	0.811		0	1			1.135	0.689
Alanine.....g	1.172		0	1			1.641	0.996
Aspartic acid.....g	1.895		0	1			2.653	1.611
Glutamic acid.....g	3.031		0	1			4.243	2.576
Glycine.....g	1.005		0	1			1.407	0.854
Proline.....g	0.874		0	1			1.224	0.743
Serine.....g	0.798		0	1			1.117	0.678
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10139

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	66.54	0.550	23		1		93.16	18.86	
Energy.....kcal	190		0	NC	4		266	54	
Energy.....kj	795				4		1113	225	
Protein (N x 6.25).....g	16.97	0.217	26		1		23.76	4.81	
Total lipid (fat).....g	12.99	0.845	12		1		18.19	3.68	
Ash.....g	3.48	0.195	8		1		4.87	0.99	
Carbohydrate, by difference.....g	0.02		0	NC	4		0.03	0.01	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		2		1		8	2	
Iron, Fe.....mg	0.83	0.091	11		1		1.16	0.24	
Magnesium, Mg.....mg	14	0.573	11		1		20	4	
Phosphorus, P.....mg	175	7.913	11		1		245	50	
Potassium, K.....mg	316	12.002	4		1		442	90	
Sodium, Na.....mg	1240	77.067	8		1		1736	352	
Zinc, Zn.....mg	1.66	0.075	11		1		2.32	0.47	
Copper, Cu.....mg	0.067	0.012	11		1		0.094	0.019	
Manganese, Mn.....mg	0.023		0		1		0.032	0.007	
Selenium, Se.....mcg	29.8		2	A	1		41.7	8.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.963	0.123	11		1		1.348	0.273	
Riboflavin.....mg	0.231	0.011	11		1		0.323	0.065	
Niacin.....mg	3.218	0.088	11		1		4.505	0.912	
Pantothenic acid.....mg	0.394	0.074	8		1		0.552	0.112	
Vitamin B-6.....mg	0.480	0.088	11		1		0.672	0.136	
Folate, total.....mcg	5	2.333	3		1		7	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5	2.333	3		1		7	1	
Folate, DFE.....mcg_DFE	5		0	NC	4		7	1	
Vitamin B-12.....mcg	0.78	0.124	11		1		1.09	0.22	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0		1		0	0	
Vitamin E.....mg_ATE	0.260		0		4		0.364	0.074	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	4.250		0		1		5.950	1.205	
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	0.060		1		1		0.084	0.017	
12:0.....g	0.030	0.012	4		1		0.042	0.009	
13:0.....g									
14:0.....g	0.050	0.032	4		1		0.070	0.014	
15:0.....g									
16:0.....g	2.810	0.282	4		1		3.934	0.797	
17:0.....g									
18:0.....g	1.320	0.105	4		1		1.848	0.374	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.180		0		1		8.652	1.752	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.540	0.107	4		1		0.756	0.153	

NDB No. 10139

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	5.640	0.466	4	1			7.896	1.599
20:1.....g	0.000		0	1			0.000	0.000
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.470		0	1			2.058	0.417
18:2 undifferentiated.....g	1.290	0.151	4	1			1.806	0.366
18:3 undifferentiated.....g	0.170	0.032	4	1			0.238	0.048
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1			0.000	0.000
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	39	4.910	3	1			55	11
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.193		2	1			0.270	0.055
Threonine.....g	0.758		2	1			1.061	0.215
Isoleucine.....g	0.731		2	1			1.023	0.207
Leucine.....g	1.320		2	1			1.848	0.374
Lysine.....g	1.458		2	1			2.041	0.413
Methionine.....g	0.443		2	1			0.620	0.126
Cystine.....g	0.201		2	1			0.281	0.057
Phenylalanine.....g	0.655		2	1			0.917	0.186
Tyrosine.....g	0.557		2	1			0.780	0.158
Valine.....g	0.760		2	1			1.064	0.215
Arginine.....g	1.051		2	1			1.471	0.298
Histidine.....g	0.671		2	1			0.939	0.190
Alanine.....g	0.970		2	1			1.358	0.275
Aspartic acid.....g	1.567		2	1			2.194	0.444
Glutamic acid.....g	2.507		2	1			3.510	0.711
Glycine.....g	0.831		2	1			1.163	0.236
Proline.....g	0.722		2	1			1.011	0.205
Serine.....g	0.660		2	1			0.924	0.187
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
Proximates:									
Water.....g	72.24	0.093	53	1			20.48	41.18	
Energy.....kcal	122		0	4			35	70	
Energy.....kj	510			4			145	291	
Protein (N x 6.25).....g	19.56	0.088	53	1			5.55	11.15	
Total lipid (fat).....g	4.25	0.095	53	1			1.20	2.42	
Ash.....g	3.95	0.041	53	1			1.12	2.25	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4	0.203	20	1			1	2	
Iron, Fe.....mg	1.00	0.029	46	1			0.28	0.57	
Magnesium, Mg.....mg	19	0.363	46	1			5	11	
Phosphorus, P.....mg	260	4.127	46	1			74	148	
Potassium, K.....mg	325	4.696	53	1			92	185	
Sodium, Na.....mg	1269	18.483	52	1			360	723	
Zinc, Zn.....mg	2.02	0.037	46	1			0.57	1.15	
Copper, Cu.....mg	0.080	0.006	46	1			0.023	0.046	
Manganese, Mn.....mg	0.037	0.005	11	1			0.010	0.021	
Selenium, Se.....mcg	15.5		0	BFNN	4		4.4	8.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	32.3	0.815	47	1			9.2	18.4	
Thiamin.....mg	0.800	0.015	46	1			0.227	0.456	
Riboflavin.....mg	0.200	0.004	46	1			0.057	0.114	
Niacin.....mg	5.080	0.093	46	1			1.440	2.896	
Pantothenic acid.....mg	0.620		1	1			0.176	0.353	
Vitamin B-6.....mg	0.370	0.010	46	1			0.105	0.211	
Folate, total.....mcg	4		0	4			1	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		4		1	2	
Folate, DFE.....mcg_DFE	4		0	NC	4		1	2	
Vitamin B-12.....mcg	0.79	0.031	46	1			0.22	0.45	
Vitamin A, IU.....IU	0		0	1			0	0	
Vitamin A, RAE.....mcg_RAE	0		0	1			0	0	
Retinol.....mcg	0		0	1			0	0	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	1.440		0	4			0.408	0.821	
4:0.....g	0.000		0	4			0.000	0.000	
6:0.....g	0.000		0	4			0.000	0.000	
8:0.....g	0.000		0	4			0.000	0.000	
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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	4			0.000	0.000
22:5 n-3.....g	0.000		0	4			0.000	0.000
22:6 n-3.....g	0.000		0	4			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	45	2.222	11	1			13	26
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.235		2	1			0.067	0.134
Threonine.....g	0.870		10	1			0.247	0.496
Isoleucine.....g	0.858		10	1			0.243	0.489
Leucine.....g	1.552		10	1			0.440	0.885
Lysine.....g	1.658		10	1			0.470	0.945
Methionine.....g	0.516		10	1			0.146	0.294
Cystine.....g	0.295		2	1			0.084	0.168
Phenylalanine.....g	0.845		10	1			0.240	0.482
Tyrosine.....g	0.641		10	1			0.182	0.365
Valine.....g	0.848		10	1			0.240	0.483
Arginine.....g	1.270		10	1			0.360	0.724
Histidine.....g	0.701		10	1			0.199	0.400
Alanine.....g	1.154		10	1			0.327	0.658
Aspartic acid.....g	1.852		10	1			0.525	1.056
Glutamic acid.....g	3.189		10	1			0.904	1.818
Glycine.....g	1.017		10	1			0.288	0.580
Proline.....g	0.836		10	1			0.237	0.477
Serine.....g	0.801		10	1			0.227	0.457
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 slice

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10151

Pork, cured, ham, whole, separable lean and fat, roasted

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	58.40		0		1		81.76	49.64	
Energy.....kcal	243		0	NC	4		340	207	
Energy.....kj	1017				4		1423	864	
Protein (N x 6.25).....g	21.57		0		1		30.20	18.33	
Total lipid (fat).....g	16.77		0		1		23.48	14.25	
Ash.....g	3.33		0		1		4.66	2.83	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7		0		1		10	6	
Iron, Fe.....mg	0.87		0		1		1.22	0.74	
Magnesium, Mg.....mg	19		0		1		27	16	
Phosphorus, P.....mg	214		0		1		300	182	
Potassium, K.....mg	286		0		1		400	243	
Sodium, Na.....mg	1187		0		1		1662	1009	
Zinc, Zn.....mg	2.32		0		1		3.25	1.97	
Copper, Cu.....mg	0.083		0		1		0.116	0.071	
Manganese, Mn.....mg	0.014		0		1		0.020	0.012	
Selenium, Se.....mcg	22.7		0	PIE	4		31.8	19.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.601		0		1		0.841	0.511	
Riboflavin.....mg	0.221		0		1		0.309	0.188	
Niacin.....mg	4.461		0		1		6.245	3.792	
Pantothenic acid.....mg	0.457		0		1		0.640	0.388	
Vitamin B-6.....mg	0.380		0		1		0.532	0.323	
Folate, total.....mcg	3		0		1		4	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		0		1		4	3	
Folate, DFE.....mcg_DFE	3		0	NC	4		4	3	
Vitamin B-12.....mcg	0.64		0		1		0.90	0.54	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0		1		0	0	
Vitamin E.....mg_ATE	0.260		0		4		0.364	0.221	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	5.980		0		1		8.372	5.083	
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		0		1		0.028	0.017	
12:0.....g	0.030		0		1		0.042	0.026	
13:0.....g									
14:0.....g	0.220		0		1		0.308	0.187	
15:0.....g									
16:0.....g	3.750		0		1		5.250	3.188	
17:0.....g									
18:0.....g	1.960		0		1		2.744	1.666	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.880		0		1		11.032	6.698	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.530		0		1		0.742	0.451	

NDB No. 10151

Pork, cured, ham, whole, separable lean and fat, roasted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	7.350		0	1			10.290	6.248
20:1.....g	0.000		0	1			0.000	0.000
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.810		0	1			2.534	1.539
18:2 undifferentiated.....g	1.550		0	1			2.170	1.318
18:3 undifferentiated.....g	0.170		0	1			0.238	0.145
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.080		0	1			0.112	0.068
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	62		0	1			87	53
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.245		0	1			0.343	0.208
Threonine.....g	0.941		0	1			1.317	0.800
Isoleucine.....g	0.918		0	1			1.285	0.780
Leucine.....g	1.697		0	1			2.376	1.442
Lysine.....g	1.825		0	1			2.555	1.551
Methionine.....g	0.551		0	1			0.771	0.468
Cystine.....g	0.315		0	1			0.441	0.268
Phenylalanine.....g	0.922		0	1			1.291	0.784
Tyrosine.....g	0.682		0	1			0.955	0.580
Valine.....g	0.941		0	1			1.317	0.800
Arginine.....g	1.459		0	1			2.043	1.240
Histidine.....g	0.735		0	1			1.029	0.625
Alanine.....g	1.183		0	1			1.656	1.006
Aspartic acid.....g	1.897		0	1			2.656	1.612
Glutamic acid.....g	3.267		0	1			4.574	2.777
Glycine.....g	1.041		0	1			1.457	0.885
Proline.....g	0.856		0	1			1.198	0.728
Serine.....g	0.820		0	1			1.148	0.697
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	59.71		0		1		83.59	16.93
Energy.....kcal	246		0	NC	4		344	70
Energy.....kj	1029				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								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	7		0		1		10	2
Iron, Fe.....mg	0.71		0		1		0.99	0.20
Magnesium, Mg.....mg	15		0		1		21	4
Phosphorus, P.....mg	201		0		1		281	57
Potassium, K.....mg	310		0		1		434	88
Sodium, Na.....mg	1284		0		1		1798	364
Zinc, Zn.....mg	1.76		0		1		2.46	0.50
Copper, Cu.....mg	0.071		0		1		0.099	0.020
Manganese, Mn.....mg	0.028		0		1		0.039	0.008
Selenium, Se.....mcg	15.3		0	PIE	4		21.4	4.3
Vitamins:								
Vitamin C, total ascorbic acid.....mg	34.9		0	BFNN	4		48.9	9.9
Thiamin.....mg	0.777		0		1		1.088	0.220
Riboflavin.....mg	0.189		0		1		0.265	0.054
Niacin.....mg	4.463		0		1		6.248	1.265
Pantothenic acid.....mg	0.467		0		1		0.654	0.132
Vitamin B-6.....mg	0.410		0		1		0.574	0.116
Folate, total.....mcg	4		0		1		6	1
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	4		0		1		6	1
Folate, DFE.....mcg_DFE	4		0	NC	4		6	1
Vitamin B-12.....mcg	0.74		0		1		1.04	0.21
Vitamin A, IU.....IU	0		0		1		0	0
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0
Retinol.....mcg	0		0		1		0	0
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	6.620		0		1		9.268	1.877
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		0.028	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

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	4			0.000	0.000
22:5 n-3.....g	0.000		0	4			0.000	0.000
22:6 n-3.....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								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 Nutrient Database for Standard Reference, Release 15 (2002)

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				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									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7	0.298	21		1		10	6	
Iron, Fe.....mg	0.94	0.023	21		1		1.32	0.80	
Magnesium, Mg.....mg	22	0.850	21		1		31	19	
Phosphorus, P.....mg	227		0		1		318	193	
Potassium, K.....mg	316	8.674	21		1		442	269	
Sodium, Na.....mg	1327	80.771	21		1		1858	1128	
Zinc, Zn.....mg	2.57	0.051	21		1		3.60	2.18	
Copper, Cu.....mg	0.087	0.003	21		1		0.122	0.074	
Manganese, Mn.....mg	0.016	0.001	21		1		0.022	0.014	
Selenium, Se.....mcg	25.4	1.499	28	A	1		35.6	21.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.680	0.072	5		1		0.952	0.578	
Riboflavin.....mg	0.254	0.020	5		1		0.356	0.216	
Niacin.....mg	5.020	0.200	5		1		7.028	4.267	
Pantothenic acid.....mg	0.498		0		1		0.697	0.423	
Vitamin B-6.....mg	0.470		0		1		0.658	0.400	
Folate, total.....mcg	4		0		1		6	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		1		6	3	
Folate, DFE.....mcg_DFE	4		0	NC	4		6	3	
Vitamin B-12.....mcg	0.70	0.031	5		1		0.98	0.60	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0		1		0	0	
Vitamin E.....mg_ATE	0.260		0		4		0.364	0.221	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	1.840		0		1		2.576	1.564	
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	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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....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	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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

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				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									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7		0		1		10	2	
Iron, Fe.....mg	0.81		0		1		1.13	0.23	
Magnesium, Mg.....mg	18		0		1		25	5	
Phosphorus, P.....mg	232		0		1		325	66	
Potassium, K.....mg	371		0		1		519	105	
Sodium, Na.....mg	1516		0		1		2122	430	
Zinc, Zn.....mg	2.04		0		1		2.86	0.58	
Copper, Cu.....mg	0.079		0		1		0.111	0.022	
Manganese, Mn.....mg	0.035		0		1		0.049	0.010	
Selenium, Se.....mcg	18.8		0	BFYN	4		26.3	5.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.932		0		1		1.305	0.264	
Riboflavin.....mg	0.226		0		1		0.316	0.064	
Niacin.....mg	5.252		0		1		7.353	1.489	
Pantothenic acid.....mg	0.538		0		1		0.753	0.153	
Vitamin B-6.....mg	0.530		0		1		0.742	0.150	
Folate, total.....mcg	4		0		1		6	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		1		6	1	
Folate, DFE.....mcg_DFE	4		0	NC	4		6	1	
Vitamin B-12.....mcg	0.87		0		1		1.22	0.25	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0		1		0	0	
Vitamin E.....mg_ATE	0.260		0		4		0.364	0.074	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	1.920		0		1		2.688	0.544	
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	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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....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	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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	11.00		2		1		3.12	24.97
Energy.....kcal	748		0	NC	4		212	1698
Energy.....kj	3130				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								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	6		0		1		2	14
Iron, Fe.....mg	0.44		0		1		0.12	1.00
Magnesium, Mg.....mg	7		0		1		2	16
Phosphorus, P.....mg	52		0		1		15	118
Potassium, K.....mg	66		2		1		19	150
Sodium, Na.....mg	1424	400.681	3		1		404	3232
Zinc, Zn.....mg	0.90		0		1		0.26	2.04
Copper, Cu.....mg	0.050		0		1		0.014	0.114
Manganese, Mn.....mg	0.005		0		1		0.001	0.011
Selenium, Se.....mcg	5.8		0	BFNN	4		1.6	13.2
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0
Thiamin.....mg	0.215		0		1		0.061	0.488
Riboflavin.....mg	0.061		0		1		0.017	0.138
Niacin.....mg	1.620		0		1		0.459	3.677
Pantothenic acid.....mg	0.205		0		1		0.058	0.465
Vitamin B-6.....mg	0.080		0		1		0.023	0.182
Folate, total.....mcg	1		0		1		0	2
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	1		0		1		0	2
Folate, DFE.....mcg_DFE	1		0	NC	4		0	2
Vitamin B-12.....mcg	0.29		0		1		0.08	0.66
Vitamin A, IU.....IU	0		0		1		0	0
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0
Retinol.....mcg	0		0		1		0	0
Vitamin E.....mg_ATE	0.490		0		4		0.139	1.112
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	29.380		0		1		8.329	66.693
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	0.160		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

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....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	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

Measure 2 = 227g: 8 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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.....mcg	11.7		0	BFNN	4		3.3	9.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.287		0		1		0.081	0.244	
Riboflavin.....mg	0.091		0		1		0.026	0.077	
Niacin.....mg	2.228		0		1		0.632	1.894	
Pantothenic acid.....mg	0.293		0		1		0.083	0.249	
Vitamin B-6.....mg	0.030		0		1		0.009	0.026	
Folate, total.....mcg	2		0		1		1	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		0		1		1	2	
Folate, DFE.....mcg_DFE	2		0	NC	4		1	2	
Vitamin B-12.....mcg	0.42		0		1		0.12	0.36	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0		1		0	0	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	22.690		0		1		6.433	19.287	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	4			0.000	0.000
22:5 n-3.....g	0.000		0	4			0.000	0.000
22:6 n-3.....g	0.000		0	4			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	86		0	1			24	73
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.025		0	1			0.007	0.021
Threonine.....g	0.251		0	1			0.071	0.213
Isoleucine.....g	0.201		0	1			0.057	0.171
Leucine.....g	0.534		0	1			0.151	0.454
Lysine.....g	0.633		0	1			0.179	0.538
Methionine.....g	0.113		0	1			0.032	0.096
Cystine.....g	0.067		0	1			0.019	0.057
Phenylalanine.....g	0.286		0	1			0.081	0.243
Tyrosine.....g	0.124		0	1			0.035	0.105
Valine.....g	0.365		0	1			0.103	0.310
Arginine.....g	0.789		0	1			0.224	0.671
Histidine.....g	0.086		0	1			0.024	0.073
Alanine.....g	0.428		0	4			0.121	0.364
Aspartic acid.....g	0.631		0	4			0.179	0.536
Glutamic acid.....g	1.049		0	4			0.297	0.892
Glycine.....g	0.546		0	4			0.155	0.464
Proline.....g	0.406		0	4			0.115	0.345
Serine.....g	0.287		0	4			0.081	0.244
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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				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									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		0		1		1	4	
Iron, Fe.....mg	0.39		0		1		0.11	0.33	
Magnesium, Mg.....mg	6		0		1		2	5	
Phosphorus, P.....mg	98		0		1		28	83	
Potassium, K.....mg	105		0		1		30	89	
Sodium, Na.....mg	505		0		1		143	429	
Zinc, Zn.....mg	0.80		0		1		0.23	0.68	
Copper, Cu.....mg	0.044		0		1		0.012	0.037	
Manganese, Mn.....mg	0.005		0		1		0.001	0.004	
Selenium, Se.....mcg	4.7		0	BFNN	4		1.3	4.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.241		0		1		0.068	0.205	
Riboflavin.....mg	0.068		0		1		0.019	0.058	
Niacin.....mg	1.820		0		1		0.516	1.547	
Pantothenic acid.....mg	0.230		0		1		0.065	0.196	
Vitamin B-6.....mg	0.030		0		1		0.009	0.026	
Folate, total.....mcg	1		0		1		0	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1		0		1		0	1	
Folate, DFE.....mcg_DFE	1		0	NC	4		0	1	
Vitamin B-12.....mcg	0.33		0		1		0.09	0.28	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0		1		0	0	
Vitamin E.....mg_ATE	0.300		0		4		0.085	0.255	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	22.520		0		1		6.384	19.142	
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	0.110		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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....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	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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	54.73		0		1		76.62	46.52
Energy.....kcal	280		0	NC	4		392	238
Energy.....kj	1172				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								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	10		0		1		14	9
Iron, Fe.....mg	0.95		0		1		1.33	0.81
Magnesium, Mg.....mg	14		0		1		20	12
Phosphorus, P.....mg	221		0		1		309	188
Potassium, K.....mg	258		0		1		361	219
Sodium, Na.....mg	1072		0		1		1501	911
Zinc, Zn.....mg	2.51		0		1		3.51	2.13
Copper, Cu.....mg	0.113		0		1		0.158	0.096
Manganese, Mn.....mg	0.024		0		1		0.034	0.020
Selenium, Se.....mcg	33.6		0	PIE	4		47.0	28.6
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0
Thiamin.....mg	0.612		0		1		0.857	0.520
Riboflavin.....mg	0.190		0		1		0.266	0.162
Niacin.....mg	4.127		0		1		5.778	3.508
Pantothenic acid.....mg	0.559		0		1		0.783	0.475
Vitamin B-6.....mg	0.280		0		1		0.392	0.238
Folate, total.....mcg	3		0		1		4	3
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	3		0		1		4	3
Folate, DFE.....mcg_DFE	3		0	NC	4		4	3
Vitamin B-12.....mcg	0.93		0		1		1.30	0.79
Vitamin A, IU.....IU	0		0		4		0	0
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0
Retinol.....mcg	0		0		4		0	0
Vitamin E.....mg_ATE	0.260		0		4		0.364	0.221
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	7.670		0		1		10.738	6.520
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		0.042	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

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....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	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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

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				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									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		0		1		15	9	
Iron, Fe.....mg	1.08		0		1		1.51	0.92	
Magnesium, Mg.....mg	16		0		1		22	14	
Phosphorus, P.....mg	243		0		1		340	207	
Potassium, K.....mg	292		0		1		409	248	
Sodium, Na.....mg	1231		0		1		1723	1046	
Zinc, Zn.....mg	2.94		0		1		4.12	2.50	
Copper, Cu.....mg	0.128		0		1		0.179	0.109	
Manganese, Mn.....mg	0.030		0		1		0.042	0.026	
Selenium, Se.....mcg	41.3		0	BFNN	4		57.8	35.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.727		0		1		1.018	0.618	
Riboflavin.....mg	0.226		0		1		0.316	0.192	
Niacin.....mg	4.798		0		1		6.717	4.078	
Pantothenic acid.....mg	0.654		0		1		0.916	0.556	
Vitamin B-6.....mg	0.370		0		1		0.518	0.315	
Folate, total.....mcg	4		0		1		6	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		1		6	3	
Folate, DFE.....mcg_DFE	4		0	NC	4		6	3	
Vitamin B-12.....mcg	1.11		0		1		1.55	0.94	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0		1		0	0	
Vitamin E.....mg_ATE	0.260		0		4		0.364	0.221	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	2.360		0		1		3.304	2.006	
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	0.005	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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	1		0.000	0.000	
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....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	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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10171

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	56.18	1.026	4		1		211.24	47.75	
Energy.....kcal	287		0	NC	4		1079	244	
Energy.....kj	1201				4		4515	1021	
Protein (N x 6.25).....g	17.28	0.435	4		1		64.97	14.69	
Total lipid (fat).....g	23.48	1.223	4		1		88.28	19.96	
Ash.....g	2.70	0.147	4		1		10.15	2.30	
Carbohydrate, by difference.....g	0.37		0	NC	4		1.39	0.31	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7		1		1		26	6	
Iron, Fe.....mg	0.89	0.075	4		1		3.35	0.76	
Magnesium, Mg.....mg	13	0.854	4		1		49	11	
Phosphorus, P.....mg	156	22.754	4		1		587	133	
Potassium, K.....mg	194	9.077	4		1		729	165	
Sodium, Na.....mg	973	30.346	4		1		3658	827	
Zinc, Zn.....mg	2.45	0.119	4		1		9.21	2.08	
Copper, Cu.....mg	0.076	0.012	4		1		0.286	0.065	
Manganese, Mn.....mg	0.023		2		1		0.086	0.020	
Selenium, Se.....mcg	28.6		0	BFNN	4		107.5	24.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.2	0.872	6		1		12.0	2.7	
Thiamin.....mg	0.460	0.016	4		1		1.730	0.391	
Riboflavin.....mg	0.285	0.027	4		1		1.072	0.242	
Niacin.....mg	2.377	0.143	4		1		8.938	2.020	
Pantothenic acid.....mg	0.770		1		1		2.895	0.655	
Vitamin B-6.....mg	0.210	0.006	4		1		0.790	0.179	
Folate, total.....mcg	3		0		1		11	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		0		1		11	3	
Folate, DFE.....mcg_DFE	3		0	NC	4		11	3	
Vitamin B-12.....mcg	1.05	0.182	4		1		3.95	0.89	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0		1		0	0	
Vitamin E.....mg_ATE	0.260		0		4		0.978	0.221	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	8.380		0		1		31.509	7.123	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.050	0.009	4		1		0.188	0.043	
12:0.....g	0.040	0.004	4		1		0.150	0.034	
13:0.....g									
14:0.....g	0.250	0.034	4		1		0.940	0.213	
15:0.....g									
16:0.....g	5.120	0.348	4		1		19.251	4.352	
17:0.....g									
18:0.....g	2.930	0.180	4		1		11.017	2.491	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.030		0		1		41.473	9.376	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.880	0.065	4		1		3.309	0.748	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	10.150	0.748	4	1			38.164	8.628
20:1.....g	0.000		0	1			0.000	0.000
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.510		0	1			9.438	2.134
18:2 undifferentiated.....g	2.150	0.217	4	1			8.084	1.828
18:3 undifferentiated.....g	0.360	0.069	4	1			1.354	0.306
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1			0.000	0.000
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	67	2.561	4	1			252	57
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.207		0	1			0.778	0.176
Threonine.....g	0.768		0	1			2.888	0.653
Isoleucine.....g	0.757		0	1			2.846	0.643
Leucine.....g	1.371		0	1			5.155	1.165
Lysine.....g	1.465		0	1			5.508	1.245
Methionine.....g	0.456		0	1			1.715	0.388
Cystine.....g	0.260		0	1			0.978	0.221
Phenylalanine.....g	0.746		0	1			2.805	0.634
Tyrosine.....g	0.567		0	1			2.132	0.482
Valine.....g	0.749		0	1			2.816	0.637
Arginine.....g	1.122		0	1			4.219	0.954
Histidine.....g	0.619		0	1			2.327	0.526
Alanine.....g	1.020		0	1			3.835	0.867
Aspartic acid.....g	1.636		0	1			6.151	1.391
Glutamic acid.....g	2.817		0	1			10.592	2.394
Glycine.....g	0.898		0	1			3.376	0.763
Proline.....g	0.738		0	1			2.775	0.627
Serine.....g	0.708		0	1			2.662	0.602
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7			0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

Common Measures:

Measure 1 = 376g: 1 piece, cooked (yield from 1 lb unheated product)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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.....mcg	22.0		0	BFNN	4		6.2	24.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3	0.250	4		1		0.1	0.3	
Thiamin.....mg	0.540	0.050	4		1		0.153	0.610	
Riboflavin.....mg	0.220	0.010	4		1		0.062	0.249	
Niacin.....mg	2.720	0.150	4		1		0.771	3.074	
Pantothenic acid.....mg	0.710		2		1		0.201	0.802	
Vitamin B-6.....mg	0.260	0.020	4		1		0.074	0.294	
Folate, total.....mcg	3		1		1		1	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		1		1		1	3	
Folate, DFE.....mcg_DFE	3		0	NC	4		1	3	
Vitamin B-12.....mcg	1.30	0.185	4		1		0.37	1.47	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0		1		0	0	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
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	

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
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.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	53		4.205	4		1	15	60	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.198		0		1		0.056	0.224	
Threonine.....g	0.733		0		1		0.208	0.828	
Isoleucine.....g	0.722		0		1		0.205	0.816	
Leucine.....g	1.307		0		1		0.371	1.477	
Lysine.....g	1.397		0		1		0.396	1.579	
Methionine.....g	0.435		0		1		0.123	0.492	
Cystine.....g	0.248		0		1		0.070	0.280	
Phenylalanine.....g	0.712		0		1		0.202	0.805	
Tyrosine.....g	0.540		0		1		0.153	0.610	
Valine.....g	0.714		0		1		0.202	0.807	
Arginine.....g	1.070		0		1		0.303	1.209	
Histidine.....g	0.590		0		1		0.167	0.667	
Alanine.....g	0.972		0		1		0.276	1.098	
Aspartic acid.....g	1.560		0		1		0.442	1.763	
Glutamic acid.....g	2.685		0		1		0.761	3.034	
Glycine.....g	0.856		0		1		0.243	0.967	
Proline.....g	0.704		0		1		0.200	0.796	
Serine.....g	0.675		0		1		0.191	0.763	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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				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									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2		0		1		1	9	
Iron, Fe.....mg	0.18		0		1		0.05	0.82	
Magnesium, Mg.....mg	2		0		1		1	9	
Phosphorus, P.....mg	38		0		1		11	172	
Potassium, K.....mg	65		0		1		18	295	
Sodium, Na.....mg	11		0		1		3	50	
Zinc, Zn.....mg	0.37		0		1		0.10	1.68	
Copper, Cu.....mg	0.018		0		1		0.005	0.082	
Manganese, Mn.....mg	0.002		0		1		0.001	0.009	
Selenium, Se.....mcg	8.0		0	BFZN	4		2.3	36.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0		1		0.0	0.5	
Thiamin.....mg	0.084		0		1		0.024	0.381	
Riboflavin.....mg	0.051		0		1		0.014	0.231	
Niacin.....mg	0.985		0		1		0.279	4.468	
Pantothenic acid.....mg	0.115		0		1		0.033	0.522	
Vitamin B-6.....mg	0.040		0		1		0.011	0.181	
Folate, total.....mcg	1		0		1		0	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1		0		1		0	5	
Folate, DFE.....mcg_DFE	1		0	NC	4		0	5	
Vitamin B-12.....mcg	0.18		0		1		0.05	0.82	
Vitamin A, IU.....IU	15		0		1		4	68	
Vitamin A, RAE.....mcg_RAE	5		0		1		1	20	
Retinol.....mcg	5		0		1		1	20	
Vitamin E.....mg_ATE	0.661		0		4		0.187	2.998	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	32.210		0		1		9.132	146.105	
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	0.060		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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0		1		0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000
22:6 n-3.....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		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

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10193

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

Refuse: 39% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	45.44	0.742	12		1		99.51	38.62	
Energy.....kcal	370		0	NC	4		810	315	
Energy.....kj	1548				4		3390	1316	
Protein (N x 6.25).....g	24.26	0.691	12		1		53.13	20.62	
Total lipid (fat).....g	29.58	0.726	12		1		64.78	25.14	
Ash.....g	1.09	0.025	12		1		2.39	0.93	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	45	2.798	5		1		99	38	
Iron, Fe.....mg	1.38	0.070	5		1		3.02	1.17	
Magnesium, Mg.....mg	21	0.527	5		1		46	18	
Phosphorus, P.....mg	195	3.235	5		1		427	166	
Potassium, K.....mg	315	9.429	5		1		690	268	
Sodium, Na.....mg	101	1.631	5		1		221	86	
Zinc, Zn.....mg	3.37	0.167	5		1		7.38	2.86	
Copper, Cu.....mg	0.081	0.007	5		1		0.177	0.069	
Manganese, Mn.....mg	0.009		0		1		0.020	0.008	
Selenium, Se.....mcg	39.3	5.881	5	A	1		86.1	33.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.7	0.3	
Thiamin.....mg	0.427		0		1		0.935	0.363	
Riboflavin.....mg	0.200		0		1		0.438	0.170	
Niacin.....mg	3.550		0		1		7.775	3.018	
Pantothenic acid.....mg	0.580		0		1		1.270	0.493	
Vitamin B-6.....mg	0.307		0		1		0.672	0.261	
Folate, total.....mcg	3		0		1		7	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		0		1		7	3	
Folate, DFE.....mcg_DFE	3		0	NC	4		7	3	
Vitamin B-12.....mcg	0.64		0		1		1.40	0.54	
Vitamin A, IU.....IU	9		0		1		20	8	
Vitamin A, RAE.....mcg_RAE	3		0		1		6	2	
Retinol.....mcg	3		0		1		6	2	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	10.990		0		1		24.068	9.342	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.010		12		1		0.022	0.009	
12:0.....g	0.010		12		1		0.022	0.009	
13:0.....g									
14:0.....g	0.390		12		1		0.854	0.332	
15:0.....g									
16:0.....g	6.750		12		1		14.783	5.738	
17:0.....g									
18:0.....g	3.650		12		1		7.994	3.103	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.460		0		1		29.477	11.441	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.000		12		1		2.190	0.850	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	12.120		12	1			26.543	10.302
20:1.....g	0.230		12	1			0.504	0.196
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.320		0	1			5.081	1.972
18:2 undifferentiated.....g	2.050		12	1			4.490	1.743
18:3 undifferentiated.....g	0.090		12	1			0.197	0.077
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.080		12	1			0.175	0.068
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	118	4.937	12	1			258	100
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.308		0	1			0.675	0.262
Threonine.....g	1.108		0	1			2.427	0.942
Isoleucine.....g	1.136		0	1			2.488	0.966
Leucine.....g	1.947		0	1			4.264	1.655
Lysine.....g	2.182		0	1			4.779	1.855
Methionine.....g	0.642		0	1			1.406	0.546
Cystine.....g	0.309		0	1			0.677	0.263
Phenylalanine.....g	0.968		0	1			2.120	0.823
Tyrosine.....g	0.845		0	1			1.851	0.718
Valine.....g	1.316		0	1			2.882	1.119
Arginine.....g	1.508		0	1			3.303	1.282
Histidine.....g	0.969		0	1			2.122	0.824
Alanine.....g	1.413		0	1			3.094	1.201
Aspartic acid.....g	2.250		0	1			4.928	1.913
Glutamic acid.....g	3.798		0	1			8.318	3.228
Glycine.....g	1.152		0	1			2.523	0.979
Proline.....g	0.975		0	1			2.135	0.829
Serine.....g	1.002		0	1			2.194	0.852
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 219g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10192

Pork, fresh, backribs, separable lean and fat, raw

Refuse: 38% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	59.39	0.886	12		1		16.84	269.39	
Energy.....kcal	282		0	NC	4		80	1279	
Energy.....kj	1180				4		334	5352	
Protein (N x 6.25).....g	16.12		0		1		4.57	73.12	
Total lipid (fat).....g	23.58	0.950	12		1		6.68	106.96	
Ash.....g	0.91		0		1		0.26	4.13	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	32	3.696	5		1		9	145	
Iron, Fe.....mg	0.91	0.050	5		1		0.26	4.13	
Magnesium, Mg.....mg	16	0.421	5		1		5	73	
Phosphorus, P.....mg	143	2.294	5		1		41	649	
Potassium, K.....mg	233	8.513	5		1		66	1057	
Sodium, Na.....mg	75	2.024	5		1		21	340	
Zinc, Zn.....mg	2.31	0.095	5		1		0.65	10.48	
Copper, Cu.....mg	0.062	0.004	5		1		0.018	0.281	
Manganese, Mn.....mg	0.007		0		1		0.002	0.032	
Selenium, Se.....mcg	24.0	3.591	5	A	1		6.8	108.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0		1		0.1	0.9	
Thiamin.....mg	0.584		0		1		0.166	2.649	
Riboflavin.....mg	0.258		0		1		0.073	1.170	
Niacin.....mg	4.570		0		1		1.296	20.730	
Pantothenic acid.....mg	0.745		0		1		0.211	3.379	
Vitamin B-6.....mg	0.395		0		1		0.112	1.792	
Folate, total.....mcg	4		0		1		1	18	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		1		1	18	
Folate, DFE.....mcg_DFE	4		0	NC	4		1	18	
Vitamin B-12.....mcg	0.82		0		1		0.23	3.72	
Vitamin A, IU.....IU	10		0		1		3	45	
Vitamin A, RAE.....mcg_RAE	3		0		1		1	14	
Retinol.....mcg	3		0		1		1	14	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	8.730		0		1		2.475	39.599	
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	0.300		0		1		0.085	1.361	
15:0.....g									
16:0.....g	5.340		0		1		1.514	24.222	
17:0.....g									
18:0.....g	2.920		0		1		0.828	13.245	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.650		0		1		3.019	48.308	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.720		0		1		0.204	3.266	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	9.660		0	1			2.739	43.818
20:1.....g	0.180		0	1			0.051	0.816
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.960		0	1			0.556	8.891
18:2 undifferentiated.....g	1.730		0	1			0.490	7.847
18:3 undifferentiated.....g	0.080		0	1			0.023	0.363
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.070		0	1			0.020	0.318
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	81		0	1			23	367
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.205		0	1			0.058	0.930
Threonine.....g	0.736		0	1			0.209	3.338
Isoleucine.....g	0.755		0	1			0.214	3.425
Leucine.....g	1.293		0	1			0.367	5.865
Lysine.....g	1.450		0	1			0.411	6.577
Methionine.....g	0.427		0	1			0.121	1.937
Cystine.....g	0.206		0	1			0.058	0.934
Phenylalanine.....g	0.643		0	1			0.182	2.917
Tyrosine.....g	0.562		0	1			0.159	2.549
Valine.....g	0.875		0	1			0.248	3.969
Arginine.....g	1.002		0	1			0.284	4.545
Histidine.....g	0.644		0	1			0.183	2.921
Alanine.....g	0.939		0	1			0.266	4.259
Aspartic acid.....g	1.495		0	1			0.424	6.781
Glutamic acid.....g	2.523		0	1			0.715	11.444
Glycine.....g	0.765		0	1			0.217	3.470
Proline.....g	0.648		0	1			0.184	2.939
Serine.....g	0.666		0	1			0.189	3.021
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10005

Pork, fresh, belly, raw

Refuse: 7% Skin

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	Source	Confidence	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....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 Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	49.83		0		1		14.13	226.03
Energy.....kcal	376		0	NC	4		107	1706
Energy.....kj	1573				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								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	19		0		1		5	86
Iron, Fe.....mg	0.69		0		1		0.20	3.13
Magnesium, Mg.....mg	13		0		1		4	59
Phosphorus, P.....mg	155		0		1		44	703
Potassium, K.....mg	253		0		1		72	1148
Sodium, Na.....mg	42		0		1		12	191
Zinc, Zn.....mg	1.59		0		1		0.45	7.21
Copper, Cu.....mg	0.055		0		1		0.016	0.249
Manganese, Mn.....mg	0.011		0		1		0.003	0.050
Selenium, Se.....mcg	28.4		0	BFZN	4		8.1	128.8
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.4		0		1		0.1	1.8
Thiamin.....mg	0.595		0		1		0.169	2.699
Riboflavin.....mg	0.207		0		1		0.059	0.939
Niacin.....mg	3.846		0		1		1.090	17.445
Pantothenic acid.....mg	0.526		0		1		0.149	2.386
Vitamin B-6.....mg	0.284		0		1		0.081	1.288
Folate, total.....mcg	4		0		1		1	18
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	4		0		1		1	18
Folate, DFE.....mcg_DFE	4		0	NC	4		1	18
Vitamin B-12.....mcg	0.61		0		1		0.17	2.77
Vitamin A, IU.....IU	8		0		1		2	36
Vitamin A, RAE.....mcg_RAE	2		0		1		1	11
Retinol.....mcg	2		0		1		1	11
Vitamin E.....mg_ATE	0.290		0		4		0.082	1.315
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	12.440		0		1		3.527	56.428
4:0.....g								
6:0.....g								
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

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g								
22:5 n-3.....g								
22:6 n-3.....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								
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

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
								Measure 3
Proximates:								
Water.....g	64.25		0		1		18.21	291.44
Energy.....kcal	227		0	NC	4		64	1030
Energy.....kj	950				4		269	4308
Protein (N x 6.25).....g	18.25		0		1		5.17	82.78
Total lipid (fat).....g	16.48		0		1		4.67	74.75
Ash.....g	0.91		0		1		0.26	4.13
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	15		0		1		4	68
Iron, Fe.....mg	0.89		0		1		0.25	4.04
Magnesium, Mg.....mg	20		0		1		6	91
Phosphorus, P.....mg	197		0		1		56	894
Potassium, K.....mg	324		0		1		92	1470
Sodium, Na.....mg	54		0		1		15	245
Zinc, Zn.....mg	2.11		0		1		0.60	9.57
Copper, Cu.....mg	0.068		0		1		0.019	0.308
Manganese, Mn.....mg	0.015		0		1		0.004	0.068
Selenium, Se.....mcg	28.5		0	PAE	4		8.1	129.3
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.6		0		1		0.2	2.7
Thiamin.....mg	0.800		0		1		0.227	3.629
Riboflavin.....mg	0.242		0		1		0.069	1.098
Niacin.....mg	4.413		0		1		1.251	20.017
Pantothenic acid.....mg	0.718		0		1		0.204	3.257
Vitamin B-6.....mg	0.415		0		1		0.118	1.882
Folate, total.....mcg	6		0		1		2	27
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	6		0		1		2	27
Folate, DFE.....mcg_DFE	6		0	NC	4		2	27
Vitamin B-12.....mcg	0.67		0		1		0.19	3.04
Vitamin A, IU.....IU	7		0		1		2	32
Vitamin A, RAE.....mcg_RAE	2		0		1		1	10
Retinol.....mcg	2		0		1		1	10
Vitamin E.....mg_ATE	0.290		0		4		0.082	1.315
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	5.770		0		1		1.636	26.173
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		0.003	0.045
12:0.....g	0.020		0		1		0.006	0.091
13:0.....g								
14:0.....g	0.200		0		1		0.057	0.907
15:0.....g								
16:0.....g	3.580		0		1		1.015	16.239
17:0.....g								
18:0.....g	1.900		0		1		0.539	8.618
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	7.320		0		1		2.075	33.204
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.460		0		1		0.130	2.087

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	6.720		0	1			1.905	30.482
20:1.....g	0.120		0	1			0.034	0.544
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.730		0	1			0.490	7.847
18:2 undifferentiated.....g	1.460		0	1			0.414	6.623
18:3 undifferentiated.....g	0.110		0	1			0.031	0.499
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.090		0	1			0.026	0.408
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	69		0	1			20	313
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.223		0	1			0.063	1.012
Threonine.....g	0.820		0	1			0.232	3.720
Isoleucine.....g	0.835		0	1			0.237	3.788
Leucine.....g	1.449		0	1			0.411	6.573
Lysine.....g	1.630		0	1			0.462	7.394
Methionine.....g	0.471		0	1			0.134	2.136
Cystine.....g	0.228		0	1			0.065	1.034
Phenylalanine.....g	0.724		0	1			0.205	3.284
Tyrosine.....g	0.619		0	1			0.175	2.808
Valine.....g	0.981		0	1			0.278	4.450
Arginine.....g	1.160		0	1			0.329	5.262
Histidine.....g	0.704		0	1			0.200	3.193
Alanine.....g	1.075		0	1			0.305	4.876
Aspartic acid.....g	1.670		0	1			0.473	7.575
Glutamic acid.....g	2.794		0	1			0.792	12.674
Glycine.....g	0.980		0	1			0.278	4.445
Proline.....g	0.795		0	1			0.225	3.606
Serine.....g	0.754		0	1			0.214	3.420
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7			0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

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 Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	60.31		0		1		139.32	51.26
Energy.....kcal	212		0	NC	4		490	180
Energy.....kj	887				4		2049	754
Protein (N x 6.25).....g	29.27		0		1		67.61	24.88
Total lipid (fat).....g	9.66		0		1		22.31	8.21
Ash.....g	1.18		0		1		2.73	1.00
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	21		0		1		49	18
Iron, Fe.....mg	1.10		0		1		2.54	0.94
Magnesium, Mg.....mg	26		0		1		60	22
Phosphorus, P.....mg	237		0		1		547	201
Potassium, K.....mg	375		0		1		866	319
Sodium, Na.....mg	59		0		1		136	50
Zinc, Zn.....mg	2.97		0		1		6.86	2.52
Copper, Cu.....mg	0.061		0		1		0.141	0.052
Manganese, Mn.....mg	0.018		0		1		0.042	0.015
Selenium, Se.....mcg	45.0		0	PAE	4		104.0	38.3
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.7	0.3
Thiamin.....mg	0.846		0		1		1.954	0.719
Riboflavin.....mg	0.345		0		1		0.797	0.293
Niacin.....mg	5.172		0		1		11.947	4.396
Pantothenic acid.....mg	0.684		0		1		1.580	0.581
Vitamin B-6.....mg	0.434		0		1		1.003	0.369
Folate, total.....mcg	6		0		1		14	5
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	6		0		1		14	5
Folate, DFE.....mcg_DFE	6		0	NC	4		14	5
Vitamin B-12.....mcg	0.75		0		1		1.73	0.64
Vitamin A, IU.....IU	7		0		1		16	6
Vitamin A, RAE.....mcg_RAE	2		0		1		5	2
Retinol.....mcg	2		0		1		5	2
Vitamin E.....mg_ATE	0.260		0		4		0.601	0.221
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	3.410		0		1		7.877	2.899
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		0.023	0.009
12:0.....g	0.010		0		1		0.023	0.009
13:0.....g								
14:0.....g	0.120		0		1		0.277	0.102
15:0.....g								
16:0.....g	2.110		0		1		4.874	1.794
17:0.....g								
18:0.....g	1.090		0		1		2.518	0.927
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	4.350		0		1		10.049	3.698
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.310		0		1		0.716	0.264

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	3.910		0	1			9.032	3.324
20:1.....g	0.090		0	1			0.208	0.077
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.750		0	1			1.733	0.638
18:2 undifferentiated.....g	0.650		0	1			1.502	0.553
18:3 undifferentiated.....g	0.020		0	1			0.046	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	0.050		0	1			0.116	0.043
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	86		0	1			199	73
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.372		0	1			0.859	0.316
Threonine.....g	1.337		0	1			3.088	1.136
Isoleucine.....g	1.371		0	1			3.167	1.165
Leucine.....g	2.348		0	1			5.424	1.996
Lysine.....g	2.632		0	1			6.080	2.237
Methionine.....g	0.775		0	1			1.790	0.659
Cystine.....g	0.373		0	1			0.862	0.317
Phenylalanine.....g	1.168		0	1			2.698	0.993
Tyrosine.....g	1.020		0	1			2.356	0.867
Valine.....g	1.588		0	1			3.668	1.350
Arginine.....g	1.819		0	1			4.202	1.546
Histidine.....g	1.169		0	1			2.700	0.994
Alanine.....g	1.705		0	1			3.939	1.449
Aspartic acid.....g	2.715		0	1			6.272	2.308
Glutamic acid.....g	4.582		0	1			10.584	3.895
Glycine.....g	1.390		0	1			3.211	1.182
Proline.....g	1.176		0	1			2.717	1.000
Serine.....g	1.209		0	1			2.793	1.028
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7			0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

Common Measures:

Measure 1 = 231g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Source	Confidence	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
Proximates:									
Water.....g	72.34		0		1		20.51	328.13	
Energy.....kcal	143		0	NC	4		41	649	
Energy.....kj	598				4		170	2714	
Protein (N x 6.25).....g	21.07		0		1		5.97	95.57	
Total lipid (fat).....g	5.88		0		1		1.67	26.67	
Ash.....g	1.04		0		1		0.29	4.72	
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									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	16		0		1		5	73	
Iron, Fe.....mg	0.91		0		1		0.26	4.13	
Magnesium, Mg.....mg	23		0		1		7	104	
Phosphorus, P.....mg	211		0		1		60	957	
Potassium, K.....mg	380		0		1		108	1724	
Sodium, Na.....mg	57		0		1		16	259	
Zinc, Zn.....mg	2.08		0		1		0.59	9.43	
Copper, Cu.....mg	0.069		0		1		0.020	0.313	
Manganese, Mn.....mg	0.013		0		1		0.004	0.059	
Selenium, Se.....mcg	32.3		0	PAE	4		9.2	146.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		0		1		0.2	3.2	
Thiamin.....mg	0.966		0		1		0.274	4.382	
Riboflavin.....mg	0.273		0		1		0.077	1.238	
Niacin.....mg	4.829		0		1		1.369	21.904	
Pantothenic acid.....mg	0.788		0		1		0.223	3.574	
Vitamin B-6.....mg	0.508		0		1		0.144	2.304	
Folate, total.....mcg	5		0		1		1	23	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		0		1		1	23	
Folate, DFE.....mcg_DFE	5		0	NC	4		1	23	
Vitamin B-12.....mcg	0.67		0		1		0.19	3.04	
Vitamin A, IU.....IU	6		0		1		2	27	
Vitamin A, RAE.....mcg_RAE	2		0		1		1	8	
Retinol.....mcg	2		0		1		1	8	
Vitamin E.....mg_ATE	0.290		0		4		0.082	1.315	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	2.030		0		1		0.576	9.208	
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		0.003	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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	2.420		0	1			0.686	10.977
20:1.....g	0.040		0	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	0.630		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	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			0.020	0.318
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	61		0	1			17	277
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.268		0	1			0.076	1.216
Threonine.....g	0.962		0	1			0.273	4.364
Isoleucine.....g	0.987		0	1			0.280	4.477
Leucine.....g	1.691		0	1			0.479	7.670
Lysine.....g	1.895		0	1			0.537	8.596
Methionine.....g	0.558		0	1			0.158	2.531
Cystine.....g	0.269		0	1			0.076	1.220
Phenylalanine.....g	0.841		0	1			0.238	3.815
Tyrosine.....g	0.734		0	1			0.208	3.329
Valine.....g	1.143		0	1			0.324	5.185
Arginine.....g	1.310		0	1			0.371	5.942
Histidine.....g	0.842		0	1			0.239	3.819
Alanine.....g	1.227		0	1			0.348	5.566
Aspartic acid.....g	1.954		0	1			0.554	8.863
Glutamic acid.....g	3.298		0	1			0.935	14.960
Glycine.....g	1.000		0	1			0.284	4.536
Proline.....g	0.846		0	1			0.240	3.837
Serine.....g	0.870		0	1			0.247	3.946
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7			0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10188

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

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	54.55		0		1		134.74	46.37
Energy.....kcal	273		0	NC	4		674	232
Energy.....kj	1142				4		2821	971
Protein (N x 6.25).....g	27.57		0		1		68.10	23.43
Total lipid (fat).....g	17.18		0		1		42.43	14.60
Ash.....g	1.13		0		1		2.79	0.96
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	25		0		1		62	21
Iron, Fe.....mg	1.10		0		1		2.72	0.94
Magnesium, Mg.....mg	24		0		1		59	20
Phosphorus, P.....mg	232		0		1		573	197
Potassium, K.....mg	354		0		1		874	301
Sodium, Na.....mg	62		0		1		153	53
Zinc, Zn.....mg	2.90		0		1		7.16	2.47
Copper, Cu.....mg	0.067		0		1		0.165	0.057
Manganese, Mn.....mg	0.010		0		1		0.025	0.009
Selenium, Se.....mcg	40.6		0	PAE	4		100.3	34.5
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.7	0.3
Thiamin.....mg	0.770		0		1		1.902	0.655
Riboflavin.....mg	0.328		0		1		0.810	0.279
Niacin.....mg	4.926		0		1		12.167	4.187
Pantothenic acid.....mg	0.665		0		1		1.643	0.565
Vitamin B-6.....mg	0.394		0		1		0.973	0.335
Folate, total.....mcg	6		0		1		15	5
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	6		0		1		15	5
Folate, DFE.....mcg_DFE	6		0	NC	4		15	5
Vitamin B-12.....mcg	0.77		0		1		1.90	0.65
Vitamin A, IU.....IU	8		0		1		20	7
Vitamin A, RAE.....mcg_RAE	2		0		1		6	2
Retinol.....mcg	2		0		1		6	2
Vitamin E.....mg_ATE	0.260		0		4		0.642	0.221
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	6.220		0		1		15.363	5.287
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		0.025	0.009
12:0.....g	0.010		0		1		0.025	0.009
13:0.....g								
14:0.....g	0.210		0		1		0.519	0.179
15:0.....g								
16:0.....g	3.830		0		1		9.460	3.256
17:0.....g								
18:0.....g	2.040		0		1		5.039	1.734
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	7.640		0		1		18.871	6.494
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.510		0		1		1.260	0.434

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	6.920		0	1			17.092	5.882
20:1.....g	0.150		0	1			0.371	0.128
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.450		0	1			3.582	1.233
18:2 undifferentiated.....g	1.280		0	1			3.162	1.088
18:3 undifferentiated.....g	0.050		0	1			0.124	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			0.173	0.060
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	91		0	1			225	77
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.346		0	1			0.855	0.294
Threonine.....g	1.253		0	1			3.095	1.065
Isoleucine.....g	1.283		0	1			3.169	1.091
Leucine.....g	2.206		0	1			5.449	1.875
Lysine.....g	2.475		0	1			6.113	2.104
Methionine.....g	0.725		0	1			1.791	0.616
Cystine.....g	0.350		0	1			0.865	0.298
Phenylalanine.....g	1.099		0	1			2.715	0.934
Tyrosine.....g	0.954		0	1			2.356	0.811
Valine.....g	1.492		0	1			3.685	1.268
Arginine.....g	1.725		0	1			4.261	1.466
Histidine.....g	1.091		0	1			2.695	0.927
Alanine.....g	1.611		0	1			3.979	1.369
Aspartic acid.....g	2.548		0	1			6.294	2.166
Glutamic acid.....g	4.289		0	1			10.594	3.646
Glycine.....g	1.357		0	1			3.352	1.153
Proline.....g	1.134		0	1			2.801	0.964
Serine.....g	1.139		0	1			2.813	0.968
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7			0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

Common Measures:

Measure 1 = 247g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	65.11		0		1		18.46	295.34
Energy.....kcal	216		0	NC	4		61	980
Energy.....kj	904				4		256	4099
Protein (N x 6.25).....g	18.95		0		1		5.37	85.96
Total lipid (fat).....g	14.95		0		1		4.24	67.81
Ash.....g	0.94		0		1		0.27	4.26
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	19		0		1		5	86
Iron, Fe.....mg	0.86		0		1		0.24	3.90
Magnesium, Mg.....mg	21		0		1		6	95
Phosphorus, P.....mg	200		0		1		57	907
Potassium, K.....mg	335		0		1		95	1520
Sodium, Na.....mg	55		0		1		16	249
Zinc, Zn.....mg	2.01		0		1		0.57	9.12
Copper, Cu.....mg	0.064		0		1		0.018	0.290
Manganese, Mn.....mg	0.011		0		1		0.003	0.050
Selenium, Se.....mcg	28.4		0	PAE	4		8.1	128.8
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.5		0		1		0.1	2.3
Thiamin.....mg	0.841		0		1		0.238	3.815
Riboflavin.....mg	0.254		0		1		0.072	1.152
Niacin.....mg	4.504		0		1		1.277	20.430
Pantothenic acid.....mg	0.730		0		1		0.207	3.311
Vitamin B-6.....mg	0.445		0		1		0.126	2.019
Folate, total.....mcg	5		0		1		1	23
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	5		0		1		1	23
Folate, DFE.....mcg_DFE	5		0	NC	4		1	23
Vitamin B-12.....mcg	0.66		0		1		0.19	2.99
Vitamin A, IU.....IU	7		0		1		2	32
Vitamin A, RAE.....mcg_RAE	2		0		1		1	10
Retinol.....mcg	2		0		1		1	10
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
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

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	67		0	1			19	304
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.234		0	1			0.066	1.061
Threonine.....g	0.855		0	1			0.242	3.878
Isoleucine.....g	0.873		0	1			0.247	3.960
Leucine.....g	1.509		0	1			0.428	6.845
Lysine.....g	1.696		0	1			0.481	7.693
Methionine.....g	0.493		0	1			0.140	2.236
Cystine.....g	0.238		0	1			0.067	1.080
Phenylalanine.....g	0.753		0	1			0.213	3.416
Tyrosine.....g	0.648		0	1			0.184	2.939
Valine.....g	1.021		0	1			0.289	4.631
Arginine.....g	1.197		0	1			0.339	5.430
Histidine.....g	0.738		0	1			0.209	3.348
Alanine.....g	1.112		0	1			0.315	5.044
Aspartic acid.....g	1.741		0	1			0.494	7.897
Glutamic acid.....g	2.921		0	1			0.828	13.250
Glycine.....g	0.983		0	1			0.279	4.459
Proline.....g	0.807		0	1			0.229	3.661
Serine.....g	0.783		0	1			0.222	3.552
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	56.68		0		1		147.93	48.18
Energy.....kcal	252		0	NC	4		658	214
Energy.....kj	1054				4		2752	896
Protein (N x 6.25).....g	27.78		0		1		72.51	23.61
Total lipid (fat).....g	14.76		0		1		38.52	12.55
Ash.....g	1.14		0		1		2.98	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	24		0		1		63	20
Iron, Fe.....mg	0.99		0		1		2.58	0.84
Magnesium, Mg.....mg	24		0		1		63	20
Phosphorus, P.....mg	227		0		1		592	193
Potassium, K.....mg	362		0		1		945	308
Sodium, Na.....mg	57		0		1		149	48
Zinc, Zn.....mg	2.62		0		1		6.84	2.23
Copper, Cu.....mg	0.051		0		1		0.133	0.043
Manganese, Mn.....mg	0.007		0		1		0.018	0.006
Selenium, Se.....mcg	41.6		0	PAE	4		108.6	35.4
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.8	0.3
Thiamin.....mg	0.849		0		1		2.216	0.722
Riboflavin.....mg	0.324		0		1		0.846	0.275
Niacin.....mg	4.960		0		1		12.946	4.216
Pantothenic acid.....mg	0.667		0		1		1.741	0.567
Vitamin B-6.....mg	0.404		0		1		1.054	0.343
Folate, total.....mcg	6		0		1		16	5
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	6		0		1		16	5
Folate, DFE.....mcg_DFE	6		0	NC	4		16	5
Vitamin B-12.....mcg	0.74		0		1		1.93	0.63
Vitamin A, IU.....IU	8		0		1		21	7
Vitamin A, RAE.....mcg_RAE	2		0		1		6	2
Retinol.....mcg	2		0		1		6	2
Vitamin E.....mg_ATE	0.260		0		4		0.679	0.221
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	5.300		0		1		13.833	4.505
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		0.026	0.009
12:0.....g	0.010		0		1		0.026	0.009
13:0.....g								
14:0.....g	0.180		0		1		0.470	0.153
15:0.....g								
16:0.....g	3.270		0		1		8.535	2.780
17:0.....g								
18:0.....g	1.710		0		1		4.463	1.454
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	6.550		0		1		17.096	5.568
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.470		0		1		1.227	0.400

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	5.880		0	1			15.347	4.998
20:1.....g	0.130		0	1			0.339	0.111
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.180		0	1			3.080	1.003
18:2 undifferentiated.....g	1.020		0	1			2.662	0.867
18:3 undifferentiated.....g	0.030		0	1			0.078	0.026
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.060		0	1			0.157	0.051
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	86		0	1			224	73
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.351		0	1			0.916	0.298
Threonine.....g	1.266		0	1			3.304	1.076
Isoleucine.....g	1.297		0	1			3.385	1.102
Leucine.....g	2.226		0	1			5.810	1.892
Lysine.....g	2.496		0	1			6.515	2.122
Methionine.....g	0.733		0	1			1.913	0.623
Cystine.....g	0.353		0	1			0.921	0.300
Phenylalanine.....g	1.108		0	1			2.892	0.942
Tyrosine.....g	0.965		0	1			2.519	0.820
Valine.....g	1.505		0	1			3.928	1.279
Arginine.....g	1.731		0	1			4.518	1.471
Histidine.....g	1.105		0	1			2.884	0.939
Alanine.....g	1.620		0	1			4.228	1.377
Aspartic acid.....g	2.572		0	1			6.713	2.186
Glutamic acid.....g	4.336		0	1			11.317	3.686
Glycine.....g	1.340		0	1			3.497	1.139
Proline.....g	1.127		0	1			2.941	0.958
Serine.....g	1.147		0	1			2.994	0.975
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7			0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	66.83		0		1		18.95	303.14
Energy.....kcal	200		0	NC	4		57	907
Energy.....kj	837				4		237	3796
Protein (N x 6.25).....g	19.53		0		1		5.54	88.59
Total lipid (fat).....g	12.90		0		1		3.66	58.51
Ash.....g	0.96		0		1		0.27	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	19		0		1		5	86
Iron, Fe.....mg	0.82		0		1		0.23	3.72
Magnesium, Mg.....mg	21		0		1		6	95
Phosphorus, P.....mg	195		0		1		55	885
Potassium, K.....mg	352		0		1		100	1597
Sodium, Na.....mg	51		0		1		14	231
Zinc, Zn.....mg	1.87		0		1		0.53	8.48
Copper, Cu.....mg	0.059		0		1		0.017	0.268
Manganese, Mn.....mg	0.011		0		1		0.003	0.050
Selenium, Se.....mcg	28.3		0	PAE	4		8.0	128.4
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.6		0		1		0.2	2.7
Thiamin.....mg	0.892		0		1		0.253	4.046
Riboflavin.....mg	0.253		0		1		0.072	1.148
Niacin.....mg	4.492		0		1		1.273	20.376
Pantothenic acid.....mg	0.729		0		1		0.207	3.307
Vitamin B-6.....mg	0.456		0		1		0.129	2.068
Folate, total.....mcg	5		0		1		1	23
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	5		0		1		1	23
Folate, DFE.....mcg_DFE	5		0	NC	4		1	23
Vitamin B-12.....mcg	0.63		0		1		0.18	2.86
Vitamin A, IU.....IU	7		0		1		2	32
Vitamin A, RAE.....mcg_RAE	2		0		1		1	10
Retinol.....mcg	2		0		1		1	10
Vitamin E.....mg_ATE	0.290		0		4		0.082	1.315
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	4.470		0		1		1.267	20.276
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		0.003	0.045
12:0.....g	0.010		0		1		0.003	0.045
13:0.....g								
14:0.....g	0.160		0		1		0.045	0.726
15:0.....g								
16:0.....g	2.790		0		1		0.791	12.655
17:0.....g								
18:0.....g	1.460		0		1		0.414	6.623
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	5.750		0		1		1.630	26.082
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.370		0		1		0.105	1.678

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	5.270		0	1			1.494	23.905
20:1.....g	0.100		0	1			0.028	0.454
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.370		0	1			0.388	6.214
18:2 undifferentiated.....g	1.140		0	1			0.323	5.171
18:3 undifferentiated.....g	0.090		0	1			0.026	0.408
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	0.363
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	64		0	1			18	290
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.242		0	1			0.069	1.098
Threonine.....g	0.882		0	1			0.250	4.001
Isoleucine.....g	0.900		0	1			0.255	4.082
Leucine.....g	1.556		0	1			0.441	7.058
Lysine.....g	1.748		0	1			0.496	7.929
Methionine.....g	0.508		0	1			0.144	2.304
Cystine.....g	0.246		0	1			0.070	1.116
Phenylalanine.....g	0.776		0	1			0.220	3.520
Tyrosine.....g	0.668		0	1			0.189	3.030
Valine.....g	1.052		0	1			0.298	4.772
Arginine.....g	1.233		0	1			0.350	5.593
Histidine.....g	0.761		0	1			0.216	3.452
Alanine.....g	1.146		0	1			0.325	5.198
Aspartic acid.....g	1.795		0	1			0.509	8.142
Glutamic acid.....g	3.011		0	1			0.854	13.658
Glycine.....g	1.011		0	1			0.287	4.586
Proline.....g	0.830		0	1			0.235	3.765
Serine.....g	0.807		0	1			0.229	3.661
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7			0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

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 Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	60.30		0		1		142.31	51.26
Energy.....kcal	211		0	NC	4		498	179
Energy.....kj	883				4		2083	750
Protein (N x 6.25).....g	29.47		0		1		69.55	25.05
Total lipid (fat).....g	9.44		0		1		22.28	8.02
Ash.....g	1.19		0		1		2.81	1.01
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	22		0		1		52	19
Iron, Fe.....mg	1.07		0		1		2.53	0.91
Magnesium, Mg.....mg	26		0		1		61	22
Phosphorus, P.....mg	234		0		1		552	199
Potassium, K.....mg	377		0		1		890	320
Sodium, Na.....mg	57		0		1		135	48
Zinc, Zn.....mg	2.87		0		1		6.77	2.44
Copper, Cu.....mg	0.053		0		1		0.125	0.045
Manganese, Mn.....mg	0.015		0		1		0.035	0.013
Selenium, Se.....mcg	45.4		0	PAE	4		107.1	38.6
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.4		0		1		0.9	0.3
Thiamin.....mg	0.873		0		1		2.060	0.742
Riboflavin.....mg	0.344		0		1		0.812	0.292
Niacin.....mg	5.251		0		1		12.392	4.463
Pantothenic acid.....mg	0.692		0		1		1.633	0.588
Vitamin B-6.....mg	0.435		0		1		1.027	0.370
Folate, total.....mcg	6		0		1		14	5
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	6		0		1		14	5
Folate, DFE.....mcg_DFE	6		0	NC	4		14	5
Vitamin B-12.....mcg	0.75		0		1		1.77	0.64
Vitamin A, IU.....IU	7		0		1		17	6
Vitamin A, RAE.....mcg_RAE	2		0		1		5	2
Retinol.....mcg	2		0		1		5	2
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	3.340		0		1		7.882	2.839
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g	0.010		0		1		0.024	0.009
12:0.....g	0.010		0		1		0.024	0.009
13:0.....g								
14:0.....g	0.120		0		1		0.283	0.102
15:0.....g								
16:0.....g	2.070		0		1		4.885	1.760
17:0.....g								
18:0.....g	1.070		0		1		2.525	0.910
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	4.220		0		1		9.959	3.587
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.310		0		1		0.732	0.264

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	3.780		0	1			8.921	3.213
20:1.....g	0.090		0	1			0.212	0.077
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.710		0	1			1.676	0.604
18:2 undifferentiated.....g	0.610		0	1			1.440	0.519
18:3 undifferentiated.....g	0.020		0	1			0.047	0.017
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.050		0	1			0.118	0.043
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	85		0	1			201	72
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.374		0	1			0.883	0.318
Threonine.....g	1.346		0	1			3.177	1.144
Isoleucine.....g	1.380		0	1			3.257	1.173
Leucine.....g	2.364		0	1			5.579	2.009
Lysine.....g	2.650		0	1			6.254	2.253
Methionine.....g	0.780		0	1			1.841	0.663
Cystine.....g	0.376		0	1			0.887	0.320
Phenylalanine.....g	1.176		0	1			2.775	1.000
Tyrosine.....g	1.027		0	1			2.424	0.873
Valine.....g	1.599		0	1			3.774	1.359
Arginine.....g	1.832		0	1			4.324	1.557
Histidine.....g	1.177		0	1			2.778	1.000
Alanine.....g	1.717		0	1			4.052	1.459
Aspartic acid.....g	2.733		0	1			6.450	2.323
Glutamic acid.....g	4.613		0	1			10.887	3.921
Glycine.....g	1.399		0	1			3.302	1.189
Proline.....g	1.184		0	1			2.794	1.006
Serine.....g	1.217		0	1			2.872	1.034
Hydroxyproline.....g								

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	72.23		0		1		20.48	327.64
Energy.....kcal	144		0	NC	4		41	653
Energy.....kj	602				4		171	2733
Protein (N x 6.25).....g	21.23		0		1		6.02	96.30
Total lipid (fat).....g	5.88		0		1		1.67	26.67
Ash.....g	1.05		0		1		0.30	4.76
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	17		0		1		5	77
Iron, Fe.....mg	0.88		0		1		0.25	3.99
Magnesium, Mg.....mg	23		0		1		7	104
Phosphorus, P.....mg	209		0		1		59	948
Potassium, K.....mg	384		0		1		109	1742
Sodium, Na.....mg	54		0		1		15	245
Zinc, Zn.....mg	1.99		0		1		0.56	9.03
Copper, Cu.....mg	0.065		0		1		0.018	0.295
Manganese, Mn.....mg	0.012		0		1		0.003	0.054
Selenium, Se.....mcg	32.4		0	PAE	4		9.2	147.0
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.6		0		1		0.2	2.7
Thiamin.....mg	0.980		0		1		0.278	4.445
Riboflavin.....mg	0.272		0		1		0.077	1.234
Niacin.....mg	4.825		0		1		1.368	21.886
Pantothenic acid.....mg	0.789		0		1		0.224	3.579
Vitamin B-6.....mg	0.510		0		1		0.145	2.313
Folate, total.....mcg	5		0		1		1	23
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	5		0		1		1	23
Folate, DFE.....mcg_DFE	5		0	NC	4		1	23
Vitamin B-12.....mcg	0.66		0		1		0.19	2.99
Vitamin A, IU.....IU	7		0		1		2	32
Vitamin A, RAE.....mcg_RAE	2		0		1		1	10
Retinol.....mcg	2		0		1		1	10
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
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

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	60		0	1			17	272
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.270		0	1			0.077	1.225
Threonine.....g	0.970		0	1			0.275	4.400
Isoleucine.....g	0.994		0	1			0.282	4.509
Leucine.....g	1.704		0	1			0.483	7.729
Lysine.....g	1.909		0	1			0.541	8.659
Methionine.....g	0.562		0	1			0.159	2.549
Cystine.....g	0.271		0	1			0.077	1.229
Phenylalanine.....g	0.848		0	1			0.240	3.847
Tyrosine.....g	0.740		0	1			0.210	3.357
Valine.....g	1.152		0	1			0.327	5.225
Arginine.....g	1.320		0	1			0.374	5.988
Histidine.....g	0.848		0	1			0.240	3.847
Alanine.....g	1.237		0	1			0.351	5.611
Aspartic acid.....g	1.969		0	1			0.558	8.931
Glutamic acid.....g	3.324		0	1			0.942	15.078
Glycine.....g	1.008		0	1			0.286	4.572
Proline.....g	0.853		0	1			0.242	3.869
Serine.....g	0.877		0	1			0.249	3.978
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10220

Pork, fresh, ground, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.75	0.678	13		1		165.11	44.84	
Energy.....kcal	297		0	NC	4		930	252	
Energy.....kj	1243				4		3889	1056	
Protein (N x 6.25).....g	25.69	0.484	13		1		80.41	21.84	
Total lipid (fat).....g	20.77	0.975	13		1		65.01	17.65	
Ash.....g	1.29	0.153	13		1		4.04	1.10	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	22	4.083	5		1		69	19	
Iron, Fe.....mg	1.29	0.034	5		1		4.04	1.10	
Magnesium, Mg.....mg	24	0.542	5		1		75	20	
Phosphorus, P.....mg	226	5.513	5		1		707	192	
Potassium, K.....mg	362	8.274	5		1		1133	308	
Sodium, Na.....mg	73	2.225	4		1		228	62	
Zinc, Zn.....mg	3.21	0.209	5		1		10.05	2.73	
Copper, Cu.....mg	0.044	0.017	5		1		0.138	0.037	
Manganese, Mn.....mg	0.011		0		1		0.034	0.009	
Selenium, Se.....mcg	35.4	5.085	5	A	1		110.8	30.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		0		1		2.2	0.6	
Thiamin.....mg	0.706		0		1		2.210	0.600	
Riboflavin.....mg	0.220		0		1		0.689	0.187	
Niacin.....mg	4.206		0		1		13.165	3.575	
Pantothenic acid.....mg	0.520		0		1		1.628	0.442	
Vitamin B-6.....mg	0.391		0		1		1.224	0.332	
Folate, total.....mcg	6		0		1		19	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6		0		1		19	5	
Folate, DFE.....mcg_DFE	6		0	NC	4		19	5	
Vitamin B-12.....mcg	0.54		0		1		1.69	0.46	
Vitamin A, IU.....IU	8		0		1		25	7	
Vitamin A, RAE.....mcg_RAE	2		0		1		8	2	
Retinol.....mcg	2		0		1		8	2	
Vitamin E.....mg_ATE	0.260		0		4		0.814	0.221	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	7.720		0		1		24.164	6.562	
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		13		1		0.031	0.009	
12:0.....g	0.010		13		1		0.031	0.009	
13:0.....g									
14:0.....g	0.330		13		1		1.033	0.281	
15:0.....g									
16:0.....g	4.670		13		1		14.617	3.970	
17:0.....g									
18:0.....g	2.500		13		1		7.825	2.125	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.250		0		1		28.953	7.863	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.630		13		1		1.972	0.536	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	8.330		13	1			26.073	7.081
20:1.....g	0.150		13	1			0.470	0.128
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.870		0	1			5.853	1.590
18:2 undifferentiated.....g	1.640		13	1			5.133	1.394
18:3 undifferentiated.....g	0.070		13	1			0.219	0.060
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.080		13	1			0.250	0.068
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	94	1.921	13	1			294	80
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.326		0	1			1.020	0.277
Threonine.....g	1.173		0	1			3.671	0.997
Isoleucine.....g	1.203		0	1			3.765	1.023
Leucine.....g	2.061		0	1			6.451	1.752
Lysine.....g	2.310		0	1			7.230	1.964
Methionine.....g	0.680		0	1			2.128	0.578
Cystine.....g	0.328		0	1			1.027	0.279
Phenylalanine.....g	1.025		0	1			3.208	0.871
Tyrosine.....g	0.895		0	1			2.801	0.761
Valine.....g	1.394		0	1			4.363	1.185
Arginine.....g	1.597		0	1			4.999	1.357
Histidine.....g	1.026		0	1			3.211	0.872
Alanine.....g	1.497		0	1			4.686	1.272
Aspartic acid.....g	2.383		0	1			7.459	2.026
Glutamic acid.....g	4.022		0	1			12.589	3.419
Glycine.....g	1.220		0	1			3.819	1.037
Proline.....g	1.032		0	1			3.230	0.877
Serine.....g	1.061		0	1			3.321	0.902
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	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 = 313g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10219

Pork, fresh, ground, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	61.06	1.176	12		1		17.31	69.00	
Energy.....kcal	263		0	NC	4		75	297	
Energy.....kj	1100				4		312	1243	
Protein (N x 6.25).....g	16.88		0		1		4.79	19.07	
Total lipid (fat).....g	21.19	1.549	12		1		6.01	23.94	
Ash.....g	0.87		1		1		0.25	0.98	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	14	2.550	5		1		4	16	
Iron, Fe.....mg	0.88	0.026	5		1		0.25	0.99	
Magnesium, Mg.....mg	19	0.771	5		1		5	21	
Phosphorus, P.....mg	175	6.266	5		1		50	198	
Potassium, K.....mg	287	9.740	5		1		81	324	
Sodium, Na.....mg	56	0.553	5		1		16	63	
Zinc, Zn.....mg	2.20	0.067	5		1		0.62	2.49	
Copper, Cu.....mg	0.045	0.004	5		1		0.013	0.051	
Manganese, Mn.....mg	0.010		1		1		0.003	0.011	
Selenium, Se.....mcg	24.6	4.548	5	A	1		7.0	27.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		1		1		0.2	0.8	
Thiamin.....mg	0.732		1		1		0.208	0.827	
Riboflavin.....mg	0.235		1		1		0.067	0.266	
Niacin.....mg	4.338		1		1		1.230	4.902	
Pantothenic acid.....mg	0.668		1		1		0.189	0.755	
Vitamin B-6.....mg	0.383		1		1		0.109	0.433	
Folate, total.....mcg	5		1		1		1	6	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		1		1		1	6	
Folate, DFE.....mcg_DFE	5	0	NC	4			1	6	
Vitamin B-12.....mcg	0.70		1		1		0.20	0.79	
Vitamin A, IU.....IU	7		1		1		2	8	
Vitamin A, RAE.....mcg_RAE	2		1		1		1	2	
Retinol.....mcg	2		1		1		1	2	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
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	

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	Source Code	Confidence Code	Measure 1	Measure 2
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.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	72		1		1		20	81
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.214		0		1		0.061	0.242
Threonine.....g	0.771		0		1		0.219	0.871
Isoleucine.....g	0.790		0		1		0.224	0.893
Leucine.....g	1.354		0		1		0.384	1.530
Lysine.....g	1.518		0		1		0.430	1.715
Methionine.....g	0.447		0		1		0.127	0.505
Cystine.....g	0.215		0		1		0.061	0.243
Phenylalanine.....g	0.674		0		1		0.191	0.762
Tyrosine.....g	0.588		0		1		0.167	0.664
Valine.....g	0.916		0		1		0.260	1.035
Arginine.....g	1.049		0		1		0.297	1.185
Histidine.....g	0.674		0		1		0.191	0.762
Alanine.....g	0.983		0		1		0.279	1.111
Aspartic acid.....g	1.566		0		1		0.444	1.770
Glutamic acid.....g	2.642		0		1		0.749	2.985
Glycine.....g	0.802		0		1		0.227	0.906
Proline.....g	0.678		0		1		0.192	0.766
Serine.....g	0.697		0		1		0.198	0.788
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10013

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

Refuse: 18% Bone and skin

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	56.80		0		1		76.68	48.28
Energy.....kcal	252		0	NC	4		340	214
Energy.....kj	1054				4		1423	896
Protein (N x 6.25).....g	28.88		0		1		38.99	24.55
Total lipid (fat).....g	14.28		0		1		19.28	12.14
Ash.....g	1.10		0		1		1.49	0.94
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	12		0		1		16	10
Iron, Fe.....mg	1.05		0		1		1.42	0.89
Magnesium, Mg.....mg	27		0		1		36	23
Phosphorus, P.....mg	272		0		1		367	231
Potassium, K.....mg	374		0		1		505	318
Sodium, Na.....mg	62		0		1		84	53
Zinc, Zn.....mg	2.82		0		1		3.81	2.40
Copper, Cu.....mg	0.103		0		1		0.139	0.088
Manganese, Mn.....mg	0.023		0		1		0.031	0.020
Selenium, Se.....mcg	46.8		0	PIE	4		63.2	39.8
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.2		0		1		0.3	0.2
Thiamin.....mg	0.750		0		1		1.013	0.638
Riboflavin.....mg	0.329		0		1		0.444	0.280
Niacin.....mg	4.655		0		1		6.284	3.957
Pantothenic acid.....mg	0.623		0		1		0.841	0.530
Vitamin B-6.....mg	0.316		0		1		0.427	0.269
Folate, total.....mcg	3		0		1		4	3
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	3		0		1		4	3
Folate, DFE.....mcg_DFE	3		0	NC	4		4	3
Vitamin B-12.....mcg	0.72		0		1		0.97	0.61
Vitamin A, IU.....IU	9		0		1		12	8
Vitamin A, RAE.....mcg_RAE	3		0		1		4	2
Retinol.....mcg	3		0		1		4	2
Vitamin E.....mg_ATE	0.260		0		4		0.351	0.221
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	5.250		0		1		7.088	4.463
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		0		1		0.027	0.017
12:0.....g	0.010		0		1		0.014	0.009
13:0.....g								
14:0.....g	0.180		0		1		0.243	0.153
15:0.....g								
16:0.....g	3.250		0		1		4.388	2.763
17:0.....g								
18:0.....g	1.700		0		1		2.295	1.445
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	6.370		0		1		8.600	5.415
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.410		0		1		0.554	0.349

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	5.840		0	1			7.884	4.964
20:1.....g	0.090		0	1			0.122	0.077
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.380		0	1			1.863	1.173
18:2 undifferentiated.....g	1.250		0	1			1.688	1.063
18:3 undifferentiated.....g	0.040		0	1			0.054	0.034
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.060		0	1			0.081	0.051
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	96		0	1			130	82
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.354		0	1			0.478	0.301
Threonine.....g	1.299		0	1			1.754	1.104
Isoleucine.....g	1.324		0	1			1.787	1.125
Leucine.....g	2.295		0	1			3.098	1.951
Lysine.....g	2.581		0	1			3.484	2.194
Methionine.....g	0.748		0	1			1.010	0.636
Cystine.....g	0.362		0	1			0.489	0.308
Phenylalanine.....g	1.147		0	1			1.548	0.975
Tyrosine.....g	0.983		0	1			1.327	0.836
Valine.....g	1.553		0	1			2.097	1.320
Arginine.....g	1.831		0	1			2.472	1.556
Histidine.....g	1.117		0	1			1.508	0.949
Alanine.....g	1.699		0	1			2.294	1.444
Aspartic acid.....g	2.647		0	1			3.573	2.250
Glutamic acid.....g	4.431		0	1			5.982	3.766
Glycine.....g	1.532		0	1			2.068	1.302
Proline.....g	1.248		0	1			1.685	1.061
Serine.....g	1.193		0	1			1.611	1.014
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10012

Pork, fresh, leg (ham), rump half, separable lean and fat, raw**Refuse: 17% Bone and skin**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	64.73		0		1		18.35	293.62
Energy.....kcal	222		0	NC	4		63	1007
Energy.....kj	929				4		263	4213
Protein (N x 6.25).....g	18.74		0		1		5.31	85.00
Total lipid (fat).....g	15.69		0		1		4.45	71.17
Ash.....g	0.94		0		1		0.27	4.26
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	5		0		1		1	23
Iron, Fe.....mg	0.77		0		1		0.22	3.49
Magnesium, Mg.....mg	21		0		1		6	95
Phosphorus, P.....mg	207		0		1		59	939
Potassium, K.....mg	333		0		1		94	1510
Sodium, Na.....mg	61		0		1		17	277
Zinc, Zn.....mg	1.75		0		1		0.50	7.94
Copper, Cu.....mg	0.069		0		1		0.020	0.313
Manganese, Mn.....mg	0.009		0		1		0.003	0.041
Selenium, Se.....mcg	30.8		0	PIE	4		8.7	139.7
Vitamins:								
Vitamin C, total ascorbic acid.....mg	1.1		0		1		0.3	5.0
Thiamin.....mg	0.931		0		1		0.264	4.223
Riboflavin.....mg	0.253		0		1		0.072	1.148
Niacin.....mg	4.345		0		1		1.232	19.709
Pantothenic acid.....mg	0.598		0		1		0.170	2.713
Vitamin B-6.....mg	0.392		0		1		0.111	1.778
Folate, total.....mcg	3		0		1		1	14
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	3		0		1		1	14
Folate, DFE.....mcg_DFE	3		0	NC	4		1	14
Vitamin B-12.....mcg	0.64		0		1		0.18	2.90
Vitamin A, IU.....IU	7		0		1		2	32
Vitamin A, RAE.....mcg_RAE	2		0		1		1	10
Retinol.....mcg	2		0		1		1	10
Vitamin E.....mg_ATE	0.290		0		4		0.082	1.315
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	5.440		0		1		1.542	24.676
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	0.200		0		1		0.057	0.907
15:0.....g								
16:0.....g	3.380		0		1		0.958	15.332
17:0.....g								
18:0.....g	1.790		0		1		0.507	8.119
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	6.980		0		1		1.979	31.661
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.440		0		1		0.125	1.996

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	6.410		0	1			1.817	29.076
20:1.....g	0.120		0	1			0.034	0.544
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.680		0	1			0.476	7.620
18:2 undifferentiated.....g	1.400		0	1			0.397	6.350
18:3 undifferentiated.....g	0.120		0	1			0.034	0.544
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.080		0	1			0.023	0.363
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	66		0	1			19	299
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.228		0	1			0.065	1.034
Threonine.....g	0.840		0	1			0.238	3.810
Isoleucine.....g	0.855		0	1			0.242	3.878
Leucine.....g	1.486		0	1			0.421	6.740
Lysine.....g	1.672		0	1			0.474	7.584
Methionine.....g	0.483		0	1			0.137	2.191
Cystine.....g	0.234		0	1			0.066	1.061
Phenylalanine.....g	0.743		0	1			0.211	3.370
Tyrosine.....g	0.634		0	1			0.180	2.876
Valine.....g	1.006		0	1			0.285	4.563
Arginine.....g	1.194		0	1			0.338	5.416
Histidine.....g	0.720		0	1			0.204	3.266
Alanine.....g	1.105		0	1			0.313	5.012
Aspartic acid.....g	1.713		0	1			0.486	7.770
Glutamic acid.....g	2.862		0	1			0.811	12.982
Glycine.....g	1.018		0	1			0.289	4.618
Proline.....g	0.823		0	1			0.233	3.733
Serine.....g	0.774		0	1			0.219	3.511
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0
Caffeine.....mg								
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

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10015

Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted**Refuse:** 27% Bone and skin 18%, separable fat 9%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
Proximates:									
Water.....g	60.95	0.643	10		1		82.28	51.81	
Energy.....kcal	206		0	NC	4		278	175	
Energy.....kj	862				4		1164	733	
Protein (N x 6.25).....g	30.94	0.491	10		1		41.77	26.30	
Total lipid (fat).....g	8.14	0.745	10		1		10.99	6.92	
Ash.....g	1.15	0.022	16		1		1.55	0.98	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7		2		1		9	6	
Iron, Fe.....mg	1.14	0.038	12		1		1.54	0.97	
Magnesium, Mg.....mg	29		2		1		39	25	
Phosphorus, P.....mg	285		1		1		385	242	
Potassium, K.....mg	391	11.901	12		1		528	332	
Sodium, Na.....mg	65	1.282	12		1		88	55	
Zinc, Zn.....mg	3.01	0.135	12		1		4.06	2.56	
Copper, Cu.....mg	0.109	0.004	12		1		0.147	0.093	
Manganese, Mn.....mg	0.026		2		1		0.035	0.022	
Selenium, Se.....mcg	49.2		0	BFYN	4		66.4	41.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2	0.112	3		1		0.3	0.2	
Thiamin.....mg	0.803	0.048	16		1		1.084	0.683	
Riboflavin.....mg	0.356	0.013	16		1		0.481	0.303	
Niacin.....mg	4.917	0.194	16		1		6.638	4.179	
Pantothenic acid.....mg	0.660	0.053	7		1		0.891	0.561	
Vitamin B-6.....mg	0.339	0.025	6		1		0.458	0.288	
Folate, total.....mcg	3	0.650	4		1		4	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3	0.650	4		1		4	3	
Folate, DFE.....mcg_DFE	3		0	NC	4		4	3	
Vitamin B-12.....mcg	0.75	0.033	16		1		1.01	0.64	
Vitamin A, IU.....IU	9		2		1		12	8	
Vitamin A, RAE.....mcg_RAE	3		2		1		4	2	
Retinol.....mcg	3		2		1		4	2	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	2.870		0		1		3.875	2.440	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.010		6		1		0.014	0.009	
12:0.....g	0.010		6		1		0.014	0.009	
13:0.....g									
14:0.....g	0.100		17		1		0.135	0.085	
15:0.....g									
16:0.....g	1.810		17		1		2.444	1.539	
17:0.....g									
18:0.....g	0.900		17		1		1.215	0.765	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.770		0		1		5.090	3.205	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.250		17		1		0.338	0.213	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	3.470		17	1			4.685	2.950
20:1.....g	0.050		17	1			0.068	0.043
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.760		0	1			1.026	0.646
18:2 undifferentiated.....g	0.690		17	1			0.932	0.587
18:3 undifferentiated.....g	0.020		17	1			0.027	0.017
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.050		17	1			0.068	0.043
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	96		2.312	11	1		130	82
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.393		0	1			0.531	0.334
Threonine.....g	1.413		0	1			1.908	1.201
Isoleucine.....g	1.449		0	1			1.956	1.232
Leucine.....g	2.482		0	1			3.351	2.110
Lysine.....g	2.782		0	1			3.756	2.365
Methionine.....g	0.819		0	1			1.106	0.696
Cystine.....g	0.395		0	1			0.533	0.336
Phenylalanine.....g	1.235		0	1			1.667	1.050
Tyrosine.....g	1.078		0	1			1.455	0.916
Valine.....g	1.678		0	1			2.265	1.426
Arginine.....g	1.923		0	1			2.596	1.635
Histidine.....g	1.236		0	1			1.669	1.051
Alanine.....g	1.802		0	1			2.433	1.532
Aspartic acid.....g	2.870		0	1			3.875	2.440
Glutamic acid.....g	4.843		0	1			6.538	4.117
Glycine.....g	1.469		0	1			1.983	1.249
Proline.....g	1.243		0	1			1.678	1.057
Serine.....g	1.278		0	1			1.725	1.086
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10014

Pork, fresh, leg (ham), rump half, separable lean only, raw**Refuse:** 31% Bone and skin 17%, separable fat 14%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
Proximates:									
Water.....g	72.83	0.189	27		1		20.65	330.36	
Energy.....kcal	137		0	NC	4		39	621	
Energy.....kj	573				4		163	2600	
Protein (N x 6.25).....g	21.24	0.231	27		1		6.02	96.34	
Total lipid (fat).....g	5.19	0.279	27		1		1.47	23.54	
Ash.....g	1.08	0.010	27		1		0.31	4.90	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6	0.217	13		1		2	27	
Iron, Fe.....mg	0.87	0.027	23		1		0.25	3.95	
Magnesium, Mg.....mg	25	0.658	13		1		7	113	
Phosphorus, P.....mg	230		0		1		65	1043	
Potassium, K.....mg	376	10.015	11		1		107	1706	
Sodium, Na.....mg	69	2.249	23		1		20	313	
Zinc, Zn.....mg	1.96	0.064	11		1		0.56	8.89	
Copper, Cu.....mg	0.077	0.003	23		1		0.022	0.349	
Manganese, Mn.....mg	0.010		1		1		0.003	0.045	
Selenium, Se.....mcg	35.9		0	BFNN	4		10.2	162.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.3	0.297	3		1		0.4	5.9	
Thiamin.....mg	1.073	0.054	27		1		0.304	4.867	
Riboflavin.....mg	0.284	0.009	27		1		0.081	1.288	
Niacin.....mg	4.859	0.290	15		1		1.378	22.040	
Pantothenic acid.....mg	0.668	0.057	7		1		0.189	3.030	
Vitamin B-6.....mg	0.464	0.030	5		1		0.132	2.105	
Folate, total.....mcg	3	0.155	4		1		1	14	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3	0.155	4		1		1	14	
Folate, DFE.....mcg_DFE	3		0	NC	4		1	14	
Vitamin B-12.....mcg	0.71	0.051	15		1		0.20	3.22	
Vitamin A, IU.....IU	6		2		1		2	27	
Vitamin A, RAE.....mcg_RAE	2		2		1		1	8	
Retinol.....mcg	2		2		1		1	8	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	1.790		0		1		0.507	8.119	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.000		73		1		0.000	0.000	
12:0.....g	0.010		75		1		0.003	0.045	
13:0.....g									
14:0.....g	0.060		378		1		0.017	0.272	
15:0.....g									
16:0.....g	1.140		378		1		0.323	5.171	
17:0.....g									
18:0.....g	0.560		378		1		0.159	2.540	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.340		0		1		0.663	10.614	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.160		378		1		0.045	0.726	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	2.130		378	1		0.604	9.662	
20:1.....g	0.040		71	1		0.011	0.181	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.560		0	1		0.159	2.540	
18:2 undifferentiated.....g	0.450		378	1		0.128	2.041	
18:3 undifferentiated.....g	0.020		190	1		0.006	0.091	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.060		315	1		0.017	0.272	
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	61	1.006	11	1		17	277	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.270		0	1		0.077	1.225	
Threonine.....g	0.970		0	1		0.275	4.400	
Isoleucine.....g	0.995		0	1		0.282	4.513	
Leucine.....g	1.705		0	1		0.483	7.734	
Lysine.....g	1.910		0	1		0.541	8.664	
Methionine.....g	0.562		0	1		0.159	2.549	
Cystine.....g	0.271		0	1		0.077	1.229	
Phenylalanine.....g	0.848		0	1		0.240	3.847	
Tyrosine.....g	0.740		0	1		0.210	3.357	
Valine.....g	1.153		0	1		0.327	5.230	
Arginine.....g	1.321		0	1		0.375	5.992	
Histidine.....g	0.849		0	1		0.241	3.851	
Alanine.....g	1.238		0	1		0.351	5.616	
Aspartic acid.....g	1.970		0	1		0.558	8.936	
Glutamic acid.....g	3.326		0	1		0.943	15.087	
Glycine.....g	1.009		0	1		0.286	4.577	
Proline.....g	0.853		0	1		0.242	3.869	
Serine.....g	0.878		0	1		0.249	3.983	
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10017

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

Refuse: 22% Bone and skin

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
Proximates:									
Water.....g	53.77		0	1			72.59	45.70	
Energy.....kcal	289		0	NC	4		390	246	
Energy.....kj	1209				4		1632	1028	
Protein (N x 6.25).....g	25.34		0	1			34.21	21.54	
Total lipid (fat).....g	20.06		0	1			27.08	17.05	
Ash.....g	1.00		0	1			1.35	0.85	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	15		0	1			20	13	
Iron, Fe.....mg	0.98		0	1			1.32	0.83	
Magnesium, Mg.....mg	22		0	1			30	19	
Phosphorus, P.....mg	257		0	1			347	218	
Potassium, K.....mg	338		0	1			456	287	
Sodium, Na.....mg	59		0	1			80	50	
Zinc, Zn.....mg	3.06		0	1			4.13	2.60	
Copper, Cu.....mg	0.098		0	1			0.132	0.083	
Manganese, Mn.....mg	0.028		0	1			0.038	0.024	
Selenium, Se.....mcg	43.3		0	PIE	4		58.5	36.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0	1			0.4	0.3	
Thiamin.....mg	0.578		0	1			0.780	0.491	
Riboflavin.....mg	0.302		0	1			0.408	0.257	
Niacin.....mg	4.460		0	1			6.021	3.791	
Pantothenic acid.....mg	0.620		0	1			0.837	0.527	
Vitamin B-6.....mg	0.401		0	1			0.541	0.341	
Folate, total.....mcg	5		0	1			7	4	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		0	1			7	4	
Folate, DFE.....mcg_DFE	5		0	NC	4		7	4	
Vitamin B-12.....mcg	0.66		0	1			0.89	0.56	
Vitamin A, IU.....IU	9		0	1			12	8	
Vitamin A, RAE.....mcg_RAE	3		0	1			4	2	
Retinol.....mcg	3		0	1			4	2	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	7.360		0	1			9.936	6.256	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.020		0	1			0.027	0.017	
12:0.....g	0.020		0	1			0.027	0.017	
13:0.....g									
14:0.....g	0.250		0	1			0.338	0.213	
15:0.....g									
16:0.....g	4.560		0	1			6.156	3.876	
17:0.....g									
18:0.....g	2.400		0	1			3.240	2.040	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.020		0	1			12.177	7.667	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.570		0	1			0.770	0.485	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	8.270		0	1			11.165	7.030
20:1.....g	0.130		0	1			0.176	0.111
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.890		0	1			2.552	1.607
18:2 undifferentiated.....g	1.710		0	1			2.309	1.454
18:3 undifferentiated.....g	0.060		0	1			0.081	0.051
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.080		0	1			0.108	0.068
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	92		0	1			124	78
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.301		0	1			0.406	0.256
Threonine.....g	1.125		0	1			1.519	0.956
Isoleucine.....g	1.141		0	1			1.540	0.970
Leucine.....g	1.997		0	1			2.696	1.697
Lysine.....g	2.253		0	1			3.042	1.915
Methionine.....g	0.644		0	1			0.869	0.547
Cystine.....g	0.313		0	1			0.423	0.266
Phenylalanine.....g	1.001		0	1			1.351	0.851
Tyrosine.....g	0.845		0	1			1.141	0.718
Valine.....g	1.353		0	1			1.827	1.150
Arginine.....g	1.634		0	1			2.206	1.389
Histidine.....g	0.954		0	1			1.288	0.811
Alanine.....g	1.503		0	1			2.029	1.278
Aspartic acid.....g	2.299		0	1			3.104	1.954
Glutamic acid.....g	3.821		0	1			5.158	3.248
Glycine.....g	1.465		0	1			1.978	1.245
Proline.....g	1.161		0	1			1.567	0.987
Serine.....g	1.046		0	1			1.412	0.889
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10016

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

Refuse: 18% Bone and skin

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	60.87		0		1		17.26	276.11
Energy.....kcal	263		0	NC	4		75	1193
Energy.....kj	1100				4		312	4991
Protein (N x 6.25).....g	17.08		0		1		4.84	77.47
Total lipid (fat).....g	21.02		0		1		5.96	95.35
Ash.....g	0.84		0		1		0.24	3.81
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	6		0		1		2	27
Iron, Fe.....mg	0.78		0		1		0.22	3.54
Magnesium, Mg.....mg	19		0		1		5	86
Phosphorus, P.....mg	192		0		1		54	871
Potassium, K.....mg	285		0		1		81	1293
Sodium, Na.....mg	55		0		1		16	249
Zinc, Zn.....mg	1.91		0		1		0.54	8.66
Copper, Cu.....mg	0.063		0		1		0.018	0.286
Manganese, Mn.....mg	0.011		0		1		0.003	0.050
Selenium, Se.....mcg	28.7		0	PIE	4		8.1	130.2
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.7		0		1		0.2	3.2
Thiamin.....mg	0.726		0		1		0.206	3.293
Riboflavin.....mg	0.233		0		1		0.066	1.057
Niacin.....mg	3.909		0		1		1.108	17.731
Pantothenic acid.....mg	0.672		0		1		0.191	3.048
Vitamin B-6.....mg	0.393		0		1		0.111	1.783
Folate, total.....mcg	4		0		1		1	18
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	4		0		1		1	18
Folate, DFE.....mcg_DFE	4		0	NC	4		1	18
Vitamin B-12.....mcg	0.60		0		1		0.17	2.72
Vitamin A, IU.....IU	7		0		1		2	32
Vitamin A, RAE.....mcg_RAE	2		0		1		1	10
Retinol.....mcg	2		0		1		1	10
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	7.290		0		1		2.067	33.067
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g	0.020		0		1		0.006	0.091
12:0.....g	0.020		0		1		0.006	0.091
13:0.....g								
14:0.....g	0.260		0		1		0.074	1.179
15:0.....g								
16:0.....g	4.520		0		1		1.281	20.503
17:0.....g								
18:0.....g	2.410		0		1		0.683	10.932
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	9.340		0		1		2.648	42.366
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.580		0		1		0.164	2.631

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	8.580		0	1			2.432	38.919
20:1.....g	0.160		0	1			0.045	0.726
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.240		0	1			0.635	10.161
18:2 undifferentiated.....g	1.880		0	1			0.533	8.528
18:3 undifferentiated.....g	0.160		0	1			0.045	0.726
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.090		0	1			0.026	0.408
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	68		0	1			19	308
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.202		0	1			0.057	0.916
Threonine.....g	0.757		0	1			0.215	3.434
Isoleucine.....g	0.767		0	1			0.217	3.479
Leucine.....g	1.344		0	1			0.381	6.096
Lysine.....g	1.517		0	1			0.430	6.881
Methionine.....g	0.432		0	1			0.122	1.960
Cystine.....g	0.210		0	1			0.060	0.953
Phenylalanine.....g	0.674		0	1			0.191	3.057
Tyrosine.....g	0.567		0	1			0.161	2.572
Valine.....g	0.911		0	1			0.258	4.132
Arginine.....g	1.104		0	1			0.313	5.008
Histidine.....g	0.640		0	1			0.181	2.903
Alanine.....g	1.014		0	1			0.287	4.600
Aspartic acid.....g	1.547		0	1			0.439	7.017
Glutamic acid.....g	2.568		0	1			0.728	11.648
Glycine.....g	0.999		0	1			0.283	4.531
Proline.....g	0.789		0	1			0.224	3.579
Serine.....g	0.705		0	1			0.200	3.198
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10019

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

Refuse: 36% Bone and skin 22%, separable fat 14%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water.....g	60.43	0.578	11		1			81.58	51.37	
Energy.....kcal	215		0	NC	4			290	183	
Energy.....kj	900				4			1214	765	
Protein (N x 6.25).....g	28.21	0.607	12		1			38.08	23.98	
Total lipid (fat).....g	10.50	0.760	12		1			14.18	8.93	
Ash.....g	1.05	0.032	11		1			1.42	0.89	
Carbohydrate, by difference.....g	0.00		0	Z	7			0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7			0.0	0.0	
Sugars, total.....g										
Starch.....g										
Minerals:										
Calcium, Ca.....mg	7		1		1			9	6	
Iron, Fe.....mg	1.11	0.043	12		1			1.50	0.94	
Magnesium, Mg.....mg	25		1		1			34	21	
Phosphorus, P.....mg	278		1		1			375	236	
Potassium, K.....mg	360	14.091	12		1			486	306	
Sodium, Na.....mg	64	1.576	12		1			86	54	
Zinc, Zn.....mg	3.45	0.122	12		1			4.66	2.93	
Copper, Cu.....mg	0.108	0.004	12		1			0.146	0.092	
Manganese, Mn.....mg	0.034		1		1			0.046	0.029	
Selenium, Se.....mcg	49.8		0	BFYN	4			67.2	42.3	
Vitamins:										
Vitamin C, total ascorbic acid.....mg	0.4		0		1			0.5	0.3	
Thiamin.....mg	0.633	0.049	12		1			0.855	0.538	
Riboflavin.....mg	0.344	0.022	12		1			0.464	0.292	
Niacin.....mg	4.881	0.293	12		1			6.589	4.149	
Pantothenic acid.....mg	0.685		0		1			0.925	0.582	
Vitamin B-6.....mg	0.460		0		1			0.621	0.391	
Folate, total.....mcg	6		0		1			8	5	
Folic acid.....mcg	0		0	Z	7			0	0	
Folate, food.....mcg	6		0		1			8	5	
Folate, DFE.....mcg_DFE	6		0	NC	4			8	5	
Vitamin B-12.....mcg	0.71	0.048	12		1			0.96	0.60	
Vitamin A, IU.....IU	8		0		1			11	7	
Vitamin A, RAE.....mcg_RAE	2		0		1			3	2	
Retinol.....mcg	2		0		1			3	2	
Vitamin E.....mg_ATE	0.260		0		4			0.351	0.221	
Vitamin D.....IU										
Lipids:										
Fatty acids, total saturated.....g	3.630		0		1			4.901	3.086	
4:0.....g										
6:0.....g										
8:0.....g										
10:0.....g	0.020		6		1			0.027	0.017	
12:0.....g	0.010		6		1			0.014	0.009	
13:0.....g										
14:0.....g	0.120		17		1			0.162	0.102	
15:0.....g										
16:0.....g	2.300		17		1			3.105	1.955	
17:0.....g										
18:0.....g	1.140		17		1			1.539	0.969	
20:0.....g										
22:0.....g										
24:0.....g										
Fatty acids, total monounsaturated.....g	5.020		0		1			6.777	4.267	
14:1.....g										
15:1.....g										
16:1 undifferentiated.....g	0.330		17		1			0.446	0.281	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	4.630		17	1			6.251	3.936
20:1.....g	0.060		17	1			0.081	0.051
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.910		0	1			1.229	0.774
18:2 undifferentiated.....g	0.820		17	1			1.107	0.697
18:3 undifferentiated.....g	0.020		17	1			0.027	0.017
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.070		17	1			0.095	0.060
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	92	2.506	11	1			124	78
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.358		0	1			0.483	0.304
Threonine.....g	1.288		0	1			1.739	1.095
Isoleucine.....g	1.321		0	1			1.783	1.123
Leucine.....g	2.263		0	1			3.055	1.924
Lysine.....g	2.537		0	1			3.425	2.156
Methionine.....g	0.747		0	1			1.008	0.635
Cystine.....g	0.360		0	1			0.486	0.306
Phenylalanine.....g	1.126		0	1			1.520	0.957
Tyrosine.....g	0.983		0	1			1.327	0.836
Valine.....g	1.530		0	1			2.066	1.301
Arginine.....g	1.754		0	1			2.368	1.491
Histidine.....g	1.127		0	1			1.521	0.958
Alanine.....g	1.643		0	1			2.218	1.397
Aspartic acid.....g	2.617		0	1			3.533	2.224
Glutamic acid.....g	4.416		0	1			5.962	3.754
Glycine.....g	1.339		0	1			1.808	1.138
Proline.....g	1.133		0	1			1.530	0.963
Serine.....g	1.165		0	1			1.573	0.990
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0
Caffeine.....mg								
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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10018

Pork, fresh, leg (ham), shank half, separable lean only, raw**Refuse:** 38% Bone and skin 18%, separable fat 20%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.83	0.241	23		1		20.65	330.36	
Energy.....kcal	139		0	NC	4		39	631	
Energy.....kj	582				4		165	2638	
Protein (N x 6.25).....g	20.62	0.206	23		1		5.85	93.53	
Total lipid (fat).....g	5.63	0.255	23		1		1.60	25.54	
Ash.....g	1.03	0.014	23		1		0.29	4.67	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7	0.260	12		1		2	32	
Iron, Fe.....mg	0.94	0.033	23		1		0.27	4.26	
Magnesium, Mg.....mg	25	0.619	12		1		7	113	
Phosphorus, P.....mg	226		0		1		64	1025	
Potassium, K.....mg	340	18.277	10		1		96	1542	
Sodium, Na.....mg	67	1.192	23		1		19	304	
Zinc, Zn.....mg	2.31	0.072	11		1		0.65	10.48	
Copper, Cu.....mg	0.075	0.002	23		1		0.021	0.340	
Manganese, Mn.....mg	0.014		0		1		0.004	0.064	
Selenium, Se.....mcg	35.2		0	BFNN	4		10.0	159.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		0		1		0.3	4.1	
Thiamin.....mg	0.890	0.046	20		1		0.252	4.037	
Riboflavin.....mg	0.277	0.013	26		1		0.079	1.256	
Niacin.....mg	4.605	0.204	11		1		1.306	20.888	
Pantothenic acid.....mg	0.811		0		1		0.230	3.679	
Vitamin B-6.....mg	0.510		0		1		0.145	2.313	
Folate, total.....mcg	5		0		1		1	23	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		0		1		1	23	
Folate, DFE.....mcg_DFE	5		0	NC	4		1	23	
Vitamin B-12.....mcg	0.69	0.045	11		1		0.20	3.13	
Vitamin A, IU.....IU	6		0		1		2	27	
Vitamin A, RAE.....mcg_RAE	2		0		1		1	8	
Retinol.....mcg	2		0		1		1	8	
Vitamin E.....mg_ATE	0.290		0		4		0.082	1.315	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	1.940		0		1		0.550	8.800	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.010		73		1		0.003	0.045	
12:0.....g	0.010		75		1		0.003	0.045	
13:0.....g									
14:0.....g	0.070		378		1		0.020	0.318	
15:0.....g									
16:0.....g	1.240		378		1		0.352	5.625	
17:0.....g									
18:0.....g	0.610		378		1		0.173	2.767	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.540		0		1		0.720	11.521	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.180		378		1		0.051	0.816	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	2.310		378	1		0.655	10.478	
20:1.....g	0.040		71	1		0.011	0.181	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.610		0	1		0.173	2.767	
18:2 undifferentiated.....g	0.490		378	1		0.139	2.223	
18:3 undifferentiated.....g	0.020		190	1		0.006	0.091	
18:4.....g								
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.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	60	1.280	11	1		17	272	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.262		0	1		0.074	1.188	
Threonine.....g	0.942		0	1		0.267	4.273	
Isoleucine.....g	0.966		0	1		0.274	4.382	
Leucine.....g	1.654		0	1		0.469	7.503	
Lysine.....g	1.854		0	1		0.526	8.410	
Methionine.....g	0.546		0	1		0.155	2.477	
Cystine.....g	0.263		0	1		0.075	1.193	
Phenylalanine.....g	0.823		0	1		0.233	3.733	
Tyrosine.....g	0.718		0	1		0.204	3.257	
Valine.....g	1.119		0	1		0.317	5.076	
Arginine.....g	1.282		0	1		0.363	5.815	
Histidine.....g	0.824		0	1		0.234	3.738	
Alanine.....g	1.201		0	1		0.340	5.448	
Aspartic acid.....g	1.913		0	1		0.542	8.677	
Glutamic acid.....g	3.228		0	1		0.915	14.642	
Glycine.....g	0.979		0	1		0.278	4.441	
Proline.....g	0.828		0	1		0.235	3.756	
Serine.....g	0.852		0	1		0.242	3.865	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0
Caffeine.....mg								
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

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	55.04		0		1		74.30	46.78
Energy.....kcal	273		0	NC	4		369	232
Energy.....kj	1142				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								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	14		0		1		19	12
Iron, Fe.....mg	1.01		0		1		1.36	0.86
Magnesium, Mg.....mg	22		0		1		30	19
Phosphorus, P.....mg	263		0		1		355	224
Potassium, K.....mg	352		0		1		475	299
Sodium, Na.....mg	60		0		1		81	51
Zinc, Zn.....mg	2.96		0		1		4.00	2.52
Copper, Cu.....mg	0.100		0		1		0.135	0.085
Manganese, Mn.....mg	0.032		0		1		0.043	0.027
Selenium, Se.....mcg	45.3		0	PIE	4		61.2	38.5
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.4	0.3
Thiamin.....mg	0.635		0		1		0.857	0.540
Riboflavin.....mg	0.313		0		1		0.423	0.266
Niacin.....mg	4.574		0		1		6.175	3.888
Pantothenic acid.....mg	0.617		0		1		0.833	0.524
Vitamin B-6.....mg	0.402		0		1		0.543	0.342
Folate, total.....mcg	10		0		1		14	9
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	10		0		1		14	9
Folate, DFE.....mcg_DFE	10		0	NC	4		14	9
Vitamin B-12.....mcg	0.68		0		1		0.92	0.58
Vitamin A, IU.....IU	10		0		1		14	9
Vitamin A, RAE.....mcg_RAE	3		0		1		4	3
Retinol.....mcg	3		0		1		4	3
Vitamin E.....mg_ATE	0.260		0		4		0.351	0.221
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	6.470		0		1		8.735	5.500
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		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

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....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	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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	62.47		0		1		17.71	283.36
Energy.....kcal	245		0	NC	4		69	1111
Energy.....kj	1025				4		291	4650
Protein (N x 6.25).....g	17.43		0		1		4.94	79.06
Total lipid (fat).....g	18.87		0		1		5.35	85.59
Ash.....g	0.88		0		1		0.25	3.99
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	5		0		1		1	23
Iron, Fe.....mg	0.85		0		1		0.24	3.86
Magnesium, Mg.....mg	20		0		1		6	91
Phosphorus, P.....mg	199		0		1		56	903
Potassium, K.....mg	315		0		1		89	1429
Sodium, Na.....mg	47		0		1		13	213
Zinc, Zn.....mg	1.93		0		1		0.55	8.75
Copper, Cu.....mg	0.065		0		1		0.018	0.295
Manganese, Mn.....mg	0.023		0		1		0.007	0.104
Selenium, Se.....mcg	29.4		0	PIE	4		8.3	133.4
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.7		0		1		0.2	3.2
Thiamin.....mg	0.736		0		1		0.209	3.338
Riboflavin.....mg	0.200		0		1		0.057	0.907
Niacin.....mg	4.574		0		1		1.297	20.748
Pantothenic acid.....mg	0.685		0		1		0.194	3.107
Vitamin B-6.....mg	0.401		0		1		0.114	1.819
Folate, total.....mcg	7		0		1		2	32
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	7		0		1		2	32
Folate, DFE.....mcg_DFE	7		0	NC	4		2	32
Vitamin B-12.....mcg	0.63		0		1		0.18	2.86
Vitamin A, IU.....IU	7		0		1		2	32
Vitamin A, RAE.....mcg_RAE	2		0		1		1	10
Retinol.....mcg	2		0		1		1	10
Vitamin E.....mg_ATE	0.290		0		4		0.082	1.315
Vitamin D.....IU								
Lipids:								
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

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	73		0	1			21	331
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.208		0	1			0.059	0.943
Threonine.....g	0.776		0	1			0.220	3.520
Isoleucine.....g	0.787		0	1			0.223	3.570
Leucine.....g	1.376		0	1			0.390	6.242
Lysine.....g	1.550		0	1			0.439	7.031
Methionine.....g	0.444		0	1			0.126	2.014
Cystine.....g	0.216		0	1			0.061	0.980
Phenylalanine.....g	0.689		0	1			0.195	3.125
Tyrosine.....g	0.583		0	1			0.165	2.644
Valine.....g	0.931		0	1			0.264	4.223
Arginine.....g	1.120		0	1			0.318	5.080
Histidine.....g	0.659		0	1			0.187	2.989
Alanine.....g	1.032		0	1			0.293	4.681
Aspartic acid.....g	1.584		0	1			0.449	7.185
Glutamic acid.....g	2.636		0	1			0.747	11.957
Glycine.....g	0.992		0	1			0.281	4.500
Proline.....g	0.790		0	1			0.224	3.583
Serine.....g	0.720		0	1			0.204	3.266
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g		0.0	0	z	7		0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

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 Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2		
				Code	Code	Code				
Proximates:										
Water.....g	60.66		0		1		81.89	51.56		
Energy.....kcal	211		0	NC	4		285	179		
Energy.....kj	883				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										
Starch.....g										
Minerals:										
Calcium, Ca.....mg	7		1		1		9	6		
Iron, Fe.....mg	1.12	0.040	12		1		1.51	0.95		
Magnesium, Mg.....mg	25		1		1		34	21		
Phosphorus, P.....mg	281		1		1		379	239		
Potassium, K.....mg	373	13.935	12		1		504	317		
Sodium, Na.....mg	64	1.441	12		1		86	54		
Zinc, Zn.....mg	3.26	0.143	12		1		4.40	2.77		
Copper, Cu.....mg	0.108	0.004	12		1		0.146	0.092		
Manganese, Mn.....mg	0.037		1		1		0.050	0.031		
Selenium, Se.....mcg	49.9		0	BFYN	4		67.4	42.4		
Vitamins:										
Vitamin C, total ascorbic acid.....mg	0.4		0		1		0.5	0.3		
Thiamin.....mg	0.690	0.056	12		1		0.932	0.587		
Riboflavin.....mg	0.349	0.019	12		1		0.471	0.297		
Niacin.....mg	4.935	0.251	12		1		6.662	4.195		
Pantothenic acid.....mg	0.670		0		1		0.905	0.570		
Vitamin B-6.....mg	0.450		0		1		0.608	0.383		
Folate, total.....mcg	12		0		1		16	10		
Folic acid.....mcg	0		0	Z	7		0	0		
Folate, food.....mcg	12		0		1		16	10		
Folate, DFE.....mcg_DFE	12		0	NC	4		16	10		
Vitamin B-12.....mcg	0.72	0.043	12		1		0.97	0.61		
Vitamin A, IU.....IU	9		0		1		12	8		
Vitamin A, RAE.....mcg_RAE	3		0		1		4	2		
Retinol.....mcg	3		0		1		4	2		
Vitamin E.....mg_ATE	0.260		0		4		0.351	0.221		
Vitamin D.....IU										
Lipids:										
Fatty acids, total saturated.....g	3.300		0		1		4.455	2.805		
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		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		

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
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....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		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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

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	Source	Confidence	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
Proximates:									
Water.....g	72.90	0.177	51	1			20.67	330.67	
Energy.....kcal	136		0	NC	4		39	617	
Energy.....kj	569				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									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6	0.339	38	1			2	27	
Iron, Fe.....mg	1.01	0.024	167	1			0.29	4.58	
Magnesium, Mg.....mg	25	0.431	25	1			7	113	
Phosphorus, P.....mg	229	3.895	11	1			65	1039	
Potassium, K.....mg	369	3.071	149	1			105	1674	
Sodium, Na.....mg	55	1.099	123	1			16	249	
Zinc, Zn.....mg	2.27	0.105	27	1			0.64	10.30	
Copper, Cu.....mg	0.075	0.002	51	1			0.021	0.340	
Manganese, Mn.....mg	0.029		0	1			0.008	0.132	
Selenium, Se.....mcg	35.4		0	BFNN	4		10.0	160.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		0	1			0.3	4.1	
Thiamin.....mg	0.875	0.027	47	1			0.248	3.969	
Riboflavin.....mg	0.228	0.010	46	1			0.065	1.034	
Niacin.....mg	5.338	0.140	34	1			1.513	24.213	
Pantothenic acid.....mg	0.805		0	1			0.228	3.651	
Vitamin B-6.....mg	0.500		0	1			0.142	2.268	
Folate, total.....mcg	9	3.150	4	1			3	41	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	9	3.150	4	1			3	41	
Folate, DFE.....mcg_DFE	9		0	NC	4		3	41	
Vitamin B-12.....mcg	0.71	0.056	11	1			0.20	3.22	
Vitamin A, IU.....IU	6		0	1			2	27	
Vitamin A, RAE.....mcg_RAE	2		0	1			1	8	
Retinol.....mcg	2		0	1			1	8	
Vitamin E.....mg_ATE	0.290		0	4			0.082	1.315	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	1.870		0	1			0.530	8.482	
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		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	

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
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....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		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

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

Refuse: 27% Bone

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
Proximates:									
Water.....g	59.20		0		1		268.53	65.12	
Energy.....kcal	285		0	NC	4		1293	314	
Energy.....kj	1192				4		5409	1312	
Protein (N x 6.25).....g	15.82		0		1		71.76	17.40	
Total lipid (fat).....g	24.12		0		1		109.41	26.53	
Ash.....g	0.80		0		1		3.63	0.88	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	29		0		1		132	32	
Iron, Fe.....mg	0.83		0		1		3.76	0.91	
Magnesium, Mg.....mg	16		0		1		73	18	
Phosphorus, P.....mg	164		0		1		744	180	
Potassium, K.....mg	281		0		1		1275	309	
Sodium, Na.....mg	54		0		1		245	59	
Zinc, Zn.....mg	2.35		0		1		10.66	2.59	
Copper, Cu.....mg	0.062		0		1		0.281	0.068	
Manganese, Mn.....mg	0.010		0		1		0.045	0.011	
Selenium, Se.....mcg	26.2		0	PAK	1		118.8	28.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		0		1		2.7	0.7	
Thiamin.....mg	0.654		0		1		2.967	0.719	
Riboflavin.....mg	0.231		0		1		1.048	0.254	
Niacin.....mg	3.650		0		1		16.556	4.015	
Pantothenic acid.....mg	0.622		0		1		2.821	0.684	
Vitamin B-6.....mg	0.370		0		1		1.678	0.407	
Folate, total.....mcg	3		0		1		14	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		0		1		14	3	
Folate, DFE.....mcg_DFE	3		0	NC	4		14	3	
Vitamin B-12.....mcg	0.09		0		1		0.41	0.10	
Vitamin A, IU.....IU	8		0		1		36	9	
Vitamin A, RAE.....mcg_RAE	2		0		1		11	3	
Retinol.....mcg	2		0		1		11	3	
Vitamin E.....mg_ATE	0.290		0		4		1.315	0.319	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	8.370		0		1		37.966	9.207	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.020		0		1		0.091	0.022	
12:0.....g	0.030		0		1		0.136	0.033	
13:0.....g									
14:0.....g	0.300		0		1		1.361	0.330	
15:0.....g									
16:0.....g	5.190		0		1		23.542	5.709	
17:0.....g									
18:0.....g	2.750		0		1		12.474	3.025	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.730		0		1		48.671	11.803	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.680		0		1		3.084	0.748	

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	9.850		0	1			44.680	10.835
20:1.....g	0.180		0	1			0.816	0.198
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.580		0	1			11.703	2.838
18:2 undifferentiated.....g	2.160		0	1			9.798	2.376
18:3 undifferentiated.....g	0.180		0	1			0.816	0.198
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.120		0	1			0.544	0.132
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	72		0	1			327	79
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.185		0	1			0.839	0.204
Threonine.....g	0.698		0	1			3.166	0.768
Isoleucine.....g	0.705		0	1			3.198	0.776
Leucine.....g	1.241		0	1			5.629	1.365
Lysine.....g	1.402		0	1			6.359	1.542
Methionine.....g	0.398		0	1			1.805	0.438
Cystine.....g	0.194		0	1			0.880	0.213
Phenylalanine.....g	0.624		0	1			2.830	0.686
Tyrosine.....g	0.521		0	1			2.363	0.573
Valine.....g	0.841		0	1			3.815	0.925
Arginine.....g	1.029		0	1			4.668	1.132
Histidine.....g	0.586		0	1			2.658	0.645
Alanine.....g	0.942		0	1			4.273	1.036
Aspartic acid.....g	1.427		0	1			6.473	1.570
Glutamic acid.....g	2.363		0	1			10.719	2.599
Glycine.....g	0.954		0	1			4.327	1.049
Proline.....g	0.746		0	1			3.384	0.821
Serine.....g	0.653		0	1			2.962	0.718
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0
Caffeine.....mg								
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 = 453.6g: 1 lb

Measure 2 = 110g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10032

Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw**Refuse:** 46% Bone 27%, separable fat 19%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	71.80	0.337	15		1		325.68	58.88	
Energy.....kcal	157		0	NC	4		712	129	
Energy.....kj	657				4		2980	539	
Protein (N x 6.25).....g	19.27	0.344	17		1		87.41	15.80	
Total lipid (fat).....g	8.25	0.463	15		1		37.42	6.77	
Ash.....g	1.00	0.028	13		1		4.54	0.82	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	23	0.925	5		1		104	19	
Iron, Fe.....mg	1.02	0.049	17		1		4.63	0.84	
Magnesium, Mg.....mg	21	0.263	5		1		95	17	
Phosphorus, P.....mg	191	3.368	5		1		866	157	
Potassium, K.....mg	340	6.602	16		1		1542	279	
Sodium, Na.....mg	67	1.173	16		1		304	55	
Zinc, Zn.....mg	2.95	0.078	16		1		13.38	2.42	
Copper, Cu.....mg	0.075	0.003	16		1		0.340	0.062	
Manganese, Mn.....mg	0.013		0		1		0.059	0.011	
Selenium, Se.....mcg	32.6	3.054	5	A	1		147.9	26.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8		0		1		3.6	0.7	
Thiamin.....mg	0.808	0.046	12		1		3.665	0.663	
Riboflavin.....mg	0.279	0.009	13		1		1.266	0.229	
Niacin.....mg	4.324	0.259	13		1		19.614	3.546	
Pantothenic acid.....mg	0.757		0		1		3.434	0.621	
Vitamin B-6.....mg	0.490		1		1		2.223	0.402	
Folate, total.....mcg	4		0		1		18	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		1		18	3	
Folate, DFE.....mcg_DFE	4		0	NC	4		18	3	
Vitamin B-12.....mcg	0.84	0.055	11		1		3.81	0.69	
Vitamin A, IU.....IU	7		0		1		32	6	
Vitamin A, RAE.....mcg_RAE	2		0		1		10	2	
Retinol.....mcg	2		0		1		10	2	
Vitamin E.....mg_ATE	0.290		0		4		1.315	0.238	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	2.850		0		1		12.928	2.337	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.010		73		1		0.045	0.008	
12:0.....g	0.010		75		1		0.045	0.008	
13:0.....g									
14:0.....g	0.100		378		1		0.454	0.082	
15:0.....g									
16:0.....g	1.820		378		1		8.256	1.492	
17:0.....g									
18:0.....g	0.890		378		1		4.037	0.730	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.730		0		1		16.919	3.059	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.260		378		1		1.179	0.213	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	3.390		378	1			15.377	2.780
20:1.....g	0.060		71	1			0.272	0.049
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.890		0	1			4.037	0.730
18:2 undifferentiated.....g	0.720		378	1			3.266	0.590
18:3 undifferentiated.....g	0.030		190	1			0.136	0.025
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.100		315	1			0.454	0.082
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	64	1.290	11	1			290	52
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.245		0	1			1.111	0.201
Threonine.....g	0.880		0	1			3.992	0.722
Isoleucine.....g	0.902		0	1			4.091	0.740
Leucine.....g	1.546		0	1			7.013	1.268
Lysine.....g	1.733		0	1			7.861	1.421
Methionine.....g	0.510		0	1			2.313	0.418
Cystine.....g	0.246		0	1			1.116	0.202
Phenylalanine.....g	0.769		0	1			3.488	0.631
Tyrosine.....g	0.671		0	1			3.044	0.550
Valine.....g	1.045		0	1			4.740	0.857
Arginine.....g	1.198		0	1			5.434	0.982
Histidine.....g	0.770		0	1			3.493	0.631
Alanine.....g	1.123		0	1			5.094	0.921
Aspartic acid.....g	1.787		0	1			8.106	1.465
Glutamic acid.....g	3.017		0	1			13.685	2.474
Glycine.....g	0.915		0	1			4.150	0.750
Proline.....g	0.774		0	1			3.511	0.635
Serine.....g	0.796		0	1			3.611	0.653
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 82g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10029

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

Refuse: 26% Bone

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	51.83		0		1		44.06	43.02
Energy.....kcal	323		0	NC	4		275	268
Energy.....kj	1351				4		1149	1122
Protein (N x 6.25).....g	21.91		0		1		18.62	18.19
Total lipid (fat).....g	25.43		0		1		21.62	21.11
Ash.....g	1.16		0		1		0.99	0.96
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	31		0		1		26	26
Iron, Fe.....mg	1.11		0		1		0.94	0.92
Magnesium, Mg.....mg	15		0		1		13	12
Phosphorus, P.....mg	162		0		1		138	134
Potassium, K.....mg	304		0		1		258	252
Sodium, Na.....mg	55		0		1		47	46
Zinc, Zn.....mg	3.27		0		1		2.78	2.71
Copper, Cu.....mg	0.085		0		1		0.072	0.071
Manganese, Mn.....mg	0.011		0		1		0.009	0.009
Selenium, Se.....mcg	36.0		0	PIE	4		30.6	29.9
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.6		0		1		0.5	0.5
Thiamin.....mg	0.476		0		1		0.405	0.395
Riboflavin.....mg	0.232		0		1		0.197	0.193
Niacin.....mg	3.590		0		1		3.052	2.980
Pantothenic acid.....mg	0.562		0		1		0.478	0.466
Vitamin B-6.....mg	0.297		0		1		0.252	0.247
Folate, total.....mcg	2		0		1		2	2
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	2		0		1		2	2
Folate, DFE.....mcg_DFE	2		0	NC	4		2	2
Vitamin B-12.....mcg	0.65		0		1		0.55	0.54
Vitamin A, IU.....IU	8		0		1		7	7
Vitamin A, RAE.....mcg_RAE	2		0		1		2	2
Retinol.....mcg	2		0		1		2	2
Vitamin E.....mg_ATE	0.260		0		4		0.221	0.216
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	9.540		0		1		8.109	7.918
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		0		1		0.017	0.017
12:0.....g	0.020		0		1		0.017	0.017
13:0.....g								
14:0.....g	0.330		0		1		0.281	0.274
15:0.....g								
16:0.....g	5.800		0		1		4.930	4.814
17:0.....g								
18:0.....g	3.190		0		1		2.712	2.648
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	10.950		0		1		9.308	9.089
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.690		0		1		0.587	0.573

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	9.960		0	1			8.466	8.267
20:1.....g	0.200		0	1			0.170	0.166
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.330		0	1			1.981	1.934
18:2 undifferentiated.....g	2.090		0	1			1.777	1.735
18:3 undifferentiated.....g	0.070		0	1			0.060	0.058
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.060		0	1			0.051	0.050
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	85		0	1			72	71
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.250		0	1			0.213	0.208
Threonine.....g	0.957		0	1			0.813	0.794
Isoleucine.....g	0.964		0	1			0.819	0.800
Leucine.....g	1.709		0	1			1.453	1.418
Lysine.....g	1.934		0	1			1.644	1.605
Methionine.....g	0.543		0	1			0.462	0.451
Cystine.....g	0.265		0	1			0.225	0.220
Phenylalanine.....g	0.861		0	1			0.732	0.715
Tyrosine.....g	0.711		0	1			0.604	0.590
Valine.....g	1.159		0	1			0.985	0.962
Arginine.....g	1.441		0	1			1.225	1.196
Histidine.....g	0.795		0	1			0.676	0.660
Alanine.....g	1.312		0	1			1.115	1.089
Aspartic acid.....g	1.962		0	1			1.668	1.628
Glutamic acid.....g	3.231		0	1			2.746	2.682
Glycine.....g	1.396		0	1			1.187	1.159
Proline.....g	1.075		0	1			0.914	0.892
Serine.....g	0.904		0	1			0.768	0.750
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	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 = 85g: 3 oz

Measure 2 = 83g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10030

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

Refuse: 27% Bone

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	51.83		0		1		44.06	41.46
Energy.....kcal	320		0	NC	4		272	256
Energy.....kj	1339				4		1138	1071
Protein (N x 6.25).....g	22.47		0		1		19.10	17.98
Total lipid (fat).....g	24.85		0		1		21.12	19.88
Ash.....g	1.19		0		1		1.01	0.95
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	29		0		1		25	23
Iron, Fe.....mg	0.93		0		1		0.79	0.74
Magnesium, Mg.....mg	22		0		1		19	18
Phosphorus, P.....mg	212		0		1		180	170
Potassium, K.....mg	344		0		1		292	275
Sodium, Na.....mg	70		0		1		60	56
Zinc, Zn.....mg	3.37		0		1		2.86	2.70
Copper, Cu.....mg	0.083		0		1		0.071	0.066
Manganese, Mn.....mg	0.008		0		1		0.007	0.006
Selenium, Se.....mcg	37.1		0	PIE	4		31.5	29.7
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.7		0		1		0.6	0.6
Thiamin.....mg	0.652		0		1		0.554	0.522
Riboflavin.....mg	0.296		0		1		0.252	0.237
Niacin.....mg	4.109		0		1		3.493	3.287
Pantothenic acid.....mg	0.615		0		1		0.523	0.492
Vitamin B-6.....mg	0.381		0		1		0.324	0.305
Folate, total.....mcg	4		0		1		3	3
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	4		0		1		3	3
Folate, DFE.....mcg_DFE	4		0	NC	4		3	3
Vitamin B-12.....mcg	0.83		0		1		0.71	0.66
Vitamin A, IU.....IU	8		0		1		7	6
Vitamin A, RAE.....mcg_RAE	2		0		1		2	2
Retinol.....mcg	2		0		1		2	2
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	9.310		0		1		7.914	7.448
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g	0.020		0		1		0.017	0.016
12:0.....g	0.020		0		1		0.017	0.016
13:0.....g								
14:0.....g	0.330		0		1		0.281	0.264
15:0.....g								
16:0.....g	5.660		0		1		4.811	4.528
17:0.....g								
18:0.....g	3.110		0		1		2.644	2.488
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	10.700		0		1		9.095	8.560
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.680		0		1		0.578	0.544

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	9.730		0	1			8.271	7.784
20:1.....g	0.190		0	1			0.162	0.152
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.260		0	1			1.921	1.808
18:2 undifferentiated.....g	2.030		0	1			1.726	1.624
18:3 undifferentiated.....g	0.070		0	1			0.060	0.056
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.060		0	1			0.051	0.048
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	86		0	1			73	69
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.260		0	1			0.221	0.208
Threonine.....g	0.987		0	1			0.839	0.790
Isoleucine.....g	0.997		0	1			0.847	0.798
Leucine.....g	1.759		0	1			1.495	1.407
Lysine.....g	1.989		0	1			1.691	1.591
Methionine.....g	0.562		0	1			0.478	0.450
Cystine.....g	0.274		0	1			0.233	0.219
Phenylalanine.....g	0.885		0	1			0.752	0.708
Tyrosine.....g	0.736		0	1			0.626	0.589
Valine.....g	1.192		0	1			1.013	0.954
Arginine.....g	1.469		0	1			1.249	1.175
Histidine.....g	0.826		0	1			0.702	0.661
Alanine.....g	1.342		0	1			1.141	1.074
Aspartic acid.....g	2.021		0	1			1.718	1.617
Glutamic acid.....g	3.339		0	1			2.838	2.671
Glycine.....g	1.387		0	1			1.179	1.110
Proline.....g	1.078		0	1			0.916	0.862
Serine.....g	0.928		0	1			0.789	0.742
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 80g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10178

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

Refuse: 31% Bone

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
								Measure 3
Proximates:								
Water.....g	49.95		0		1		42.46	41.46
Energy.....kcal	342		0	NC	4		291	284
Energy.....kj	1431				4		1216	1188
Protein (N x 6.25).....g	21.49		0		1		18.27	17.84
Total lipid (fat).....g	27.74		0		1		23.58	23.02
Ash.....g	1.14		0		1		0.97	0.95
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	30		0		1		26	25
Iron, Fe.....mg	0.88		0		1		0.75	0.73
Magnesium, Mg.....mg	21		0		1		18	17
Phosphorus, P.....mg	206		0		1		175	171
Potassium, K.....mg	332		0		1		282	276
Sodium, Na.....mg	67		0		1		57	56
Zinc, Zn.....mg	3.19		0		1		2.71	2.65
Copper, Cu.....mg	0.080		0		1		0.068	0.066
Manganese, Mn.....mg	0.008		0		1		0.007	0.007
Selenium, Se.....mcg	34.9		0	BFYN	4		29.7	29.0
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.6		0		1		0.5	0.5
Thiamin.....mg	0.622		0		1		0.529	0.516
Riboflavin.....mg	0.294		0		1		0.250	0.244
Niacin.....mg	3.946		0		1		3.354	3.275
Pantothenic acid.....mg	0.659		0		1		0.560	0.547
Vitamin B-6.....mg	0.337		0		1		0.286	0.280
Folate, total.....mcg	4		0		1		3	3
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	4		0		1		3	3
Folate, DFE.....mcg_DFE	4		0	NC	4		3	3
Vitamin B-12.....mcg	0.84		0		1		0.71	0.70
Vitamin A, IU.....IU	8		0		1		7	7
Vitamin A, RAE.....mcg_RAE	2		0		1		2	2
Retinol.....mcg	2		0		1		2	2
Vitamin E.....mg_ATE	0.260		0		4		0.221	0.216
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	10.170		0		1		8.645	8.441
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		0		1		0.017	0.017
12:0.....g	0.020		0		1		0.017	0.017
13:0.....g								
14:0.....g	0.350		0		1		0.298	0.291
15:0.....g								
16:0.....g	6.200		0		1		5.270	5.146
17:0.....g								
18:0.....g	3.390		0		1		2.882	2.814
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	11.720		0		1		9.962	9.728
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.720		0		1		0.612	0.598

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	10.690		0	1			9.087	8.873
20:1.....g	0.210		0	1			0.179	0.174
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.100		0	1			2.635	2.573
18:2 undifferentiated.....g	2.770		0	1			2.355	2.299
18:3 undifferentiated.....g	0.150		0	1			0.128	0.125
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.060		0	1			0.051	0.050
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	85		0	1			72	71
Phytosterols.....mg	3		0	1			3	2
Amino Acids:								
Tryptophan.....g	0.243		0	1			0.207	0.202
Threonine.....g	0.935		0	1			0.795	0.776
Isoleucine.....g	0.940		0	1			0.799	0.780
Leucine.....g	1.672		0	1			1.421	1.388
Lysine.....g	1.894		0	1			1.610	1.572
Methionine.....g	0.529		0	1			0.450	0.439
Cystine.....g	0.259		0	1			0.220	0.215
Phenylalanine.....g	0.843		0	1			0.717	0.700
Tyrosine.....g	0.693		0	1			0.589	0.575
Valine.....g	1.134		0	1			0.964	0.941
Arginine.....g	1.421		0	1			1.208	1.179
Histidine.....g	0.773		0	1			0.657	0.642
Alanine.....g	1.290		0	1			1.097	1.071
Aspartic acid.....g	1.918		0	1			1.630	1.592
Glutamic acid.....g	3.152		0	1			2.679	2.616
Glycine.....g	1.400		0	1			1.190	1.162
Proline.....g	1.071		0	1			0.910	0.889
Serine.....g	0.887		0	1			0.754	0.736
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	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 = 85g: 3 oz

Measure 2 = 83g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10033

Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised**Refuse:** 44% Bone 26%, separable fat 18%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	61.02		0		1		51.87	38.44
Energy.....kcal	225		0	NC	4		191	142
Energy.....kj	941				4		800	593
Protein (N x 6.25).....g	25.03		0		1		21.28	15.77
Total lipid (fat).....g	13.07		0		1		11.11	8.23
Ash.....g	1.30		0		1		1.11	0.82
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	24		0		1		20	15
Iron, Fe.....mg	1.35		0		1		1.15	0.85
Magnesium, Mg.....mg	18		0		1		15	11
Phosphorus, P.....mg	161		0		1		137	101
Potassium, K.....mg	326		0		1		277	205
Sodium, Na.....mg	62		0		1		53	39
Zinc, Zn.....mg	3.91		0		1		3.32	2.46
Copper, Cu.....mg	0.096		0		1		0.082	0.060
Manganese, Mn.....mg	0.014		0		1		0.012	0.009
Selenium, Se.....mcg	42.3		0	BFYN	4		36.0	26.6
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.8		0		1		0.7	0.5
Thiamin.....mg	0.525		0		1		0.446	0.331
Riboflavin.....mg	0.272		0		1		0.231	0.171
Niacin.....mg	3.931		0		1		3.341	2.477
Pantothenic acid.....mg	0.639		0		1		0.543	0.403
Vitamin B-6.....mg	0.350		0		1		0.298	0.221
Folate, total.....mcg	3		0		1		3	2
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	3		0		1		3	2
Folate, DFE.....mcg_DFE	3		0	NC	4		3	2
Vitamin B-12.....mcg	0.71		0		1		0.60	0.45
Vitamin A, IU.....IU	7		0		1		6	4
Vitamin A, RAE.....mcg_RAE	2		0		1		2	1
Retinol.....mcg	2		0		1		2	1
Vitamin E.....mg_ATE	0.260		0		4		0.221	0.164
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	4.740		0		1		4.029	2.986
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	0.006
12:0.....g	0.010		0		1		0.009	0.006
13:0.....g								
14:0.....g	0.170		0		1		0.145	0.107
15:0.....g								
16:0.....g	2.870		0		1		2.440	1.808
17:0.....g								
18:0.....g	1.590		0		1		1.352	1.002
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	5.680		0		1		4.828	3.578
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.380		0		1		0.323	0.239

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	5.130		0	1			4.361	3.232
20:1.....g	0.120		0	1			0.102	0.076
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.030		0	1			0.876	0.649
18:2 undifferentiated.....g	0.910		0	1			0.774	0.573
18:3 undifferentiated.....g	0.030		0	1			0.026	0.019
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.040		0	1			0.034	0.025
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	83		0	1			71	52
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.318		0	1			0.270	0.200
Threonine.....g	1.143		0	1			0.972	0.720
Isoleucine.....g	1.172		0	1			0.996	0.738
Leucine.....g	2.008		0	1			1.707	1.265
Lysine.....g	2.250		0	1			1.913	1.418
Methionine.....g	0.663		0	1			0.564	0.418
Cystine.....g	0.319		0	1			0.271	0.201
Phenylalanine.....g	0.999		0	1			0.849	0.629
Tyrosine.....g	0.872		0	1			0.741	0.549
Valine.....g	1.358		0	1			1.154	0.856
Arginine.....g	1.556		0	1			1.323	0.980
Histidine.....g	1.000		0	1			0.850	0.630
Alanine.....g	1.458		0	1			1.239	0.919
Aspartic acid.....g	2.321		0	1			1.973	1.462
Glutamic acid.....g	3.918		0	1			3.330	2.468
Glycine.....g	1.188		0	1			1.010	0.748
Proline.....g	1.005		0	1			0.854	0.633
Serine.....g	1.034		0	1			0.879	0.651
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	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 = 85g: 3 oz

Measure 2 = 63g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10034

Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled**Refuse:** 43% Bone 27%, separable fat 16%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	59.86		0		1		50.88	37.71
Energy.....kcal	234		0	NC	4		199	147
Energy.....kj	979				4		832	617
Protein (N x 6.25).....g	25.36		0		1		21.56	15.98
Total lipid (fat).....g	13.89		0		1		11.81	8.75
Ash.....g	1.32		0		1		1.12	0.83
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	23		0		1		20	14
Iron, Fe.....mg	1.09		0		1		0.93	0.69
Magnesium, Mg.....mg	26		0		1		22	16
Phosphorus, P.....mg	226		0		1		192	142
Potassium, K.....mg	374		0		1		318	236
Sodium, Na.....mg	80		0		1		68	50
Zinc, Zn.....mg	3.97		0		1		3.37	2.50
Copper, Cu.....mg	0.092		0		1		0.078	0.058
Manganese, Mn.....mg	0.009		0		1		0.008	0.006
Selenium, Se.....mcg	42.9		0	BFYN	4		36.5	27.0
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.8		0		1		0.7	0.5
Thiamin.....mg	0.744		0		1		0.632	0.469
Riboflavin.....mg	0.349		0		1		0.297	0.220
Niacin.....mg	4.552		0		1		3.869	2.868
Pantothenic acid.....mg	0.697		0		1		0.592	0.439
Vitamin B-6.....mg	0.451		0		1		0.383	0.284
Folate, total.....mcg	4		0		1		3	3
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	4		0		1		3	3
Folate, DFE.....mcg_DFE	4		0	NC	4		3	3
Vitamin B-12.....mcg	0.94		0		1		0.80	0.59
Vitamin A, IU.....IU	7		0		1		6	4
Vitamin A, RAE.....mcg_RAE	2		0		1		2	1
Retinol.....mcg	2		0		1		2	1
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	5.060		0		1		4.301	3.188
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g	0.010		0		1		0.009	0.006
12:0.....g	0.010		0		1		0.009	0.006
13:0.....g								
14:0.....g	0.180		0		1		0.153	0.113
15:0.....g								
16:0.....g	3.060		0		1		2.601	1.928
17:0.....g								
18:0.....g	1.690		0		1		1.437	1.065
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	6.040		0		1		5.134	3.805
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.400		0		1		0.340	0.252

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	5.450		0	1			4.633	3.434
20:1.....g	0.120		0	1			0.102	0.076
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.110		0	1			0.944	0.699
18:2 undifferentiated.....g	0.980		0	1			0.833	0.617
18:3 undifferentiated.....g	0.030		0	1			0.026	0.019
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.040		0	1			0.034	0.025
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	84		0	1			71	53
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.322		0	1			0.274	0.203
Threonine.....g	1.158		0	1			0.984	0.730
Isoleucine.....g	1.187		0	1			1.009	0.748
Leucine.....g	2.034		0	1			1.729	1.281
Lysine.....g	2.280		0	1			1.938	1.436
Methionine.....g	0.671		0	1			0.570	0.423
Cystine.....g	0.323		0	1			0.275	0.203
Phenylalanine.....g	1.012		0	1			0.860	0.638
Tyrosine.....g	0.883		0	1			0.751	0.556
Valine.....g	1.376		0	1			1.170	0.867
Arginine.....g	1.576		0	1			1.340	0.993
Histidine.....g	1.013		0	1			0.861	0.638
Alanine.....g	1.477		0	1			1.255	0.931
Aspartic acid.....g	2.352		0	1			1.999	1.482
Glutamic acid.....g	3.969		0	1			3.374	2.500
Glycine.....g	1.204		0	1			1.023	0.759
Proline.....g	1.019		0	1			0.866	0.642
Serine.....g	1.047		0	1			0.890	0.660
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 63g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

Refuse: 48% Bone 31%, separable fat 17%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
Proximates:									
Water.....g	59.31		0		1		50.41	37.37	
Energy.....kcal	241		0	NC	4		205	152	
Energy.....kj	1008				4		857	635	
Protein (N x 6.25).....g	24.74		0		1		21.03	15.59	
Total lipid (fat).....g	15.08		0		1		12.82	9.50	
Ash.....g	1.28		0		1		1.09	0.81	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	22		0		1		19	14	
Iron, Fe.....mg	1.07		0		1		0.91	0.67	
Magnesium, Mg.....mg	26		0		1		22	16	
Phosphorus, P.....mg	221		0		1		188	139	
Potassium, K.....mg	365		0		1		310	230	
Sodium, Na.....mg	78		0		1		66	49	
Zinc, Zn.....mg	3.87		0		1		3.29	2.44	
Copper, Cu.....mg	0.090		0		1		0.077	0.057	
Manganese, Mn.....mg	0.009		0		1		0.008	0.006	
Selenium, Se.....mcg	42.3		0	BFYN	4		36.0	26.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8		0		1		0.7	0.5	
Thiamin.....mg	0.726		0		1		0.617	0.457	
Riboflavin.....mg	0.358		0		1		0.304	0.226	
Niacin.....mg	4.441		0		1		3.775	2.798	
Pantothenic acid.....mg	0.778		0		1		0.661	0.490	
Vitamin B-6.....mg	0.409		0		1		0.348	0.258	
Folate, total.....mcg	4		0		1		3	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		1		3	3	
Folate, DFE.....mcg_DFE	4		0	NC	4		3	3	
Vitamin B-12.....mcg	0.97		0		1		0.82	0.61	
Vitamin A, IU.....IU	7		0		1		6	4	
Vitamin A, RAE.....mcg_RAE	2		0		1		2	1	
Retinol.....mcg	2		0		1		2	1	
Vitamin E.....mg_ATE	0.260		0		4		0.221	0.164	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	5.160		0		1		4.386	3.251	
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	0.006	
12:0.....g	0.010		0		1		0.009	0.006	
13:0.....g									
14:0.....g	0.180		0		1		0.153	0.113	
15:0.....g									
16:0.....g	3.150		0		1		2.678	1.985	
17:0.....g									
18:0.....g	1.710		0		1		1.454	1.077	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.250		0		1		5.313	3.938	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.390		0		1		0.332	0.246	

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	5.670		0	1			4.820	3.572
20:1.....g	0.120		0	1			0.102	0.076
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.950		0	1			1.658	1.229
18:2 undifferentiated.....g	1.720		0	1			1.462	1.084
18:3 undifferentiated.....g	0.130		0	1			0.111	0.082
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.040		0	1			0.034	0.025
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	82		0	1			70	52
Phytosterols.....mg	4		0	1			3	3
Amino Acids:								
Tryptophan.....g	0.314		0	1			0.267	0.198
Threonine.....g	1.130		0	1			0.961	0.712
Isoleucine.....g	1.158		0	1			0.984	0.730
Leucine.....g	1.985		0	1			1.687	1.251
Lysine.....g	2.225		0	1			1.891	1.402
Methionine.....g	0.655		0	1			0.557	0.413
Cystine.....g	0.316		0	1			0.269	0.199
Phenylalanine.....g	0.988		0	1			0.840	0.622
Tyrosine.....g	0.862		0	1			0.733	0.543
Valine.....g	1.342		0	1			1.141	0.845
Arginine.....g	1.538		0	1			1.307	0.969
Histidine.....g	0.988		0	1			0.840	0.622
Alanine.....g	1.441		0	1			1.225	0.908
Aspartic acid.....g	2.295		0	1			1.951	1.446
Glutamic acid.....g	3.873		0	1			3.292	2.440
Glycine.....g	1.175		0	1			0.999	0.740
Proline.....g	0.994		0	1			0.845	0.626
Serine.....g	1.022		0	1			0.869	0.644
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	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 = 85g: 3 oz

Measure 2 = 63g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10031

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

Refuse: 25% Bone

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	51.21		0		1		135.71	43.53
Energy.....kcal	323		0	NC	4		856	275
Energy.....kj	1351				4		3581	1149
Protein (N x 6.25).....g	23.72		0		1		62.86	20.16
Total lipid (fat).....g	24.63		0		1		65.27	20.94
Ash.....g	1.09		0		1		2.89	0.93
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	34		0		1		90	29
Iron, Fe.....mg	1.11		0		1		2.94	0.94
Magnesium, Mg.....mg	20		0		1		53	17
Phosphorus, P.....mg	210		0		1		557	179
Potassium, K.....mg	326		0		1		864	277
Sodium, Na.....mg	30		0		1		80	26
Zinc, Zn.....mg	3.30		0		1		8.75	2.81
Copper, Cu.....mg	0.079		0		1		0.209	0.067
Manganese, Mn.....mg	0.011		0		1		0.029	0.009
Selenium, Se.....mcg	37.1		0	PAK	1		98.3	31.5
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.2		0		1		0.5	0.2
Thiamin.....mg	0.524		0		1		1.389	0.445
Riboflavin.....mg	0.296		0		1		0.784	0.252
Niacin.....mg	4.237		0		1		11.228	3.601
Pantothenic acid.....mg	0.486		0		1		1.288	0.413
Vitamin B-6.....mg	0.378		0		1		1.002	0.321
Folate, total.....mcg	4		0		1		11	3
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	4		0		1		11	3
Folate, DFE.....mcg_DFE	4		0	NC	4		11	3
Vitamin B-12.....mcg	0.73		0		1		1.93	0.62
Vitamin A, IU.....IU	9		0		1		24	8
Vitamin A, RAE.....mcg_RAE	3		0		1		7	2
Retinol.....mcg	3		0		1		7	2
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	9.150		0		1		24.248	7.778
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g	0.020		0		1		0.053	0.017
12:0.....g	0.020		0		1		0.053	0.017
13:0.....g								
14:0.....g	0.320		0		1		0.848	0.272
15:0.....g								
16:0.....g	5.550		0		1		14.708	4.718
17:0.....g								
18:0.....g	3.060		0		1		8.109	2.601
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	10.640		0		1		28.196	9.044
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.680		0		1		1.802	0.578

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	9.650		0	1			25.573	8.203
20:1.....g	0.200		0	1			0.530	0.170
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.160		0	1			5.724	1.836
18:2 undifferentiated.....g	1.930		0	1			5.115	1.641
18:3 undifferentiated.....g	0.070		0	1			0.186	0.060
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.060		0	1			0.159	0.051
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	93		0	1			246	79
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.278		0	1			0.737	0.236
Threonine.....g	1.048		0	1			2.777	0.891
Isoleucine.....g	1.060		0	1			2.809	0.901
Leucine.....g	1.863		0	1			4.937	1.584
Lysine.....g	2.104		0	1			5.576	1.788
Methionine.....g	0.597		0	1			1.582	0.507
Cystine.....g	0.291		0	1			0.771	0.247
Phenylalanine.....g	0.936		0	1			2.480	0.796
Tyrosine.....g	0.784		0	1			2.078	0.666
Valine.....g	1.262		0	1			3.344	1.073
Arginine.....g	1.540		0	1			4.081	1.309
Histidine.....g	0.882		0	1			2.337	0.750
Alanine.....g	1.412		0	1			3.742	1.200
Aspartic acid.....g	2.142		0	1			5.676	1.821
Glutamic acid.....g	3.550		0	1			9.408	3.018
Glycine.....g	1.419		0	1			3.760	1.206
Proline.....g	1.113		0	1			2.949	0.946
Serine.....g	0.979		0	1			2.594	0.832
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 265g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

Refuse: 40% Bone 25%, separable fat 15%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
Proximates:									
Water.....g	58.20	0.390	15		1		123.97	49.47	
Energy.....kcal	247		0	NC	4		526	210	
Energy.....kj	1033				4		2201	878	
Protein (N x 6.25).....g	26.60	0.371	15		1		56.66	22.61	
Total lipid (fat).....g	14.81	0.558	15		1		31.55	12.59	
Ash.....g	1.18	0.019	15		1		2.51	1.00	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	29	1.704	5		1		62	25	
Iron, Fe.....mg	1.29	0.021	16		1		2.75	1.10	
Magnesium, Mg.....mg	24	0.356	5		1		51	20	
Phosphorus, P.....mg	221	3.587	5		1		471	188	
Potassium, K.....mg	349	1.299	16		1		743	297	
Sodium, Na.....mg	29	8.540	16		1		62	25	
Zinc, Zn.....mg	3.81	0.101	16		1		8.12	3.24	
Copper, Cu.....mg	0.086	0.006	16		1		0.183	0.073	
Manganese, Mn.....mg	0.013		0		1		0.028	0.011	
Selenium, Se.....mcg	42.3	4.472	5	A	1		90.1	36.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.6	0.3	
Thiamin.....mg	0.574	0.037	11		1		1.223	0.488	
Riboflavin.....mg	0.342	0.020	11		1		0.728	0.291	
Niacin.....mg	4.664	0.170	11		1		9.934	3.964	
Pantothenic acid.....mg	0.528		0		1		1.125	0.449	
Vitamin B-6.....mg	0.440		1		1		0.937	0.374	
Folate, total.....mcg	5		0		1		11	4	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		0		1		11	4	
Folate, DFE.....mcg_DFE	5		0	NC	4		11	4	
Vitamin B-12.....mcg	0.80	0.059	11		1		1.70	0.68	
Vitamin A, IU.....IU	8		0		1		17	7	
Vitamin A, RAE.....mcg_RAE	2		0		1		5	2	
Retinol.....mcg	2		0		1		5	2	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	5.310		0		1		11.310	4.514	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.010		21		1		0.021	0.009	
12:0.....g	0.010		32		1		0.021	0.009	
13:0.....g									
14:0.....g	0.190		32		1		0.405	0.162	
15:0.....g									
16:0.....g	3.210		32		1		6.837	2.729	
17:0.....g									
18:0.....g	1.780		32		1		3.791	1.513	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.460		0		1		13.760	5.491	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.440		32		1		0.937	0.374	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	5.810		32		1		12.375	4.939	
20:1.....g	0.140		15		1		0.298	0.119	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.100		0		1		2.343	0.935	
18:2 undifferentiated.....g	0.960		32		1		2.045	0.816	
18:3 undifferentiated.....g	0.030		32		1		0.064	0.026	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		32		1		0.107	0.043	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	93	0.862	15		1		198	79	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.338		0		1		0.720	0.287	
Threonine.....g	1.215		0		1		2.588	1.033	
Isoleucine.....g	1.246		0		1		2.654	1.059	
Leucine.....g	2.135		0		1		4.548	1.815	
Lysine.....g	2.392		0		1		5.095	2.033	
Methionine.....g	0.704		0		1		1.500	0.598	
Cystine.....g	0.339		0		1		0.722	0.288	
Phenylalanine.....g	1.062		0		1		2.262	0.903	
Tyrosine.....g	0.927		0		1		1.975	0.788	
Valine.....g	1.443		0		1		3.074	1.227	
Arginine.....g	1.654		0		1		3.523	1.406	
Histidine.....g	1.063		0		1		2.264	0.904	
Alanine.....g	1.550		0		1		3.302	1.318	
Aspartic acid.....g	2.468		0		1		5.257	2.098	
Glutamic acid.....g	4.165		0		1		8.871	3.540	
Glycine.....g	1.263		0		1		2.690	1.074	
Proline.....g	1.069		0		1		2.277	0.909	
Serine.....g	1.099		0		1		2.341	0.934	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 213g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10036

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

Refuse: 26% Bone

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	66.70		0		1		302.55	74.70
Energy.....kcal	200		0	NC	4		907	224
Energy.....kj	837				4		3796	937
Protein (N x 6.25).....g	20.12		0		1		91.26	22.53
Total lipid (fat).....g	12.69		0		1		57.56	14.21
Ash.....g	1.00		0		1		4.54	1.12
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	24		0		1		109	27
Iron, Fe.....mg	0.77		0		1		3.49	0.86
Magnesium, Mg.....mg	21		0		1		95	24
Phosphorus, P.....mg	192		0		1		871	215
Potassium, K.....mg	332		0		1		1506	372
Sodium, Na.....mg	60		0		1		272	67
Zinc, Zn.....mg	1.56		0		1		7.08	1.75
Copper, Cu.....mg	0.053		0		1		0.240	0.059
Manganese, Mn.....mg	0.014		0		1		0.064	0.016
Selenium, Se.....mcg	29.5		0	PAK	1		133.8	33.0
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.9		0		1		4.1	1.0
Thiamin.....mg	1.096		0		1		4.971	1.228
Riboflavin.....mg	0.209		0		1		0.948	0.234
Niacin.....mg	4.726		0		1		21.437	5.293
Pantothenic acid.....mg	0.780		0		1		3.538	0.874
Vitamin B-6.....mg	0.479		0		1		2.173	0.536
Folate, total.....mcg	5		0		1		23	6
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	5		0		1		23	6
Folate, DFE.....mcg_DFE	5		0	NC	4		23	6
Vitamin B-12.....mcg	0.55		0		1		2.49	0.62
Vitamin A, IU.....IU	7		0		1		32	8
Vitamin A, RAE.....mcg_RAE	2		0		1		10	2
Retinol.....mcg	2		0		1		10	2
Vitamin E.....mg_ATE	0.290		0		4		1.315	0.325
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	4.400		0		1		19.958	4.928
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		0.045	0.011
12:0.....g	0.010		0		1		0.045	0.011
13:0.....g								
14:0.....g	0.160		0		1		0.726	0.179
15:0.....g								
16:0.....g	2.740		0		1		12.429	3.069
17:0.....g								
18:0.....g	1.440		0		1		6.532	1.613
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	5.650		0		1		25.628	6.328
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.360		0		1		1.633	0.403

NDB No. 10036

Pork, fresh, loin, center loin (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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	5.190		0	1			23.542	5.813
20:1.....g	0.090		0	1			0.408	0.101
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.360		0	1			6.169	1.523
18:2 undifferentiated.....g	1.130		0	1			5.126	1.266
18:3 undifferentiated.....g	0.090		0	1			0.408	0.101
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.070		0	1			0.318	0.078
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	67		0	1			304	75
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.248		0	1			1.125	0.278
Threonine.....g	0.908		0	1			4.119	1.017
Isoleucine.....g	0.926		0	1			4.200	1.037
Leucine.....g	1.602		0	1			7.267	1.794
Lysine.....g	1.800		0	1			8.165	2.016
Methionine.....g	0.523		0	1			2.372	0.586
Cystine.....g	0.253		0	1			1.148	0.283
Phenylalanine.....g	0.800		0	1			3.629	0.896
Tyrosine.....g	0.688		0	1			3.121	0.771
Valine.....g	1.084		0	1			4.917	1.214
Arginine.....g	1.272		0	1			5.770	1.425
Histidine.....g	0.783		0	1			3.552	0.877
Alanine.....g	1.182		0	1			5.362	1.324
Aspartic acid.....g	1.848		0	1			8.383	2.070
Glutamic acid.....g	3.099		0	1			14.057	3.471
Glycine.....g	1.048		0	1			4.754	1.174
Proline.....g	0.859		0	1			3.896	0.962
Serine.....g	0.831		0	1			3.769	0.931
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7			0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 112g: 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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10040

Pork, fresh, loin, center loin (chops or roasts), bone-in, separable lean only, raw**Refuse:** 35% Bone 26%, 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	72.55	0.190	15		1		329.09	71.10	
Energy.....kcal	140		0	NC	4		635	137	
Energy.....kj	586				4		2657	574	
Protein (N x 6.25).....g	22.04	0.119	232		1		99.97	21.60	
Total lipid (fat).....g	5.04	0.191	15		1		22.86	4.94	
Ash.....g	1.10	0.007	222		1		4.99	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									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21	0.924	5		1		95	21	
Iron, Fe.....mg	0.83	0.032	201		1		3.76	0.81	
Magnesium, Mg.....mg	23	0.216	196		1		104	23	
Phosphorus, P.....mg	207	2.531	85		1		939	203	
Potassium, K.....mg	362	2.462	199		1		1642	355	
Sodium, Na.....mg	66	1.112	211		1		299	65	
Zinc, Zn.....mg	1.67	0.034	184		1		7.58	1.64	
Copper, Cu.....mg	0.056	0.003	17		1		0.254	0.055	
Manganese, Mn.....mg	0.015		0		1		0.068	0.015	
Selenium, Se.....mcg	32.5	2.811	10	A	1		147.4	31.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		0		1		4.5	1.0	
Thiamin.....mg	1.216	0.038	31		1		5.516	1.192	
Riboflavin.....mg	0.224	0.013	18		1		1.016	0.220	
Niacin.....mg	5.133	0.439	6		1		23.283	5.030	
Pantothenic acid.....mg	0.854		0		1		3.874	0.837	
Vitamin B-6.....mg	0.540		0		1		2.449	0.529	
Folate, total.....mcg	5	1.421	7		1		23	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5	1.421	7		1		23	5	
Folate, DFE.....mcg_DFE	5		0	NC	4		23	5	
Vitamin B-12.....mcg	0.58	0.131	5		1		2.63	0.57	
Vitamin A, IU.....IU	7		0		1		32	7	
Vitamin A, RAE.....mcg_RAE	2		0		1		10	2	
Retinol.....mcg	2		0		1		10	2	
Vitamin E.....mg_ATE	0.290		0		4		1.315	0.284	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	1.740		0		1		7.893	1.705	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.000		73		1		0.000	0.000	
12:0.....g	0.010		75		1		0.045	0.010	
13:0.....g									
14:0.....g	0.060		378		1		0.272	0.059	
15:0.....g									
16:0.....g	1.110		378		1		5.035	1.088	
17:0.....g									
18:0.....g	0.550		378		1		2.495	0.539	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.280		0		1		10.342	2.234	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.160		378		1		0.726	0.157	

NDB No. 10040

Pork, fresh, loin, center loin (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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	2.070		378	1			9.390	2.029
20:1.....g	0.040		71	1			0.181	0.039
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.540		0	1			2.449	0.529
18:2 undifferentiated.....g	0.440		378	1			1.996	0.431
18:3 undifferentiated.....g	0.020		190	1			0.091	0.020
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.060		315	1			0.272	0.059
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	63		1	1			286	62
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.280		0	1			1.270	0.274
Threonine.....g	1.006		0	1			4.563	0.986
Isoleucine.....g	1.032		0	1			4.681	1.011
Leucine.....g	1.768		0	1			8.020	1.733
Lysine.....g	1.982		0	1			8.990	1.942
Methionine.....g	0.584		0	1			2.649	0.572
Cystine.....g	0.281		0	1			1.275	0.275
Phenylalanine.....g	0.880		0	1			3.992	0.862
Tyrosine.....g	0.768		0	1			3.484	0.753
Valine.....g	1.196		0	1			5.425	1.172
Arginine.....g	1.370		0	1			6.214	1.343
Histidine.....g	0.880		0	1			3.992	0.862
Alanine.....g	1.284		0	1			5.824	1.258
Aspartic acid.....g	2.044		0	1			9.272	2.003
Glutamic acid.....g	3.450		0	1			15.649	3.381
Glycine.....g	1.047		0	1			4.749	1.026
Proline.....g	0.885		0	1			4.014	0.867
Serine.....g	0.910		0	1			4.128	0.892
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 98g: 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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10037

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

Refuse: 24% Bone

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	57.40		0		1		48.79	47.64
Energy.....kcal	247		0	NC	4		210	205
Energy.....kj	1033				4		878	858
Protein (N x 6.25).....g	27.94		0		1		23.75	23.19
Total lipid (fat).....g	14.15		0		1		12.03	11.74
Ash.....g	1.41		0		1		1.20	1.17
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	26		0		1		22	22
Iron, Fe.....mg	1.05		0		1		0.89	0.87
Magnesium, Mg.....mg	19		0		1		16	16
Phosphorus, P.....mg	179		0		1		152	149
Potassium, K.....mg	353		0		1		300	293
Sodium, Na.....mg	59		0		1		50	49
Zinc, Zn.....mg	2.16		0		1		1.84	1.79
Copper, Cu.....mg	0.073		0		1		0.062	0.061
Manganese, Mn.....mg	0.015		0		1		0.013	0.012
Selenium, Se.....mcg	41.0		0	PIE	4		34.9	34.0
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.9		0		1		0.8	0.7
Thiamin.....mg	0.769		0		1		0.654	0.638
Riboflavin.....mg	0.215		0		1		0.183	0.178
Niacin.....mg	4.611		0		1		3.919	3.827
Pantothenic acid.....mg	0.705		0		1		0.599	0.585
Vitamin B-6.....mg	0.373		0		1		0.317	0.310
Folate, total.....mcg	3		0		1		3	2
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	3		0		1		3	2
Folate, DFE.....mcg_DFE	3		0	NC	4		3	2
Vitamin B-12.....mcg	0.50		0		1		0.43	0.42
Vitamin A, IU.....IU	8		0		1		7	7
Vitamin A, RAE.....mcg_RAE	2		0		1		2	2
Retinol.....mcg	2		0		1		2	2
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	5.320		0		1		4.522	4.416
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	0.190		0		1		0.162	0.158
15:0.....g								
16:0.....g	3.260		0		1		2.771	2.706
17:0.....g								
18:0.....g	1.740		0		1		1.479	1.444
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	6.200		0		1		5.270	5.146
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.430		0		1		0.366	0.357

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	5.580		0	1			4.743	4.631
20:1.....g	0.120		0	1			0.102	0.100
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.240		0	1			1.054	1.029
18:2 undifferentiated.....g	1.100		0	1			0.935	0.913
18:3 undifferentiated.....g	0.040		0	1			0.034	0.033
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.040		0	1			0.034	0.033
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	86		0	1			73	71
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.343		0	1			0.292	0.285
Threonine.....g	1.257		0	1			1.068	1.043
Isoleucine.....g	1.282		0	1			1.090	1.064
Leucine.....g	2.220		0	1			1.887	1.843
Lysine.....g	2.497		0	1			2.122	2.073
Methionine.....g	0.724		0	1			0.615	0.601
Cystine.....g	0.350		0	1			0.298	0.291
Phenylalanine.....g	1.109		0	1			0.943	0.920
Tyrosine.....g	0.951		0	1			0.808	0.789
Valine.....g	1.503		0	1			1.278	1.247
Arginine.....g	1.771		0	1			1.505	1.470
Histidine.....g	1.081		0	1			0.919	0.897
Alanine.....g	1.643		0	1			1.397	1.364
Aspartic acid.....g	2.561		0	1			2.177	2.126
Glutamic acid.....g	4.288		0	1			3.645	3.559
Glycine.....g	1.480		0	1			1.258	1.228
Proline.....g	1.206		0	1			1.025	1.001
Serine.....g	1.154		0	1			0.981	0.958
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 83g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10038

Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled**Refuse: 27% Bone**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	57.59	0.384	15		1		48.95	47.22	
Energy.....kcal	240		0	NC	4		204	197	
Energy.....kj	1004				4		854	823	
Protein (N x 6.25).....g	28.71	0.222	15		1		24.40	23.54	
Total lipid (fat).....g	13.06	0.394	15		1		11.10	10.71	
Ash.....g	1.15		0		1		0.98	0.94	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	33		0		1		28	27	
Iron, Fe.....mg	0.80		0		1		0.68	0.66	
Magnesium, Mg.....mg	25		0		1		21	21	
Phosphorus, P.....mg	232		0		1		197	190	
Potassium, K.....mg	358		0		1		304	294	
Sodium, Na.....mg	58		0		1		49	48	
Zinc, Zn.....mg	2.26		0		1		1.92	1.85	
Copper, Cu.....mg	0.046		0		1		0.039	0.038	
Manganese, Mn.....mg	0.003		0		1		0.003	0.002	
Selenium, Se.....mcg	44.3		0	PAK	1		37.7	36.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0		1		0.3	0.3	
Thiamin.....mg	1.067		0		1		0.907	0.875	
Riboflavin.....mg	0.288		0		1		0.245	0.236	
Niacin.....mg	5.241		0		1		4.455	4.298	
Pantothenic acid.....mg	0.635		0		1		0.540	0.521	
Vitamin B-6.....mg	0.429		0		1		0.365	0.352	
Folate, total.....mcg	6		0		1		5	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6		0		1		5	5	
Folate, DFE.....mcg_DFE	6		0	NC	4		5	5	
Vitamin B-12.....mcg	0.73		0		1		0.62	0.60	
Vitamin A, IU.....IU	9		0		1		8	7	
Vitamin A, RAE.....mcg_RAE	3		0		1		2	2	
Retinol.....mcg	3		0		1		2	2	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	4.800		0		1		4.080	3.936	
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	0.180		0		1		0.153	0.148	
15:0.....g									
16:0.....g	2.970		0		1		2.525	2.435	
17:0.....g									
18:0.....g	1.540		0		1		1.309	1.263	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.860		0		1		4.981	4.805	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.460		0		1		0.391	0.377	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	5.200		0		1		4.420	4.264
20:1.....g	0.130		0		1		0.111	0.107
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.980		0		1		0.833	0.804
18:2 undifferentiated.....g	0.840		0		1		0.714	0.689
18:3 undifferentiated.....g	0.030		0		1		0.026	0.025
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.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	82		1.328	15		1	70	67
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.365		0		1		0.310	0.299
Threonine.....g	1.311		0		1		1.114	1.075
Isoleucine.....g	1.344		0		1		1.142	1.102
Leucine.....g	2.304		0		1		1.958	1.889
Lysine.....g	2.582		0		1		2.195	2.117
Methionine.....g	0.760		0		1		0.646	0.623
Cystine.....g	0.366		0		1		0.311	0.300
Phenylalanine.....g	1.146		0		1		0.974	0.940
Tyrosine.....g	1.000		0		1		0.850	0.820
Valine.....g	1.558		0		1		1.324	1.278
Arginine.....g	1.785		0		1		1.517	1.464
Histidine.....g	1.147		0		1		0.975	0.941
Alanine.....g	1.673		0		1		1.422	1.372
Aspartic acid.....g	2.663		0		1		2.264	2.184
Glutamic acid.....g	4.494		0		1		3.820	3.685
Glycine.....g	1.363		0		1		1.159	1.118
Proline.....g	1.153		0		1		0.980	0.945
Serine.....g	1.186		0		1		1.008	0.973
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 82g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10179

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

Refuse: 30% Bone

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	52.98		0		1		45.03	41.32
Energy.....kcal	277		0	NC	4		235	216
Energy.....kj	1159				4		985	904
Protein (N x 6.25).....g	29.91		0		1		25.42	23.33
Total lipid (fat).....g	16.56		0		1		14.08	12.92
Ash.....g	1.51		0		1		1.28	1.18
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	27		0		1		23	21
Iron, Fe.....mg	0.91		0		1		0.77	0.71
Magnesium, Mg.....mg	29		0		1		25	23
Phosphorus, P.....mg	259		0		1		220	202
Potassium, K.....mg	425		0		1		361	332
Sodium, Na.....mg	80		0		1		68	62
Zinc, Zn.....mg	2.31		0		1		1.96	1.80
Copper, Cu.....mg	0.075		0		1		0.064	0.059
Manganese, Mn.....mg	0.011		0		1		0.009	0.009
Selenium, Se.....mcg	39.0		0	BFYN	4		33.2	30.4
Vitamins:								
Vitamin C, total ascorbic acid.....mg	1.0		0		1		0.9	0.8
Thiamin.....mg	1.138		0		1		0.967	0.888
Riboflavin.....mg	0.302		0		1		0.257	0.236
Niacin.....mg	5.601		0		1		4.761	4.369
Pantothenic acid.....mg	0.920		0		1		0.782	0.718
Vitamin B-6.....mg	0.469		0		1		0.399	0.366
Folate, total.....mcg	6		0		1		5	5
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	6		0		1		5	5
Folate, DFE.....mcg_DFE	6		0	NC	4		5	5
Vitamin B-12.....mcg	0.73		0		1		0.62	0.57
Vitamin A, IU.....IU	8		0		1		7	6
Vitamin A, RAE.....mcg_RAE	2		0		1		2	2
Retinol.....mcg	2		0		1		2	2
Vitamin E.....mg_ATE	0.260		0		4		0.221	0.203
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	6.010		0		1		5.109	4.688
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	0.008
12:0.....g	0.010		0		1		0.009	0.008
13:0.....g								
14:0.....g	0.210		0		1		0.179	0.164
15:0.....g								
16:0.....g	3.700		0		1		3.145	2.886
17:0.....g								
18:0.....g	1.960		0		1		1.666	1.529
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	7.060		0		1		6.001	5.507
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.480		0		1		0.408	0.374

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	6.380		0	1			5.423	4.976
20:1.....g	0.130		0	1			0.111	0.101
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.910		0	1			1.624	1.490
18:2 undifferentiated.....g	1.690		0	1			1.437	1.318
18:3 undifferentiated.....g	0.110		0	1			0.094	0.086
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.050		0	1			0.043	0.039
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	92		0	1			78	72
Phytosterols.....mg	2		0	1			2	2
Amino Acids:								
Tryptophan.....g	0.367		0	1			0.312	0.286
Threonine.....g	1.345		0	1			1.143	1.049
Isoleucine.....g	1.371		0	1			1.165	1.069
Leucine.....g	2.377		0	1			2.020	1.854
Lysine.....g	2.672		0	1			2.271	2.084
Methionine.....g	0.774		0	1			0.658	0.604
Cystine.....g	0.375		0	1			0.319	0.293
Phenylalanine.....g	1.187		0	1			1.009	0.926
Tyrosine.....g	1.018		0	1			0.865	0.794
Valine.....g	1.608		0	1			1.367	1.254
Arginine.....g	1.896		0	1			1.612	1.479
Histidine.....g	1.157		0	1			0.983	0.902
Alanine.....g	1.759		0	1			1.495	1.372
Aspartic acid.....g	2.741		0	1			2.330	2.138
Glutamic acid.....g	4.588		0	1			3.900	3.579
Glycine.....g	1.587		0	1			1.349	1.238
Proline.....g	1.293		0	1			1.099	1.009
Serine.....g	1.235		0	1			1.050	0.963
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	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 = 85g: 3 oz

Measure 2 = 78g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10041

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

Refuse: 32% Bone 24%, separable fat 8%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	61.41		0		1		52.20	45.44	
Energy.....kcal	202		0	NC	4		172	149	
Energy.....kj	845				4		718	625	
Protein (N x 6.25).....g	29.78		0		1		25.31	22.04	
Total lipid (fat).....g	8.31		0		1		7.06	6.15	
Ash.....g	1.49		0		1		1.27	1.10	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	23		0		1		20	17	
Iron, Fe.....mg	1.13		0		1		0.96	0.84	
Magnesium, Mg.....mg	20		0		1		17	15	
Phosphorus, P.....mg	181		0		1		154	134	
Potassium, K.....mg	367		0		1		312	272	
Sodium, Na.....mg	62		0		1		53	46	
Zinc, Zn.....mg	2.26		0		1		1.92	1.67	
Copper, Cu.....mg	0.076		0		1		0.065	0.056	
Manganese, Mn.....mg	0.016		0		1		0.014	0.012	
Selenium, Se.....mcg	43.9		0	BFYN	4		37.3	32.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		0		1		0.9	0.7	
Thiamin.....mg	0.822		0		1		0.699	0.608	
Riboflavin.....mg	0.227		0		1		0.193	0.168	
Niacin.....mg	4.856		0		1		4.128	3.593	
Pantothenic acid.....mg	0.750		0		1		0.638	0.555	
Vitamin B-6.....mg	0.401		0		1		0.341	0.297	
Folate, total.....mcg	3		0		1		3	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		0		1		3	2	
Folate, DFE.....mcg_DFE	3		0	NC	4		3	2	
Vitamin B-12.....mcg	0.51		0		1		0.43	0.38	
Vitamin A, IU.....IU	7		0		1		6	5	
Vitamin A, RAE.....mcg_RAE	2		0		1		2	2	
Retinol.....mcg	2		0		1		2	2	
Vitamin E.....mg_ATE	0.260		0		4		0.221	0.192	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	3.070		0		1		2.610	2.272	
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	0.007	
12:0.....g	0.010		0		1		0.009	0.007	
13:0.....g									
14:0.....g	0.110		0		1		0.094	0.081	
15:0.....g									
16:0.....g	1.890		0		1		1.607	1.399	
17:0.....g									
18:0.....g	0.990		0		1		0.842	0.733	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.710		0		1		3.154	2.745	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.290		0		1		0.247	0.215	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	3.300		0	1			2.805	2.442
20:1.....g	0.080		0	1			0.068	0.059
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.640		0	1			0.544	0.474
18:2 undifferentiated.....g	0.550		0	1			0.468	0.407
18:3 undifferentiated.....g	0.020		0	1			0.017	0.015
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.030		0	1			0.026	0.022
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	85		0	1			72	63
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.378		0	1			0.321	0.280
Threonine.....g	1.360		0	1			1.156	1.006
Isoleucine.....g	1.395		0	1			1.186	1.032
Leucine.....g	2.390		0	1			2.032	1.769
Lysine.....g	2.678		0	1			2.276	1.982
Methionine.....g	0.789		0	1			0.671	0.584
Cystine.....g	0.380		0	1			0.323	0.281
Phenylalanine.....g	1.189		0	1			1.011	0.880
Tyrosine.....g	1.038		0	1			0.882	0.768
Valine.....g	1.616		0	1			1.374	1.196
Arginine.....g	1.851		0	1			1.573	1.370
Histidine.....g	1.190		0	1			1.012	0.881
Alanine.....g	1.735		0	1			1.475	1.284
Aspartic acid.....g	2.762		0	1			2.348	2.044
Glutamic acid.....g	4.662		0	1			3.963	3.450
Glycine.....g	1.414		0	1			1.202	1.046
Proline.....g	1.196		0	1			1.017	0.885
Serine.....g	1.230		0	1			1.046	0.910
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	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 = 85g: 3 oz

Measure 2 = 74g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10042

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

Refuse: 34% Bone 27%, 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	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	61.15	0.414	15		1		51.98	45.25	
Energy.....kcal	202		0	NC	4		172	149	
Energy.....kj	845				4		718	625	
Protein (N x 6.25).....g	30.19	0.231	15		1		25.66	22.34	
Total lipid (fat).....g	8.07	0.391	15		1		6.86	5.97	
Ash.....g	1.20	0.023	15		1		1.02	0.89	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	31	1.585	5		1		26	23	
Iron, Fe.....mg	0.85	0.029	5		1		0.72	0.63	
Magnesium, Mg.....mg	27	0.213	5		1		23	20	
Phosphorus, P.....mg	241	2.381	5		1		205	178	
Potassium, K.....mg	375	3.292	5		1		319	278	
Sodium, Na.....mg	60	0.795	5		1		51	44	
Zinc, Zn.....mg	2.38	0.040	5		1		2.02	1.76	
Copper, Cu.....mg	0.045	0.002	5		1		0.038	0.033	
Manganese, Mn.....mg	0.011		0		1		0.009	0.008	
Selenium, Se.....mcg	47.3	4.758	5	A	1		40.2	35.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0		1		0.3	0.3	
Thiamin.....mg	1.149		0		1		0.977	0.850	
Riboflavin.....mg	0.308		0		1		0.262	0.228	
Niacin.....mg	5.542		0		1		4.711	4.101	
Pantothenic acid.....mg	0.691		0		1		0.587	0.511	
Vitamin B-6.....mg	0.470		0		1		0.400	0.348	
Folate, total.....mcg	6		0		1		5	4	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6		0		1		5	4	
Folate, DFE.....mcg_DFE	6		0	NC	4		5	4	
Vitamin B-12.....mcg	0.74		0		1		0.63	0.55	
Vitamin A, IU.....IU	8		0		1		7	6	
Vitamin A, RAE.....mcg_RAE	2		0		1		2	2	
Retinol.....mcg	2		0		1		2	2	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	2.950		0		1		2.508	2.183	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.010		27		1		0.009	0.007	
12:0.....g	0.010		27		1		0.009	0.007	
13:0.....g									
14:0.....g	0.110		27		1		0.094	0.081	
15:0.....g									
16:0.....g	1.830		27		1		1.556	1.354	
17:0.....g									
18:0.....g	0.940		27		1		0.799	0.696	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.640		0		1		3.094	2.694	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.290		27		1		0.247	0.215	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	3.220		27		1		2.737	2.383
20:1.....g	0.080		15		1		0.068	0.059
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.580		0		1		0.493	0.429
18:2 undifferentiated.....g	0.500		27		1		0.425	0.370
18:3 undifferentiated.....g	0.020		27		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		27		1		0.034	0.030
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	82	1.597	15		1		70	61
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.383		0		1		0.326	0.283
Threonine.....g	1.379		0		1		1.172	1.020
Isoleucine.....g	1.414		0		1		1.202	1.046
Leucine.....g	2.422		0		1		2.059	1.792
Lysine.....g	2.715		0		1		2.308	2.009
Methionine.....g	0.799		0		1		0.679	0.591
Cystine.....g	0.385		0		1		0.327	0.285
Phenylalanine.....g	1.205		0		1		1.024	0.892
Tyrosine.....g	1.052		0		1		0.894	0.778
Valine.....g	1.638		0		1		1.392	1.212
Arginine.....g	1.877		0		1		1.595	1.389
Histidine.....g	1.206		0		1		1.025	0.892
Alanine.....g	1.759		0		1		1.495	1.302
Aspartic acid.....g	2.800		0		1		2.380	2.072
Glutamic acid.....g	4.726		0		1		4.017	3.497
Glycine.....g	1.434		0		1		1.219	1.061
Proline.....g	1.213		0		1		1.031	0.898
Serine.....g	1.247		0		1		1.060	0.923
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 74g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10176

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

Refuse: 38% Bone 30%, separable fat 8%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	56.81		0		1		48.29	39.20
Energy.....kcal	232		0	NC	4		197	160
Energy.....kj	971				4		825	670
Protein (N x 6.25).....g	32.18		0		1		27.35	22.20
Total lipid (fat).....g	10.47		0		1		8.90	7.22
Ash.....g	1.61		0		1		1.37	1.11
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	23		0		1		20	16
Iron, Fe.....mg	0.98		0		1		0.83	0.68
Magnesium, Mg.....mg	32		0		1		27	22
Phosphorus, P.....mg	271		0		1		230	187
Potassium, K.....mg	449		0		1		382	310
Sodium, Na.....mg	86		0		1		73	59
Zinc, Zn.....mg	2.44		0		1		2.07	1.68
Copper, Cu.....mg	0.078		0		1		0.066	0.054
Manganese, Mn.....mg	0.012		0		1		0.010	0.008
Selenium, Se.....mcg	47.8		0	BFYN	4		40.6	33.0
Vitamins:								
Vitamin C, total ascorbic acid.....mg	1.2		0		1		1.0	0.8
Thiamin.....mg	1.243		0		1		1.057	0.858
Riboflavin.....mg	0.327		0		1		0.278	0.226
Niacin.....mg	5.997		0		1		5.097	4.138
Pantothenic acid.....mg	0.998		0		1		0.848	0.689
Vitamin B-6.....mg	0.513		0		1		0.436	0.354
Folate, total.....mcg	6		0		1		5	4
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	6		0		1		5	4
Folate, DFE.....mcg_DFE	6		0	NC	4		5	4
Vitamin B-12.....mcg	0.76		0		1		0.65	0.52
Vitamin A, IU.....IU	8		0		1		7	6
Vitamin A, RAE.....mcg_RAE	2		0		1		2	2
Retinol.....mcg	2		0		1		2	2
Vitamin E.....mg_ATE	0.260		0		4		0.221	0.179
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	3.640		0		1		3.094	2.512
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	0.007
12:0.....g	0.010		0		1		0.009	0.007
13:0.....g								
14:0.....g	0.130		0		1		0.111	0.090
15:0.....g								
16:0.....g	2.260		0		1		1.921	1.559
17:0.....g								
18:0.....g	1.160		0		1		0.986	0.800
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	4.450		0		1		3.783	3.071
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.320		0		1		0.272	0.221

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	3.990		0	1			3.392	2.753
20:1.....g	0.090		0	1			0.077	0.062
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.340		0	1			1.139	0.925
18:2 undifferentiated.....g	1.170		0	1			0.995	0.807
18:3 undifferentiated.....g	0.090		0	1			0.077	0.062
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.040		0	1			0.034	0.028
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	92		0	1			78	63
Phytosterols.....mg	3		0	1			3	2
Amino Acids:								
Tryptophan.....g	0.409		0	1			0.348	0.282
Threonine.....g	1.470		0	1			1.250	1.014
Isoleucine.....g	1.507		0	1			1.281	1.040
Leucine.....g	2.582		0	1			2.195	1.782
Lysine.....g	2.894		0	1			2.460	1.997
Methionine.....g	0.852		0	1			0.724	0.588
Cystine.....g	0.411		0	1			0.349	0.284
Phenylalanine.....g	1.285		0	1			1.092	0.887
Tyrosine.....g	1.121		0	1			0.953	0.773
Valine.....g	1.746		0	1			1.484	1.205
Arginine.....g	2.001		0	1			1.701	1.381
Histidine.....g	1.286		0	1			1.093	0.887
Alanine.....g	1.875		0	1			1.594	1.294
Aspartic acid.....g	2.985		0	1			2.537	2.060
Glutamic acid.....g	5.038		0	1			4.282	3.476
Glycine.....g	1.528		0	1			1.299	1.054
Proline.....g	1.293		0	1			1.099	0.892
Serine.....g	1.329		0	1			1.130	0.917
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	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 = 85g: 3 oz

Measure 2 = 69g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10039

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

Refuse: 26% Bone

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	59.76		0		1		150.60	50.80
Energy.....kcal	234		0	NC	4		590	199
Energy.....kj	979				4		2467	832
Protein (N x 6.25).....g	26.31		0		1		66.30	22.36
Total lipid (fat).....g	13.46		0		1		33.92	11.44
Ash.....g	1.32		0		1		3.33	1.12
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	27		0		1		68	23
Iron, Fe.....mg	0.99		0		1		2.49	0.84
Magnesium, Mg.....mg	20		0		1		50	17
Phosphorus, P.....mg	215		0		1		542	183
Potassium, K.....mg	352		0		1		887	299
Sodium, Na.....mg	63		0		1		159	54
Zinc, Zn.....mg	2.02		0		1		5.09	1.72
Copper, Cu.....mg	0.068		0		1		0.171	0.058
Manganese, Mn.....mg	0.015		0		1		0.038	0.013
Selenium, Se.....mcg	41.0		0	PIE	4		103.3	34.9
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.9		0		1		2.3	0.8
Thiamin.....mg	0.864		0		1		2.177	0.734
Riboflavin.....mg	0.253		0		1		0.638	0.215
Niacin.....mg	5.217		0		1		13.147	4.434
Pantothenic acid.....mg	0.664		0		1		1.673	0.564
Vitamin B-6.....mg	0.352		0		1		0.887	0.299
Folate, total.....mcg	4		0		1		10	3
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	4		0		1		10	3
Folate, DFE.....mcg_DFE	4		0	NC	4		10	3
Vitamin B-12.....mcg	0.57		0		1		1.44	0.48
Vitamin A, IU.....IU	7		0		1		18	6
Vitamin A, RAE.....mcg_RAE	2		0		1		5	2
Retinol.....mcg	2		0		1		5	2
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	5.060		0		1		12.751	4.301
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g	0.010		0		1		0.025	0.009
12:0.....g	0.010		0		1		0.025	0.009
13:0.....g								
14:0.....g	0.180		0		1		0.454	0.153
15:0.....g								
16:0.....g	3.100		0		1		7.812	2.635
17:0.....g								
18:0.....g	1.660		0		1		4.183	1.411
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	5.890		0		1		14.843	5.007
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.410		0		1		1.033	0.349

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	5.310		0	1			13.381	4.514
20:1.....g	0.110		0	1			0.277	0.094
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.180		0	1			2.974	1.003
18:2 undifferentiated.....g	1.050		0	1			2.646	0.893
18:3 undifferentiated.....g	0.040		0	1			0.101	0.034
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.040		0	1			0.101	0.034
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	80		0	1			202	68
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.325		0	1			0.819	0.276
Threonine.....g	1.187		0	1			2.991	1.009
Isoleucine.....g	1.211		0	1			3.052	1.029
Leucine.....g	2.094		0	1			5.277	1.780
Lysine.....g	2.354		0	1			5.932	2.001
Methionine.....g	0.684		0	1			1.724	0.581
Cystine.....g	0.331		0	1			0.834	0.281
Phenylalanine.....g	1.045		0	1			2.633	0.888
Tyrosine.....g	0.899		0	1			2.265	0.764
Valine.....g	1.417		0	1			3.571	1.204
Arginine.....g	1.662		0	1			4.188	1.413
Histidine.....g	1.024		0	1			2.580	0.870
Alanine.....g	1.545		0	1			3.893	1.313
Aspartic acid.....g	2.416		0	1			6.088	2.054
Glutamic acid.....g	4.052		0	1			10.211	3.444
Glycine.....g	1.368		0	1			3.447	1.163
Proline.....g	1.122		0	1			2.827	0.954
Serine.....g	1.086		0	1			2.737	0.923
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 252g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10043

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

Refuse: 32% Bone 26%, separable fat 6%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
Proximates:									
Water.....g	62.98		0		1		145.48	53.53	
Energy.....kcal	199		0	NC	4		460	169	
Energy.....kj	833				4		1923	708	
Protein (N x 6.25).....g	27.55		0		1		63.64	23.42	
Total lipid (fat).....g	9.01		0		1		20.81	7.66	
Ash.....g	1.37		0		1		3.16	1.16	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	25		0		1		58	21	
Iron, Fe.....mg	1.04		0		1		2.40	0.88	
Magnesium, Mg.....mg	22		0		1		51	19	
Phosphorus, P.....mg	219		0		1		506	186	
Potassium, K.....mg	362		0		1		836	308	
Sodium, Na.....mg	66		0		1		152	56	
Zinc, Zn.....mg	2.09		0		1		4.83	1.78	
Copper, Cu.....mg	0.070		0		1		0.162	0.060	
Manganese, Mn.....mg	0.016		0		1		0.037	0.014	
Selenium, Se.....mcg	43.2		0	BFYN	4		99.8	36.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		0		1		2.3	0.9	
Thiamin.....mg	0.912		0		1		2.107	0.775	
Riboflavin.....mg	0.266		0		1		0.614	0.226	
Niacin.....mg	5.454		0		1		12.599	4.636	
Pantothenic acid.....mg	0.694		0		1		1.603	0.590	
Vitamin B-6.....mg	0.371		0		1		0.857	0.315	
Folate, total.....mcg	4		0		1		9	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		1		9	3	
Folate, DFE.....mcg_DFE	4		0	NC	4		9	3	
Vitamin B-12.....mcg	0.58		0		1		1.34	0.49	
Vitamin A, IU.....IU	7		0		1		16	6	
Vitamin A, RAE.....mcg_RAE	2		0		1		5	2	
Retinol.....mcg	2		0		1		5	2	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	3.340		0		1		7.715	2.839	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.010		0		1		0.023	0.009	
12:0.....g	0.010		0		1		0.023	0.009	
13:0.....g									
14:0.....g	0.120		0		1		0.277	0.102	
15:0.....g									
16:0.....g	2.060		0		1		4.759	1.751	
17:0.....g									
18:0.....g	1.080		0		1		2.495	0.918	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.000		0		1		9.240	3.400	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.300		0		1		0.693	0.255	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	3.570		0	1			8.247	3.035
20:1.....g	0.080		0	1			0.185	0.068
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.720		0	1			1.663	0.612
18:2 undifferentiated.....g	0.630		0	1			1.455	0.536
18:3 undifferentiated.....g	0.020		0	1			0.046	0.017
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.030		0	1			0.069	0.026
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	79		0	1			182	67
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.350		0	1			0.809	0.298
Threonine.....g	1.258		0	1			2.906	1.069
Isoleucine.....g	1.290		0	1			2.980	1.097
Leucine.....g	2.210		0	1			5.105	1.879
Lysine.....g	2.477		0	1			5.722	2.105
Methionine.....g	0.729		0	1			1.684	0.620
Cystine.....g	0.351		0	1			0.811	0.298
Phenylalanine.....g	1.100		0	1			2.541	0.935
Tyrosine.....g	0.960		0	1			2.218	0.816
Valine.....g	1.495		0	1			3.453	1.271
Arginine.....g	1.713		0	1			3.957	1.456
Histidine.....g	1.101		0	1			2.543	0.936
Alanine.....g	1.605		0	1			3.708	1.364
Aspartic acid.....g	2.555		0	1			5.902	2.172
Glutamic acid.....g	4.313		0	1			9.963	3.666
Glycine.....g	1.308		0	1			3.021	1.112
Proline.....g	1.107		0	1			2.557	0.941
Serine.....g	1.138		0	1			2.629	0.967
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 231g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10044

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

Refuse: 35% 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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	65.15		0		1		295.52	63.85
Energy.....kcal	209		0	NC	4		948	205
Energy.....kj	874				4		3967	857
Protein (N x 6.25).....g	20.17		0		1		91.49	19.77
Total lipid (fat).....g	13.60		0		1		61.69	13.33
Ash.....g	0.91		0		1		4.13	0.89
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	24		0		1		109	24
Iron, Fe.....mg	0.70		0		1		3.18	0.69
Magnesium, Mg.....mg	20		0		1		91	20
Phosphorus, P.....mg	200		0		1		907	196
Potassium, K.....mg	384		0		1		1742	376
Sodium, Na.....mg	42		0		1		191	41
Zinc, Zn.....mg	1.52		0		1		6.89	1.49
Copper, Cu.....mg	0.055		0		1		0.249	0.054
Manganese, Mn.....mg	0.009		0		1		0.041	0.009
Selenium, Se.....mcg	29.5		0	BFZN	4		133.8	28.9
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.3		0		1		1.4	0.3
Thiamin.....mg	0.882		0		1		4.001	0.864
Riboflavin.....mg	0.237		0		1		1.075	0.232
Niacin.....mg	5.321		0		1		24.136	5.215
Pantothenic acid.....mg	0.595		0		1		2.699	0.583
Vitamin B-6.....mg	0.424		0		1		1.923	0.416
Folate, total.....mcg	3		0		1		14	3
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	3		0		1		14	3
Folate, DFE.....mcg_DFE	3		0	NC	4		14	3
Vitamin B-12.....mcg	0.61		0		1		2.77	0.60
Vitamin A, IU.....IU	6		0		1		27	6
Vitamin A, RAE.....mcg_RAE	2		0		1		8	2
Retinol.....mcg	2		0		1		8	2
Vitamin E.....mg_ATE	0.290		0		4		1.315	0.284
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	4.710		0		1		21.365	4.616
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g	0.010		0		1		0.045	0.010
12:0.....g	0.010		0		1		0.045	0.010
13:0.....g								
14:0.....g	0.170		0		1		0.771	0.167
15:0.....g								
16:0.....g	2.940		0		1		13.336	2.881
17:0.....g								
18:0.....g	1.540		0		1		6.985	1.509
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	6.060		0		1		27.488	5.939
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.390		0		1		1.769	0.382

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	5.560		0	1			25.220	5.449
20:1.....g	0.100		0	1			0.454	0.098
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.450		0	1			6.577	1.421
18:2 undifferentiated.....g	1.210		0	1			5.489	1.186
18:3 undifferentiated.....g	0.090		0	1			0.408	0.088
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.080		0	1			0.363	0.078
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	60		0	1			272	59
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.249		0	1			1.129	0.244
Threonine.....g	0.910		0	1			4.128	0.892
Isoleucine.....g	0.928		0	1			4.209	0.909
Leucine.....g	1.606		0	1			7.285	1.574
Lysine.....g	1.804		0	1			8.183	1.768
Methionine.....g	0.524		0	1			2.377	0.514
Cystine.....g	0.254		0	1			1.152	0.249
Phenylalanine.....g	0.802		0	1			3.638	0.786
Tyrosine.....g	0.689		0	1			3.125	0.675
Valine.....g	1.086		0	1			4.926	1.064
Arginine.....g	1.275		0	1			5.783	1.250
Histidine.....g	0.785		0	1			3.561	0.769
Alanine.....g	1.185		0	1			5.375	1.161
Aspartic acid.....g	1.852		0	1			8.401	1.815
Glutamic acid.....g	3.105		0	1			14.084	3.043
Glycine.....g	1.051		0	1			4.767	1.030
Proline.....g	0.861		0	1			3.905	0.844
Serine.....g	0.833		0	1			3.778	0.816
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g		0.0	0	z	7		0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 98g: 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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10048

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

Refuse: 43% Bone 35%, 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	70.83	0.242	23		1		321.28	60.91	
Energy.....kcal	149		0	NC	4		676	128	
Energy.....kj	623				4		2828	536	
Protein (N x 6.25).....g	22.11	0.311	61		1		100.29	19.01	
Total lipid (fat).....g	6.01	0.227	23		1		27.26	5.17	
Ash.....g	1.00	0.013	57		1		4.54	0.86	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21	0.924	5		1		95	18	
Iron, Fe.....mg	0.76	0.019	60		1		3.45	0.65	
Magnesium, Mg.....mg	23	0.786	26		1		104	20	
Phosphorus, P.....mg	215	0.705	5		1		975	185	
Potassium, K.....mg	421	2.539	146		1		1910	362	
Sodium, Na.....mg	45	1.077	164		1		204	39	
Zinc, Zn.....mg	1.64	0.020	48		1		7.44	1.41	
Copper, Cu.....mg	0.058	0.002	60		1		0.263	0.050	
Manganese, Mn.....mg	0.010		2		1		0.045	0.009	
Selenium, Se.....mcg	33.6		0	BFZN	4		152.4	28.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3	0.211	3		1		1.4	0.3	
Thiamin.....mg	0.973	0.038	65		1		4.414	0.837	
Riboflavin.....mg	0.256	0.006	68		1		1.161	0.220	
Niacin.....mg	5.815	0.301	19		1		26.377	5.001	
Pantothenic acid.....mg	0.643	0.028	20		1		2.917	0.553	
Vitamin B-6.....mg	0.477	0.022	12		1		2.164	0.410	
Folate, total.....mcg	3	0.602	19		1		14	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3	0.602	19		1		14	3	
Folate, DFE.....mcg_DFE	3		0	NC	4		14	3	
Vitamin B-12.....mcg	0.65	0.032	27		1		2.95	0.56	
Vitamin A, IU.....IU	6		1		1		27	5	
Vitamin A, RAE.....mcg_RAE	2		1		1		8	2	
Retinol.....mcg	2		1		1		8	2	
Vitamin E.....mg_ATE	0.290		0		4		1.315	0.249	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	2.070		0		1		9.390	1.780	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.010		73		1		0.045	0.009	
12:0.....g	0.010		75		1		0.045	0.009	
13:0.....g									
14:0.....g	0.070		378		1		0.318	0.060	
15:0.....g									
16:0.....g	1.320		378		1		5.988	1.135	
17:0.....g									
18:0.....g	0.650		378		1		2.948	0.559	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.710		0		1		12.293	2.331	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.190		378		1		0.862	0.163	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	2.470		378	1			11.204	2.124
20:1.....g	0.040		71	1			0.181	0.034
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.650		0	1			2.948	0.559
18:2 undifferentiated.....g	0.520		378	1			2.359	0.447
18:3 undifferentiated.....g	0.020		190	1			0.091	0.017
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.070		315	1			0.318	0.060
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	55	1.054	58	1			249	47
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.281		0	1			1.275	0.242
Threonine.....g	1.010		0	1			4.581	0.869
Isoleucine.....g	1.035		0	1			4.695	0.890
Leucine.....g	1.774		0	1			8.047	1.526
Lysine.....g	1.988		0	1			9.018	1.710
Methionine.....g	0.585		0	1			2.654	0.503
Cystine.....g	0.282		0	1			1.279	0.243
Phenylalanine.....g	0.883		0	1			4.005	0.759
Tyrosine.....g	0.770		0	1			3.493	0.662
Valine.....g	1.200		0	1			5.443	1.032
Arginine.....g	1.375		0	1			6.237	1.183
Histidine.....g	0.883		0	1			4.005	0.759
Alanine.....g	1.288		0	1			5.842	1.108
Aspartic acid.....g	2.051		0	1			9.303	1.764
Glutamic acid.....g	3.461		0	1			15.699	2.976
Glycine.....g	1.050		0	1			4.763	0.903
Proline.....g	0.888		0	1			4.028	0.764
Serine.....g	0.913		0	1			4.141	0.785
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

Common Measures:

Measure 1 = 453.6g: 1 lb

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 Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	66.15		0		1		300.06	66.81
Energy.....kcal	211		0	NC	4		957	213
Energy.....kj	883				4		4004	892
Protein (N x 6.25).....g	19.90		0		1		90.27	20.10
Total lipid (fat).....g	14.01		0		1		63.55	14.15
Ash.....g	0.89		0		1		4.04	0.90
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	5		0		1		23	5
Iron, Fe.....mg	0.71		0		1		3.22	0.72
Magnesium, Mg.....mg	20		0		1		91	20
Phosphorus, P.....mg	193		0		1		875	195
Potassium, K.....mg	384		0		1		1742	388
Sodium, Na.....mg	42		0		1		191	42
Zinc, Zn.....mg	1.57		0		1		7.12	1.59
Copper, Cu.....mg	0.054		0		1		0.245	0.055
Manganese, Mn.....mg	0.009		0		1		0.041	0.009
Selenium, Se.....mcg	32.0		0	PAK	1		145.2	32.3
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.3		0		1		1.4	0.3
Thiamin.....mg	0.779		0		1		3.534	0.787
Riboflavin.....mg	0.247		0		1		1.120	0.249
Niacin.....mg	4.638		0		1		21.038	4.684
Pantothenic acid.....mg	0.703		0		1		3.189	0.710
Vitamin B-6.....mg	0.417		0		1		1.892	0.421
Folate, total.....mcg	6		0		1		27	6
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	6		0		1		27	6
Folate, DFE.....mcg_DFE	6		0	NC	4		27	6
Vitamin B-12.....mcg	0.50		0		1		2.27	0.51
Vitamin A, IU.....IU	6		0		1		27	6
Vitamin A, RAE.....mcg_RAE	2		0		1		8	2
Retinol.....mcg	2		0		1		8	2
Vitamin E.....mg_ATE	0.290		0		4		1.315	0.293
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	4.860		0		1		22.045	4.909
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g	0.010		0		1		0.045	0.010
12:0.....g	0.020		0		1		0.091	0.020
13:0.....g								
14:0.....g	0.170		0		1		0.771	0.172
15:0.....g								
16:0.....g	3.030		0		1		13.744	3.060
17:0.....g								
18:0.....g	1.580		0		1		7.167	1.596
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	6.250		0		1		28.350	6.313
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.400		0		1		1.814	0.404

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	5.730		0	1			25.991	5.787
20:1.....g	0.100		0	1			0.454	0.101
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.500		0	1			6.804	1.515
18:2 undifferentiated.....g	1.250		0	1			5.670	1.263
18:3 undifferentiated.....g	0.100		0	1			0.454	0.101
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.090		0	1			0.408	0.091
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	60		0	1			272	61
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.245		0	1			1.111	0.247
Threonine.....g	0.897		0	1			4.069	0.906
Isoleucine.....g	0.916		0	1			4.155	0.925
Leucine.....g	1.584		0	1			7.185	1.600
Lysine.....g	1.780		0	1			8.074	1.798
Methionine.....g	0.517		0	1			2.345	0.522
Cystine.....g	0.250		0	1			1.134	0.253
Phenylalanine.....g	0.791		0	1			3.588	0.799
Tyrosine.....g	0.680		0	1			3.084	0.687
Valine.....g	1.072		0	1			4.863	1.083
Arginine.....g	1.258		0	1			5.706	1.271
Histidine.....g	0.774		0	1			3.511	0.782
Alanine.....g	1.169		0	1			5.303	1.181
Aspartic acid.....g	1.827		0	1			8.287	1.845
Glutamic acid.....g	3.063		0	1			13.894	3.094
Glycine.....g	1.038		0	1			4.708	1.048
Proline.....g	0.850		0	1			3.856	0.859
Serine.....g	0.822		0	1			3.729	0.830
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g		0.0	0	z	7		0.0	0.0
Caffeine.....mg								
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 = 453.6g: 1 lb

Measure 2 = 101g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10199

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

Refuse: 22% Connective tissue 11%, separable fat 11%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	71.98	0.198	15		1		326.50	63.34	
Energy.....kcal	152		0	NC	4		689	134	
Energy.....kj	636				4		2885	560	
Protein (N x 6.25).....g	21.80	0.330	53		1		98.88	19.18	
Total lipid (fat).....g	6.48	0.335	15		1		29.39	5.70	
Ash.....g	0.98	0.013	49		1		4.45	0.86	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5	0.159	5		1		23	4	
Iron, Fe.....mg	0.77	0.019	60		1		3.49	0.68	
Magnesium, Mg.....mg	22	0.759	26		1		100	19	
Phosphorus, P.....mg	207	1.243	5		1		939	182	
Potassium, K.....mg	421	2.549	146		1		1910	370	
Sodium, Na.....mg	45	1.072	164		1		204	40	
Zinc, Zn.....mg	1.69	0.036	48		1		7.67	1.49	
Copper, Cu.....mg	0.058	0.002	60		1		0.263	0.051	
Manganese, Mn.....mg	0.010		2		1		0.045	0.009	
Selenium, Se.....mcg	35.4	3.605	5	A	1		160.6	31.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3	0.211	3		1		1.4	0.3	
Thiamin.....mg	0.856	0.032	49		1		3.883	0.753	
Riboflavin.....mg	0.268	0.007	52		1		1.216	0.236	
Niacin.....mg	5.036	0.299	11		1		22.843	4.432	
Pantothenic acid.....mg	0.766	0.082	4		1		3.475	0.674	
Vitamin B-6.....mg	0.470	0.033	4		1		2.132	0.414	
Folate, total.....mcg	7	1.450	4		1		32	6	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	7	1.450	4		1		32	6	
Folate, DFE.....mcg_DFE	7		0	NC	4		32	6	
Vitamin B-12.....mcg	0.53	0.044	11		1		2.40	0.47	
Vitamin A, IU.....IU	6		1		1		27	5	
Vitamin A, RAE.....mcg_RAE	2		1		1		8	2	
Retinol.....mcg	2		1		1		8	2	
Vitamin E.....mg_ATE	0.290		0		4		1.315	0.255	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	2.240		0		1		10.161	1.971	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.010		73		1		0.045	0.009	
12:0.....g	0.010		75		1		0.045	0.009	
13:0.....g									
14:0.....g	0.080		378		1		0.363	0.070	
15:0.....g									
16:0.....g	1.430		378		1		6.486	1.258	
17:0.....g									
18:0.....g	0.700		378		1		3.175	0.616	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.930		0		1		13.290	2.578	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		378		1		0.907	0.176	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	2.660		378	1			12.066	2.341
20:1.....g	0.050		71	1			0.227	0.044
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.700		0	1			3.175	0.616
18:2 undifferentiated.....g	0.560		378	1			2.540	0.493
18:3 undifferentiated.....g	0.030		190	1			0.136	0.026
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.080		315	1			0.363	0.070
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	55	1.054	58	1			249	48
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.277		0	1			1.256	0.244
Threonine.....g	0.995		0	1			4.513	0.876
Isoleucine.....g	1.021		0	1			4.631	0.898
Leucine.....g	1.749		0	1			7.933	1.539
Lysine.....g	1.960		0	1			8.891	1.725
Methionine.....g	0.577		0	1			2.617	0.508
Cystine.....g	0.278		0	1			1.261	0.245
Phenylalanine.....g	0.870		0	1			3.946	0.766
Tyrosine.....g	0.760		0	1			3.447	0.669
Valine.....g	1.183		0	1			5.366	1.041
Arginine.....g	1.355		0	1			6.146	1.192
Histidine.....g	0.871		0	1			3.951	0.766
Alanine.....g	1.270		0	1			5.761	1.118
Aspartic acid.....g	2.022		0	1			9.172	1.779
Glutamic acid.....g	3.413		0	1			15.481	3.003
Glycine.....g	1.035		0	1			4.695	0.911
Proline.....g	0.876		0	1			3.974	0.771
Serine.....g	0.900		0	1			4.082	0.792
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0
Caffeine.....mg								
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 = 453.6g: 1 lb

Measure 2 = 88g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10045

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

Refuse: 33% Bone

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	56.99		0		1		48.44	42.74
Energy.....kcal	250		0	NC	4		213	188
Energy.....kj	1046				4		889	785
Protein (N x 6.25).....g	26.67		0		1		22.67	20.00
Total lipid (fat).....g	15.07		0		1		12.81	11.30
Ash.....g	1.23		0		1		1.05	0.92
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	25		0		1		21	19
Iron, Fe.....mg	0.91		0		1		0.77	0.68
Magnesium, Mg.....mg	18		0		1		15	14
Phosphorus, P.....mg	177		0		1		150	133
Potassium, K.....mg	387		0		1		329	290
Sodium, Na.....mg	40		0		1		34	30
Zinc, Zn.....mg	2.01		0		1		1.71	1.51
Copper, Cu.....mg	0.072		0		1		0.061	0.054
Manganese, Mn.....mg	0.010		0		1		0.009	0.008
Selenium, Se.....mcg	41.0		0	BFZN	4		34.9	30.8
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.3	0.2
Thiamin.....mg	0.593		0		1		0.504	0.445
Riboflavin.....mg	0.232		0		1		0.197	0.174
Niacin.....mg	4.939		0		1		4.198	3.704
Pantothenic acid.....mg	0.514		0		1		0.437	0.386
Vitamin B-6.....mg	0.315		0		1		0.268	0.236
Folate, total.....mcg	2		0		1		2	2
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	2		0		1		2	2
Folate, DFE.....mcg_DFE	2		0	NC	4		2	2
Vitamin B-12.....mcg	0.53		0		1		0.45	0.40
Vitamin A, IU.....IU	7		0		1		6	5
Vitamin A, RAE.....mcg_RAE	2		0		1		2	2
Retinol.....mcg	2		0		1		2	2
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	5.840		0		1		4.964	4.380
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	0.150
15:0.....g								
16:0.....g	3.590		0		1		3.052	2.693
17:0.....g								
18:0.....g	1.920		0		1		1.632	1.440
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	6.870		0		1		5.840	5.153
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.470		0		1		0.400	0.353

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	6.240		0	1			5.304	4.680
20:1.....g	0.120		0	1			0.102	0.090
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.270		0	1			1.080	0.953
18:2 undifferentiated.....g	1.150		0	1			0.978	0.863
18:3 undifferentiated.....g	0.040		0	1			0.034	0.030
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.050		0	1			0.043	0.038
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	73		0	1			62	55
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.327		0	1			0.278	0.245
Threonine.....g	1.199		0	1			1.019	0.899
Isoleucine.....g	1.222		0	1			1.039	0.917
Leucine.....g	2.119		0	1			1.801	1.589
Lysine.....g	2.383		0	1			2.026	1.787
Methionine.....g	0.690		0	1			0.587	0.518
Cystine.....g	0.334		0	1			0.284	0.251
Phenylalanine.....g	1.059		0	1			0.900	0.794
Tyrosine.....g	0.907		0	1			0.771	0.680
Valine.....g	1.434		0	1			1.219	1.076
Arginine.....g	1.692		0	1			1.438	1.269
Histidine.....g	1.031		0	1			0.876	0.773
Alanine.....g	1.569		0	1			1.334	1.177
Aspartic acid.....g	2.443		0	1			2.077	1.832
Glutamic acid.....g	4.090		0	1			3.477	3.068
Glycine.....g	1.418		0	1			1.205	1.064
Proline.....g	1.155		0	1			0.982	0.866
Serine.....g	1.101		0	1			0.936	0.826
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 75g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10046

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

Refuse: 34% 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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	53.37		0		1		45.36	39.49
Energy.....kcal	263		0	NC	4		224	195
Energy.....kj	1100				4		935	814
Protein (N x 6.25).....g	28.79		0		1		24.47	21.30
Total lipid (fat).....g	15.48		0		1		13.16	11.46
Ash.....g	1.19		0		1		1.01	0.88
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	33		0		1		28	24
Iron, Fe.....mg	0.77		0		1		0.65	0.57
Magnesium, Mg.....mg	26		0		1		22	19
Phosphorus, P.....mg	237		0		1		201	175
Potassium, K.....mg	401		0		1		341	297
Sodium, Na.....mg	62		0		1		53	46
Zinc, Zn.....mg	2.26		0		1		1.92	1.67
Copper, Cu.....mg	0.068		0		1		0.058	0.050
Manganese, Mn.....mg	0.018		0		1		0.015	0.013
Selenium, Se.....mcg	44.3		0	BFZN	4		37.7	32.8
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.3	0.2
Thiamin.....mg	1.033		0		1		0.878	0.764
Riboflavin.....mg	0.303		0		1		0.258	0.224
Niacin.....mg	5.781		0		1		4.914	4.278
Pantothenic acid.....mg	0.663		0		1		0.564	0.491
Vitamin B-6.....mg	0.434		0		1		0.369	0.321
Folate, total.....mcg	3		0		1		3	2
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	3		0		1		3	2
Folate, DFE.....mcg_DFE	3		0	NC	4		3	2
Vitamin B-12.....mcg	0.73		0		1		0.62	0.54
Vitamin A, IU.....IU	7		0		1		6	5
Vitamin A, RAE.....mcg_RAE	2		0		1		2	2
Retinol.....mcg	2		0		1		2	2
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	5.690		0		1		4.837	4.211
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	0.200		0		1		0.170	0.148
15:0.....g								
16:0.....g	3.510		0		1		2.984	2.597
17:0.....g								
18:0.....g	1.850		0		1		1.573	1.369
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	6.880		0		1		5.848	5.091
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.480		0		1		0.408	0.355

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	6.220		0	1			5.287	4.603
20:1.....g	0.120		0	1			0.102	0.089
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.230		0	1			1.046	0.910
18:2 undifferentiated.....g	1.080		0	1			0.918	0.799
18:3 undifferentiated.....g	0.040		0	1			0.034	0.030
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.050		0	1			0.043	0.037
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	82		0	1			70	61
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.354		0	1			0.301	0.262
Threonine.....g	1.296		0	1			1.102	0.959
Isoleucine.....g	1.321		0	1			1.123	0.978
Leucine.....g	2.289		0	1			1.946	1.694
Lysine.....g	2.573		0	1			2.187	1.904
Methionine.....g	0.746		0	1			0.634	0.552
Cystine.....g	0.361		0	1			0.307	0.267
Phenylalanine.....g	1.143		0	1			0.972	0.846
Tyrosine.....g	0.980		0	1			0.833	0.725
Valine.....g	1.549		0	1			1.317	1.146
Arginine.....g	1.824		0	1			1.550	1.350
Histidine.....g	1.115		0	1			0.948	0.825
Alanine.....g	1.693		0	1			1.439	1.253
Aspartic acid.....g	2.639		0	1			2.243	1.953
Glutamic acid.....g	4.420		0	1			3.757	3.271
Glycine.....g	1.522		0	1			1.294	1.126
Proline.....g	1.241		0	1			1.055	0.918
Serine.....g	1.189		0	1			1.011	0.880
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 74g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10180

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

Refuse: 39% Bone

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	55.50		0		1		47.18	40.52
Energy.....kcal	265		0	NC	4		225	193
Energy.....kj	1109				4		942	809
Protein (N x 6.25).....g	26.28		0		1		22.34	19.18
Total lipid (fat).....g	16.97		0		1		14.42	12.39
Ash.....g	1.21		0		1		1.03	0.88
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	24		0		1		20	18
Iron, Fe.....mg	0.72		0		1		0.61	0.53
Magnesium, Mg.....mg	25		0		1		21	18
Phosphorus, P.....mg	236		0		1		201	172
Potassium, K.....mg	430		0		1		366	314
Sodium, Na.....mg	50		0		1		43	37
Zinc, Zn.....mg	1.99		0		1		1.69	1.45
Copper, Cu.....mg	0.068		0		1		0.058	0.050
Manganese, Mn.....mg	0.007		0		1		0.006	0.005
Selenium, Se.....mcg	41.0		0	BFYN	4		34.9	29.9
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.3	0.2
Thiamin.....mg	0.804		0		1		0.683	0.587
Riboflavin.....mg	0.301		0		1		0.256	0.220
Niacin.....mg	5.525		0		1		4.696	4.033
Pantothenic acid.....mg	0.616		0		1		0.524	0.450
Vitamin B-6.....mg	0.364		0		1		0.309	0.266
Folate, total.....mcg	3		0		1		3	2
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	3		0		1		3	2
Folate, DFE.....mcg_DFE	3		0	NC	4		3	2
Vitamin B-12.....mcg	0.71		0		1		0.60	0.52
Vitamin A, IU.....IU	7		0		1		6	5
Vitamin A, RAE.....mcg_RAE	2		0		1		2	2
Retinol.....mcg	2		0		1		2	2
Vitamin E.....mg_ATE	0.260		0		4		0.221	0.190
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	6.340		0		1		5.389	4.628
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	0.007
12:0.....g	0.010		0		1		0.009	0.007
13:0.....g								
14:0.....g	0.220		0		1		0.187	0.161
15:0.....g								
16:0.....g	3.910		0		1		3.324	2.854
17:0.....g								
18:0.....g	2.080		0		1		1.768	1.518
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	7.490		0		1		6.367	5.468
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.500		0		1		0.425	0.365

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	6.830		0	1			5.806	4.986
20:1.....g	0.130		0	1			0.111	0.095
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.920		0	1			1.632	1.402
18:2 undifferentiated.....g	1.730		0	1			1.471	1.263
18:3 undifferentiated.....g	0.110		0	1			0.094	0.080
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.050		0	1			0.043	0.037
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	73		0	1			62	53
Phytosterols.....mg	2		0	1			2	1
Amino Acids:								
Tryptophan.....g	0.321		0	1			0.273	0.234
Threonine.....g	1.180		0	1			1.003	0.861
Isoleucine.....g	1.201		0	1			1.021	0.877
Leucine.....g	2.086		0	1			1.773	1.523
Lysine.....g	2.346		0	1			1.994	1.713
Methionine.....g	0.678		0	1			0.576	0.495
Cystine.....g	0.329		0	1			0.280	0.240
Phenylalanine.....g	1.043		0	1			0.887	0.761
Tyrosine.....g	0.891		0	1			0.757	0.650
Valine.....g	1.412		0	1			1.200	1.031
Arginine.....g	1.671		0	1			1.420	1.220
Histidine.....g	1.012		0	1			0.860	0.739
Alanine.....g	1.548		0	1			1.316	1.130
Aspartic acid.....g	2.404		0	1			2.043	1.755
Glutamic acid.....g	4.020		0	1			3.417	2.935
Glycine.....g	1.416		0	1			1.204	1.034
Proline.....g	1.148		0	1			0.976	0.838
Serine.....g	1.085		0	1			0.922	0.792
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	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 = 85g: 3 oz

Measure 2 = 73g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10049

Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised**Refuse:** 40% Bone 33%, separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	60.91		0		1		51.77	40.81
Energy.....kcal	206		0	NC	4		175	138
Energy.....kj	862				4		733	577
Protein (N x 6.25).....g	28.35		0		1		24.10	18.99
Total lipid (fat).....g	9.40		0		1		7.99	6.30
Ash.....g	1.28		0		1		1.09	0.86
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	22		0		1		19	15
Iron, Fe.....mg	0.97		0		1		0.82	0.65
Magnesium, Mg.....mg	19		0		1		16	13
Phosphorus, P.....mg	179		0		1		152	120
Potassium, K.....mg	405		0		1		344	271
Sodium, Na.....mg	41		0		1		35	27
Zinc, Zn.....mg	2.10		0		1		1.79	1.41
Copper, Cu.....mg	0.075		0		1		0.064	0.050
Manganese, Mn.....mg	0.010		0		1		0.009	0.007
Selenium, Se.....mcg	43.9		0	BFZN	4		37.3	29.4
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.3	0.2
Thiamin.....mg	0.624		0		1		0.530	0.418
Riboflavin.....mg	0.247		0		1		0.210	0.165
Niacin.....mg	5.219		0		1		4.436	3.497
Pantothenic acid.....mg	0.536		0		1		0.456	0.359
Vitamin B-6.....mg	0.337		0		1		0.286	0.226
Folate, total.....mcg	2		0		1		2	1
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	2		0		1		2	1
Folate, DFE.....mcg_DFE	2		0	NC	4		2	1
Vitamin B-12.....mcg	0.54		0		1		0.46	0.36
Vitamin A, IU.....IU	6		0		1		5	4
Vitamin A, RAE.....mcg_RAE	2		0		1		2	1
Retinol.....mcg	2		0		1		2	1
Vitamin E.....mg_ATE	0.260		0		4		0.221	0.174
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	3.670		0		1		3.120	2.459
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	0.007
12:0.....g	0.010		0		1		0.009	0.007
13:0.....g								
14:0.....g	0.130		0		1		0.111	0.087
15:0.....g								
16:0.....g	2.270		0		1		1.930	1.521
17:0.....g								
18:0.....g	1.200		0		1		1.020	0.804
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	4.490		0		1		3.817	3.008
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.330		0		1		0.281	0.221

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	4.070		0	1			3.460	2.727
20:1.....g	0.080		0	1			0.068	0.054
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.680		0	1			0.578	0.456
18:2 undifferentiated.....g	0.610		0	1			0.519	0.409
18:3 undifferentiated.....g	0.020		0	1			0.017	0.013
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.040		0	1			0.034	0.027
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	71		0	1			60	48
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.360		0	1			0.306	0.241
Threonine.....g	1.294		0	1			1.100	0.867
Isoleucine.....g	1.327		0	1			1.128	0.889
Leucine.....g	2.275		0	1			1.934	1.524
Lysine.....g	2.549		0	1			2.167	1.708
Methionine.....g	0.751		0	1			0.638	0.503
Cystine.....g	0.362		0	1			0.308	0.243
Phenylalanine.....g	1.132		0	1			0.962	0.758
Tyrosine.....g	0.988		0	1			0.840	0.662
Valine.....g	1.538		0	1			1.307	1.030
Arginine.....g	1.762		0	1			1.498	1.181
Histidine.....g	1.132		0	1			0.962	0.758
Alanine.....g	1.651		0	1			1.403	1.106
Aspartic acid.....g	2.629		0	1			2.235	1.761
Glutamic acid.....g	4.438		0	1			3.772	2.973
Glycine.....g	1.346		0	1			1.144	0.902
Proline.....g	1.139		0	1			0.968	0.763
Serine.....g	1.171		0	1			0.995	0.785
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10050

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

Refuse: 41% Bone 34%, 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	56.95	3.547	15		1		48.41	38.16	
Energy.....kcal	219		0	NC	4		186	147	
Energy.....kj	916				4		779	614	
Protein (N x 6.25).....g	30.76	0.490	23		1		26.15	20.61	
Total lipid (fat).....g	9.74	0.353	23		1		8.28	6.53	
Ash.....g	1.24	0.035	23		1		1.05	0.83	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	31	1.585	5		1		26	21	
Iron, Fe.....mg	0.82	0.029	17		1		0.70	0.55	
Magnesium, Mg.....mg	28	1.453	8		1		24	19	
Phosphorus, P.....mg	245	4.537	6		1		208	164	
Potassium, K.....mg	420	9.962	17		1		357	281	
Sodium, Na.....mg	65	1.154	17		1		55	44	
Zinc, Zn.....mg	2.38	0.070	17		1		2.02	1.59	
Copper, Cu.....mg	0.070	0.005	17		1		0.060	0.047	
Manganese, Mn.....mg	0.020		2		1		0.017	0.013	
Selenium, Se.....mcg	47.3	4.758	5	A	1		40.2	31.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3	0.049	3		1		0.3	0.2	
Thiamin.....mg	1.117	0.094	20		1		0.949	0.748	
Riboflavin.....mg	0.326	0.012	20		1		0.277	0.218	
Niacin.....mg	6.167	0.437	15		1		5.242	4.132	
Pantothenic acid.....mg	0.704	0.034	14		1		0.598	0.472	
Vitamin B-6.....mg	0.470	0.037	8		1		0.400	0.315	
Folate, total.....mcg	3	0.788	9		1		3	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3	0.788	9		1		3	2	
Folate, DFE.....mcg_DFE	3		0	NC	4		3	2	
Vitamin B-12.....mcg	0.76	0.028	20		1		0.65	0.51	
Vitamin A, IU.....IU	6		1		1		5	4	
Vitamin A, RAE.....mcg_RAE	2		1		1		2	1	
Retinol.....mcg	2		1		1		2	1	
Vitamin E.....mg_ATE	0.260		0		4		0.221	0.174	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	3.460		0		1		2.941	2.318	
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		15		1		0.009	0.007	
12:0.....g	0.010		15		1		0.009	0.007	
13:0.....g									
14:0.....g	0.120		15		1		0.102	0.080	
15:0.....g									
16:0.....g	2.160		15		1		1.836	1.447	
17:0.....g									
18:0.....g	1.100		15		1		0.935	0.737	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.450		0		1		3.783	2.982	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.340		15		1		0.289	0.228	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	3.990		15	1			3.392	2.673
20:1.....g	0.080		15	1			0.068	0.054
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.620		0	1			0.527	0.415
18:2 undifferentiated.....g	0.530		15	1			0.451	0.355
18:3 undifferentiated.....g	0.010		15	1			0.009	0.007
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.040		15	1			0.034	0.027
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	81	1.862	15	1			69	54
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.391		0	1			0.332	0.262
Threonine.....g	1.404		0	1			1.193	0.941
Isoleucine.....g	1.440		0	1			1.224	0.965
Leucine.....g	2.468		0	1			2.098	1.654
Lysine.....g	2.766		0	1			2.351	1.853
Methionine.....g	0.814		0	1			0.692	0.545
Cystine.....g	0.392		0	1			0.333	0.263
Phenylalanine.....g	1.228		0	1			1.044	0.823
Tyrosine.....g	1.072		0	1			0.911	0.718
Valine.....g	1.669		0	1			1.419	1.118
Arginine.....g	1.912		0	1			1.625	1.281
Histidine.....g	1.229		0	1			1.045	0.823
Alanine.....g	1.792		0	1			1.523	1.201
Aspartic acid.....g	2.853		0	1			2.425	1.912
Glutamic acid.....g	4.815		0	1			4.093	3.226
Glycine.....g	1.460		0	1			1.241	0.978
Proline.....g	1.236		0	1			1.051	0.828
Serine.....g	1.270		0	1			1.080	0.851
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7			0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10177

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

Refuse: 46% Bone 39%, separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	59.69		0		1		50.74	38.20	
Energy.....kcal	218		0	NC	4		185	140	
Energy.....kj	912				4		775	584	
Protein (N x 6.25).....g	28.11		0		1		23.89	17.99	
Total lipid (fat).....g	10.87		0		1		9.24	6.96	
Ash.....g	1.27		0		1		1.08	0.81	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	20		0		1		17	13	
Iron, Fe.....mg	0.77		0		1		0.65	0.49	
Magnesium, Mg.....mg	27		0		1		23	17	
Phosphorus, P.....mg	246		0		1		209	157	
Potassium, K.....mg	455		0		1		387	291	
Sodium, Na.....mg	52		0		1		44	33	
Zinc, Zn.....mg	2.08		0		1		1.77	1.33	
Copper, Cu.....mg	0.070		0		1		0.060	0.045	
Manganese, Mn.....mg	0.007		0		1		0.006	0.004	
Selenium, Se.....mcg	43.1		0	BFYN	4		36.6	27.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.3	0.2	
Thiamin.....mg	0.866		0		1		0.736	0.554	
Riboflavin.....mg	0.326		0		1		0.277	0.209	
Niacin.....mg	5.915		0		1		5.028	3.786	
Pantothenic acid.....mg	0.654		0		1		0.556	0.419	
Vitamin B-6.....mg	0.394		0		1		0.335	0.252	
Folate, total.....mcg	3		0		1		3	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		0		1		3	2	
Folate, DFE.....mcg_DFE	3		0	NC	4		3	2	
Vitamin B-12.....mcg	0.75		0		1		0.64	0.48	
Vitamin A, IU.....IU	6		0		1		5	4	
Vitamin A, RAE.....mcg_RAE	2		0		1		2	1	
Retinol.....mcg	2		0		1		2	1	
Vitamin E.....mg_ATE	0.260		0		4		0.221	0.166	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	3.980		0		1		3.383	2.547	
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	0.006	
12:0.....g	0.010		0		1		0.009	0.006	
13:0.....g									
14:0.....g	0.140		0		1		0.119	0.090	
15:0.....g									
16:0.....g	2.480		0		1		2.108	1.587	
17:0.....g									
18:0.....g	1.290		0		1		1.097	0.826	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.910		0		1		4.174	3.142	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.350		0		1		0.298	0.224	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	4.460		0	1			3.791	2.854
20:1.....g	0.090		0	1			0.077	0.058
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.340		0	1			1.139	0.858
18:2 undifferentiated.....g	1.200		0	1			1.020	0.768
18:3 undifferentiated.....g	0.090		0	1			0.077	0.058
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.040		0	1			0.034	0.026
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	70		0	1			60	45
Phytosterols.....mg	3		0	1			3	2
Amino Acids:								
Tryptophan.....g	0.357		0	1			0.303	0.228
Threonine.....g	1.284		0	1			1.091	0.822
Isoleucine.....g	1.316		0	1			1.119	0.842
Leucine.....g	2.256		0	1			1.918	1.444
Lysine.....g	2.528		0	1			2.149	1.618
Methionine.....g	0.744		0	1			0.632	0.476
Cystine.....g	0.359		0	1			0.305	0.230
Phenylalanine.....g	1.122		0	1			0.954	0.718
Tyrosine.....g	0.979		0	1			0.832	0.627
Valine.....g	1.525		0	1			1.296	0.976
Arginine.....g	1.748		0	1			1.486	1.119
Histidine.....g	1.123		0	1			0.955	0.719
Alanine.....g	1.638		0	1			1.392	1.048
Aspartic acid.....g	2.607		0	1			2.216	1.668
Glutamic acid.....g	4.401		0	1			3.741	2.817
Glycine.....g	1.335		0	1			1.135	0.854
Proline.....g	1.129		0	1			0.960	0.723
Serine.....g	1.161		0	1			0.987	0.743
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	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 = 85g: 3 oz

Measure 2 = 64g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	58.15		0		1		49.43	47.10
Energy.....kcal	255		0	NC	4		217	207
Energy.....kj	1067				4		907	864
Protein (N x 6.25).....g	26.29		0		1		22.35	21.29
Total lipid (fat).....g	15.79		0		1		13.42	12.79
Ash.....g	1.20		0		1		1.02	0.97
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	5		0		1		4	4
Iron, Fe.....mg	0.92		0		1		0.78	0.75
Magnesium, Mg.....mg	17		0		1		14	14
Phosphorus, P.....mg	172		0		1		146	139
Potassium, K.....mg	387		0		1		329	313
Sodium, Na.....mg	40		0		1		34	32
Zinc, Zn.....mg	2.07		0		1		1.76	1.68
Copper, Cu.....mg	0.071		0		1		0.060	0.058
Manganese, Mn.....mg	0.009		0		1		0.008	0.007
Selenium, Se.....mcg	33.4		0	PIE	4		28.4	27.1
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.3	0.2
Thiamin.....mg	0.525		0		1		0.446	0.425
Riboflavin.....mg	0.242		0		1		0.206	0.196
Niacin.....mg	4.311		0		1		3.664	3.492
Pantothenic acid.....mg	0.605		0		1		0.514	0.490
Vitamin B-6.....mg	0.310		0		1		0.264	0.251
Folate, total.....mcg	4		0		1		3	3
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	4		0		1		3	3
Folate, DFE.....mcg_DFE	4		0	NC	4		3	3
Vitamin B-12.....mcg	0.44		0		1		0.37	0.36
Vitamin A, IU.....IU	7		0		1		6	6
Vitamin A, RAE.....mcg_RAE	2		0		1		2	2
Retinol.....mcg	2		0		1		2	2
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
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

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	73		0	1			62	59
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.322		0	1			0.274	0.261
Threonine.....g	1.182		0	1			1.005	0.957
Isoleucine.....g	1.205		0	1			1.024	0.976
Leucine.....g	2.089		0	1			1.776	1.692
Lysine.....g	2.349		0	1			1.997	1.903
Methionine.....g	0.680		0	1			0.578	0.551
Cystine.....g	0.329		0	1			0.280	0.266
Phenylalanine.....g	1.044		0	1			0.887	0.846
Tyrosine.....g	0.894		0	1			0.760	0.724
Valine.....g	1.414		0	1			1.202	1.145
Arginine.....g	1.669		0	1			1.419	1.352
Histidine.....g	1.016		0	1			0.864	0.823
Alanine.....g	1.547		0	1			1.315	1.253
Aspartic acid.....g	2.408		0	1			2.047	1.950
Glutamic acid.....g	4.030		0	1			3.426	3.264
Glycine.....g	1.402		0	1			1.192	1.136
Proline.....g	1.140		0	1			0.969	0.923
Serine.....g	1.086		0	1			0.923	0.880
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 81g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
Proximates:									
Water.....g	53.37		0		1		45.36	42.70	
Energy.....kcal	260		0	NC	4		221	208	
Energy.....kj	1088				4		925	870	
Protein (N x 6.25).....g	27.63		0		1		23.49	22.10	
Total lipid (fat).....g	15.76		0		1		13.40	12.61	
Ash.....g	1.12		0		1		0.95	0.90	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	28		0		1		24	22	
Iron, Fe.....mg	0.77		0		1		0.65	0.62	
Magnesium, Mg.....mg	26		0		1		22	21	
Phosphorus, P.....mg	237		0		1		201	190	
Potassium, K.....mg	401		0		1		341	321	
Sodium, Na.....mg	62		0		1		53	50	
Zinc, Zn.....mg	2.26		0		1		1.92	1.81	
Copper, Cu.....mg	0.068		0		1		0.058	0.054	
Manganese, Mn.....mg	0.018		0		1		0.015	0.014	
Selenium, Se.....mcg	44.0		0	PAK	1		37.4	35.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.3	0.2	
Thiamin.....mg	0.834		0		1		0.709	0.667	
Riboflavin.....mg	0.300		0		1		0.255	0.240	
Niacin.....mg	4.945		0		1		4.203	3.956	
Pantothenic acid.....mg	0.701		0		1		0.596	0.561	
Vitamin B-6.....mg	0.371		0		1		0.315	0.297	
Folate, total.....mcg	8		0		1		7	6	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	8		0		1		7	6	
Folate, DFE.....mcg_DFE	8		0	NC	4		7	6	
Vitamin B-12.....mcg	0.67		0		1		0.57	0.54	
Vitamin A, IU.....IU	7		0		1		6	6	
Vitamin A, RAE.....mcg_RAE	2		0		1		2	2	
Retinol.....mcg	2		0		1		2	2	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	82		0	1			70	66
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.339		0	1			0.288	0.271
Threonine.....g	1.243		0	1			1.057	0.994
Isoleucine.....g	1.267		0	1			1.077	1.014
Leucine.....g	2.196		0	1			1.867	1.757
Lysine.....g	2.469		0	1			2.099	1.975
Methionine.....g	0.715		0	1			0.608	0.572
Cystine.....g	0.346		0	1			0.294	0.277
Phenylalanine.....g	1.097		0	1			0.932	0.878
Tyrosine.....g	0.940		0	1			0.799	0.752
Valine.....g	1.486		0	1			1.263	1.189
Arginine.....g	1.752		0	1			1.489	1.402
Histidine.....g	1.069		0	1			0.909	0.855
Alanine.....g	1.625		0	1			1.381	1.300
Aspartic acid.....g	2.532		0	1			2.152	2.026
Glutamic acid.....g	4.239		0	1			3.603	3.391
Glycine.....g	1.467		0	1			1.247	1.174
Proline.....g	1.195		0	1			1.016	0.956
Serine.....g	1.141		0	1			0.970	0.913
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 80g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	60.86		0		1		51.73	45.65
Energy.....kcal	224		0	NC	4		190	168
Energy.....kj	937				4		797	703
Protein (N x 6.25).....g	27.68		0		1		23.53	20.76
Total lipid (fat).....g	11.80		0		1		10.03	8.85
Ash.....g	1.24		0		1		1.05	0.93
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	5		0		1		4	4
Iron, Fe.....mg	0.78		0		1		0.66	0.59
Magnesium, Mg.....mg	27		0		1		23	20
Phosphorus, P.....mg	237		0		1		201	178
Potassium, K.....mg	454		0		1		386	341
Sodium, Na.....mg	52		0		1		44	39
Zinc, Zn.....mg	2.14		0		1		1.82	1.61
Copper, Cu.....mg	0.069		0		1		0.059	0.052
Manganese, Mn.....mg	0.007		0		1		0.006	0.005
Selenium, Se.....mcg	41.9		0	PIE	4		35.6	31.4
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.3	0.2
Thiamin.....mg	0.761		0		1		0.647	0.571
Riboflavin.....mg	0.340		0		1		0.289	0.255
Niacin.....mg	5.115		0		1		4.348	3.836
Pantothenic acid.....mg	0.778		0		1		0.661	0.584
Vitamin B-6.....mg	0.388		0		1		0.330	0.291
Folate, total.....mcg	8		0		1		7	6
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	8		0		1		7	6
Folate, DFE.....mcg_DFE	8		0	NC	4		7	6
Vitamin B-12.....mcg	0.61		0		1		0.52	0.46
Vitamin A, IU.....IU	6		0		1		5	5
Vitamin A, RAE.....mcg_RAE	2		0		1		2	1
Retinol.....mcg	2		0		1		2	1
Vitamin E.....mg_ATE	0.260		0		4		0.221	0.195
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	4.300		0		1		3.655	3.225
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	0.008
12:0.....g	0.010		0		1		0.009	0.008
13:0.....g								
14:0.....g	0.150		0		1		0.128	0.113
15:0.....g								
16:0.....g	2.680		0		1		2.278	2.010
17:0.....g								
18:0.....g	1.390		0		1		1.182	1.043
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	5.310		0		1		4.514	3.983
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.370		0		1		0.315	0.278

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	4.830		0	1			4.106	3.623
20:1.....g	0.100		0	1			0.085	0.075
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	1.118
18:2 undifferentiated.....g	1.340		0	1			1.139	1.005
18:3 undifferentiated.....g	0.110		0	1			0.094	0.083
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	0.030
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	70		0	1			60	53
Phytosterols.....mg	3		0	1			3	2
Amino Acids:								
Tryptophan.....g	0.352		0	1			0.299	0.264
Threonine.....g	1.264		0	1			1.074	0.948
Isoleucine.....g	1.296		0	1			1.102	0.972
Leucine.....g	2.221		0	1			1.888	1.666
Lysine.....g	2.489		0	1			2.116	1.867
Methionine.....g	0.733		0	1			0.623	0.550
Cystine.....g	0.353		0	1			0.300	0.265
Phenylalanine.....g	1.105		0	1			0.939	0.829
Tyrosine.....g	0.964		0	1			0.819	0.723
Valine.....g	1.502		0	1			1.277	1.127
Arginine.....g	1.721		0	1			1.463	1.291
Histidine.....g	1.106		0	1			0.940	0.830
Alanine.....g	1.612		0	1			1.370	1.209
Aspartic acid.....g	2.567		0	1			2.182	1.925
Glutamic acid.....g	4.333		0	1			3.683	3.250
Glycine.....g	1.314		0	1			1.117	0.986
Proline.....g	1.112		0	1			0.945	0.834
Serine.....g	1.143		0	1			0.972	0.857
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7			0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

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 Nutrient Database for Standard Reference, Release 15 (2002)

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	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				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		7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	5		0		1		4	4
Iron, Fe.....mg	0.99		0		1		0.84	0.71
Magnesium, Mg.....mg	19		0		1		16	14
Phosphorus, P.....mg	173		0		1		147	125
Potassium, K.....mg	405		0		1		344	292
Sodium, Na.....mg	41		0		1		35	30
Zinc, Zn.....mg	2.16		0		1		1.84	1.56
Copper, Cu.....mg	0.074		0		1		0.063	0.053
Manganese, Mn.....mg	0.010		0		1		0.009	0.007
Selenium, Se.....mcg	45.4		0	BFYN	4		38.6	32.7
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.3	0.2
Thiamin.....mg	0.549		0		1		0.467	0.395
Riboflavin.....mg	0.258		0		1		0.219	0.186
Niacin.....mg	4.519		0		1		3.841	3.254
Pantothenic acid.....mg	0.638		0		1		0.542	0.459
Vitamin B-6.....mg	0.331		0		1		0.281	0.238
Folate, total.....mcg	4		0		1		3	3
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	4		0		1		3	3
Folate, DFE.....mcg_DFE	4		0	NC	4		3	3
Vitamin B-12.....mcg	0.44		0		1		0.37	0.32
Vitamin A, IU.....IU	6		0		1		5	4
Vitamin A, RAE.....mcg_RAE	2		0		1		2	1
Retinol.....mcg	2		0		1		2	1
Vitamin E.....mg_ATE	0.260		0		4		0.221	0.187
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	3.960		0		1		3.366	2.851
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	0.007
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

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....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	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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10201

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

Refuse: 16% Connective tissue 6%, separable fat 10%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	56.95	3.547	15		1		48.41	40.43	
Energy.....kcal	216		0	NC	4		184	153	
Energy.....kj	904				4		768	642	
Protein (N x 6.25).....g	29.46	0.261	15		1		25.04	20.92	
Total lipid (fat).....g	10.05	0.453	15		1		8.54	7.14	
Ash.....g	1.16	0.022	15		1		0.99	0.82	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	31	1.585	5		1		26	22	
Iron, Fe.....mg	0.82	0.029	17		1		0.70	0.58	
Magnesium, Mg.....mg	28	1.453	8		1		24	20	
Phosphorus, P.....mg	245	4.537	6		1		208	174	
Potassium, K.....mg	420	9.962	17		1		357	298	
Sodium, Na.....mg	65	1.154	17		1		55	46	
Zinc, Zn.....mg	2.38	0.070	17		1		2.02	1.69	
Copper, Cu.....mg	0.070	0.005	17		1		0.060	0.050	
Manganese, Mn.....mg	0.020		2		1		0.017	0.014	
Selenium, Se.....mcg	47.3	4.758	5	A	1		40.2	33.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3	0.049	3		1		0.3	0.2	
Thiamin.....mg	0.894	0.084	12		1		0.760	0.635	
Riboflavin.....mg	0.323	0.019	12		1		0.275	0.229	
Niacin.....mg	5.231	0.188	11		1		4.446	3.714	
Pantothenic acid.....mg	0.746	0.025	6		1		0.634	0.530	
Vitamin B-6.....mg	0.400	0.038	4		1		0.340	0.284	
Folate, total.....mcg	9		1		1		8	6	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	9		1		1		8	6	
Folate, DFE.....mcg_DFE	9		0	NC	4		8	6	
Vitamin B-12.....mcg	0.70	0.031	12		1		0.60	0.50	
Vitamin A, IU.....IU	6		1		1		5	4	
Vitamin A, RAE.....mcg_RAE	2		1		1		2	1	
Retinol.....mcg	2		1		1		2	1	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	81	1.862	15	1			69	58
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.374		0	1			0.318	0.266
Threonine.....g	1.345		0	1			1.143	0.955
Isoleucine.....g	1.379		0	1			1.172	0.979
Leucine.....g	2.364		0	1			2.009	1.678
Lysine.....g	2.649		0	1			2.252	1.881
Methionine.....g	0.780		0	1			0.663	0.554
Cystine.....g	0.376		0	1			0.320	0.267
Phenylalanine.....g	1.176		0	1			1.000	0.835
Tyrosine.....g	1.026		0	1			0.872	0.728
Valine.....g	1.598		0	1			1.358	1.135
Arginine.....g	1.831		0	1			1.556	1.300
Histidine.....g	1.177		0	1			1.000	0.836
Alanine.....g	1.716		0	1			1.459	1.218
Aspartic acid.....g	2.732		0	1			2.322	1.940
Glutamic acid.....g	4.612		0	1			3.920	3.275
Glycine.....g	1.399		0	1			1.189	0.993
Proline.....g	1.183		0	1			1.006	0.840
Serine.....g	1.217		0	1			1.034	0.864
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	60.86		0		1		51.73	40.17
Energy.....kcal	224		0	NC	4		190	148
Energy.....kj	937				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								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	5		0		1		4	3
Iron, Fe.....mg	0.78		0		1		0.66	0.51
Magnesium, Mg.....mg	27		0		1		23	18
Phosphorus, P.....mg	237		0		1		201	156
Potassium, K.....mg	454		0		1		386	300
Sodium, Na.....mg	52		0		1		44	34
Zinc, Zn.....mg	2.14		0		1		1.82	1.41
Copper, Cu.....mg	0.069		0		1		0.059	0.046
Manganese, Mn.....mg	0.007		0		1		0.006	0.005
Selenium, Se.....mcg	45.4		0	BFYN	4		38.6	30.0
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.3	0.2
Thiamin.....mg	0.761		0		1		0.647	0.502
Riboflavin.....mg	0.340		0		1		0.289	0.224
Niacin.....mg	5.115		0		1		4.348	3.376
Pantothenic acid.....mg	0.778		0		1		0.661	0.513
Vitamin B-6.....mg	0.388		0		1		0.330	0.256
Folate, total.....mcg	8		0		1		7	5
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	8		0		1		7	5
Folate, DFE.....mcg_DFE	8		0	NC	4		7	5
Vitamin B-12.....mcg	0.61		0		1		0.52	0.40
Vitamin A, IU.....IU	6		0		1		5	4
Vitamin A, RAE.....mcg_RAE	2		0		1		2	1
Retinol.....mcg	2		0		1		2	1
Vitamin E.....mg_ATE	0.260		0		4		0.221	0.172
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	4.300		0		1		3.655	2.838
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	0.007
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

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....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	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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10047

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

Refuse: 36% Bone

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
Proximates:									
Water.....g	55.99		0		1		125.42	47.59	
Energy.....kcal	255		0	NC	4		571	217	
Energy.....kj	1067				4		2390	907	
Protein (N x 6.25).....g	27.43		0		1		61.44	23.32	
Total lipid (fat).....g	15.28		0		1		34.23	12.99	
Ash.....g	1.26		0		1		2.82	1.07	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	28		0		1		63	24	
Iron, Fe.....mg	0.94		0		1		2.11	0.80	
Magnesium, Mg.....mg	21		0		1		47	18	
Phosphorus, P.....mg	231		0		1		517	196	
Potassium, K.....mg	421		0		1		943	358	
Sodium, Na.....mg	46		0		1		103	39	
Zinc, Zn.....mg	2.06		0		1		4.61	1.75	
Copper, Cu.....mg	0.074		0		1		0.166	0.063	
Manganese, Mn.....mg	0.010		0		1		0.022	0.009	
Selenium, Se.....mcg	41.0		0	BFZN	4		91.8	34.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.7	0.3	
Thiamin.....mg	0.724		0		1		1.622	0.615	
Riboflavin.....mg	0.300		0		1		0.672	0.255	
Niacin.....mg	6.116		0		1		13.700	5.199	
Pantothenic acid.....mg	0.526		0		1		1.178	0.447	
Vitamin B-6.....mg	0.324		0		1		0.726	0.275	
Folate, total.....mcg	3		0		1		7	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		0		1		7	3	
Folate, DFE.....mcg_DFE	3		0	NC	4		7	3	
Vitamin B-12.....mcg	0.66		0		1		1.48	0.56	
Vitamin A, IU.....IU	6		0		1		13	5	
Vitamin A, RAE.....mcg_RAE	2		0		1		4	2	
Retinol.....mcg	2		0		1		4	2	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	5.920		0		1		13.261	5.032	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.010		0		1		0.022	0.009	
12:0.....g	0.010		0		1		0.022	0.009	
13:0.....g									
14:0.....g	0.210		0		1		0.470	0.179	
15:0.....g									
16:0.....g	3.640		0		1		8.154	3.094	
17:0.....g									
18:0.....g	1.950		0		1		4.368	1.658	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.980		0		1		15.635	5.933	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.480		0		1		1.075	0.408	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	6.340		0	1			14.202	5.389
20:1.....g	0.120		0	1			0.269	0.102
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.280		0	1			2.867	1.088
18:2 undifferentiated.....g	1.160		0	1			2.598	0.986
18:3 undifferentiated.....g	0.040		0	1			0.090	0.034
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.050		0	1			0.112	0.043
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	73		0	1			164	62
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.339		0	1			0.759	0.288
Threonine.....g	1.239		0	1			2.775	1.053
Isoleucine.....g	1.265		0	1			2.834	1.075
Leucine.....g	2.185		0	1			4.894	1.857
Lysine.....g	2.455		0	1			5.499	2.087
Methionine.....g	0.714		0	1			1.599	0.607
Cystine.....g	0.345		0	1			0.773	0.293
Phenylalanine.....g	1.090		0	1			2.442	0.927
Tyrosine.....g	0.939		0	1			2.103	0.798
Valine.....g	1.478		0	1			3.311	1.256
Arginine.....g	1.730		0	1			3.875	1.471
Histidine.....g	1.070		0	1			2.397	0.910
Alanine.....g	1.609		0	1			3.604	1.368
Aspartic acid.....g	2.521		0	1			5.647	2.143
Glutamic acid.....g	4.230		0	1			9.475	3.596
Glycine.....g	1.416		0	1			3.172	1.204
Proline.....g	1.164		0	1			2.607	0.989
Serine.....g	1.133		0	1			2.538	0.963
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 224g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10051

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

Refuse: 41% Bone 36%, separable fat 5%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	58.77		0		1		121.07	49.95
Energy.....kcal	223		0	NC	4		459	190
Energy.....kj	933				4		1922	793
Protein (N x 6.25).....g	28.72		0		1		59.16	24.41
Total lipid (fat).....g	11.16		0		1		22.99	9.49
Ash.....g	1.30		0		1		2.68	1.11
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	26		0		1		54	22
Iron, Fe.....mg	0.98		0		1		2.02	0.83
Magnesium, Mg.....mg	22		0		1		45	19
Phosphorus, P.....mg	237		0		1		488	201
Potassium, K.....mg	437		0		1		900	371
Sodium, Na.....mg	47		0		1		97	40
Zinc, Zn.....mg	2.13		0		1		4.39	1.81
Copper, Cu.....mg	0.076		0		1		0.157	0.065
Manganese, Mn.....mg	0.011		0		1		0.023	0.009
Selenium, Se.....mcg	43.2	5.282	5	A	1		89.0	36.7
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.6	0.3
Thiamin.....mg	0.758		0		1		1.561	0.644
Riboflavin.....mg	0.316		0		1		0.651	0.269
Niacin.....mg	6.419		0		1		13.223	5.456
Pantothenic acid.....mg	0.543		0		1		1.119	0.462
Vitamin B-6.....mg	0.341		0		1		0.702	0.290
Folate, total.....mcg	3		0		1		6	3
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	3		0		1		6	3
Folate, DFE.....mcg_DFE	3		0	NC	4		6	3
Vitamin B-12.....mcg	0.68		0		1		1.40	0.58
Vitamin A, IU.....IU	6		0		1		12	5
Vitamin A, RAE.....mcg_RAE	2		0		1		4	2
Retinol.....mcg	2		0		1		4	2
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	4.350		0		1		8.961	3.698
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g	0.010		0		1		0.021	0.009
12:0.....g	0.010		0		1		0.021	0.009
13:0.....g								
14:0.....g	0.150		0		1		0.309	0.128
15:0.....g								
16:0.....g	2.690		0		1		5.541	2.287
17:0.....g								
18:0.....g	1.420		0		1		2.925	1.207
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	5.250		0		1		10.815	4.463
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.380		0		1		0.783	0.323

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	4.760		0	1			9.806	4.046
20:1.....g	0.100		0	1			0.206	0.085
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.850		0	1			1.751	0.723
18:2 undifferentiated.....g	0.770		0	1			1.586	0.655
18:3 undifferentiated.....g	0.020		0	1			0.041	0.017
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.040		0	1			0.082	0.034
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	71		0	1			146	60
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.365		0	1			0.752	0.310
Threonine.....g	1.311		0	1			2.701	1.114
Isoleucine.....g	1.345		0	1			2.771	1.143
Leucine.....g	2.304		0	1			4.746	1.958
Lysine.....g	2.582		0	1			5.319	2.195
Methionine.....g	0.760		0	1			1.566	0.646
Cystine.....g	0.366		0	1			0.754	0.311
Phenylalanine.....g	1.146		0	1			2.361	0.974
Tyrosine.....g	1.001		0	1			2.062	0.851
Valine.....g	1.558		0	1			3.209	1.324
Arginine.....g	1.785		0	1			3.677	1.517
Histidine.....g	1.147		0	1			2.363	0.975
Alanine.....g	1.673		0	1			3.446	1.422
Aspartic acid.....g	2.663		0	1			5.486	2.264
Glutamic acid.....g	4.495		0	1			9.260	3.821
Glycine.....g	1.364		0	1			2.810	1.159
Proline.....g	1.154		0	1			2.377	0.981
Serine.....g	1.186		0	1			2.443	1.008
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 206g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10198

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

Refuse: 8% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	57.33	0.865	15		1		181.74	48.73	
Energy.....kcal	252		0	NC	4		799	214	
Energy.....kj	1054				4		3342	896	
Protein (N x 6.25).....g	26.99	0.395	15		1		85.56	22.94	
Total lipid (fat).....g	15.15	0.884	15		1		48.03	12.88	
Ash.....g	1.11	0.028	15		1		3.52	0.94	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		0		1		19	5	
Iron, Fe.....mg	0.93		0		1		2.95	0.79	
Magnesium, Mg.....mg	22		0		1		70	19	
Phosphorus, P.....mg	214		0		1		678	182	
Potassium, K.....mg	346		0		1		1097	294	
Sodium, Na.....mg	48		0		1		152	41	
Zinc, Zn.....mg	2.64		0		1		8.37	2.24	
Copper, Cu.....mg	0.016		0		1		0.051	0.014	
Manganese, Mn.....mg	0.010		0		1		0.032	0.009	
Selenium, Se.....mcg	40.3		0	PAK	1		127.8	34.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0		1		1.3	0.3	
Thiamin.....mg	0.604		0		1		1.915	0.513	
Riboflavin.....mg	0.290		0		1		0.919	0.247	
Niacin.....mg	5.044		0		1		15.989	4.287	
Pantothenic acid.....mg	0.531		0		1		1.683	0.451	
Vitamin B-6.....mg	0.363		0		1		1.151	0.309	
Folate, total.....mcg	8		0		1		25	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	8		0		1		25	7	
Folate, DFE.....mcg_DFE	8		0	NC	4		25	7	
Vitamin B-12.....mcg	0.56		0		1		1.78	0.48	
Vitamin A, IU.....IU	9		0		1		29	8	
Vitamin A, RAE.....mcg_RAE	3		0		1		9	2	
Retinol.....mcg	3		0		1		9	2	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	5.350		0		1		16.960	4.548	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.010		0		1		0.032	0.009	
12:0.....g	0.010		0		1		0.032	0.009	
13:0.....g									
14:0.....g	0.180		0		1		0.571	0.153	
15:0.....g									
16:0.....g	3.320		0		1		10.524	2.822	
17:0.....g									
18:0.....g	1.700		0		1		5.389	1.445	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.680		0		1		21.176	5.678	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.480		0		1		1.522	0.408	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	6.000		0	1			19.020	5.100
20:1.....g	0.130		0	1			0.412	0.111
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.300		0	1			4.121	1.105
18:2 undifferentiated.....g	1.120		0	1			3.550	0.952
18:3 undifferentiated.....g	0.030		0	1			0.095	0.026
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.080		0	1			0.254	0.068
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	81	2.486	15	1			257	69
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.343		0	1			1.087	0.292
Threonine.....g	1.232		0	1			3.905	1.047
Isoleucine.....g	1.264		0	1			4.007	1.074
Leucine.....g	2.166		0	1			6.866	1.841
Lysine.....g	2.427		0	1			7.694	2.063
Methionine.....g	0.715		0	1			2.267	0.608
Cystine.....g	0.344		0	1			1.090	0.292
Phenylalanine.....g	1.077		0	1			3.414	0.915
Tyrosine.....g	0.940		0	1			2.980	0.799
Valine.....g	1.464		0	1			4.641	1.244
Arginine.....g	1.678		0	1			5.319	1.426
Histidine.....g	1.078		0	1			3.417	0.916
Alanine.....g	1.572		0	1			4.983	1.336
Aspartic acid.....g	2.503		0	1			7.935	2.128
Glutamic acid.....g	4.225		0	1			13.393	3.591
Glycine.....g	1.282		0	1			4.064	1.090
Proline.....g	1.084		0	1			3.436	0.921
Serine.....g	1.115		0	1			3.535	0.948
Hydroxyproline.....g								

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	60.61	0.723	15		1		171.53	51.52	
Energy.....kcal	214		0	NC	4		606	182	
Energy.....kj	895				4		2534	761	
Protein (N x 6.25).....g	28.81	0.466	15		1		81.53	24.49	
Total lipid (fat).....g	10.13	0.460	15		1		28.67	8.61	
Ash.....g	1.14	0.031	15		1		3.23	0.97	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6	0.558	5		1		17	5	
Iron, Fe.....mg	1.00	0.052	5		1		2.83	0.85	
Magnesium, Mg.....mg	24	0.649	5		1		68	20	
Phosphorus, P.....mg	222	5.177	5		1		628	189	
Potassium, K.....mg	363	7.466	5		1		1027	309	
Sodium, Na.....mg	50	2.188	5		1		142	43	
Zinc, Zn.....mg	2.83	0.173	5		1		8.01	2.41	
Copper, Cu.....mg	0.012	0.004	5		1		0.034	0.010	
Manganese, Mn.....mg	0.011		0		1		0.031	0.009	
Selenium, Se.....mcg	43.2	5.282	5	A	1		122.3	36.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0		1		1.1	0.3	
Thiamin.....mg	0.639		0		1		1.808	0.543	
Riboflavin.....mg	0.312		0		1		0.883	0.265	
Niacin.....mg	5.355		0		1		15.155	4.552	
Pantothenic acid.....mg	0.581		0		1		1.644	0.494	
Vitamin B-6.....mg	0.400		0		1		1.132	0.340	
Folate, total.....mcg	9		0		1		25	8	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	9		0		1		25	8	
Folate, DFE.....mcg_DFE	9		0	NC	4		25	8	
Vitamin B-12.....mcg	0.55		0		1		1.56	0.47	
Vitamin A, IU.....IU	8		0		1		23	7	
Vitamin A, RAE.....mcg_RAE	2		0		1		7	2	
Retinol.....mcg	2		0		1		7	2	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	3.540		0		1		10.018	3.009	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.010		15		1		0.028	0.009	
12:0.....g	0.010		15		1		0.028	0.009	
13:0.....g									
14:0.....g	0.120		15		1		0.340	0.102	
15:0.....g									
16:0.....g	2.200		15		1		6.226	1.870	
17:0.....g									
18:0.....g	1.120		15		1		3.170	0.952	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.490		0		1		12.707	3.817	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.330		15		1		0.934	0.281	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	4.020		15	1			11.377	3.417
20:1.....g	0.090		15	1			0.255	0.077
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.850		0	1			2.406	0.723
18:2 undifferentiated.....g	0.730		15	1			2.066	0.621
18:3 undifferentiated.....g	0.020		15	1			0.057	0.017
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.060		15	1			0.170	0.051
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	83	3.503	15	1			235	71
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.366		0	1			1.036	0.311
Threonine.....g	1.316		0	1			3.724	1.119
Isoleucine.....g	1.349		0	1			3.818	1.147
Leucine.....g	2.312		0	1			6.543	1.965
Lysine.....g	2.591		0	1			7.333	2.202
Methionine.....g	0.763		0	1			2.159	0.649
Cystine.....g	0.367		0	1			1.039	0.312
Phenylalanine.....g	1.150		0	1			3.255	0.978
Tyrosine.....g	1.004		0	1			2.841	0.853
Valine.....g	1.563		0	1			4.423	1.329
Arginine.....g	1.791		0	1			5.069	1.522
Histidine.....g	1.151		0	1			3.257	0.978
Alanine.....g	1.678		0	1			4.749	1.426
Aspartic acid.....g	2.672		0	1			7.562	2.271
Glutamic acid.....g	4.510		0	1			12.763	3.834
Glycine.....g	1.368		0	1			3.871	1.163
Proline.....g	1.157		0	1			3.274	0.983
Serine.....g	1.190		0	1			3.368	1.012
Hydroxyproline.....g								

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10205

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

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	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
Proximates:									
Water.....g	53.75		0		1		126.31	45.69	
Energy.....kcal	296		0	NC	4		696	252	
Energy.....kj	1238				4		2910	1053	
Protein (N x 6.25).....g	23.87		0		1		56.09	20.29	
Total lipid (fat).....g	21.50		0		1		50.53	18.28	
Ash.....g	1.26		0		1		2.96	1.07	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	29		0		1		68	25	
Iron, Fe.....mg	1.22		0		1		2.87	1.04	
Magnesium, Mg.....mg	17		0		1		40	14	
Phosphorus, P.....mg	167		0		1		392	142	
Potassium, K.....mg	328		0		1		771	279	
Sodium, Na.....mg	59		0		1		139	50	
Zinc, Zn.....mg	3.56		0		1		8.37	3.03	
Copper, Cu.....mg	0.093		0		1		0.219	0.079	
Manganese, Mn.....mg	0.012		0		1		0.028	0.010	
Selenium, Se.....mcg	39.7		0	PIE	4		93.3	33.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		0		1		1.6	0.6	
Thiamin.....mg	0.511		0		1		1.201	0.434	
Riboflavin.....mg	0.256		0		1		0.602	0.218	
Niacin.....mg	3.845		0		1		9.036	3.268	
Pantothenic acid.....mg	0.611		0		1		1.436	0.519	
Vitamin B-6.....mg	0.327		0		1		0.768	0.278	
Folate, total.....mcg	3		0		1		7	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		0		1		7	3	
Folate, DFE.....mcg_DFE	3		0	NC	4		7	3	
Vitamin B-12.....mcg	0.69		0		1		1.62	0.59	
Vitamin A, IU.....IU	8		0		1		19	7	
Vitamin A, RAE.....mcg_RAE	2		0		1		6	2	
Retinol.....mcg	2		0		1		6	2	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	8.010		0		1		18.824	6.809	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.020		0		1		0.047	0.017	
12:0.....g	0.010		0		1		0.024	0.009	
13:0.....g									
14:0.....g	0.280		0		1		0.658	0.238	
15:0.....g									
16:0.....g	4.860		0		1		11.421	4.131	
17:0.....g									
18:0.....g	2.680		0		1		6.298	2.278	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.280		0		1		21.808	7.888	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.590		0		1		1.387	0.502	

NDB No. 10205

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	8.420		0	1			19.787	7.157
20:1.....g	0.170		0	1			0.400	0.145
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.910		0	1			4.489	1.624
18:2 undifferentiated.....g	1.710		0	1			4.019	1.454
18:3 undifferentiated.....g	0.060		0	1			0.141	0.051
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.050		0	1			0.118	0.043
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	87		0	1			204	74
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.285		0	1			0.670	0.242
Threonine.....g	1.062		0	1			2.496	0.903
Isoleucine.....g	1.078		0	1			2.533	0.916
Leucine.....g	1.883		0	1			4.425	1.601
Lysine.....g	2.123		0	1			4.989	1.805
Methionine.....g	0.608		0	1			1.429	0.517
Cystine.....g	0.295		0	1			0.693	0.251
Phenylalanine.....g	0.944		0	1			2.218	0.802
Tyrosine.....g	0.798		0	1			1.875	0.678
Valine.....g	1.275		0	1			2.996	1.084
Arginine.....g	1.535		0	1			3.607	1.305
Histidine.....g	0.902		0	1			2.120	0.767
Alanine.....g	1.414		0	1			3.323	1.202
Aspartic acid.....g	2.168		0	1			5.095	1.843
Glutamic acid.....g	3.608		0	1			8.479	3.067
Glycine.....g	1.363		0	1			3.203	1.159
Proline.....g	1.084		0	1			2.547	0.921
Serine.....g	0.985		0	1			2.315	0.837
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 235g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10206

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

Refuse: 30% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	50.87	0.847	15		1		122.60	43.24	
Energy.....kcal	328		0	NC	4		790	279	
Energy.....kj	1372				4		3307	1166	
Protein (N x 6.25).....g	23.40	0.384	15		1		56.39	19.89	
Total lipid (fat).....g	25.34	1.130	15		1		61.07	21.54	
Ash.....g	1.05	0.021	15		1		2.53	0.89	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	25		0		1		60	21	
Iron, Fe.....mg	1.06		0		1		2.55	0.90	
Magnesium, Mg.....mg	23		0		1		55	20	
Phosphorus, P.....mg	226		0		1		545	192	
Potassium, K.....mg	344		0		1		829	292	
Sodium, Na.....mg	52		0		1		125	44	
Zinc, Zn.....mg	2.36		0		1		5.69	2.01	
Copper, Cu.....mg	0.053		0		1		0.128	0.045	
Manganese, Mn.....mg	0.003		0		1		0.007	0.003	
Selenium, Se.....mcg	37.1		0	PAK	1		89.4	31.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.7	0.3	
Thiamin.....mg	0.889		0		1		2.142	0.756	
Riboflavin.....mg	0.344		0		1		0.829	0.292	
Niacin.....mg	4.317		0		1		10.404	3.669	
Pantothenic acid.....mg	0.750		0		1		1.808	0.638	
Vitamin B-6.....mg	0.444		0		1		1.070	0.377	
Folate, total.....mcg	5		0		1		12	4	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		0		1		12	4	
Folate, DFE.....mcg_DFE	5		0	NC	4		12	4	
Vitamin B-12.....mcg	0.79		0		1		1.90	0.67	
Vitamin A, IU.....IU	9		0		1		22	8	
Vitamin A, RAE.....mcg_RAE	3		0		1		7	2	
Retinol.....mcg	3		0		1		7	2	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	9.210		0		1		22.196	7.829	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.020		0		1		0.048	0.017	
12:0.....g	0.020		0		1		0.048	0.017	
13:0.....g									
14:0.....g	0.330		0		1		0.795	0.281	
15:0.....g									
16:0.....g	5.570		0		1		13.424	4.735	
17:0.....g									
18:0.....g	3.080		0		1		7.423	2.618	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.010		0		1		26.534	9.359	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.730		0		1		1.759	0.621	

NDB No. 10206

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	9.940		0	1			23.955	8.449
20:1.....g	0.220		0	1			0.530	0.187
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.010		0	1			4.844	1.709
18:2 undifferentiated.....g	1.780		0	1			4.290	1.513
18:3 undifferentiated.....g	0.060		0	1			0.145	0.051
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.080		0	1			0.193	0.068
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	92	0.948	15	1			222	78
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.297		0	1			0.716	0.252
Threonine.....g	1.069		0	1			2.576	0.909
Isoleucine.....g	1.096		0	1			2.641	0.932
Leucine.....g	1.878		0	1			4.526	1.596
Lysine.....g	2.104		0	1			5.071	1.788
Methionine.....g	0.620		0	1			1.494	0.527
Cystine.....g	0.298		0	1			0.718	0.253
Phenylalanine.....g	0.934		0	1			2.251	0.794
Tyrosine.....g	0.815		0	1			1.964	0.693
Valine.....g	1.269		0	1			3.058	1.079
Arginine.....g	1.455		0	1			3.507	1.237
Histidine.....g	0.935		0	1			2.253	0.795
Alanine.....g	1.363		0	1			3.285	1.159
Aspartic acid.....g	2.170		0	1			5.230	1.845
Glutamic acid.....g	3.663		0	1			8.828	3.114
Glycine.....g	1.111		0	1			2.678	0.944
Proline.....g	0.940		0	1			2.265	0.799
Serine.....g	0.967		0	1			2.330	0.822
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 241g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10204

Pork, fresh, loin, country-style ribs, separable lean and fat, raw**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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	63.49		0		1		18.00	287.99
Energy.....kcal	241		0	NC	4		68	1093
Energy.....kj	1008				4		286	4574
Protein (N x 6.25).....g	16.99		0		1		4.82	77.07
Total lipid (fat).....g	18.71		0		1		5.30	84.87
Ash.....g	0.87		0		1		0.25	3.95
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	27		0		1		8	122
Iron, Fe.....mg	0.89		0		1		0.25	4.04
Magnesium, Mg.....mg	18		0		1		5	82
Phosphorus, P.....mg	173		0		1		49	785
Potassium, K.....mg	302		0		1		86	1370
Sodium, Na.....mg	58		0		1		16	263
Zinc, Zn.....mg	2.56		0		1		0.73	11.61
Copper, Cu.....mg	0.067		0		1		0.019	0.304
Manganese, Mn.....mg	0.011		0		1		0.003	0.050
Selenium, Se.....mcg	28.2		0	PAK	1		8.0	127.9
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.7		0		1		0.2	3.2
Thiamin.....mg	0.706		0		1		0.200	3.202
Riboflavin.....mg	0.247		0		1		0.070	1.120
Niacin.....mg	3.880		0		1		1.100	17.600
Pantothenic acid.....mg	0.668		0		1		0.189	3.030
Vitamin B-6.....mg	0.411		0		1		0.117	1.864
Folate, total.....mcg	4		0		1		1	18
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	4		0		1		1	18
Folate, DFE.....mcg_DFE	4		0	NC	4		1	18
Vitamin B-12.....mcg	0.75		0		1		0.21	3.40
Vitamin A, IU.....IU	8		0		1		2	36
Vitamin A, RAE.....mcg_RAE	2		0		1		1	11
Retinol.....mcg	2		0		1		1	11
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	6.490		0		1		1.840	29.439
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	0.230		0		1		0.065	1.043
15:0.....g								
16:0.....g	4.040		0		1		1.145	18.325
17:0.....g								
18:0.....g	2.120		0		1		0.601	9.616
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	8.340		0		1		2.364	37.830
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.530		0		1		0.150	2.404

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	7.650		0	1			2.169	34.700
20:1.....g	0.140		0	1			0.040	0.635
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.000		0	1			0.567	9.072
18:2 undifferentiated.....g	1.670		0	1			0.473	7.575
18:3 undifferentiated.....g	0.130		0	1			0.037	0.590
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.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	69		0	1			20	313
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.205		0	1			0.058	0.930
Threonine.....g	0.760		0	1			0.215	3.447
Isoleucine.....g	0.773		0	1			0.219	3.506
Leucine.....g	1.345		0	1			0.381	6.101
Lysine.....g	1.515		0	1			0.430	6.872
Methionine.....g	0.436		0	1			0.124	1.978
Cystine.....g	0.211		0	1			0.060	0.957
Phenylalanine.....g	0.673		0	1			0.191	3.053
Tyrosine.....g	0.572		0	1			0.162	2.595
Valine.....g	0.911		0	1			0.258	4.132
Arginine.....g	1.086		0	1			0.308	4.926
Histidine.....g	0.649		0	1			0.184	2.944
Alanine.....g	1.004		0	1			0.285	4.554
Aspartic acid.....g	1.550		0	1			0.439	7.031
Glutamic acid.....g	2.586		0	1			0.733	11.730
Glycine.....g	0.941		0	1			0.267	4.268
Proline.....g	0.756		0	1			0.214	3.429
Serine.....g	0.702		0	1			0.199	3.184
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27**Fat 9.02****Carbohydrate 3.87****Food Group: 10 Pork Products**

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10208

Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised**Refuse:** 41% Bone 30%, 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	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
Proximates:									
Water.....g	59.44		0		1		117.69	50.52	
Energy.....kcal	234		0	NC	4		463	199	
Energy.....kj	979				4		1939	832	
Protein (N x 6.25).....g	26.04		0		1		51.56	22.13	
Total lipid (fat).....g	13.60		0		1		26.93	11.56	
Ash.....g	1.35		0		1		2.67	1.15	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	25		0		1		50	21	
Iron, Fe.....mg	1.38		0		1		2.73	1.17	
Magnesium, Mg.....mg	18		0		1		36	15	
Phosphorus, P.....mg	168		0		1		333	143	
Potassium, K.....mg	345		0		1		683	293	
Sodium, Na.....mg	63		0		1		125	54	
Zinc, Zn.....mg	3.99		0		1		7.90	3.39	
Copper, Cu.....mg	0.101		0		1		0.200	0.086	
Manganese, Mn.....mg	0.014		0		1		0.028	0.012	
Selenium, Se.....mcg	44.1		0	BFYN	4		87.3	37.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8		0		1		1.6	0.7	
Thiamin.....mg	0.546		0		1		1.081	0.464	
Riboflavin.....mg	0.283		0		1		0.560	0.241	
Niacin.....mg	4.090		0		1		8.098	3.477	
Pantothenic acid.....mg	0.665		0		1		1.317	0.565	
Vitamin B-6.....mg	0.364		0		1		0.721	0.309	
Folate, total.....mcg	3		0		1		6	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		0		1		6	3	
Folate, DFE.....mcg_DFE	3		0	NC	4		6	3	
Vitamin B-12.....mcg	0.74		0		1		1.47	0.63	
Vitamin A, IU.....IU	7		0		1		14	6	
Vitamin A, RAE.....mcg_RAE	2		0		1		4	2	
Retinol.....mcg	2		0		1		4	2	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	4.940		0		1		9.781	4.199	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.010		0		1		0.020	0.009	
12:0.....g	0.010		0		1		0.020	0.009	
13:0.....g									
14:0.....g	0.180		0		1		0.356	0.153	
15:0.....g									
16:0.....g	2.990		0		1		5.920	2.542	
17:0.....g									
18:0.....g	1.650		0		1		3.267	1.403	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.910		0		1		11.702	5.024	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.390		0		1		0.772	0.332	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	5.340		0	1			10.573	4.539
20:1.....g	0.120		0	1			0.238	0.102
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.070		0	1			2.119	0.910
18:2 undifferentiated.....g	0.950		0	1			1.881	0.808
18:3 undifferentiated.....g	0.030		0	1			0.059	0.026
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.040		0	1			0.079	0.034
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	86		0	1			170	73
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.331		0	1			0.655	0.281
Threonine.....g	1.189		0	1			2.354	1.011
Isoleucine.....g	1.219		0	1			2.414	1.036
Leucine.....g	2.089		0	1			4.136	1.776
Lysine.....g	2.342		0	1			4.637	1.991
Methionine.....g	0.689		0	1			1.364	0.586
Cystine.....g	0.332		0	1			0.657	0.282
Phenylalanine.....g	1.039		0	1			2.057	0.883
Tyrosine.....g	0.907		0	1			1.796	0.771
Valine.....g	1.413		0	1			2.798	1.201
Arginine.....g	1.619		0	1			3.206	1.376
Histidine.....g	1.040		0	1			2.059	0.884
Alanine.....g	1.517		0	1			3.004	1.289
Aspartic acid.....g	2.415		0	1			4.782	2.053
Glutamic acid.....g	4.076		0	1			8.070	3.465
Glycine.....g	1.236		0	1			2.447	1.051
Proline.....g	1.046		0	1			2.071	0.889
Serine.....g	1.076		0	1			2.130	0.915
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 198g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10209

Pork, fresh, loin, country-style ribs, separable lean only, cooked, roasted**Refuse:** 44% Bone 30%, separable fat 14%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Code	Code						
Proximates:										
Water.....g	58.20	0.390	15		1			112.33	49.47	
Energy.....kcal	247		0	NC	4			477	210	
Energy.....kj	1033				4			1995	878	
Protein (N x 6.25).....g	26.60	0.371	15		1			51.34	22.61	
Total lipid (fat).....g	14.81	0.558	15		1			28.58	12.59	
Ash.....g	1.18	0.019	15		1			2.28	1.00	
Carbohydrate, by difference.....g	0.00		0	Z	7			0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7			0.0	0.0	
Sugars, total.....g										
Starch.....g										
Minerals:										
Calcium, Ca.....mg	29	1.704	5		1			56	25	
Iron, Fe.....mg	1.29	0.021	16		1			2.49	1.10	
Magnesium, Mg.....mg	24	0.356	5		1			46	20	
Phosphorus, P.....mg	221	3.587	5		1			427	188	
Potassium, K.....mg	349	1.299	16		1			674	297	
Sodium, Na.....mg	29	8.540	16		1			56	25	
Zinc, Zn.....mg	3.81	0.101	16		1			7.35	3.24	
Copper, Cu.....mg	0.086	0.006	16		1			0.166	0.073	
Manganese, Mn.....mg	0.013		0		1			0.025	0.011	
Selenium, Se.....mcg	42.3	4.472	5	A	1			81.6	36.0	
Vitamins:										
Vitamin C, total ascorbic acid.....mg	0.3		0		1			0.6	0.3	
Thiamin.....mg	0.574	0.037	11		1			1.108	0.488	
Riboflavin.....mg	0.342	0.020	11		1			0.660	0.291	
Niacin.....mg	4.664	0.170	11		1			9.002	3.964	
Pantothenic acid.....mg	0.528		0		1			1.019	0.449	
Vitamin B-6.....mg	0.440		1		1			0.849	0.374	
Folate, total.....mcg	5		0		1			10	4	
Folic acid.....mcg	0		0	Z	7			0	0	
Folate, food.....mcg	5		0		1			10	4	
Folate, DFE.....mcg_DFE	5		0	NC	4			10	4	
Vitamin B-12.....mcg	0.80	0.059	11		1			1.54	0.68	
Vitamin A, IU.....IU	8		0		1			15	7	
Vitamin A, RAE.....mcg_RAE	2		0		1			5	2	
Retinol.....mcg	2		0		1			5	2	
Vitamin E.....mg_ATE										
Vitamin D.....IU										
Lipids:										
Fatty acids, total saturated.....g	5.310		0		1			10.248	4.514	
4:0.....g										
6:0.....g										
8:0.....g										
10:0.....g	0.010		21		1			0.019	0.009	
12:0.....g	0.010		21		1			0.019	0.009	
13:0.....g										
14:0.....g	0.190		32		1			0.367	0.162	
15:0.....g										
16:0.....g	3.210		32		1			6.195	2.729	
17:0.....g										
18:0.....g	1.780		32		1			3.435	1.513	
20:0.....g										
22:0.....g										
24:0.....g										
Fatty acids, total monounsaturated.....g	6.460		0		1			12.468	5.491	
14:1.....g										
15:1.....g										
16:1 undifferentiated.....g	0.440		32		1			0.849	0.374	

NDB No. 10209

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	5.810		32	1			11.213	4.939
20:1.....g	0.140		15	1			0.270	0.119
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.100		0	1			2.123	0.935
18:2 undifferentiated.....g	0.960		32	1			1.853	0.816
18:3 undifferentiated.....g	0.030		32	1			0.058	0.026
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.050		32	1			0.097	0.043
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	93	0.862	15	1			179	79
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.338		0	1			0.652	0.287
Threonine.....g	1.215		0	1			2.345	1.033
Isoleucine.....g	1.246		0	1			2.405	1.059
Leucine.....g	2.135		0	1			4.121	1.815
Lysine.....g	2.392		0	1			4.617	2.033
Methionine.....g	0.704		0	1			1.359	0.598
Cystine.....g	0.339		0	1			0.654	0.288
Phenylalanine.....g	1.062		0	1			2.050	0.903
Tyrosine.....g	0.927		0	1			1.789	0.788
Valine.....g	1.443		0	1			2.785	1.227
Arginine.....g	1.654		0	1			3.192	1.406
Histidine.....g	1.063		0	1			2.052	0.904
Alanine.....g	1.550		0	1			2.992	1.318
Aspartic acid.....g	2.468		0	1			4.763	2.098
Glutamic acid.....g	4.165		0	1			8.038	3.540
Glycine.....g	1.263		0	1			2.438	1.074
Proline.....g	1.069		0	1			2.063	0.909
Serine.....g	1.099		0	1			2.121	0.934
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 193g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10207

Pork, fresh, loin, country-style ribs, separable lean only, raw**Refuse:** 44% Bone 32%, 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	71.80	0.337	15		1		20.36	325.68	
Energy.....kcal	157		0	NC	4		45	712	
Energy.....kj	657				4		186	2980	
Protein (N x 6.25).....g	19.27	0.344	17		1		5.46	87.41	
Total lipid (fat).....g	8.25	0.463	15		1		2.34	37.42	
Ash.....g	1.00	0.028	13		1		0.28	4.54	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	23	0.925	5		1		7	104	
Iron, Fe.....mg	1.02	0.049	17		1		0.29	4.63	
Magnesium, Mg.....mg	21	0.263	5		1		6	95	
Phosphorus, P.....mg	191	3.368	5		1		54	866	
Potassium, K.....mg	340	6.602	16		1		96	1542	
Sodium, Na.....mg	67	1.173	16		1		19	304	
Zinc, Zn.....mg	2.95	0.078	16		1		0.84	13.38	
Copper, Cu.....mg	0.075	0.003	16		1		0.021	0.340	
Manganese, Mn.....mg	0.013		0		1		0.004	0.059	
Selenium, Se.....mcg	32.6	3.054	5	A	1		9.2	147.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8		0		1		0.2	3.6	
Thiamin.....mg	0.808	0.046	12		1		0.229	3.665	
Riboflavin.....mg	0.279	0.009	13		1		0.079	1.266	
Niacin.....mg	4.324	0.259	13		1		1.226	19.614	
Pantothenic acid.....mg	0.757		0		1		0.215	3.434	
Vitamin B-6.....mg	0.490		1		1		0.139	2.223	
Folate, total.....mcg	4		0		1		1	18	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		1		1	18	
Folate, DFE.....mcg_DFE	4		0	NC	4		1	18	
Vitamin B-12.....mcg	0.84	0.055	11		1		0.24	3.81	
Vitamin A, IU.....IU	7		0		1		2	32	
Vitamin A, RAE.....mcg_RAE	2		0		1		1	10	
Retinol.....mcg	2		0		1		1	10	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	2.850		0		1		0.808	12.928	
4:0.....g									
6:0.....g									
8:0.....g									
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	0.100		378		1		0.028	0.454	
15:0.....g									
16:0.....g	1.820		378		1		0.516	8.256	
17:0.....g									
18:0.....g	0.890		378		1		0.252	4.037	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.730		0		1		1.057	16.919	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.260		378		1		0.074	1.179	

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	Source Code	Confidence Code	Measure 1	Measure 2
								Measure 3
17:1.....g								
18:1 undifferentiated.....g	3.390		378		1		0.961	15.377
20:1.....g	0.060		71		1		0.017	0.272
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.890		0		1		0.252	4.037
18:2 undifferentiated.....g	0.720		378		1		0.204	3.266
18:3 undifferentiated.....g	0.030		190		1		0.009	0.136
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.100		315		1		0.028	0.454
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	64	1.290	11		1		18	290
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.245		0		1		0.069	1.111
Threonine.....g	0.880		0		1		0.249	3.992
Isoleucine.....g	0.902		0		1		0.256	4.091
Leucine.....g	1.546		0		1		0.438	7.013
Lysine.....g	1.733		0		1		0.491	7.861
Methionine.....g	0.510		0		1		0.145	2.313
Cystine.....g	0.246		0		1		0.070	1.116
Phenylalanine.....g	0.769		0		1		0.218	3.488
Tyrosine.....g	0.671		0		1		0.190	3.044
Valine.....g	1.045		0		1		0.296	4.740
Arginine.....g	1.198		0		1		0.340	5.434
Histidine.....g	0.770		0		1		0.218	3.493
Alanine.....g	1.123		0		1		0.318	5.094
Aspartic acid.....g	1.787		0		1		0.507	8.106
Glutamic acid.....g	3.017		0		1		0.855	13.685
Glycine.....g	0.915		0		1		0.259	4.150
Proline.....g	0.774		0		1		0.219	3.511
Serine.....g	0.796		0		1		0.226	3.611
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10052

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

Refuse: 29% 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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	66.44		0		1		301.37	71.09
Energy.....kcal	205		0	NC	4		930	219
Energy.....kj	858				4		3891	918
Protein (N x 6.25).....g	19.19		0		1		87.05	20.53
Total lipid (fat).....g	13.63		0		1		61.83	14.58
Ash.....g	0.98		0		1		4.45	1.05
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	17		0		1		77	18
Iron, Fe.....mg	0.90		0		1		4.08	0.96
Magnesium, Mg.....mg	22		0		1		100	24
Phosphorus, P.....mg	196		0		1		889	210
Potassium, K.....mg	320		0		1		1452	342
Sodium, Na.....mg	54		0		1		245	58
Zinc, Zn.....mg	1.86		0		1		8.44	1.99
Copper, Cu.....mg	0.044		0		1		0.200	0.047
Manganese, Mn.....mg	0.013		0		1		0.059	0.014
Selenium, Se.....mcg	30.0		0	PAK	1		136.1	32.1
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.8		0		1		3.6	0.9
Thiamin.....mg	0.977		0		1		4.432	1.045
Riboflavin.....mg	0.268		0		1		1.216	0.287
Niacin.....mg	4.076		0		1		18.489	4.361
Pantothenic acid.....mg	0.755		0		1		3.425	0.808
Vitamin B-6.....mg	0.555		0		1		2.517	0.594
Folate, total.....mcg	5		0		1		23	5
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	5		0		1		23	5
Folate, DFE.....mcg_DFE	5		0	NC	4		23	5
Vitamin B-12.....mcg	0.64		0		1		2.90	0.68
Vitamin A, IU.....IU	7		0		1		32	7
Vitamin A, RAE.....mcg_RAE	2		0		1		10	2
Retinol.....mcg	2		0		1		10	2
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	4.720		0		1		21.410	5.050
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g	0.010		0		1		0.045	0.011
12:0.....g	0.010		0		1		0.045	0.011
13:0.....g								
14:0.....g	0.170		0		1		0.771	0.182
15:0.....g								
16:0.....g	2.940		0		1		13.336	3.146
17:0.....g								
18:0.....g	1.540		0		1		6.985	1.648
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	6.070		0		1		27.534	6.495
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.390		0		1		1.769	0.417

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	5.570		0	1			25.266	5.960
20:1.....g	0.100		0	1			0.454	0.107
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.460		0	1			6.623	1.562
18:2 undifferentiated.....g	1.210		0	1			5.489	1.295
18:3 undifferentiated.....g	0.100		0	1			0.454	0.107
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.080		0	1			0.363	0.086
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	67		0	1			304	72
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.236		0	1			1.070	0.253
Threonine.....g	0.865		0	1			3.924	0.926
Isoleucine.....g	0.882		0	1			4.001	0.944
Leucine.....g	1.526		0	1			6.922	1.633
Lysine.....g	1.716		0	1			7.784	1.836
Methionine.....g	0.498		0	1			2.259	0.533
Cystine.....g	0.241		0	1			1.093	0.258
Phenylalanine.....g	0.762		0	1			3.456	0.815
Tyrosine.....g	0.654		0	1			2.967	0.700
Valine.....g	1.033		0	1			4.686	1.105
Arginine.....g	1.215		0	1			5.511	1.300
Histidine.....g	0.745		0	1			3.379	0.797
Alanine.....g	1.128		0	1			5.117	1.207
Aspartic acid.....g	1.761		0	1			7.988	1.884
Glutamic acid.....g	2.950		0	1			13.381	3.157
Glycine.....g	1.008		0	1			4.572	1.079
Proline.....g	0.824		0	1			3.738	0.882
Serine.....g	0.793		0	1			3.597	0.849
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 107g: 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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10056

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

Refuse: 38% Bone 29%, 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	72.53	0.255	15		1		329.00	68.18	
Energy.....kcal	142		0	NC	4		644	133	
Energy.....kj	594				4		2695	558	
Protein (N x 6.25).....g	21.06	0.351	11		1		95.53	19.80	
Total lipid (fat).....g	5.76	0.307	15		1		26.13	5.41	
Ash.....g	1.09	0.026	11		1		4.94	1.02	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	13	2.308	5		1		59	12	
Iron, Fe.....mg	0.87	0.044	16		1		3.95	0.82	
Magnesium, Mg.....mg	26	0.383	13		1		118	24	
Phosphorus, P.....mg	218	2.020	13		1		989	205	
Potassium, K.....mg	370	5.052	36		1		1678	348	
Sodium, Na.....mg	51	1.315	36		1		231	48	
Zinc, Zn.....mg	1.85	0.057	16		1		8.39	1.74	
Copper, Cu.....mg	0.069	0.005	16		1		0.313	0.065	
Manganese, Mn.....mg	0.014		0		1		0.064	0.013	
Selenium, Se.....mcg	33.2	3.551	5	A	1		150.6	31.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		0		1		4.1	0.8	
Thiamin.....mg	1.086	0.082	15		1		4.926	1.021	
Riboflavin.....mg	0.292	0.015	15		1		1.325	0.274	
Niacin.....mg	4.407	0.222	16		1		19.990	4.143	
Pantothenic acid.....mg	0.828		0		1		3.756	0.778	
Vitamin B-6.....mg	0.630		1		1		2.858	0.592	
Folate, total.....mcg	5		0		1		23	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		0		1		23	5	
Folate, DFE.....mcg_DFE	5		0	NC	4		23	5	
Vitamin B-12.....mcg	0.69	0.041	10		1		3.13	0.65	
Vitamin A, IU.....IU	7		0		1		32	7	
Vitamin A, RAE.....mcg_RAE	2		0		1		10	2	
Retinol.....mcg	2		0		1		10	2	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	1.990		0		1		9.027	1.871	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.010		73		1		0.045	0.009	
12:0.....g	0.010		75		1		0.045	0.009	
13:0.....g									
14:0.....g	0.070		378		1		0.318	0.066	
15:0.....g									
16:0.....g	1.270		378		1		5.761	1.194	
17:0.....g									
18:0.....g	0.620		378		1		2.812	0.583	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.600		0		1		11.794	2.444	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.180		378		1		0.816	0.169	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	2.370		378	1			10.750	2.228
20:1.....g	0.040		71	1			0.181	0.038
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.620		0	1			2.812	0.583
18:2 undifferentiated.....g	0.500		378	1			2.268	0.470
18:3 undifferentiated.....g	0.020		190	1			0.091	0.019
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.070		315	1			0.318	0.066
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	63	0.965	11	1			286	59
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.268		0	1			1.216	0.252
Threonine.....g	0.962		0	1			4.364	0.904
Isoleucine.....g	0.986		0	1			4.472	0.927
Leucine.....g	1.690		0	1			7.666	1.589
Lysine.....g	1.894		0	1			8.591	1.780
Methionine.....g	0.558		0	1			2.531	0.525
Cystine.....g	0.269		0	1			1.220	0.253
Phenylalanine.....g	0.841		0	1			3.815	0.791
Tyrosine.....g	0.734		0	1			3.329	0.690
Valine.....g	1.143		0	1			5.185	1.074
Arginine.....g	1.309		0	1			5.938	1.230
Histidine.....g	0.841		0	1			3.815	0.791
Alanine.....g	1.227		0	1			5.566	1.153
Aspartic acid.....g	1.953		0	1			8.859	1.836
Glutamic acid.....g	3.297		0	1			14.955	3.099
Glycine.....g	1.000		0	1			4.536	0.940
Proline.....g	0.846		0	1			3.837	0.795
Serine.....g	0.870		0	1			3.946	0.818
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 94g: 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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10210

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

Refuse: 8% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	71.93		0		1		326.27	74.81
Energy.....kcal	145		0	NC	4		658	151
Energy.....kj	607				4		2752	631
Protein (N x 6.25).....g	20.57		0		1		93.31	21.39
Total lipid (fat).....g	6.31		0		1		28.62	6.56
Ash.....g	1.06		0		1		4.81	1.10
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	13		0		1		59	14
Iron, Fe.....mg	0.85		0		1		3.86	0.88
Magnesium, Mg.....mg	25		0		1		113	26
Phosphorus, P.....mg	214		0		1		971	223
Potassium, K.....mg	361		0		1		1637	375
Sodium, Na.....mg	50		0		1		227	52
Zinc, Zn.....mg	1.81		0		1		8.21	1.88
Copper, Cu.....mg	0.068		0		1		0.308	0.071
Manganese, Mn.....mg	0.014		0		1		0.064	0.015
Selenium, Se.....mcg	32.4		0	PAK	1		147.0	33.7
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.9		0		1		4.1	0.9
Thiamin.....mg	1.058		0		1		4.799	1.100
Riboflavin.....mg	0.286		0		1		1.297	0.297
Niacin.....mg	4.321		0		1		19.600	4.494
Pantothenic acid.....mg	0.809		0		1		3.670	0.841
Vitamin B-6.....mg	0.611		0		1		2.771	0.635
Folate, total.....mcg	5		0		1		23	5
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	5		0		1		23	5
Folate, DFE.....mcg_DFE	5		0	NC	4		23	5
Vitamin B-12.....mcg	0.68		0		1		3.08	0.71
Vitamin A, IU.....IU	7		0		1		32	7
Vitamin A, RAE.....mcg_RAE	2		0		1		10	2
Retinol.....mcg	2		0		1		10	2
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	2.180		0		1		9.888	2.267
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g	0.010		0		1		0.045	0.010
12:0.....g	0.010		0		1		0.045	0.010
13:0.....g								
14:0.....g	0.080		0		1		0.363	0.083
15:0.....g								
16:0.....g	1.380		0		1		6.260	1.435
17:0.....g								
18:0.....g	0.700		0		1		3.175	0.728
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	2.830		0		1		12.837	2.943
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.190		0		1		0.862	0.198

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	2.590		0	1			11.748	2.694
20:1.....g	0.050		0	1			0.227	0.052
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.680		0	1			3.084	0.707
18:2 undifferentiated.....g	0.560		0	1			2.540	0.582
18:3 undifferentiated.....g	0.040		0	1			0.181	0.042
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.060		0	1			0.272	0.062
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	64		0	1			290	67
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.259		0	1			1.175	0.269
Threonine.....g	0.936		0	1			4.246	0.973
Isoleucine.....g	0.959		0	1			4.350	0.997
Leucine.....g	1.647		0	1			7.471	1.713
Lysine.....g	1.848		0	1			8.383	1.922
Methionine.....g	0.542		0	1			2.459	0.564
Cystine.....g	0.261		0	1			1.184	0.271
Phenylalanine.....g	0.820		0	1			3.720	0.853
Tyrosine.....g	0.713		0	1			3.234	0.742
Valine.....g	1.114		0	1			5.053	1.159
Arginine.....g	1.285		0	1			5.829	1.336
Histidine.....g	0.816		0	1			3.701	0.849
Alanine.....g	1.201		0	1			5.448	1.249
Aspartic acid.....g	1.903		0	1			8.632	1.979
Glutamic acid.....g	3.207		0	1			14.547	3.335
Glycine.....g	1.002		0	1			4.545	1.042
Proline.....g	0.840		0	1			3.810	0.874
Serine.....g	0.850		0	1			3.856	0.884
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 104g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

Refuse: 11% Connective tissue 8%, separable fat 3%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
Proximates:									
Water.....g	73.55	0.244	14		1		333.62	74.29	
Energy.....kcal	128		0	NC	4		581	129	
Energy.....kj	536				4		2429	541	
Protein (N x 6.25).....g	21.06	0.351	11		1		95.53	21.27	
Total lipid (fat).....g	4.22	0.201	14		1		19.14	4.26	
Ash.....g	1.09	0.026	11		1		4.94	1.10	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	13	2.308	5		1		59	13	
Iron, Fe.....mg	0.87	0.044	16		1		3.95	0.88	
Magnesium, Mg.....mg	26	0.383	13		1		118	26	
Phosphorus, P.....mg	218	2.020	13		1		989	220	
Potassium, K.....mg	370	5.052	36		1		1678	374	
Sodium, Na.....mg	51	1.315	36		1		231	52	
Zinc, Zn.....mg	1.85	0.057	16		1		8.39	1.87	
Copper, Cu.....mg	0.069	0.005	16		1		0.313	0.070	
Manganese, Mn.....mg	0.014		0		1		0.064	0.014	
Selenium, Se.....mcg	33.2	3.551	5	A	1		150.6	33.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		0		1		4.1	0.9	
Thiamin.....mg	1.086	0.082	15		1		4.926	1.097	
Riboflavin.....mg	0.292	0.015	15		1		1.325	0.295	
Niacin.....mg	4.407	0.222	16		1		19.990	4.451	
Pantothenic acid.....mg	0.828		0		1		3.756	0.836	
Vitamin B-6.....mg	0.630		1		1		2.858	0.636	
Folate, total.....mcg	5		0		1		23	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		0		1		23	5	
Folate, DFE.....mcg_DFE	5		0	NC	4		23	5	
Vitamin B-12.....mcg	0.69	0.041	10		1		3.13	0.70	
Vitamin A, IU.....IU	7		0		1		32	7	
Vitamin A, RAE.....mcg_RAE	2		0		1		10	2	
Retinol.....mcg	2		0		1		10	2	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	1.460		0		1		6.623	1.475	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.000		73		1		0.000	0.000	
12:0.....g	0.000		75		1		0.000	0.000	
13:0.....g									
14:0.....g	0.050		378		1		0.227	0.051	
15:0.....g									
16:0.....g	0.930		378		1		4.218	0.939	
17:0.....g									
18:0.....g	0.460		378		1		2.087	0.465	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.910		0		1		8.664	1.929	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.130		378		1		0.590	0.131	

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
								Measure 3
17:1.....g								
18:1 undifferentiated.....g	1.730		378	1			7.847	1.747
20:1.....g	0.030		71	1			0.136	0.030
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.450		0	1			2.041	0.455
18:2 undifferentiated.....g	0.370		378	1			1.678	0.374
18:3 undifferentiated.....g	0.020		190	1			0.091	0.020
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.050		315	1			0.227	0.051
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	63	0.965	11	1			286	64
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.268		0	1			1.216	0.271
Threonine.....g	0.962		0	1			4.364	0.972
Isoleucine.....g	0.986		0	1			4.472	0.996
Leucine.....g	1.690		0	1			7.666	1.707
Lysine.....g	1.894		0	1			8.591	1.913
Methionine.....g	0.558		0	1			2.531	0.564
Cystine.....g	0.269		0	1			1.220	0.272
Phenylalanine.....g	0.841		0	1			3.815	0.849
Tyrosine.....g	0.734		0	1			3.329	0.741
Valine.....g	1.143		0	1			5.185	1.154
Arginine.....g	1.309		0	1			5.938	1.322
Histidine.....g	0.841		0	1			3.815	0.849
Alanine.....g	1.227		0	1			5.566	1.239
Aspartic acid.....g	1.953		0	1			8.859	1.973
Glutamic acid.....g	3.297		0	1			14.955	3.330
Glycine.....g	1.000		0	1			4.536	1.010
Proline.....g	0.846		0	1			3.837	0.854
Serine.....g	0.870		0	1			3.946	0.879
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 101g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10053

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

Refuse: 28% Bone

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
Proximates:								
Water.....g	58.73		0		1		49.92	46.98
Energy.....kcal	245		0	NC	4		208	196
Energy.....kj	1025				4		871	820
Protein (N x 6.25).....g	25.36		0		1		21.56	20.29
Total lipid (fat).....g	15.11		0		1		12.84	12.09
Ash.....g	1.33		0		1		1.13	1.06
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	18		0		1		15	14
Iron, Fe.....mg	1.17		0		1		0.99	0.94
Magnesium, Mg.....mg	19		0		1		16	15
Phosphorus, P.....mg	174		0		1		148	139
Potassium, K.....mg	325		0		1		276	260
Sodium, Na.....mg	51		0		1		43	41
Zinc, Zn.....mg	2.45		0		1		2.08	1.96
Copper, Cu.....mg	0.058		0		1		0.049	0.046
Manganese, Mn.....mg	0.013		0		1		0.011	0.010
Selenium, Se.....mcg	40.5		0	PIE	4		34.4	32.4
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.8		0		1		0.7	0.6
Thiamin.....mg	0.655		0		1		0.557	0.524
Riboflavin.....mg	0.262		0		1		0.223	0.210
Niacin.....mg	3.797		0		1		3.227	3.038
Pantothenic acid.....mg	0.649		0		1		0.552	0.519
Vitamin B-6.....mg	0.409		0		1		0.348	0.327
Folate, total.....mcg	3		0		1		3	2
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	3		0		1		3	2
Folate, DFE.....mcg_DFE	3		0	NC	4		3	2
Vitamin B-12.....mcg	0.56		0		1		0.48	0.45
Vitamin A, IU.....IU	7		0		1		6	6
Vitamin A, RAE.....mcg_RAE	2		0		1		2	2
Retinol.....mcg	2		0		1		2	2
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	5.560		0		1		4.726	4.448
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	0.190		0		1		0.162	0.152
15:0.....g								
16:0.....g	3.420		0		1		2.907	2.736
17:0.....g								
18:0.....g	1.820		0		1		1.547	1.456
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	6.560		0		1		5.576	5.248
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.430		0		1		0.366	0.344

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	5.950		0	1			5.058	4.760
20:1.....g	0.120		0	1			0.102	0.096
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.400		0	1			1.190	1.120
18:2 undifferentiated.....g	1.240		0	1			1.054	0.992
18:3 undifferentiated.....g	0.040		0	1			0.034	0.032
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.060		0	1			0.051	0.048
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	82		0	1			70	66
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.309		0	1			0.263	0.247
Threonine.....g	1.138		0	1			0.967	0.910
Isoleucine.....g	1.159		0	1			0.985	0.927
Leucine.....g	2.012		0	1			1.710	1.610
Lysine.....g	2.264		0	1			1.924	1.811
Methionine.....g	0.654		0	1			0.556	0.523
Cystine.....g	0.317		0	1			0.269	0.254
Phenylalanine.....g	1.006		0	1			0.855	0.805
Tyrosine.....g	0.860		0	1			0.731	0.688
Valine.....g	1.362		0	1			1.158	1.090
Arginine.....g	1.613		0	1			1.371	1.290
Histidine.....g	0.976		0	1			0.830	0.781
Alanine.....g	1.494		0	1			1.270	1.195
Aspartic acid.....g	2.320		0	1			1.972	1.856
Glutamic acid.....g	3.879		0	1			3.297	3.103
Glycine.....g	1.366		0	1			1.161	1.093
Proline.....g	1.107		0	1			0.941	0.886
Serine.....g	1.047		0	1			0.890	0.838
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 80g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10054

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

Refuse: 28% Bone

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	56.40		0		1		47.94	42.30
Energy.....kcal	259		0	NC	4		220	194
Energy.....kj	1084				4		921	813
Protein (N x 6.25).....g	26.65		0		1		22.65	19.99
Total lipid (fat).....g	16.09		0		1		13.68	12.07
Ash.....g	1.39		0		1		1.18	1.04
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	17		0		1		14	13
Iron, Fe.....mg	0.99		0		1		0.84	0.74
Magnesium, Mg.....mg	29		0		1		25	22
Phosphorus, P.....mg	246		0		1		209	185
Potassium, K.....mg	383		0		1		326	287
Sodium, Na.....mg	68		0		1		58	51
Zinc, Zn.....mg	2.57		0		1		2.18	1.93
Copper, Cu.....mg	0.058		0		1		0.049	0.044
Manganese, Mn.....mg	0.010		0		1		0.009	0.008
Selenium, Se.....mcg	47.7		0	PAK	1		40.5	35.8
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.9		0		1		0.8	0.7
Thiamin.....mg	0.949		0		1		0.807	0.712
Riboflavin.....mg	0.345		0		1		0.293	0.259
Niacin.....mg	4.516		0		1		3.839	3.387
Pantothenic acid.....mg	0.732		0		1		0.622	0.549
Vitamin B-6.....mg	0.544		0		1		0.462	0.408
Folate, total.....mcg	5		0		1		4	4
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	5		0		1		4	4
Folate, DFE.....mcg_DFE	5		0	NC	4		4	4
Vitamin B-12.....mcg	0.75		0		1		0.64	0.56
Vitamin A, IU.....IU	8		0		1		7	6
Vitamin A, RAE.....mcg_RAE	2		0		1		2	2
Retinol.....mcg	2		0		1		2	2
Vitamin E.....mg_ATE	0.260		0		4		0.221	0.195
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	5.930		0		1		5.041	4.448
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	0.008
12:0.....g	0.010		0		1		0.009	0.008
13:0.....g								
14:0.....g	0.200		0		1		0.170	0.150
15:0.....g								
16:0.....g	3.650		0		1		3.103	2.738
17:0.....g								
18:0.....g	1.940		0		1		1.649	1.455
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	6.990		0		1		5.942	5.243
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.460		0		1		0.391	0.345

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	6.330		0	1			5.381	4.748
20:1.....g	0.130		0	1			0.111	0.098
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.500		0	1			1.275	1.125
18:2 undifferentiated.....g	1.330		0	1			1.131	0.998
18:3 undifferentiated.....g	0.040		0	1			0.034	0.030
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.060		0	1			0.051	0.045
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	86		0	1			73	65
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.326		0	1			0.277	0.245
Threonine.....g	1.197		0	1			1.017	0.898
Isoleucine.....g	1.220		0	1			1.037	0.915
Leucine.....g	2.116		0	1			1.799	1.587
Lysine.....g	2.380		0	1			2.023	1.785
Methionine.....g	0.689		0	1			0.586	0.517
Cystine.....g	0.334		0	1			0.284	0.251
Phenylalanine.....g	1.058		0	1			0.899	0.794
Tyrosine.....g	0.905		0	1			0.769	0.679
Valine.....g	1.432		0	1			1.217	1.074
Arginine.....g	1.693		0	1			1.439	1.270
Histidine.....g	1.028		0	1			0.874	0.771
Alanine.....g	1.569		0	1			1.334	1.177
Aspartic acid.....g	2.440		0	1			2.074	1.830
Glutamic acid.....g	4.082		0	1			3.470	3.062
Glycine.....g	1.428		0	1			1.214	1.071
Proline.....g	1.160		0	1			0.986	0.870
Serine.....g	1.101		0	1			0.936	0.826
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	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 = 85g: 3 oz

Measure 2 = 75g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

Refuse: 36% Bone 28%, separable fat 8%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
Proximates:									
Water.....g	63.16		0		1		53.69	45.48	
Energy.....kcal	197		0	NC	4		167	142	
Energy.....kj	824				4		701	593	
Protein (N x 6.25).....g	27.00		0		1		22.95	19.44	
Total lipid (fat).....g	9.01		0		1		7.66	6.49	
Ash.....g	1.40		0		1		1.19	1.01	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	13		0		1		11	9	
Iron, Fe.....mg	1.27		0		1		1.08	0.91	
Magnesium, Mg.....mg	20		0		1		17	14	
Phosphorus, P.....mg	176		0		1		150	127	
Potassium, K.....mg	336		0		1		286	242	
Sodium, Na.....mg	53		0		1		45	38	
Zinc, Zn.....mg	2.60		0		1		2.21	1.87	
Copper, Cu.....mg	0.059		0		1		0.050	0.042	
Manganese, Mn.....mg	0.014		0		1		0.012	0.010	
Selenium, Se.....mcg	42.6		0	BFYN	4		36.2	30.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		0		1		0.8	0.6	
Thiamin.....mg	0.696		0		1		0.592	0.501	
Riboflavin.....mg	0.281		0		1		0.239	0.202	
Niacin.....mg	3.955		0		1		3.362	2.848	
Pantothenic acid.....mg	0.690		0		1		0.587	0.497	
Vitamin B-6.....mg	0.444		0		1		0.377	0.320	
Folate, total.....mcg	3		0		1		3	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		0		1		3	2	
Folate, DFE.....mcg_DFE	3		0	NC	4		3	2	
Vitamin B-12.....mcg	0.57		0		1		0.48	0.41	
Vitamin A, IU.....IU	7		0		1		6	5	
Vitamin A, RAE.....mcg_RAE	2		0		1		2	2	
Retinol.....mcg	2		0		1		2	2	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	3.200		0		1		2.720	2.304	
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	0.110		0		1		0.094	0.079	
15:0.....g									
16:0.....g	1.980		0		1		1.683	1.426	
17:0.....g									
18:0.....g	1.020		0		1		0.867	0.734	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.970		0		1		3.375	2.858	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.280		0		1		0.238	0.202	

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	3.570		0	1			3.035	2.570
20:1.....g	0.080		0	1			0.068	0.058
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.780		0	1			0.663	0.562
18:2 undifferentiated.....g	0.680		0	1			0.578	0.490
18:3 undifferentiated.....g	0.020		0	1			0.017	0.014
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.050		0	1			0.043	0.036
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	81		0	1			69	58
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.343		0	1			0.292	0.247
Threonine.....g	1.233		0	1			1.048	0.888
Isoleucine.....g	1.264		0	1			1.074	0.910
Leucine.....g	2.166		0	1			1.841	1.560
Lysine.....g	2.428		0	1			2.064	1.748
Methionine.....g	0.715		0	1			0.608	0.515
Cystine.....g	0.344		0	1			0.292	0.248
Phenylalanine.....g	1.078		0	1			0.916	0.776
Tyrosine.....g	0.941		0	1			0.800	0.678
Valine.....g	1.465		0	1			1.245	1.055
Arginine.....g	1.678		0	1			1.426	1.208
Histidine.....g	1.079		0	1			0.917	0.777
Alanine.....g	1.573		0	1			1.337	1.133
Aspartic acid.....g	2.504		0	1			2.128	1.803
Glutamic acid.....g	4.227		0	1			3.593	3.043
Glycine.....g	1.282		0	1			1.090	0.923
Proline.....g	1.085		0	1			0.922	0.781
Serine.....g	1.115		0	1			0.948	0.803
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 72g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

Refuse: 36% Bone 28%, separable fat 8%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
Proximates:									
Water.....g	60.54		0		1		51.46	40.56	
Energy.....kcal	213		0	NC	4		181	143	
Energy.....kj	891				4		758	597	
Protein (N x 6.25).....g	28.46		0		1		24.19	19.07	
Total lipid (fat).....g	10.12		0		1		8.60	6.78	
Ash.....g	1.47		0		1		1.25	0.98	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	13		0		1		11	9	
Iron, Fe.....mg	1.07		0		1		0.91	0.72	
Magnesium, Mg.....mg	31		0		1		26	21	
Phosphorus, P.....mg	257		0		1		218	172	
Potassium, K.....mg	401		0		1		341	269	
Sodium, Na.....mg	72		0		1		61	48	
Zinc, Zn.....mg	2.74		0		1		2.33	1.84	
Copper, Cu.....mg	0.059		0		1		0.050	0.040	
Manganese, Mn.....mg	0.010		0		1		0.009	0.007	
Selenium, Se.....mcg	51.6	5.420	5	A	1		43.9	34.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		0		1		0.9	0.7	
Thiamin.....mg	1.027		0		1		0.873	0.688	
Riboflavin.....mg	0.375		0		1		0.319	0.251	
Niacin.....mg	4.764		0		1		4.049	3.192	
Pantothenic acid.....mg	0.783		0		1		0.666	0.525	
Vitamin B-6.....mg	0.596		0		1		0.507	0.399	
Folate, total.....mcg	5		0		1		4	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		0		1		4	3	
Folate, DFE.....mcg_DFE	5		0	NC	4		4	3	
Vitamin B-12.....mcg	0.79		0		1		0.67	0.53	
Vitamin A, IU.....IU	7		0		1		6	5	
Vitamin A, RAE.....mcg_RAE	2		0		1		2	1	
Retinol.....mcg	2		0		1		2	1	
Vitamin E.....mg_ATE	0.260		0		4		0.221	0.174	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	3.610		0		1		3.069	2.419	
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	0.007	
12:0.....g	0.010		0		1		0.009	0.007	
13:0.....g									
14:0.....g	0.120		0		1		0.102	0.080	
15:0.....g									
16:0.....g	2.240		0		1		1.904	1.501	
17:0.....g									
18:0.....g	1.160		0		1		0.986	0.777	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.450		0		1		3.783	2.982	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.310		0		1		0.264	0.208	

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	4.000		0	1			3.400	2.680
20:1.....g	0.090		0	1			0.077	0.060
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.890		0	1			0.757	0.596
18:2 undifferentiated.....g	0.770		0	1			0.655	0.516
18:3 undifferentiated.....g	0.020		0	1			0.017	0.013
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.050		0	1			0.043	0.034
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	85		0	1			72	57
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.362		0	1			0.308	0.243
Threonine.....g	1.300		0	1			1.105	0.871
Isoleucine.....g	1.333		0	1			1.133	0.893
Leucine.....g	2.283		0	1			1.941	1.530
Lysine.....g	2.559		0	1			2.175	1.715
Methionine.....g	0.754		0	1			0.641	0.505
Cystine.....g	0.363		0	1			0.309	0.243
Phenylalanine.....g	1.136		0	1			0.966	0.761
Tyrosine.....g	0.992		0	1			0.843	0.665
Valine.....g	1.544		0	1			1.312	1.034
Arginine.....g	1.769		0	1			1.504	1.185
Histidine.....g	1.137		0	1			0.966	0.762
Alanine.....g	1.658		0	1			1.409	1.111
Aspartic acid.....g	2.640		0	1			2.244	1.769
Glutamic acid.....g	4.455		0	1			3.787	2.985
Glycine.....g	1.351		0	1			1.148	0.905
Proline.....g	1.143		0	1			0.972	0.766
Serine.....g	1.176		0	1			1.000	0.788
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10211

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

Refuse: 3% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	63.60		0		1		54.06	52.15
Energy.....kcal	189		0	NC	4		161	155
Energy.....kj	791				4		672	648
Protein (N x 6.25).....g	26.54		0		1		22.56	21.76
Total lipid (fat).....g	8.38		0		1		7.12	6.87
Ash.....g	1.38		0		1		1.17	1.13
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	13		0		1		11	11
Iron, Fe.....mg	1.09		0		1		0.93	0.89
Magnesium, Mg.....mg	21		0		1		18	17
Phosphorus, P.....mg	181		0		1		154	148
Potassium, K.....mg	352		0		1		299	289
Sodium, Na.....mg	46		0		1		39	38
Zinc, Zn.....mg	2.34		0		1		1.99	1.92
Copper, Cu.....mg	0.088		0		1		0.075	0.072
Manganese, Mn.....mg	0.014		0		1		0.012	0.011
Selenium, Se.....mcg	41.7		0	PIE	4		35.4	34.2
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.8		0		1		0.7	0.7
Thiamin.....mg	0.685		0		1		0.582	0.562
Riboflavin.....mg	0.275		0		1		0.234	0.226
Niacin.....mg	3.911		0		1		3.324	3.207
Pantothenic acid.....mg	0.679		0		1		0.577	0.557
Vitamin B-6.....mg	0.434		0		1		0.369	0.356
Folate, total.....mcg	3		0		1		3	2
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	3		0		1		3	2
Folate, DFE.....mcg_DFE	3		0	NC	4		3	2
Vitamin B-12.....mcg	0.57		0		1		0.48	0.47
Vitamin A, IU.....IU	7		0		1		6	6
Vitamin A, RAE.....mcg_RAE	2		0		1		2	2
Retinol.....mcg	2		0		1		2	2
Vitamin E.....mg_ATE	0.260		0		4		0.221	0.213
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	3.030		0		1		2.576	2.485
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	0.008
12:0.....g	0.010		0		1		0.009	0.008
13:0.....g								
14:0.....g	0.100		0		1		0.085	0.082
15:0.....g								
16:0.....g	1.870		0		1		1.590	1.533
17:0.....g								
18:0.....g	0.980		0		1		0.833	0.804
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	3.660		0		1		3.111	3.001
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.250		0		1		0.213	0.205

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	3.310		0	1			2.814	2.714
20:1.....g	0.070		0	1			0.060	0.057
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.750		0	1			0.638	0.615
18:2 undifferentiated.....g	0.660		0	1			0.561	0.541
18:3 undifferentiated.....g	0.020		0	1			0.017	0.016
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.040		0	1			0.034	0.033
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	81		0	1			69	66
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.334		0	1			0.284	0.274
Threonine.....g	1.206		0	1			1.025	0.989
Isoleucine.....g	1.235		0	1			1.050	1.013
Leucine.....g	2.123		0	1			1.805	1.741
Lysine.....g	2.382		0	1			2.025	1.953
Methionine.....g	0.698		0	1			0.593	0.572
Cystine.....g	0.337		0	1			0.286	0.276
Phenylalanine.....g	1.058		0	1			0.899	0.868
Tyrosine.....g	0.918		0	1			0.780	0.753
Valine.....g	1.436		0	1			1.221	1.178
Arginine.....g	1.660		0	1			1.411	1.361
Histidine.....g	1.050		0	1			0.893	0.861
Alanine.....g	1.551		0	1			1.318	1.272
Aspartic acid.....g	2.453		0	1			2.085	2.011
Glutamic acid.....g	4.129		0	1			3.510	3.386
Glycine.....g	1.306		0	1			1.110	1.071
Proline.....g	1.091		0	1			0.927	0.895
Serine.....g	1.096		0	1			0.932	0.899
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10212

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

Refuse: 7% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	60.11	0.756	14		1		51.09	44.48	
Energy.....kcal	208		0	NC	4		177	154	
Energy.....kj	870				4		740	644	
Protein (N x 6.25).....g	30.52	0.588	14		1		25.94	22.58	
Total lipid (fat).....g	8.60	0.472	14		1		7.31	6.36	
Ash.....g	1.32	0.032	14		1		1.12	0.98	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	18		0		1		15	13	
Iron, Fe.....mg	1.21		0		1		1.03	0.90	
Magnesium, Mg.....mg	27		0		1		23	20	
Phosphorus, P.....mg	243		0		1		207	180	
Potassium, K.....mg	372		0		1		316	275	
Sodium, Na.....mg	56		0		1		48	41	
Zinc, Zn.....mg	2.62		0		1		2.23	1.94	
Copper, Cu.....mg	0.053		0		1		0.045	0.039	
Manganese, Mn.....mg	0.003		0		1		0.003	0.002	
Selenium, Se.....mcg	50.5		0	PAK	1		42.9	37.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0		1		0.3	0.3	
Thiamin.....mg	1.009		0		1		0.858	0.747	
Riboflavin.....mg	0.393		0		1		0.334	0.291	
Niacin.....mg	4.697		0		1		3.992	3.476	
Pantothenic acid.....mg	0.883		0		1		0.751	0.653	
Vitamin B-6.....mg	0.526		0		1		0.447	0.389	
Folate, total.....mcg	6		0		1		5	4	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6		0		1		5	4	
Folate, DFE.....mcg_DFE	6		0	NC	4		5	4	
Vitamin B-12.....mcg	0.83		0		1		0.71	0.61	
Vitamin A, IU.....IU	8		0		1		7	6	
Vitamin A, RAE.....mcg_RAE	2		0		1		2	2	
Retinol.....mcg	2		0		1		2	2	
Vitamin E.....mg_ATE	0.260		0		4		0.221	0.192	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	2.880		0		1		2.448	2.131	
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	0.007	
12:0.....g	0.010		0		1		0.009	0.007	
13:0.....g									
14:0.....g	0.100		0		1		0.085	0.074	
15:0.....g									
16:0.....g	1.790		0		1		1.522	1.325	
17:0.....g									
18:0.....g	0.890		0		1		0.757	0.659	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.750		0		1		3.188	2.775	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.280		0		1		0.238	0.207	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	3.350		0	1			2.848	2.479
20:1.....g	0.080		0	1			0.068	0.059
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.690		0	1			0.587	0.511
18:2 undifferentiated.....g	0.560		0	1			0.476	0.414
18:3 undifferentiated.....g	0.020		0	1			0.017	0.015
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.070		0	1			0.060	0.052
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	91	3.838	14	1			77	67
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.388		0	1			0.330	0.287
Threonine.....g	1.394		0	1			1.185	1.032
Isoleucine.....g	1.429		0	1			1.215	1.057
Leucine.....g	2.449		0	1			2.082	1.812
Lysine.....g	2.745		0	1			2.333	2.031
Methionine.....g	0.808		0	1			0.687	0.598
Cystine.....g	0.389		0	1			0.331	0.288
Phenylalanine.....g	1.218		0	1			1.035	0.901
Tyrosine.....g	1.063		0	1			0.904	0.787
Valine.....g	1.656		0	1			1.408	1.225
Arginine.....g	1.897		0	1			1.612	1.404
Histidine.....g	1.219		0	1			1.036	0.902
Alanine.....g	1.778		0	1			1.511	1.316
Aspartic acid.....g	2.831		0	1			2.406	2.095
Glutamic acid.....g	4.778		0	1			4.061	3.536
Glycine.....g	1.449		0	1			1.232	1.072
Proline.....g	1.226		0	1			1.042	0.907
Serine.....g	1.261		0	1			1.072	0.933
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	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 = 85g: 3 oz

Measure 2 = 74g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10215

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

Refuse: 6% Connective tissue 3%, separable fat 3%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	64.90		0		1		55.17	51.92
Energy.....kcal	175		0	NC	4		149	140
Energy.....kj	732				4		622	586
Protein (N x 6.25).....g	27.00		0		1		22.95	21.60
Total lipid (fat).....g	6.60		0		1		5.61	5.28
Ash.....g	1.40		0		1		1.19	1.12
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	13		0		1		11	10
Iron, Fe.....mg	1.11		0		1		0.94	0.89
Magnesium, Mg.....mg	22		0		1		19	18
Phosphorus, P.....mg	182		0		1		155	146
Potassium, K.....mg	356		0		1		303	285
Sodium, Na.....mg	46		0		1		39	37
Zinc, Zn.....mg	2.37		0		1		2.01	1.90
Copper, Cu.....mg	0.089		0		1		0.076	0.071
Manganese, Mn.....mg	0.014		0		1		0.012	0.011
Selenium, Se.....mcg	42.6		0	BFYN	4		36.2	34.1
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.9		0		1		0.8	0.7
Thiamin.....mg	0.696		0		1		0.592	0.557
Riboflavin.....mg	0.281		0		1		0.239	0.225
Niacin.....mg	3.955		0		1		3.362	3.164
Pantothenic acid.....mg	0.690		0		1		0.587	0.552
Vitamin B-6.....mg	0.444		0		1		0.377	0.355
Folate, total.....mcg	3		0		1		3	2
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	3		0		1		3	2
Folate, DFE.....mcg_DFE	3		0	NC	4		3	2
Vitamin B-12.....mcg	0.57		0		1		0.48	0.46
Vitamin A, IU.....IU	7		0		1		6	6
Vitamin A, RAE.....mcg_RAE	2		0		1		2	2
Retinol.....mcg	2		0		1		2	2
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	2.340		0		1		1.989	1.872
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g	0.000		0		1		0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000
13:0.....g								
14:0.....g	0.080		0		1		0.068	0.064
15:0.....g								
16:0.....g	1.450		0		1		1.233	1.160
17:0.....g								
18:0.....g	0.750		0		1		0.638	0.600
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	2.900		0		1		2.465	2.320
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.200		0		1		0.170	0.160

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	2.610		0	1			2.219	2.088
20:1.....g	0.060		0	1			0.051	0.048
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.570		0	1			0.485	0.456
18:2 undifferentiated.....g	0.500		0	1			0.425	0.400
18:3 undifferentiated.....g	0.010		0	1			0.009	0.008
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.030		0	1			0.026	0.024
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	81		0	1			69	65
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.343		0	1			0.292	0.274
Threonine.....g	1.233		0	1			1.048	0.986
Isoleucine.....g	1.264		0	1			1.074	1.011
Leucine.....g	2.166		0	1			1.841	1.733
Lysine.....g	2.428		0	1			2.064	1.942
Methionine.....g	0.715		0	1			0.608	0.572
Cystine.....g	0.344		0	1			0.292	0.275
Phenylalanine.....g	1.078		0	1			0.916	0.862
Tyrosine.....g	0.941		0	1			0.800	0.753
Valine.....g	1.465		0	1			1.245	1.172
Arginine.....g	1.678		0	1			1.426	1.342
Histidine.....g	1.079		0	1			0.917	0.863
Alanine.....g	1.573		0	1			1.337	1.258
Aspartic acid.....g	2.504		0	1			2.128	2.003
Glutamic acid.....g	4.227		0	1			3.593	3.382
Glycine.....g	1.282		0	1			1.090	1.026
Proline.....g	1.085		0	1			0.922	0.868
Serine.....g	1.115		0	1			0.948	0.892
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 80g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10216

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

Refuse: 10% Connective tissue 7%, separable fat 3%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	61.43	0.720	14		1		52.22	43.62	
Energy.....kcal	193		0	NC	4		164	137	
Energy.....kj	808				4		686	573	
Protein (N x 6.25).....g	31.13	0.470	14		1		26.46	22.10	
Total lipid (fat).....g	6.67	0.360	14		1		5.67	4.74	
Ash.....g	1.37	0.034	14		1		1.16	0.97	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	18	4.602	5		1		15	13	
Iron, Fe.....mg	1.24	0.039	5		1		1.05	0.88	
Magnesium, Mg.....mg	27	0.790	5		1		23	19	
Phosphorus, P.....mg	246	7.269	5		1		209	175	
Potassium, K.....mg	377	11.977	5		1		320	268	
Sodium, Na.....mg	56	2.980	5		1		48	40	
Zinc, Zn.....mg	2.66	0.104	5		1		2.26	1.89	
Copper, Cu.....mg	0.053	0.019	5		1		0.045	0.038	
Manganese, Mn.....mg	0.010		0		1		0.009	0.007	
Selenium, Se.....mcg	51.6	5.420	5	A	1		43.9	36.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0		1		0.3	0.3	
Thiamin.....mg	1.030		0		1		0.876	0.731	
Riboflavin.....mg	0.402		0		1		0.342	0.285	
Niacin.....mg	4.764		0		1		4.049	3.382	
Pantothenic acid.....mg	0.906		0		1		0.770	0.643	
Vitamin B-6.....mg	0.540		0		1		0.459	0.383	
Folate, total.....mcg	6		0		1		5	4	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6		0		1		5	4	
Folate, DFE.....mcg_DFE	6		0	NC	4		5	4	
Vitamin B-12.....mcg	0.84		0		1		0.71	0.60	
Vitamin A, IU.....IU	8		0		1		7	6	
Vitamin A, RAE.....mcg_RAE	2		0		1		2	2	
Retinol.....mcg	2		0		1		2	2	
Vitamin E.....mg_ATE	0.260		0		4		0.221	0.185	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	2.220		0		1		1.887	1.576	
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		14		1		0.000	0.000	
12:0.....g	0.000		14		1		0.000	0.000	
13:0.....g									
14:0.....g	0.070		14		1		0.060	0.050	
15:0.....g									
16:0.....g	1.380		14		1		1.173	0.980	
17:0.....g									
18:0.....g	0.690		14		1		0.587	0.490	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.910		0		1		2.474	2.066	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.220		14		1		0.187	0.156	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	2.600		14		1		2.210	1.846
20:1.....g	0.060		14		1		0.051	0.043
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.530		0		1		0.451	0.376
18:2 undifferentiated.....g	0.430		14		1		0.366	0.305
18:3 undifferentiated.....g	0.010		14		1		0.009	0.007
18:4.....g	0.000		0		1		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.060		14		1		0.051	0.043
20:5 n-3.....g	0.000		0		1		0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	92	4.032	14		1		78	65
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.395		0		1		0.336	0.280
Threonine.....g	1.422		0		1		1.209	1.010
Isoleucine.....g	1.458		0		1		1.239	1.035
Leucine.....g	2.498		0		1		2.123	1.774
Lysine.....g	2.799		0		1		2.379	1.987
Methionine.....g	0.824		0		1		0.700	0.585
Cystine.....g	0.397		0		1		0.337	0.282
Phenylalanine.....g	1.243		0		1		1.057	0.883
Tyrosine.....g	1.085		0		1		0.922	0.770
Valine.....g	1.689		0		1		1.436	1.199
Arginine.....g	1.935		0		1		1.645	1.374
Histidine.....g	1.244		0		1		1.057	0.883
Alanine.....g	1.814		0		1		1.542	1.288
Aspartic acid.....g	2.887		0		1		2.454	2.050
Glutamic acid.....g	4.873		0		1		4.142	3.460
Glycine.....g	1.478		0		1		1.256	1.049
Proline.....g	1.251		0		1		1.063	0.888
Serine.....g	1.286		0		1		1.093	0.913
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10055

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

Refuse: 31% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	56.36	0.502	15		1		130.19	47.91	
Energy.....kcal	261		0	NC	4		603	222	
Energy.....kj	1092				4		2523	928	
Protein (N x 6.25).....g	27.24	0.266	15		1		62.92	23.15	
Total lipid (fat).....g	16.02	0.380	15		1		37.01	13.62	
Ash.....g	1.08	0.028	15		1		2.49	0.92	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	23		0		1		53	20	
Iron, Fe.....mg	1.04		0		1		2.40	0.88	
Magnesium, Mg.....mg	24		0		1		55	20	
Phosphorus, P.....mg	220		0		1		508	187	
Potassium, K.....mg	350		0		1		809	298	
Sodium, Na.....mg	60		0		1		139	51	
Zinc, Zn.....mg	2.43		0		1		5.61	2.07	
Copper, Cu.....mg	0.083		0		1		0.192	0.071	
Manganese, Mn.....mg	0.003		0		1		0.007	0.003	
Selenium, Se.....mcg	40.4		0	PAK	1		93.3	34.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.7	0.3	
Thiamin.....mg	0.748		0		1		1.728	0.636	
Riboflavin.....mg	0.312		0		1		0.721	0.265	
Niacin.....mg	5.250		0		1		12.128	4.463	
Pantothenic acid.....mg	0.579		0		1		1.337	0.492	
Vitamin B-6.....mg	0.384		0		1		0.887	0.326	
Folate, total.....mcg	6		0		1		14	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6		0		1		14	5	
Folate, DFE.....mcg_DFE	6		0	NC	4		14	5	
Vitamin B-12.....mcg	0.76		0		1		1.76	0.65	
Vitamin A, IU.....IU	8		0		1		18	7	
Vitamin A, RAE.....mcg_RAE	2		0		1		6	2	
Retinol.....mcg	2		0		1		6	2	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	5.690		0		1		13.144	4.837	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.010		0		1		0.023	0.009	
12:0.....g	0.010		0		1		0.023	0.009	
13:0.....g									
14:0.....g	0.200		0		1		0.462	0.170	
15:0.....g									
16:0.....g	3.530		0		1		8.154	3.001	
17:0.....g									
18:0.....g	1.820		0		1		4.204	1.547	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.020		0		1		16.216	5.967	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.500		0		1		1.155	0.425	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	6.320		0	1			14.599	5.372
20:1.....g	0.130		0	1			0.300	0.111
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.380		0	1			3.188	1.173
18:2 undifferentiated.....g	1.220		0	1			2.818	1.037
18:3 undifferentiated.....g	0.030		0	1			0.069	0.026
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.070		0	1			0.162	0.060
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	87	0.875	30	1			201	74
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.346		0	1			0.799	0.294
Threonine.....g	1.244		0	1			2.874	1.057
Isoleucine.....g	1.276		0	1			2.948	1.085
Leucine.....g	2.186		0	1			5.050	1.858
Lysine.....g	2.450		0	1			5.660	2.083
Methionine.....g	0.721		0	1			1.666	0.613
Cystine.....g	0.347		0	1			0.802	0.295
Phenylalanine.....g	1.087		0	1			2.511	0.924
Tyrosine.....g	0.949		0	1			2.192	0.807
Valine.....g	1.478		0	1			3.414	1.256
Arginine.....g	1.693		0	1			3.911	1.439
Histidine.....g	1.088		0	1			2.513	0.925
Alanine.....g	1.587		0	1			3.666	1.349
Aspartic acid.....g	2.527		0	1			5.837	2.148
Glutamic acid.....g	4.264		0	1			9.850	3.624
Glycine.....g	1.293		0	1			2.987	1.099
Proline.....g	1.094		0	1			2.527	0.930
Serine.....g	1.125		0	1			2.599	0.956
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 231g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10059

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

Refuse: 38% Bone 31%, 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	60.54	0.491	15		1		125.92	51.46	
Energy.....kcal	216		0	NC	4		449	184	
Energy.....kj	904				4		1880	768	
Protein (N x 6.25).....g	28.81	0.298	15		1		59.92	24.49	
Total lipid (fat).....g	10.29	0.416	15		1		21.40	8.75	
Ash.....g	1.12	0.029	15		1		2.33	0.95	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	20	2.423	5		1		42	17	
Iron, Fe.....mg	1.12	0.042	17		1		2.33	0.95	
Magnesium, Mg.....mg	25	0.562	7		1		52	21	
Phosphorus, P.....mg	228	2.397	5		1		474	194	
Potassium, K.....mg	366	6.475	17		1		761	311	
Sodium, Na.....mg	63	1.270	17		1		131	54	
Zinc, Zn.....mg	2.57	0.059	17		1		5.35	2.18	
Copper, Cu.....mg	0.086	0.009	17		1		0.179	0.073	
Manganese, Mn.....mg	0.028		1		1		0.058	0.024	
Selenium, Se.....mcg	43.1	6.207	5	A	1		89.6	36.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.6	0.3	
Thiamin.....mg	0.795	0.069	12		1		1.654	0.676	
Riboflavin.....mg	0.334	0.018	12		1		0.695	0.284	
Niacin.....mg	5.552	0.232	12		1		11.548	4.719	
Pantothenic acid.....mg	0.629		0		1		1.308	0.535	
Vitamin B-6.....mg	0.420		1		1		0.874	0.357	
Folate, total.....mcg	6		0		1		12	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6		0		1		12	5	
Folate, DFE.....mcg_DFE	6		0	NC	4		12	5	
Vitamin B-12.....mcg	0.78	0.075	12		1		1.62	0.66	
Vitamin A, IU.....IU	7		0		1		15	6	
Vitamin A, RAE.....mcg_RAE	2		0		1		4	2	
Retinol.....mcg	2		0		1		4	2	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	3.620		0		1		7.530	3.077	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.010		21		1		0.021	0.009	
12:0.....g	0.010		21		1		0.021	0.009	
13:0.....g									
14:0.....g	0.130		32		1		0.270	0.111	
15:0.....g									
16:0.....g	2.250		32		1		4.680	1.913	
17:0.....g									
18:0.....g	1.150		32		1		2.392	0.978	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.520		0		1		9.402	3.842	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.320		32		1		0.666	0.272	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	4.070		32	1			8.466	3.460
20:1.....g	0.090		15	1			0.187	0.077
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.870		0	1			1.810	0.740
18:2 undifferentiated.....g	0.770		32	1			1.602	0.655
18:3 undifferentiated.....g	0.020		32	1			0.042	0.017
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.050		32	1			0.104	0.043
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	86		1.258	15	1		179	73
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.366		0	1			0.761	0.311
Threonine.....g	1.316		0	1			2.737	1.119
Isoleucine.....g	1.349		0	1			2.806	1.147
Leucine.....g	2.312		0	1			4.809	1.965
Lysine.....g	2.591		0	1			5.389	2.202
Methionine.....g	0.763		0	1			1.587	0.649
Cystine.....g	0.367		0	1			0.763	0.312
Phenylalanine.....g	1.150		0	1			2.392	0.978
Tyrosine.....g	1.004		0	1			2.088	0.853
Valine.....g	1.563		0	1			3.251	1.329
Arginine.....g	1.791		0	1			3.725	1.522
Histidine.....g	1.151		0	1			2.394	0.978
Alanine.....g	1.678		0	1			3.490	1.426
Aspartic acid.....g	2.672		0	1			5.558	2.271
Glutamic acid.....g	4.510		0	1			9.381	3.834
Glycine.....g	1.368		0	1			2.845	1.163
Proline.....g	1.157		0	1			2.407	0.983
Serine.....g	1.190		0	1			2.475	1.012
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 208g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10213

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

Refuse: 5% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	60.48		0		1		190.51	51.41
Energy.....kcal	207		0	NC	4		652	176
Energy.....kj	866				4		2728	736
Protein (N x 6.25).....g	28.50		0		1		89.78	24.23
Total lipid (fat).....g	9.43		0		1		29.70	8.02
Ash.....g	1.48		0		1		4.66	1.26
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	16		0		1		50	14
Iron, Fe.....mg	1.17		0		1		3.69	0.99
Magnesium, Mg.....mg	26		0		1		82	22
Phosphorus, P.....mg	252		0		1		794	214
Potassium, K.....mg	402		0		1		1266	342
Sodium, Na.....mg	56		0		1		176	48
Zinc, Zn.....mg	2.51		0		1		7.91	2.13
Copper, Cu.....mg	0.094		0		1		0.296	0.080
Manganese, Mn.....mg	0.016		0		1		0.050	0.014
Selenium, Se.....mcg	42.5		0	PAK	1		133.9	36.1
Vitamins:								
Vitamin C, total ascorbic acid.....mg	1.0		0		1		3.2	0.9
Thiamin.....mg	0.881		0		1		2.775	0.749
Riboflavin.....mg	0.374		0		1		1.178	0.318
Niacin.....mg	5.077		0		1		15.993	4.315
Pantothenic acid.....mg	0.728		0		1		2.293	0.619
Vitamin B-6.....mg	0.467		0		1		1.471	0.397
Folate, total.....mcg	5		0		1		16	4
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	5		0		1		16	4
Folate, DFE.....mcg_DFE	5		0	NC	4		16	4
Vitamin B-12.....mcg	0.75		0		1		2.36	0.64
Vitamin A, IU.....IU	7		0		1		22	6
Vitamin A, RAE.....mcg_RAE	2		0		1		7	2
Retinol.....mcg	2		0		1		7	2
Vitamin E.....mg_ATE	0.260		0		4		0.819	0.221
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	3.420		0		1		10.773	2.907
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		0.032	0.009
12:0.....g	0.010		0		1		0.032	0.009
13:0.....g								
14:0.....g	0.120		0		1		0.378	0.102
15:0.....g								
16:0.....g	2.110		0		1		6.647	1.794
17:0.....g								
18:0.....g	1.110		0		1		3.497	0.944
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	4.120		0		1		12.978	3.502
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.280		0		1		0.882	0.238

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	3.720		0	1			11.718	3.162
20:1.....g	0.080		0	1			0.252	0.068
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.850		0	1			2.678	0.723
18:2 undifferentiated.....g	0.750		0	1			2.363	0.638
18:3 undifferentiated.....g	0.020		0	1			0.063	0.017
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.040		0	1			0.126	0.034
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	86		0	1			271	73
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.360		0	1			1.134	0.306
Threonine.....g	1.298		0	1			4.089	1.103
Isoleucine.....g	1.329		0	1			4.186	1.130
Leucine.....g	2.282		0	1			7.188	1.940
Lysine.....g	2.560		0	1			8.064	2.176
Methionine.....g	0.751		0	1			2.366	0.638
Cystine.....g	0.362		0	1			1.140	0.308
Phenylalanine.....g	1.136		0	1			3.578	0.966
Tyrosine.....g	0.988		0	1			3.112	0.840
Valine.....g	1.544		0	1			4.864	1.312
Arginine.....g	1.778		0	1			5.601	1.511
Histidine.....g	1.132		0	1			3.566	0.962
Alanine.....g	1.663		0	1			5.238	1.414
Aspartic acid.....g	2.637		0	1			8.307	2.241
Glutamic acid.....g	4.444		0	1			13.999	3.777
Glycine.....g	1.384		0	1			4.360	1.176
Proline.....g	1.162		0	1			3.660	0.988
Serine.....g	1.177		0	1			3.708	1.000
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	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 = 315g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10217

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

Refuse: 7% Connective tissue 5%, separable fat 2%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	61.28		0		1		188.74	52.09
Energy.....kcal	198		0	NC	4		610	168
Energy.....kj	828				4		2552	704
Protein (N x 6.25).....g	28.85		0		1		88.86	24.52
Total lipid (fat).....g	8.27		0		1		25.47	7.03
Ash.....g	1.49		0		1		4.59	1.27
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	17		0		1		52	14
Iron, Fe.....mg	1.19		0		1		3.67	1.01
Magnesium, Mg.....mg	27		0		1		83	23
Phosphorus, P.....mg	254		0		1		782	216
Potassium, K.....mg	405		0		1		1247	344
Sodium, Na.....mg	56		0		1		172	48
Zinc, Zn.....mg	2.53		0		1		7.79	2.15
Copper, Cu.....mg	0.095		0		1		0.293	0.081
Manganese, Mn.....mg	0.016		0		1		0.049	0.014
Selenium, Se.....mcg	43.1	6.207	5	A	1		132.7	36.6
Vitamins:								
Vitamin C, total ascorbic acid.....mg	1.0		0		1		3.1	0.9
Thiamin.....mg	0.893		0		1		2.750	0.759
Riboflavin.....mg	0.380		0		1		1.170	0.323
Niacin.....mg	5.131		0		1		15.803	4.361
Pantothenic acid.....mg	0.737		0		1		2.270	0.626
Vitamin B-6.....mg	0.475		0		1		1.463	0.404
Folate, total.....mcg	5		0		1		15	4
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	5		0		1		15	4
Folate, DFE.....mcg_DFE	5		0	NC	4		15	4
Vitamin B-12.....mcg	0.76		0		1		2.34	0.65
Vitamin A, IU.....IU	7		0		1		22	6
Vitamin A, RAE.....mcg_RAE	2		0		1		6	2
Retinol.....mcg	2		0		1		6	2
Vitamin E.....mg_ATE	0.260		0		4		0.801	0.221
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	2.970		0		1		9.148	2.525
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		0.031	0.009
12:0.....g	0.010		0		1		0.031	0.009
13:0.....g								
14:0.....g	0.100		0		1		0.308	0.085
15:0.....g								
16:0.....g	1.840		0		1		5.667	1.564
17:0.....g								
18:0.....g	0.950		0		1		2.926	0.808
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	3.620		0		1		11.150	3.077
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.250		0		1		0.770	0.213

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	3.270		0	1			10.072	2.780
20:1.....g	0.070		0	1			0.216	0.060
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.730		0	1			2.248	0.621
18:2 undifferentiated.....g	0.640		0	1			1.971	0.544
18:3 undifferentiated.....g	0.020		0	1			0.062	0.017
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.040		0	1			0.123	0.034
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	86		0	1			265	73
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.366		0	1			1.127	0.311
Threonine.....g	1.317		0	1			4.056	1.119
Isoleucine.....g	1.351		0	1			4.161	1.148
Leucine.....g	2.315		0	1			7.130	1.968
Lysine.....g	2.594		0	1			7.990	2.205
Methionine.....g	0.764		0	1			2.353	0.649
Cystine.....g	0.368		0	1			1.133	0.313
Phenylalanine.....g	1.152		0	1			3.548	0.979
Tyrosine.....g	1.005		0	1			3.095	0.854
Valine.....g	1.565		0	1			4.820	1.330
Arginine.....g	1.793		0	1			5.522	1.524
Histidine.....g	1.152		0	1			3.548	0.979
Alanine.....g	1.681		0	1			5.177	1.429
Aspartic acid.....g	2.676		0	1			8.242	2.275
Glutamic acid.....g	4.516		0	1			13.909	3.839
Glycine.....g	1.370		0	1			4.220	1.165
Proline.....g	1.159		0	1			3.570	0.985
Serine.....g	1.192		0	1			3.671	1.013
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	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 = 308g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	61.09		0		1		51.93	46.43
Energy.....kcal	201		0	NC	4		171	153
Energy.....kj	841				4		715	639
Protein (N x 6.25).....g	29.86		0		1		25.38	22.69
Total lipid (fat).....g	8.11		0		1		6.89	6.16
Ash.....g	2.49		0		1		2.12	1.89
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	5		0		1		4	4
Iron, Fe.....mg	1.39		0		1		1.18	1.06
Magnesium, Mg.....mg	35		0		1		30	27
Phosphorus, P.....mg	290		0		1		247	220
Potassium, K.....mg	444		0		1		377	337
Sodium, Na.....mg	64		0		1		54	49
Zinc, Zn.....mg	2.89		0		1		2.46	2.20
Copper, Cu.....mg	0.067		0		1		0.057	0.051
Manganese, Mn.....mg	0.012		0		1		0.010	0.009
Selenium, Se.....mcg	47.7		0	PAK	1		40.5	36.3
Vitamins:								
Vitamin C, total ascorbic acid.....mg	1.0		0		1		0.9	0.8
Thiamin.....mg	0.968		0		1		0.823	0.736
Riboflavin.....mg	0.378		0		1		0.321	0.287
Niacin.....mg	5.054		0		1		4.296	3.841
Pantothenic acid.....mg	0.899		0		1		0.764	0.683
Vitamin B-6.....mg	0.515		0		1		0.438	0.391
Folate, total.....mcg	6		0		1		5	5
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	6		0		1		5	5
Folate, DFE.....mcg_DFE	6		0	NC	4		5	5
Vitamin B-12.....mcg	0.98		0		1		0.83	0.74
Vitamin A, IU.....IU	7		0		1		6	5
Vitamin A, RAE.....mcg_RAE	2		0		1		2	2
Retinol.....mcg	2		0		1		2	2
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
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

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	94		0	1			80	71
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.376		0	1			0.320	0.286
Threonine.....g	1.358		0	1			1.154	1.032
Isoleucine.....g	1.390		0	1			1.182	1.056
Leucine.....g	2.389		0	1			2.031	1.816
Lysine.....g	2.680		0	1			2.278	2.037
Methionine.....g	0.786		0	1			0.668	0.597
Cystine.....g	0.379		0	1			0.322	0.288
Phenylalanine.....g	1.190		0	1			1.012	0.904
Tyrosine.....g	1.034		0	1			0.879	0.786
Valine.....g	1.616		0	1			1.374	1.228
Arginine.....g	1.866		0	1			1.586	1.418
Histidine.....g	1.182		0	1			1.005	0.898
Alanine.....g	1.744		0	1			1.482	1.325
Aspartic acid.....g	2.760		0	1			2.346	2.098
Glutamic acid.....g	4.648		0	1			3.951	3.532
Glycine.....g	1.463		0	1			1.244	1.112
Proline.....g	1.224		0	1			1.040	0.930
Serine.....g	1.233		0	1			1.048	0.937
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 76g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10222

Pork, fresh, 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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	65.44		0		1		222.50	55.62
Energy.....kcal	173		0	NC	4		588	147
Energy.....kj	724				4		2461	615
Protein (N x 6.25).....g	27.81		0		1		94.55	23.64
Total lipid (fat).....g	6.05		0		1		20.57	5.14
Ash.....g	1.28		0		1		4.35	1.09
Carbohydrate, by difference.....g	0.00		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		20	5
Iron, Fe.....mg	1.45		0		1		4.93	1.23
Magnesium, Mg.....mg	27		0		1		92	23
Phosphorus, P.....mg	257		0		1		874	218
Potassium, K.....mg	433		0		1		1472	368
Sodium, Na.....mg	55		0		1		187	47
Zinc, Zn.....mg	2.60		0		1		8.84	2.21
Copper, Cu.....mg	0.048		0		1		0.163	0.041
Manganese, Mn.....mg	0.038		0		1		0.129	0.032
Selenium, Se.....mcg	47.4		0	PIE	4		161.2	40.3
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.4		0		1		1.4	0.3
Thiamin.....mg	0.927		0		1		3.152	0.788
Riboflavin.....mg	0.384		0		1		1.306	0.326
Niacin.....mg	4.663		0		1		15.854	3.964
Pantothenic acid.....mg	0.679		0		1		2.309	0.577
Vitamin B-6.....mg	0.414		0		1		1.408	0.352
Folate, total.....mcg	6		0		1		20	5
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	6		0		1		20	5
Folate, DFE.....mcg_DFE	6		0	NC	4		20	5
Vitamin B-12.....mcg	0.55		0		1		1.87	0.47
Vitamin A, IU.....IU	7		0		1		24	6
Vitamin A, RAE.....mcg_RAE	2		0		1		7	2
Retinol.....mcg	2		0		1		7	2
Vitamin E.....mg_ATE	0.260		0		4		0.884	0.221
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	2.140		0		1		7.276	1.819
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		0.034	0.009
12:0.....g	0.010		0		1		0.034	0.009
13:0.....g								
14:0.....g	0.070		0		1		0.238	0.060
15:0.....g								
16:0.....g	1.310		0		1		4.454	1.114
17:0.....g								
18:0.....g	0.710		0		1		2.414	0.604
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	2.460		0		1		8.364	2.091
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.180		0		1		0.612	0.153

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	2.210		0	1			7.514	1.879
20:1.....g	0.050		0	1			0.170	0.043
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			1.836	0.459
18:2 undifferentiated.....g	0.470		0	1			1.598	0.400
18:3 undifferentiated.....g	0.010		0	1			0.034	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	0.040		0	1			0.136	0.034
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	79		0	1			269	67
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.351		0	1			1.193	0.298
Threonine.....g	1.266		0	1			4.304	1.076
Isoleucine.....g	1.297		0	1			4.410	1.102
Leucine.....g	2.227		0	1			7.572	1.893
Lysine.....g	2.497		0	1			8.490	2.122
Methionine.....g	0.733		0	1			2.492	0.623
Cystine.....g	0.353		0	1			1.200	0.300
Phenylalanine.....g	1.109		0	1			3.771	0.943
Tyrosine.....g	0.964		0	1			3.278	0.819
Valine.....g	1.506		0	1			5.120	1.280
Arginine.....g	1.735		0	1			5.899	1.475
Histidine.....g	1.104		0	1			3.754	0.938
Alanine.....g	1.623		0	1			5.518	1.380
Aspartic acid.....g	2.573		0	1			8.748	2.187
Glutamic acid.....g	4.335		0	1			14.739	3.685
Glycine.....g	1.351		0	1			4.593	1.148
Proline.....g	1.134		0	1			3.856	0.964
Serine.....g	1.148		0	1			3.903	0.976
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7			0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

Common Measures:

Measure 1 = 340g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10218

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

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	73.38		0		1		20.80	332.85
Energy.....kcal	136		0	NC	4		39	617
Energy.....kj	569				4		161	2581
Protein (N x 6.25).....g	20.54		0		1		5.82	93.17
Total lipid (fat).....g	5.41		0		1		1.53	24.54
Ash.....g	1.71		0		1		0.48	7.76
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	5		0		1		1	23
Iron, Fe.....mg	1.20		0		1		0.34	5.44
Magnesium, Mg.....mg	25		0		1		7	113
Phosphorus, P.....mg	222		0		1		63	1007
Potassium, K.....mg	359		0		1		102	1628
Sodium, Na.....mg	49		0		1		14	222
Zinc, Zn.....mg	1.99		0		1		0.56	9.03
Copper, Cu.....mg	0.048		0		1		0.014	0.218
Manganese, Mn.....mg	0.015		0		1		0.004	0.068
Selenium, Se.....mcg	32.4		0	PAK	1		9.2	147.0
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.9		0		1		0.3	4.1
Thiamin.....mg	0.951		0		1		0.270	4.314
Riboflavin.....mg	0.275		0		1		0.078	1.247
Niacin.....mg	4.347		0		1		1.232	19.718
Pantothenic acid.....mg	0.884		0		1		0.251	4.010
Vitamin B-6.....mg	0.505		0		1		0.143	2.291
Folate, total.....mcg	5		0		1		1	23
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	5		0		1		1	23
Folate, DFE.....mcg_DFE	5		0	NC	4		1	23
Vitamin B-12.....mcg	0.79		0		1		0.22	3.58
Vitamin A, IU.....IU	6		0		1		2	27
Vitamin A, RAE.....mcg_RAE	2		0		1		1	8
Retinol.....mcg	2		0		1		1	8
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	1.870		0		1		0.530	8.482
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g	0.000		0		1		0.000	0.000
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	1.180		0		1		0.335	5.352
17:0.....g								
18:0.....g	0.600		0		1		0.170	2.722
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	2.420		0		1		0.686	10.977
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.160		0		1		0.045	0.726

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	2.210		0	1		0.627	10.025	
20:1.....g	0.040		0	1		0.011	0.181	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.580		0	1		0.164	2.631	
18:2 undifferentiated.....g	0.480		0	1		0.136	2.177	
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	0.050		0	1		0.014	0.227	
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	66		0	1		19	299	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.259		0	1		0.073	1.175	
Threonine.....g	0.935		0	1		0.265	4.241	
Isoleucine.....g	0.958		0	1		0.272	4.345	
Leucine.....g	1.644		0	1		0.466	7.457	
Lysine.....g	1.844		0	1		0.523	8.364	
Methionine.....g	0.541		0	1		0.153	2.454	
Cystine.....g	0.261		0	1		0.074	1.184	
Phenylalanine.....g	0.819		0	1		0.232	3.715	
Tyrosine.....g	0.712		0	1		0.202	3.230	
Valine.....g	1.112		0	1		0.315	5.044	
Arginine.....g	1.282		0	1		0.363	5.815	
Histidine.....g	0.815		0	1		0.231	3.697	
Alanine.....g	1.199		0	1		0.340	5.439	
Aspartic acid.....g	1.900		0	1		0.539	8.618	
Glutamic acid.....g	3.202		0	1		0.908	14.524	
Glycine.....g	0.999		0	1		0.283	4.531	
Proline.....g	0.838		0	1		0.238	3.801	
Serine.....g	0.848		0	1		0.240	3.847	
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	62.30		0		1		52.96	45.48
Energy.....kcal	187		0	NC	4		159	137
Energy.....kj	782				4		665	571
Protein (N x 6.25).....g	30.42		0		1		25.86	22.21
Total lipid (fat).....g	6.33		0		1		5.38	4.62
Ash.....g	2.55		0		1		2.17	1.86
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	5		0		1		4	4
Iron, Fe.....mg	1.43		0		1		1.22	1.04
Magnesium, Mg.....mg	36		0		1		31	26
Phosphorus, P.....mg	295		0		1		251	215
Potassium, K.....mg	451		0		1		383	329
Sodium, Na.....mg	65		0		1		55	47
Zinc, Zn.....mg	2.95		0		1		2.51	2.15
Copper, Cu.....mg	0.068		0		1		0.058	0.050
Manganese, Mn.....mg	0.012		0		1		0.010	0.009
Selenium, Se.....mcg	51.6		0	BFZN	4		43.9	37.7
Vitamins:								
Vitamin C, total ascorbic acid.....mg	1.0		0		1		0.9	0.7
Thiamin.....mg	0.988		0		1		0.840	0.721
Riboflavin.....mg	0.387		0		1		0.329	0.283
Niacin.....mg	5.135		0		1		4.365	3.749
Pantothenic acid.....mg	0.917		0		1		0.779	0.669
Vitamin B-6.....mg	0.528		0		1		0.449	0.385
Folate, total.....mcg	6		0		1		5	4
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	6		0		1		5	4
Folate, DFE.....mcg_DFE	6		0	NC	4		5	4
Vitamin B-12.....mcg	1.00		0		1		0.85	0.73
Vitamin A, IU.....IU	7		0		1		6	5
Vitamin A, RAE.....mcg_RAE	2		0		1		2	2
Retinol.....mcg	2		0		1		2	2
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
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

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	94		0	1			80	69
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.386		0	1			0.328	0.282
Threonine.....g	1.389		0	1			1.181	1.014
Isoleucine.....g	1.424		0	1			1.210	1.040
Leucine.....g	2.441		0	1			2.075	1.782
Lysine.....g	2.736		0	1			2.326	1.997
Methionine.....g	0.805		0	1			0.684	0.588
Cystine.....g	0.388		0	1			0.330	0.283
Phenylalanine.....g	1.214		0	1			1.032	0.886
Tyrosine.....g	1.060		0	1			0.901	0.774
Valine.....g	1.650		0	1			1.403	1.205
Arginine.....g	1.891		0	1			1.607	1.380
Histidine.....g	1.215		0	1			1.033	0.887
Alanine.....g	1.772		0	1			1.506	1.294
Aspartic acid.....g	2.822		0	1			2.399	2.060
Glutamic acid.....g	4.762		0	1			4.048	3.476
Glycine.....g	1.444		0	1			1.227	1.054
Proline.....g	1.222		0	1			1.039	0.892
Serine.....g	1.257		0	1			1.068	0.918
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 73g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10061

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

Refuse: 6% Connective tissue 4%, 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	66.35	0.367	15		1		220.95	56.40	
Energy.....kcal	164		0	NC	4		546	139	
Energy.....kj	686				4		2285	583	
Protein (N x 6.25).....g	28.14	0.268	15		1		93.71	23.92	
Total lipid (fat).....g	4.81	0.200	15		1		16.02	4.09	
Ash.....g	1.29	0.016	15		1		4.30	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	6	0.602	5		1		20	5	
Iron, Fe.....mg	1.47	0.035	6		1		4.90	1.25	
Magnesium, Mg.....mg	28	0.615	6		1		93	24	
Phosphorus, P.....mg	259	6.796	6		1		862	220	
Potassium, K.....mg	437	20.312	6		1		1455	371	
Sodium, Na.....mg	56	2.516	6		1		186	48	
Zinc, Zn.....mg	2.63	0.097	6		1		8.76	2.24	
Copper, Cu.....mg	0.048	0.024	6		1		0.160	0.041	
Manganese, Mn.....mg	0.039		1		1		0.130	0.033	
Selenium, Se.....mcg	48.1	8.291	5	A	1		160.2	40.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0		1		1.3	0.3	
Thiamin.....mg	0.940		1		1		3.130	0.799	
Riboflavin.....mg	0.390		1		1		1.299	0.332	
Niacin.....mg	4.709		0		1		15.681	4.003	
Pantothenic acid.....mg	0.687		0		1		2.288	0.584	
Vitamin B-6.....mg	0.420		0		1		1.399	0.357	
Folate, total.....mcg	6		0		1		20	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6		0		1		20	5	
Folate, DFE.....mcg_DFE	6		0	NC	4		20	5	
Vitamin B-12.....mcg	0.55		1		1		1.83	0.47	
Vitamin A, IU.....IU	7		0		1		23	6	
Vitamin A, RAE.....mcg_RAE	2		0		1		7	2	
Retinol.....mcg	2		0		1		7	2	
Vitamin E.....mg_ATE	0.260		0		4		0.866	0.221	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	1.660		0		1		5.528	1.411	
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		15		1		0.000	0.000	
12:0.....g	0.000		15		1		0.000	0.000	
13:0.....g									
14:0.....g	0.050		15		1		0.167	0.043	
15:0.....g									
16:0.....g	1.020		15		1		3.397	0.867	
17:0.....g									
18:0.....g	0.550		15		1		1.832	0.468	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.930		0		1		6.427	1.641	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.140		15		1		0.466	0.119	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	1.720		15	1			5.728	1.462
20:1.....g	0.040		15	1			0.133	0.034
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.410		0	1			1.365	0.349
18:2 undifferentiated.....g	0.350		15	1			1.166	0.298
18:3 undifferentiated.....g	0.010		15	1			0.033	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	0.030		15	1			0.100	0.026
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	79	2.092	15	1			263	67
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.357		0	1			1.189	0.303
Threonine.....g	1.285		0	1			4.279	1.092
Isoleucine.....g	1.318		0	1			4.389	1.120
Leucine.....g	2.258		0	1			7.519	1.919
Lysine.....g	2.531		0	1			8.428	2.151
Methionine.....g	0.745		0	1			2.481	0.633
Cystine.....g	0.359		0	1			1.195	0.305
Phenylalanine.....g	1.123		0	1			3.740	0.955
Tyrosine.....g	0.980		0	1			3.263	0.833
Valine.....g	1.527		0	1			5.085	1.298
Arginine.....g	1.749		0	1			5.824	1.487
Histidine.....g	1.124		0	1			3.743	0.955
Alanine.....g	1.639		0	1			5.458	1.393
Aspartic acid.....g	2.610		0	1			8.691	2.219
Glutamic acid.....g	4.405		0	1			14.669	3.744
Glycine.....g	1.336		0	1			4.449	1.136
Proline.....g	1.130		0	1			3.763	0.961
Serine.....g	1.162		0	1			3.869	0.988
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7			0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

Common Measures:

Measure 1 = 333g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10060

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

Refuse: 8% Connective tissue 5%, separable fat 3%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.94	0.297	15		1		21.25	339.93	
Energy.....kcal	120		0	NC	4		34	544	
Energy.....kj	502				4		142	2277	
Protein (N x 6.25).....g	20.99	0.317	12		1		5.95	95.21	
Total lipid (fat).....g	3.41	0.133	15		1		0.97	15.47	
Ash.....g	1.76		1		1		0.50	7.98	
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	5	0.316	5		1		1	23	
Iron, Fe.....mg	1.23	0.040	9		1		0.35	5.58	
Magnesium, Mg.....mg	26	0.242	5		1		7	118	
Phosphorus, P.....mg	226	2.558	5		1		64	1025	
Potassium, K.....mg	366	4.048	17		1		104	1660	
Sodium, Na.....mg	50	0.951	17		1		14	227	
Zinc, Zn.....mg	2.03	0.086	7		1		0.58	9.21	
Copper, Cu.....mg	0.049	0.013	5		1		0.014	0.222	
Manganese, Mn.....mg	0.015		0		1		0.004	0.068	
Selenium, Se.....mcg	28.9	4.723	5	A	1		8.2	131.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		0		1		0.3	4.1	
Thiamin.....mg	0.974		0		1		0.276	4.418	
Riboflavin.....mg	0.281		0		1		0.080	1.275	
Niacin.....mg	4.429		0		1		1.256	20.090	
Pantothenic acid.....mg	0.904		0		1		0.256	4.101	
Vitamin B-6.....mg	0.520		0		1		0.147	2.359	
Folate, total.....mcg	5		0		1		1	23	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		0		1		1	23	
Folate, DFE.....mcg_DFE	5		0	NC	4		1	23	
Vitamin B-12.....mcg	0.81		0		1		0.23	3.67	
Vitamin A, IU.....IU	6		0		1		2	27	
Vitamin A, RAE.....mcg_RAE	2		0		1		1	8	
Retinol.....mcg	2		0		1		1	8	
Vitamin E.....mg_ATE	0.290		0		4		0.082	1.315	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	1.180		0		1		0.335	5.352	
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		73		1		0.000	0.000	
12:0.....g	0.000		75		1		0.000	0.000	
13:0.....g									
14:0.....g	0.040		378		1		0.011	0.181	
15:0.....g									
16:0.....g	0.750		378		1		0.213	3.402	
17:0.....g									
18:0.....g	0.370		378		1		0.105	1.678	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.540		0		1		0.437	6.985	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.110		378		1		0.031	0.499	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	1.400		378	1		0.397	6.350	
20:1.....g	0.020		71	1		0.006	0.091	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.370		0	1		0.105	1.678	
18:2 undifferentiated.....g	0.300		378	1		0.085	1.361	
18:3 undifferentiated.....g	0.010		190	1		0.003	0.045	
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		315	1		0.011	0.181	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	65	2.045	4	1		18	295	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.267		0	1		0.076	1.211	
Threonine.....g	0.958		0	1		0.272	4.345	
Isoleucine.....g	0.983		0	1		0.279	4.459	
Leucine.....g	1.684		0	1		0.477	7.639	
Lysine.....g	1.888		0	1		0.535	8.564	
Methionine.....g	0.556		0	1		0.158	2.522	
Cystine.....g	0.268		0	1		0.076	1.216	
Phenylalanine.....g	0.838		0	1		0.238	3.801	
Tyrosine.....g	0.731		0	1		0.207	3.316	
Valine.....g	1.139		0	1		0.323	5.167	
Arginine.....g	1.305		0	1		0.370	5.919	
Histidine.....g	0.839		0	1		0.238	3.806	
Alanine.....g	1.223		0	1		0.347	5.548	
Aspartic acid.....g	1.947		0	1		0.552	8.832	
Glutamic acid.....g	3.286		0	1		0.932	14.905	
Glycine.....g	0.997		0	1		0.283	4.522	
Proline.....g	0.843		0	1		0.239	3.824	
Serine.....g	0.867		0	1		0.246	3.933	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

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

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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10063

Pork, fresh, loin, top loin (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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	58.22		0		1		45.99	49.49
Energy.....kcal	233		0	NC	4		184	198
Energy.....kj	975				4		770	829
Protein (N x 6.25).....g	27.82		0		1		21.98	23.65
Total lipid (fat).....g	12.68		0		1		10.02	10.78
Ash.....g	1.27		0		1		1.00	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								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	21		0		1		17	18
Iron, Fe.....mg	0.96		0		1		0.76	0.82
Magnesium, Mg.....mg	19		0		1		15	16
Phosphorus, P.....mg	185		0		1		146	157
Potassium, K.....mg	407		0		1		322	346
Sodium, Na.....mg	42		0		1		33	36
Zinc, Zn.....mg	2.11		0		1		1.67	1.79
Copper, Cu.....mg	0.076		0		1		0.060	0.065
Manganese, Mn.....mg	0.010		0		1		0.008	0.009
Selenium, Se.....mcg	41.3		0	PIE	4		32.6	35.1
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.2	0.3
Thiamin.....mg	0.552		0		1		0.436	0.469
Riboflavin.....mg	0.256		0		1		0.202	0.218
Niacin.....mg	4.540		0		1		3.587	3.859
Pantothenic acid.....mg	0.638		0		1		0.504	0.542
Vitamin B-6.....mg	0.329		0		1		0.260	0.280
Folate, total.....mcg	4		0		1		3	3
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	4		0		1		3	3
Folate, DFE.....mcg_DFE	4		0	NC	4		3	3
Vitamin B-12.....mcg	0.46		0		1		0.36	0.39
Vitamin A, IU.....IU	7		0		1		6	6
Vitamin A, RAE.....mcg_RAE	2		0		1		2	2
Retinol.....mcg	2		0		1		2	2
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	4.710		0		1		3.721	4.004
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g	0.010		0		1		0.008	0.009
12:0.....g	0.010		0		1		0.008	0.009
13:0.....g								
14:0.....g	0.160		0		1		0.126	0.136
15:0.....g								
16:0.....g	2.920		0		1		2.307	2.482
17:0.....g								
18:0.....g	1.520		0		1		1.201	1.292
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	5.700		0		1		4.503	4.845
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.400		0		1		0.316	0.340

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	5.150		0	1			4.069	4.378
20:1.....g	0.100		0	1			0.079	0.085
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.040		0	1			0.822	0.884
18:2 undifferentiated.....g	0.920		0	1			0.727	0.782
18:3 undifferentiated.....g	0.030		0	1			0.024	0.026
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.040		0	1			0.032	0.034
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	75		0	1			59	64
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.345		0	1			0.273	0.293
Threonine.....g	1.257		0	1			0.993	1.068
Isoleucine.....g	1.284		0	1			1.014	1.091
Leucine.....g	2.217		0	1			1.751	1.884
Lysine.....g	2.491		0	1			1.968	2.117
Methionine.....g	0.725		0	1			0.573	0.616
Cystine.....g	0.351		0	1			0.277	0.298
Phenylalanine.....g	1.106		0	1			0.874	0.940
Tyrosine.....g	0.953		0	1			0.753	0.810
Valine.....g	1.500		0	1			1.185	1.275
Arginine.....g	1.753		0	1			1.385	1.490
Histidine.....g	1.087		0	1			0.859	0.924
Alanine.....g	1.632		0	1			1.289	1.387
Aspartic acid.....g	2.559		0	1			2.022	2.175
Glutamic acid.....g	4.294		0	1			3.392	3.650
Glycine.....g	1.429		0	1			1.129	1.215
Proline.....g	1.177		0	1			0.930	1.000
Serine.....g	1.149		0	1			0.908	0.977
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 79g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10064

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

Refuse: 10% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	58.35	0.421	15		1		49.60	41.43	
Energy.....kcal	229		0	NC	4		195	163	
Energy.....kj	958				4		814	680	
Protein (N x 6.25).....g	29.96	0.193	15		1		25.47	21.27	
Total lipid (fat).....g	11.23	0.398	15		1		9.55	7.97	
Ash.....g	1.14	0.026	15		1		0.97	0.81	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	29	1.474	67		1		25	21	
Iron, Fe.....mg	0.79	0.027	84		1		0.67	0.56	
Magnesium, Mg.....mg	27	1.352	75		1		23	19	
Phosphorus, P.....mg	238	4.404	12		1		202	169	
Potassium, K.....mg	405	9.442	23		1		344	288	
Sodium, Na.....mg	63	1.077	84		1		54	45	
Zinc, Zn.....mg	2.29	0.066	23		1		1.95	1.63	
Copper, Cu.....mg	0.069	0.004	84		1		0.059	0.049	
Manganese, Mn.....mg	0.003		1		1		0.003	0.002	
Selenium, Se.....mcg	45.2		0	PAK	1		38.4	32.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3	0.046	4		1		0.3	0.2	
Thiamin.....mg	0.854	0.078	14		1		0.726	0.606	
Riboflavin.....mg	0.308	0.018	13		1		0.262	0.219	
Niacin.....mg	5.042	0.175	12		1		4.286	3.580	
Pantothenic acid.....mg	0.703	0.023	7		1		0.598	0.499	
Vitamin B-6.....mg	0.376	0.035	5		1		0.320	0.267	
Folate, total.....mcg	8		2		1		7	6	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	8		2		1		7	6	
Folate, DFE.....mcg_DFE	8		0	NC	4		7	6	
Vitamin B-12.....mcg	0.69	0.029	13		1		0.59	0.49	
Vitamin A, IU.....IU	6		2		1		5	4	
Vitamin A, RAE.....mcg_RAE	2		2		1		2	1	
Retinol.....mcg	2		2		1		2	1	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	3.950		0		1		3.358	2.805	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.010		49		1		0.009	0.007	
12:0.....g	0.010		49		1		0.009	0.007	
13:0.....g									
14:0.....g	0.140		49		1		0.119	0.099	
15:0.....g									
16:0.....g	2.500		49		1		2.125	1.775	
17:0.....g									
18:0.....g	1.230		49		1		1.046	0.873	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.170		0		1		4.395	3.671	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.390		49		1		0.332	0.277	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	4.630		49		1		3.936	3.287
20:1.....g	0.100		49		1		0.085	0.071
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.730		0		1		0.621	0.518
18:2 undifferentiated.....g	0.640		49		1		0.544	0.454
18:3 undifferentiated.....g	0.020		49		1		0.017	0.014
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.050		49		1		0.043	0.036
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	81	1.600	15		1		69	58
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.381		0		1		0.324	0.271
Threonine.....g	1.368		0		1		1.163	0.971
Isoleucine.....g	1.403		0		1		1.193	0.996
Leucine.....g	2.404		0		1		2.043	1.707
Lysine.....g	2.694		0		1		2.290	1.913
Methionine.....g	0.793		0		1		0.674	0.563
Cystine.....g	0.382		0		1		0.325	0.271
Phenylalanine.....g	1.196		0		1		1.017	0.849
Tyrosine.....g	1.044		0		1		0.887	0.741
Valine.....g	1.625		0		1		1.381	1.154
Arginine.....g	1.862		0		1		1.583	1.322
Histidine.....g	1.197		0		1		1.017	0.850
Alanine.....g	1.745		0		1		1.483	1.239
Aspartic acid.....g	2.779		0		1		2.362	1.973
Glutamic acid.....g	4.690		0		1		3.987	3.330
Glycine.....g	1.423		0		1		1.210	1.010
Proline.....g	1.204		0		1		1.023	0.855
Serine.....g	1.238		0		1		1.052	0.879
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10186

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

Refuse: 7% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	54.84		0		1		46.61	37.84
Energy.....kcal	257		0	NC	4		218	177
Energy.....kj	1075				4		914	742
Protein (N x 6.25).....g	29.00		0		1		24.65	20.01
Total lipid (fat).....g	14.83		0		1		12.61	10.23
Ash.....g	1.32		0		1		1.12	0.91
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	21		0		1		18	14
Iron, Fe.....mg	0.81		0		1		0.69	0.56
Magnesium, Mg.....mg	28		0		1		24	19
Phosphorus, P.....mg	262		0		1		223	181
Potassium, K.....mg	479		0		1		407	331
Sodium, Na.....mg	55		0		1		47	38
Zinc, Zn.....mg	2.20		0		1		1.87	1.52
Copper, Cu.....mg	0.075		0		1		0.064	0.052
Manganese, Mn.....mg	0.007		0		1		0.006	0.005
Selenium, Se.....mcg	45.9		0	BFYN	4		39.0	31.7
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.3	0.2
Thiamin.....mg	0.796		0		1		0.677	0.549
Riboflavin.....mg	0.353		0		1		0.300	0.244
Niacin.....mg	5.381		0		1		4.574	3.713
Pantothenic acid.....mg	0.813		0		1		0.691	0.561
Vitamin B-6.....mg	0.403		0		1		0.343	0.278
Folate, total.....mcg	8		0		1		7	6
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	8		0		1		7	6
Folate, DFE.....mcg_DFE	8		0	NC	4		7	6
Vitamin B-12.....mcg	0.65		0		1		0.55	0.45
Vitamin A, IU.....IU	7		0		1		6	5
Vitamin A, RAE.....mcg_RAE	2		0		1		2	1
Retinol.....mcg	2		0		1		2	1
Vitamin E.....mg_ATE	0.260		0		4		0.221	0.179
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	5.300		0		1		4.505	3.657
4:0.....g	0.000		0		1		0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000
10:0.....g	0.010		0		1		0.009	0.007
12:0.....g	0.010		0		1		0.009	0.007
13:0.....g								
14:0.....g	0.180		0		1		0.153	0.124
15:0.....g								
16:0.....g	3.300		0		1		2.805	2.277
17:0.....g								
18:0.....g	1.700		0		1		1.445	1.173
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	6.450		0		1		5.483	4.451
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.430		0		1		0.366	0.297

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	5.840		0	1			4.964	4.030
20:1.....g	0.110		0	1			0.094	0.076
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.700		0	1			1.445	1.173
18:2 undifferentiated.....g	1.510		0	1			1.284	1.042
18:3 undifferentiated.....g	0.100		0	1			0.085	0.069
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.040		0	1			0.034	0.028
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	78		0	1			66	54
Phytosterols.....mg	2		0	1			2	1
Amino Acids:								
Tryptophan.....g	0.359		0	1			0.305	0.248
Threonine.....g	1.310		0	1			1.114	0.904
Isoleucine.....g	1.337		0	1			1.136	0.923
Leucine.....g	2.310		0	1			1.964	1.594
Lysine.....g	2.596		0	1			2.207	1.791
Methionine.....g	0.755		0	1			0.642	0.521
Cystine.....g	0.365		0	1			0.310	0.252
Phenylalanine.....g	1.153		0	1			0.980	0.796
Tyrosine.....g	0.993		0	1			0.844	0.685
Valine.....g	1.563		0	1			1.329	1.078
Arginine.....g	1.829		0	1			1.555	1.262
Histidine.....g	1.132		0	1			0.962	0.781
Alanine.....g	1.701		0	1			1.446	1.174
Aspartic acid.....g	2.666		0	1			2.266	1.840
Glutamic acid.....g	4.473		0	1			3.802	3.086
Glycine.....g	1.495		0	1			1.271	1.032
Proline.....g	1.230		0	1			1.046	0.849
Serine.....g	1.198		0	1			1.018	0.827
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7			0.0	0.0
Caffeine.....mg								
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 = 85g: 3 oz

Measure 2 = 69g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10062

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

Refuse: 10% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	67.71		0		1		307.13	69.06
Energy.....kcal	185		0	NC	4		839	189
Energy.....kj	774				4		3511	790
Protein (N x 6.25).....g	20.42		0		1		92.63	20.83
Total lipid (fat).....g	10.84		0		1		49.17	11.06
Ash.....g	0.92		0		1		4.17	0.94
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	20		0		1		91	20
Iron, Fe.....mg	0.72		0		1		3.27	0.73
Magnesium, Mg.....mg	21		0		1		95	21
Phosphorus, P.....mg	204		0		1		925	208
Potassium, K.....mg	394		0		1		1787	402
Sodium, Na.....mg	43		0		1		195	44
Zinc, Zn.....mg	1.55		0		1		7.03	1.58
Copper, Cu.....mg	0.056		0		1		0.254	0.057
Manganese, Mn.....mg	0.009		0		1		0.041	0.009
Selenium, Se.....mcg	30.3		0	PAK	1		137.4	30.9
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.3		0		1		1.4	0.3
Thiamin.....mg	0.800		0		1		3.629	0.816
Riboflavin.....mg	0.253		0		1		1.148	0.258
Niacin.....mg	4.748		0		1		21.537	4.843
Pantothenic acid.....mg	0.720		0		1		3.266	0.734
Vitamin B-6.....mg	0.432		0		1		1.960	0.441
Folate, total.....mcg	7		0		1		32	7
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	7		0		1		32	7
Folate, DFE.....mcg_DFE	7		0	NC	4		32	7
Vitamin B-12.....mcg	0.51		0		1		2.31	0.52
Vitamin A, IU.....IU	6		0		1		27	6
Vitamin A, RAE.....mcg_RAE	2		0		1		8	2
Retinol.....mcg	2		0		1		8	2
Vitamin E.....mg_ATE	0.290		0		4		1.315	0.296
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	3.750		0		1		17.010	3.825
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g	0.010		0		1		0.045	0.010
12:0.....g	0.010		0		1		0.045	0.010
13:0.....g								
14:0.....g	0.130		0		1		0.590	0.133
15:0.....g								
16:0.....g	2.350		0		1		10.660	2.397
17:0.....g								
18:0.....g	1.220		0		1		5.534	1.244
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	4.840		0		1		21.954	4.937
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.310		0		1		1.406	0.316

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	4.430		0		1		20.094	4.519
20:1.....g	0.080		0		1		0.363	0.082
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.160		0		1		5.262	1.183
18:2 undifferentiated.....g	0.960		0		1		4.355	0.979
18:3 undifferentiated.....g	0.070		0		1		0.318	0.071
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.070		0		1		0.318	0.071
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	58		0		1		263	59
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.254		0		1		1.152	0.259
Threonine.....g	0.924		0		1		4.191	0.942
Isoleucine.....g	0.945		0		1		4.287	0.964
Leucine.....g	1.629		0		1		7.389	1.662
Lysine.....g	1.830		0		1		8.301	1.867
Methionine.....g	0.534		0		1		2.422	0.545
Cystine.....g	0.258		0		1		1.170	0.263
Phenylalanine.....g	0.813		0		1		3.688	0.829
Tyrosine.....g	0.702		0		1		3.184	0.716
Valine.....g	1.102		0		1		4.999	1.124
Arginine.....g	1.285		0		1		5.829	1.311
Histidine.....g	0.801		0		1		3.633	0.817
Alanine.....g	1.197		0		1		5.430	1.221
Aspartic acid.....g	1.881		0		1		8.532	1.919
Glutamic acid.....g	3.159		0		1		14.329	3.222
Glycine.....g	1.037		0		1		4.704	1.058
Proline.....g	0.857		0		1		3.887	0.874
Serine.....g	0.844		0		1		3.828	0.861
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g		0.0	0	z	7		0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 102g: 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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10067

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

Refuse: 12% Connective tissue 5%, separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	61.01		0		1		51.86	45.15
Energy.....kcal	202		0	NC	4		172	149
Energy.....kj	845				4		718	625
Protein (N x 6.25).....g	29.07		0		1		24.71	21.51
Total lipid (fat).....g	8.59		0		1		7.30	6.36
Ash.....g	1.31		0		1		1.11	0.97
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	23		0		1		20	17
Iron, Fe.....mg	1.01		0		1		0.86	0.75
Magnesium, Mg.....mg	20		0		1		17	15
Phosphorus, P.....mg	186		0		1		158	138
Potassium, K.....mg	421		0		1		358	312
Sodium, Na.....mg	42		0		1		36	31
Zinc, Zn.....mg	2.18		0		1		1.85	1.61
Copper, Cu.....mg	0.078		0		1		0.066	0.058
Manganese, Mn.....mg	0.011		0		1		0.009	0.008
Selenium, Se.....mcg	43.3		0	BFYN	4		36.8	32.0
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.3	0.2
Thiamin.....mg	0.571		0		1		0.485	0.423
Riboflavin.....mg	0.268		0		1		0.228	0.198
Niacin.....mg	4.700		0		1		3.995	3.478
Pantothenic acid.....mg	0.664		0		1		0.564	0.491
Vitamin B-6.....mg	0.345		0		1		0.293	0.255
Folate, total.....mcg	5		0		1		4	4
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	5		0		1		4	4
Folate, DFE.....mcg_DFE	5		0	NC	4		4	4
Vitamin B-12.....mcg	0.46		0		1		0.39	0.34
Vitamin A, IU.....IU	6		0		1		5	4
Vitamin A, RAE.....mcg_RAE	2		0		1		2	1
Retinol.....mcg	2		0		1		2	1
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	3.130		0		1		2.661	2.316
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	0.110		0		1		0.094	0.081
15:0.....g								
16:0.....g	1.960		0		1		1.666	1.450
17:0.....g								
18:0.....g	0.990		0		1		0.842	0.733
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	3.970		0		1		3.375	2.938
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.300		0		1		0.255	0.222

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	3.560		0	1			3.026	2.634
20:1.....g	0.070		0	1			0.060	0.052
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.610		0	1			0.519	0.451
18:2 undifferentiated.....g	0.540		0	1			0.459	0.400
18:3 undifferentiated.....g	0.020		0	1			0.017	0.015
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.030		0	1			0.026	0.022
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	73		0	1			62	54
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.369		0	1			0.314	0.273
Threonine.....g	1.327		0	1			1.128	0.982
Isoleucine.....g	1.361		0	1			1.157	1.007
Leucine.....g	2.332		0	1			1.982	1.726
Lysine.....g	2.614		0	1			2.222	1.934
Methionine.....g	0.770		0	1			0.655	0.570
Cystine.....g	0.371		0	1			0.315	0.275
Phenylalanine.....g	1.160		0	1			0.986	0.858
Tyrosine.....g	1.013		0	1			0.861	0.750
Valine.....g	1.577		0	1			1.340	1.167
Arginine.....g	1.807		0	1			1.536	1.337
Histidine.....g	1.161		0	1			0.987	0.859
Alanine.....g	1.693		0	1			1.439	1.253
Aspartic acid.....g	2.696		0	1			2.292	1.995
Glutamic acid.....g	4.550		0	1			3.868	3.367
Glycine.....g	1.380		0	1			1.173	1.021
Proline.....g	1.168		0	1			0.993	0.864
Serine.....g	1.201		0	1			1.021	0.889
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 74g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10068

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

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
			Code	Code						
Proximates:										
Water.....g	60.72	0.360	15		1			51.61	40.08	
Energy.....kcal	203		0	NC	4			173	134	
Energy.....kj	849				4			722	561	
Protein (N x 6.25).....g	31.14	0.185	15		1			26.47	20.55	
Total lipid (fat).....g	7.77	0.307	15		1			6.60	5.13	
Ash.....g	1.16	0.025	15		1			0.99	0.77	
Carbohydrate, by difference.....g	0.00		0	Z	7			0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7			0.0	0.0	
Sugars, total.....g										
Starch.....g										
Minerals:										
Calcium, Ca.....mg	31	1.585	5		1			26	20	
Iron, Fe.....mg	0.82	0.029	17		1			0.70	0.54	
Magnesium, Mg.....mg	28	1.453	8		1			24	18	
Phosphorus, P.....mg	245	4.537	6		1			208	162	
Potassium, K.....mg	420	9.962	17		1			357	277	
Sodium, Na.....mg	65	1.154	17		1			55	43	
Zinc, Zn.....mg	2.38	0.070	17		1			2.02	1.57	
Copper, Cu.....mg	0.070	0.005	17		1			0.060	0.046	
Manganese, Mn.....mg	0.020		2		1			0.017	0.013	
Selenium, Se.....mcg	47.3	4.758	5	A	1			40.2	31.2	
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	0.590	
Riboflavin.....mg	0.323	0.019	12		1			0.275	0.213	
Niacin.....mg	5.231	0.188	11		1			4.446	3.452	
Pantothenic acid.....mg	0.746	0.025	6		1			0.634	0.492	
Vitamin B-6.....mg	0.400	0.038	4		1			0.340	0.264	
Folate, total.....mcg	9		0		1			8	6	
Folic acid.....mcg	0		0	Z	7			0	0	
Folate, food.....mcg	9		0		1			8	6	
Folate, DFE.....mcg_DFE	9		0	NC	4			8	6	
Vitamin B-12.....mcg	0.70	0.031	12		1			0.60	0.46	
Vitamin A, IU.....IU	6		1		1			5	4	
Vitamin A, RAE.....mcg_RAE	2		1		1			2	1	
Retinol.....mcg	2		1		1			2	1	
Vitamin E.....mg_ATE	0.260		0		4			0.221	0.172	
Vitamin D.....IU										
Lipids:										
Fatty acids, total saturated.....g	2.720		0		1			2.312	1.795	
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		15		1			0.000	0.000	
12:0.....g	0.000		15		1			0.000	0.000	
13:0.....g										
14:0.....g	0.100		15		1			0.085	0.066	
15:0.....g										
16:0.....g	1.720		15		1			1.462	1.135	
17:0.....g										
18:0.....g	0.840		15		1			0.714	0.554	
20:0.....g										
22:0.....g										
24:0.....g										
Fatty acids, total monounsaturated.....g	3.590		0		1			3.052	2.369	
14:1.....g										
15:1.....g										
16:1 undifferentiated.....g	0.270		15		1			0.230	0.178	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	3.220		15	1			2.737	2.125
20:1.....g	0.070		15	1			0.060	0.046
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.490		0	1			0.417	0.323
18:2 undifferentiated.....g	0.420		15	1			0.357	0.277
18:3 undifferentiated.....g	0.010		15	1			0.009	0.007
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.030		15	1			0.026	0.020
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	80	1.864	15	1			68	53
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.396		0	1			0.337	0.261
Threonine.....g	1.422		0	1			1.209	0.939
Isoleucine.....g	1.458		0	1			1.239	0.962
Leucine.....g	2.499		0	1			2.124	1.649
Lysine.....g	2.800		0	1			2.380	1.848
Methionine.....g	0.825		0	1			0.701	0.545
Cystine.....g	0.397		0	1			0.337	0.262
Phenylalanine.....g	1.243		0	1			1.057	0.820
Tyrosine.....g	1.085		0	1			0.922	0.716
Valine.....g	1.689		0	1			1.436	1.115
Arginine.....g	1.936		0	1			1.646	1.278
Histidine.....g	1.244		0	1			1.057	0.821
Alanine.....g	1.814		0	1			1.542	1.197
Aspartic acid.....g	2.888		0	1			2.455	1.906
Glutamic acid.....g	4.875		0	1			4.144	3.218
Glycine.....g	1.479		0	1			1.257	0.976
Proline.....g	1.251		0	1			1.063	0.826
Serine.....g	1.286		0	1			1.093	0.849
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7			0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10181

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

Refuse: 15% Connective tissue 7%, separable fat 8%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	57.62		0		1		48.98	36.30
Energy.....kcal	225		0	NC	4		191	142
Energy.....kj	941				4		800	593
Protein (N x 6.25).....g	30.48		0		1		25.91	19.20
Total lipid (fat).....g	10.50		0		1		8.93	6.62
Ash.....g	1.37		0		1		1.16	0.86
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	22		0		1		19	14
Iron, Fe.....mg	0.85		0		1		0.72	0.54
Magnesium, Mg.....mg	30		0		1		26	19
Phosphorus, P.....mg	271		0		1		230	171
Potassium, K.....mg	500		0		1		425	315
Sodium, Na.....mg	57		0		1		48	36
Zinc, Zn.....mg	2.29		0		1		1.95	1.44
Copper, Cu.....mg	0.077		0		1		0.065	0.049
Manganese, Mn.....mg	0.008		0		1		0.007	0.005
Selenium, Se.....mcg	45.8		0	BFYN	4		38.9	28.9
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.3	0.2
Thiamin.....mg	0.838		0		1		0.712	0.528
Riboflavin.....mg	0.375		0		1		0.319	0.236
Niacin.....mg	5.633		0		1		4.788	3.549
Pantothenic acid.....mg	0.857		0		1		0.728	0.540
Vitamin B-6.....mg	0.427		0		1		0.363	0.269
Folate, total.....mcg	8		0		1		7	5
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	8		0		1		7	5
Folate, DFE.....mcg_DFE	8		0	NC	4		7	5
Vitamin B-12.....mcg	0.67		0		1		0.57	0.42
Vitamin A, IU.....IU	6		0		1		5	4
Vitamin A, RAE.....mcg_RAE	2		0		1		2	1
Retinol.....mcg	2		0		1		2	1
Vitamin E.....mg_ATE	0.260		0		4		0.221	0.164
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	3.600		0		1		3.060	2.268
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	0.006
12:0.....g	0.010		0		1		0.009	0.006
13:0.....g								
14:0.....g	0.120		0		1		0.102	0.076
15:0.....g								
16:0.....g	2.270		0		1		1.930	1.430
17:0.....g								
18:0.....g	1.130		0		1		0.961	0.712
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	4.600		0		1		3.910	2.898
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.330		0		1		0.281	0.208

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	4.150		0	1			3.528	2.615
20:1.....g	0.080		0	1			0.068	0.050
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.290		0	1			1.097	0.813
18:2 undifferentiated.....g	1.130		0	1			0.961	0.712
18:3 undifferentiated.....g	0.090		0	1			0.077	0.057
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.040		0	1			0.034	0.025
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	77		0	1			65	49
Phytosterols.....mg	3		0	1			3	2
Amino Acids:								
Tryptophan.....g	0.387		0	1			0.329	0.244
Threonine.....g	1.392		0	1			1.183	0.877
Isoleucine.....g	1.427		0	1			1.213	0.899
Leucine.....g	2.445		0	1			2.078	1.540
Lysine.....g	2.741		0	1			2.330	1.727
Methionine.....g	0.807		0	1			0.686	0.508
Cystine.....g	0.389		0	1			0.331	0.245
Phenylalanine.....g	1.217		0	1			1.034	0.767
Tyrosine.....g	1.062		0	1			0.903	0.669
Valine.....g	1.653		0	1			1.405	1.041
Arginine.....g	1.895		0	1			1.611	1.194
Histidine.....g	1.218		0	1			1.035	0.767
Alanine.....g	1.776		0	1			1.510	1.119
Aspartic acid.....g	2.827		0	1			2.403	1.781
Glutamic acid.....g	4.771		0	1			4.055	3.006
Glycine.....g	1.447		0	1			1.230	0.912
Proline.....g	1.224		0	1			1.040	0.771
Serine.....g	1.259		0	1			1.070	0.793
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	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 = 85g: 3 oz

Measure 2 = 63g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10066

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

Refuse: 18% Connective tissue 10%, 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	71.82	0.182	15		1		325.78	66.79	
Energy.....kcal	141		0	NC	4		640	131	
Energy.....kj	590				4		2676	549	
Protein (N x 6.25).....g	21.80	0.330	53		1		98.88	20.27	
Total lipid (fat).....g	5.31	0.200	15		1		24.09	4.94	
Ash.....g	0.98	0.013	49		1		4.45	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									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21	0.924	5		1		95	20	
Iron, Fe.....mg	0.76	0.019	60		1		3.45	0.71	
Magnesium, Mg.....mg	23	0.786	26		1		104	21	
Phosphorus, P.....mg	215	0.705	5		1		975	200	
Potassium, K.....mg	421	2.539	146		1		1910	392	
Sodium, Na.....mg	45	1.077	164		1		204	42	
Zinc, Zn.....mg	1.64	0.020	48		1		7.44	1.53	
Copper, Cu.....mg	0.058	0.002	60		1		0.263	0.054	
Manganese, Mn.....mg	0.010		2		1		0.045	0.009	
Selenium, Se.....mcg	32.5	2.811	10	A	1		147.4	30.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3	0.211	3		1		1.4	0.3	
Thiamin.....mg	0.856	0.032	49		1		3.883	0.796	
Riboflavin.....mg	0.268	0.007	52		1		1.216	0.249	
Niacin.....mg	5.036	0.299	11		1		22.843	4.683	
Pantothenic acid.....mg	0.766	0.082	4		1		3.475	0.712	
Vitamin B-6.....mg	0.470	0.033	4		1		2.132	0.437	
Folate, total.....mcg	7	1.450	4		1		32	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	7	1.450	4		1		32	7	
Folate, DFE.....mcg_DFE	7		0	NC	4		32	7	
Vitamin B-12.....mcg	0.53	0.044	11		1		2.40	0.49	
Vitamin A, IU.....IU	6		1		1		27	6	
Vitamin A, RAE.....mcg_RAE	2		1		1		8	2	
Retinol.....mcg	2		1		1		8	2	
Vitamin E.....mg_ATE	0.290		0		4		1.315	0.270	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	1.830		0		1		8.301	1.702	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.000		73		1		0.000	0.000	
12:0.....g	0.010		75		1		0.045	0.009	
13:0.....g									
14:0.....g	0.070		378		1		0.318	0.065	
15:0.....g									
16:0.....g	1.170		378		1		5.307	1.088	
17:0.....g									
18:0.....g	0.570		378		1		2.586	0.530	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.400		0		1		10.886	2.232	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.170		378		1		0.771	0.158	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	2.180		378	1			9.888	2.027
20:1.....g	0.040		71	1			0.181	0.037
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.570		0	1			2.586	0.530
18:2 undifferentiated.....g	0.460		378	1			2.087	0.428
18:3 undifferentiated.....g	0.020		190	1			0.091	0.019
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.060		315	1			0.272	0.056
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	55	1.054	58	1			249	51
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.277		0	1			1.256	0.258
Threonine.....g	0.995		0	1			4.513	0.925
Isoleucine.....g	1.021		0	1			4.631	0.950
Leucine.....g	1.749		0	1			7.933	1.627
Lysine.....g	1.960		0	1			8.891	1.823
Methionine.....g	0.577		0	1			2.617	0.537
Cystine.....g	0.278		0	1			1.261	0.259
Phenylalanine.....g	0.870		0	1			3.946	0.809
Tyrosine.....g	0.760		0	1			3.447	0.707
Valine.....g	1.183		0	1			5.366	1.100
Arginine.....g	1.355		0	1			6.146	1.260
Histidine.....g	0.871		0	1			3.951	0.810
Alanine.....g	1.270		0	1			5.761	1.181
Aspartic acid.....g	2.022		0	1			9.172	1.880
Glutamic acid.....g	3.413		0	1			15.481	3.174
Glycine.....g	1.035		0	1			4.695	0.963
Proline.....g	0.876		0	1			3.974	0.815
Serine.....g	0.900		0	1			4.082	0.837
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 93g: 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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10065

Pork, fresh, loin, top loin (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	59.23	0.966	13		1		180.65	50.35	
Energy.....kcal	226		0	NC	4		689	192	
Energy.....kj	946				4		2884	804	
Protein (N x 6.25).....g	28.81	0.398	13		1		87.87	24.49	
Total lipid (fat).....g	11.43	0.884	13		1		34.86	9.72	
Ash.....g	1.09	0.022	13		1		3.32	0.93	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5	0.225	67		1		15	4	
Iron, Fe.....mg	0.80	0.078	72		1		2.44	0.68	
Magnesium, Mg.....mg	23	0.582	72		1		70	20	
Phosphorus, P.....mg	215	4.187	11		1		656	183	
Potassium, K.....mg	342	8.582	11		1		1043	291	
Sodium, Na.....mg	44	0.936	72		1		134	37	
Zinc, Zn.....mg	2.21	0.198	11		1		6.74	1.88	
Copper, Cu.....mg	0.019	0.008	72		1		0.058	0.016	
Manganese, Mn.....mg	0.003		1		1		0.009	0.003	
Selenium, Se.....mcg	45.8		0	PAK	1		139.7	38.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		2		1		1.2	0.3	
Thiamin.....mg	0.614	0.002	3		1		1.873	0.522	
Riboflavin.....mg	0.296		2		1		0.903	0.252	
Niacin.....mg	5.129		2		1		15.643	4.360	
Pantothenic acid.....mg	0.545		2		1		1.662	0.463	
Vitamin B-6.....mg	0.373		2		1		1.138	0.317	
Folate, total.....mcg	8		2		1		24	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	8		2		1		24	7	
Folate, DFE.....mcg_DFE	8		0	NC	4		24	7	
Vitamin B-12.....mcg	0.55		2		1		1.68	0.47	
Vitamin A, IU.....IU	8		2		1		24	7	
Vitamin A, RAE.....mcg_RAE	2		2		1		7	2	
Retinol.....mcg	2		2		1		7	2	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	4.170		0		1		12.719	3.545	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.010		42		1		0.031	0.009	
12:0.....g	0.010		42		1		0.031	0.009	
13:0.....g									
14:0.....g	0.140		42		1		0.427	0.119	
15:0.....g									
16:0.....g	2.620		42		1		7.991	2.227	
17:0.....g									
18:0.....g	1.320		42		1		4.026	1.122	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.290		0		1		16.135	4.497	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.420		42		1		1.281	0.357	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	4.720		42		1		14.396	4.012
20:1.....g	0.100		42		1		0.305	0.085
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.790		0		1		2.410	0.672
18:2 undifferentiated.....g	0.680		42		1		2.074	0.578
18:3 undifferentiated.....g	0.020		42		1		0.061	0.017
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.050		42		1		0.153	0.043
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	78		2.358	13		1	238	66
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.366		0		1		1.116	0.311
Threonine.....g	1.316		0		1		4.014	1.119
Isoleucine.....g	1.349		0		1		4.114	1.147
Leucine.....g	2.312		0		1		7.052	1.965
Lysine.....g	2.591		0		1		7.903	2.202
Methionine.....g	0.763		0		1		2.327	0.649
Cystine.....g	0.367		0		1		1.119	0.312
Phenylalanine.....g	1.150		0		1		3.508	0.978
Tyrosine.....g	1.004		0		1		3.062	0.853
Valine.....g	1.563		0		1		4.767	1.329
Arginine.....g	1.791		0		1		5.463	1.522
Histidine.....g	1.151		0		1		3.511	0.978
Alanine.....g	1.678		0		1		5.118	1.426
Aspartic acid.....g	2.672		0		1		8.150	2.271
Glutamic acid.....g	4.510		0		1		13.756	3.834
Glycine.....g	1.368		0		1		4.172	1.163
Proline.....g	1.157		0		1		3.529	0.983
Serine.....g	1.190		0		1		3.630	1.012
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 305g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10224

Pork, fresh, loin, top loin (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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	67.05		0		1		19.01	304.14
Energy.....kcal	191		0	NC	4		54	866
Energy.....kj	799				4		227	3625
Protein (N x 6.25).....g	20.24		0		1		5.74	91.81
Total lipid (fat).....g	11.61		0		1		3.29	52.66
Ash.....g	0.91		0		1		0.26	4.13
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	19		0		1		5	86
Iron, Fe.....mg	0.71		0		1		0.20	3.22
Magnesium, Mg.....mg	21		0		1		6	95
Phosphorus, P.....mg	202		0		1		57	916
Potassium, K.....mg	390		0		1		111	1769
Sodium, Na.....mg	43		0		1		12	195
Zinc, Zn.....mg	1.54		0		1		0.44	6.99
Copper, Cu.....mg	0.055		0		1		0.016	0.249
Manganese, Mn.....mg	0.009		0		1		0.003	0.041
Selenium, Se.....mcg	30.0		0	PAK	1		8.5	136.1
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.1	1.4
Thiamin.....mg	0.793		0		1		0.225	3.597
Riboflavin.....mg	0.251		0		1		0.071	1.139
Niacin.....mg	4.709		0		1		1.335	21.360
Pantothenic acid.....mg	0.714		0		1		0.202	3.239
Vitamin B-6.....mg	0.427		0		1		0.121	1.937
Folate, total.....mcg	6		0		1		2	27
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	6		0		1		2	27
Folate, DFE.....mcg_DFE	6		0	NC	4		2	27
Vitamin B-12.....mcg	0.51		0		1		0.14	2.31
Vitamin A, IU.....IU	6		0		1		2	27
Vitamin A, RAE.....mcg_RAE	2		0		1		1	8
Retinol.....mcg	2		0		1		1	8
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	4.020		0		1		1.140	18.235
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	0.140		0		1		0.040	0.635
15:0.....g								
16:0.....g	2.510		0		1		0.712	11.385
17:0.....g								
18:0.....g	1.310		0		1		0.371	5.942
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	5.180		0		1		1.469	23.496
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.330		0		1		0.094	1.497

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	4.750		0	1			1.347	21.546
20:1.....g	0.090		0	1			0.026	0.408
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.240		0	1			0.352	5.625
18:2 undifferentiated.....g	1.030		0	1			0.292	4.672
18:3 undifferentiated.....g	0.080		0	1			0.023	0.363
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.070		0	1			0.020	0.318
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	59		0	1			17	268
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.251		0	1			0.071	1.139
Threonine.....g	0.915		0	1			0.259	4.150
Isoleucine.....g	0.934		0	1			0.265	4.237
Leucine.....g	1.613		0	1			0.457	7.317
Lysine.....g	1.812		0	1			0.514	8.219
Methionine.....g	0.528		0	1			0.150	2.395
Cystine.....g	0.255		0	1			0.072	1.157
Phenylalanine.....g	0.805		0	1			0.228	3.651
Tyrosine.....g	0.694		0	1			0.197	3.148
Valine.....g	1.091		0	1			0.309	4.949
Arginine.....g	1.275		0	1			0.361	5.783
Histidine.....g	0.791		0	1			0.224	3.588
Alanine.....g	1.187		0	1			0.337	5.384
Aspartic acid.....g	1.862		0	1			0.528	8.446
Glutamic acid.....g	3.125		0	1			0.886	14.175
Glycine.....g	1.038		0	1			0.294	4.708
Proline.....g	0.855		0	1			0.242	3.878
Serine.....g	0.836		0	1			0.237	3.792
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10069

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

Refuse: 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	62.21	0.812	19		1		174.81	52.88	
Energy.....kcal	194		0	NC	4		545	165	
Energy.....kj	812				4		2281	690	
Protein (N x 6.25).....g	30.24	0.380	19		1		84.97	25.70	
Total lipid (fat).....g	7.21	0.607	21		1		20.26	6.13	
Ash.....g	1.11	0.024	13		1		3.12	0.94	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5	0.244	5		1		14	4	
Iron, Fe.....mg	1.06	0.098	11		1		2.98	0.90	
Magnesium, Mg.....mg	25	0.632	5		1		70	21	
Phosphorus, P.....mg	221	4.274	5		1		621	188	
Potassium, K.....mg	354	9.050	5		1		995	301	
Sodium, Na.....mg	45	1.011	5		1		126	38	
Zinc, Zn.....mg	2.31	0.215	5		1		6.49	1.96	
Copper, Cu.....mg	0.016	0.008	5		1		0.045	0.014	
Manganese, Mn.....mg	0.011		0		1		0.031	0.009	
Selenium, Se.....mcg	48.2	5.130	5	A	1		135.4	41.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0		1		1.1	0.3	
Thiamin.....mg	0.639		0		1		1.796	0.543	
Riboflavin.....mg	0.312		0		1		0.877	0.265	
Niacin.....mg	5.355		0		1		15.048	4.552	
Pantothenic acid.....mg	0.581		0		1		1.633	0.494	
Vitamin B-6.....mg	0.400		0		1		1.124	0.340	
Folate, total.....mcg	9		0		1		25	8	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	9		0		1		25	8	
Folate, DFE.....mcg_DFE	9		0	NC	4		25	8	
Vitamin B-12.....mcg	0.55		0		1		1.55	0.47	
Vitamin A, IU.....IU	8		0		1		22	7	
Vitamin A, RAE.....mcg_RAE	2		0		1		7	2	
Retinol.....mcg	2		0		1		7	2	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	2.620		0		1		7.362	2.227	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.010		13		1		0.028	0.009	
12:0.....g	0.010		19		1		0.028	0.009	
13:0.....g									
14:0.....g	0.090		19		1		0.253	0.077	
15:0.....g									
16:0.....g	1.650		19		1		4.637	1.403	
17:0.....g									
18:0.....g	0.820		19		1		2.304	0.697	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.360		0		1		9.442	2.856	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.270		19		1		0.759	0.230	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	2.990		19	1			8.402	2.542
20:1.....g	0.070		13	1			0.197	0.060
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.480		0	1			1.349	0.408
18:2 undifferentiated.....g	0.410		19	1			1.152	0.349
18:3 undifferentiated.....g	0.010		19	1			0.028	0.009
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.030		19	1			0.084	0.026
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	78		2.497	13	1		219	66
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.384		0	1			1.079	0.326
Threonine.....g	1.381		0	1			3.881	1.174
Isoleucine.....g	1.416		0	1			3.979	1.204
Leucine.....g	2.426		0	1			6.817	2.062
Lysine.....g	2.719		0	1			7.640	2.311
Methionine.....g	0.801		0	1			2.251	0.681
Cystine.....g	0.386		0	1			1.085	0.328
Phenylalanine.....g	1.207		0	1			3.392	1.026
Tyrosine.....g	1.053		0	1			2.959	0.895
Valine.....g	1.640		0	1			4.608	1.394
Arginine.....g	1.880		0	1			5.283	1.598
Histidine.....g	1.208		0	1			3.394	1.027
Alanine.....g	1.761		0	1			4.948	1.497
Aspartic acid.....g	2.804		0	1			7.879	2.383
Glutamic acid.....g	4.733		0	1			13.300	4.023
Glycine.....g	1.436		0	1			4.035	1.221
Proline.....g	1.215		0	1			3.414	1.033
Serine.....g	1.249		0	1			3.510	1.062
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 281g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10225

Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw**Refuse:** 20% Connective tissue 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	71.92	0.295	13		1		20.39	326.23	
Energy.....kcal	141		0	NC	4		40	640	
Energy.....kj	590				4		167	2676	
Protein (N x 6.25).....g	21.80	0.330	53		1		6.18	98.88	
Total lipid (fat).....g	5.28	0.358	13		1		1.50	23.95	
Ash.....g	0.98	0.013	49		1		0.28	4.45	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21	0.924	5		1		6	95	
Iron, Fe.....mg	0.76	0.019	60		1		0.22	3.45	
Magnesium, Mg.....mg	23	0.786	26		1		7	104	
Phosphorus, P.....mg	215	0.705	5		1		61	975	
Potassium, K.....mg	421	2.539	146		1		119	1910	
Sodium, Na.....mg	45	1.077	164		1		13	204	
Zinc, Zn.....mg	1.64	0.020	48		1		0.46	7.44	
Copper, Cu.....mg	0.058	0.002	60		1		0.016	0.263	
Manganese, Mn.....mg	0.010		2		1		0.003	0.045	
Selenium, Se.....mcg	32.5	2.811	10	A	1		9.2	147.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3	0.211	3		1		0.1	1.4	
Thiamin.....mg	0.856	0.032	49		1		0.243	3.883	
Riboflavin.....mg	0.268	0.007	52		1		0.076	1.216	
Niacin.....mg	5.036	0.299	11		1		1.428	22.843	
Pantothenic acid.....mg	0.766	0.082	4		1		0.217	3.475	
Vitamin B-6.....mg	0.470	0.033	4		1		0.133	2.132	
Folate, total.....mcg	7	1.450	4		1		2	32	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	7	1.450	4		1		2	32	
Folate, DFE.....mcg_DFE	7		0	NC	4		2	32	
Vitamin B-12.....mcg	0.53	0.044	11		1		0.15	2.40	
Vitamin A, IU.....IU	6		1		1		2	27	
Vitamin A, RAE.....mcg_RAE	2		1		1		1	8	
Retinol.....mcg	2		1		1		1	8	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	1.820		0		1		0.516	8.256	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.000		73		1		0.000	0.000	
12:0.....g	0.010		75		1		0.003	0.045	
13:0.....g									
14:0.....g	0.070		378		1		0.020	0.318	
15:0.....g									
16:0.....g	1.160		378		1		0.329	5.262	
17:0.....g									
18:0.....g	0.570		378		1		0.162	2.586	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.390		0		1		0.678	10.841	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.170		378		1		0.048	0.771	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	2.170		378	1		0.615	9.843	
20:1.....g	0.040		71	1		0.011	0.181	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.570		0	1		0.162	2.586	
18:2 undifferentiated.....g	0.460		378	1		0.130	2.087	
18:3 undifferentiated.....g	0.020		190	1		0.006	0.091	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.060		315	1		0.017	0.272	
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	55	1.054	58	1		16	249	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.277		0	1		0.079	1.256	
Threonine.....g	0.995		0	1		0.282	4.513	
Isoleucine.....g	1.021		0	1		0.289	4.631	
Leucine.....g	1.749		0	1		0.496	7.933	
Lysine.....g	1.960		0	1		0.556	8.891	
Methionine.....g	0.577		0	1		0.164	2.617	
Cystine.....g	0.278		0	1		0.079	1.261	
Phenylalanine.....g	0.870		0	1		0.247	3.946	
Tyrosine.....g	0.760		0	1		0.215	3.447	
Valine.....g	1.183		0	1		0.335	5.366	
Arginine.....g	1.355		0	1		0.384	6.146	
Histidine.....g	0.871		0	1		0.247	3.951	
Alanine.....g	1.270		0	1		0.360	5.761	
Aspartic acid.....g	2.022		0	1		0.573	9.172	
Glutamic acid.....g	3.413		0	1		0.968	15.481	
Glycine.....g	1.035		0	1		0.293	4.695	
Proline.....g	0.876		0	1		0.248	3.974	
Serine.....g	0.900		0	1		0.255	4.082	
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	58.27		0		1		49.53	51.86
Energy.....kcal	239		0	NC	4		203	213
Energy.....kj	1000				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								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	21		0		1		18	19
Iron, Fe.....mg	1.07		0		1		0.91	0.95
Magnesium, Mg.....mg	19		0		1		16	17
Phosphorus, P.....mg	181		0		1		154	161
Potassium, K.....mg	374		0		1		318	333
Sodium, Na.....mg	48		0		1		41	43
Zinc, Zn.....mg	2.38		0		1		2.02	2.12
Copper, Cu.....mg	0.077		0		1		0.065	0.069
Manganese, Mn.....mg	0.012		0		1		0.010	0.011
Selenium, Se.....mcg	45.3		0	PIE	4		38.5	40.3
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.6		0		1		0.5	0.5
Thiamin.....mg	0.632		0		1		0.537	0.562
Riboflavin.....mg	0.254		0		1		0.216	0.226
Niacin.....mg	4.419		0		1		3.756	3.933
Pantothenic acid.....mg	0.648		0		1		0.551	0.577
Vitamin B-6.....mg	0.366		0		1		0.311	0.326
Folate, total.....mcg	3		0		1		3	3
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	3		0		1		3	3
Folate, DFE.....mcg_DFE	3		0	NC	4		3	3
Vitamin B-12.....mcg	0.54		0		1		0.46	0.48
Vitamin A, IU.....IU	7		0		1		6	6
Vitamin A, RAE.....mcg_RAE	2		0		1		2	2
Retinol.....mcg	2		0		1		2	2
Vitamin E.....mg_ATE	0.260		0		4		0.221	0.231
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	5.110		0		1		4.344	4.548
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	0.009
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

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0		1		0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000
22:6 n-3.....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		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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	57.87		0		1		49.19	50.35
Energy.....kcal	242		0	NC	4		206	211
Energy.....kj	1013				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								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	19		0		1		16	17
Iron, Fe.....mg	0.87		0		1		0.74	0.76
Magnesium, Mg.....mg	28		0		1		24	24
Phosphorus, P.....mg	246		0		1		209	214
Potassium, K.....mg	423		0		1		360	368
Sodium, Na.....mg	62		0		1		53	54
Zinc, Zn.....mg	2.39		0		1		2.03	2.08
Copper, Cu.....mg	0.073		0		1		0.062	0.064
Manganese, Mn.....mg	0.009		0		1		0.008	0.008
Selenium, Se.....mcg	45.3		0	PIE	4		38.5	39.4
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.6		0		1		0.5	0.5
Thiamin.....mg	0.877		0		1		0.745	0.763
Riboflavin.....mg	0.321		0		1		0.273	0.279
Niacin.....mg	5.037		0		1		4.281	4.382
Pantothenic acid.....mg	0.698		0		1		0.593	0.607
Vitamin B-6.....mg	0.464		0		1		0.394	0.404
Folate, total.....mcg	5		0		1		4	4
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	5		0		1		4	4
Folate, DFE.....mcg_DFE	5		0	NC	4		4	4
Vitamin B-12.....mcg	0.70		0		1		0.60	0.61
Vitamin A, IU.....IU	7		0		1		6	6
Vitamin A, RAE.....mcg_RAE	2		0		1		2	2
Retinol.....mcg	2		0		1		2	2
Vitamin E.....mg_ATE	0.260		0		4		0.221	0.226
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	5.230		0		1		4.446	4.550
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	0.009
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

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0		1		0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000
22:6 n-3.....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		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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	57.51		0		1		48.88	51.18
Energy.....kcal	248		0	NC	4		211	221
Energy.....kj	1038				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								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	19		0		1		16	17
Iron, Fe.....mg	0.99		0		1		0.84	0.88
Magnesium, Mg.....mg	26		0		1		22	23
Phosphorus, P.....mg	242		0		1		206	215
Potassium, K.....mg	408		0		1		347	363
Sodium, Na.....mg	59		0		1		50	53
Zinc, Zn.....mg	2.32		0		1		1.97	2.06
Copper, Cu.....mg	0.056		0		1		0.048	0.050
Manganese, Mn.....mg	0.011		0		1		0.009	0.010
Selenium, Se.....mcg	33.4		0	PIE	4		28.4	29.7
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.6		0		1		0.5	0.5
Thiamin.....mg	0.988		0		1		0.840	0.879
Riboflavin.....mg	0.313		0		1		0.266	0.279
Niacin.....mg	5.572		0		1		4.736	4.959
Pantothenic acid.....mg	0.760		0		1		0.646	0.676
Vitamin B-6.....mg	0.516		0		1		0.439	0.459
Folate, total.....mcg	6		0		1		5	5
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	6		0		1		5	5
Folate, DFE.....mcg_DFE	6		0	NC	4		5	5
Vitamin B-12.....mcg	0.71		0		1		0.60	0.63
Vitamin A, IU.....IU	9		0		1		8	8
Vitamin A, RAE.....mcg_RAE	3		0		1		2	2
Retinol.....mcg	3		0		1		2	2
Vitamin E.....mg_ATE	0.260		0		4		0.221	0.231
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	5.370		0		1		4.565	4.779
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	0.009
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

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....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	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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	66.92		0		1		303.55	78.30
Energy.....kcal	198		0	NC	4		898	232
Energy.....kj	828				4		3758	969
Protein (N x 6.25).....g	19.74		0		1		89.54	23.10
Total lipid (fat).....g	12.58		0		1		57.06	14.72
Ash.....g	0.96		0		1		4.35	1.12
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	18		0		1		82	21
Iron, Fe.....mg	0.79		0		1		3.58	0.92
Magnesium, Mg.....mg	21		0		1		95	25
Phosphorus, P.....mg	197		0		1		894	230
Potassium, K.....mg	356		0		1		1615	417
Sodium, Na.....mg	50		0		1		227	59
Zinc, Zn.....mg	1.74		0		1		7.89	2.04
Copper, Cu.....mg	0.056		0		1		0.254	0.066
Manganese, Mn.....mg	0.011		0		1		0.050	0.013
Selenium, Se.....mcg	33.2		0	PIE	4		150.6	38.8
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.6		0		1		2.7	0.7
Thiamin.....mg	0.901		0		1		4.087	1.054
Riboflavin.....mg	0.248		0		1		1.125	0.290
Niacin.....mg	4.580		0		1		20.775	5.359
Pantothenic acid.....mg	0.723		0		1		3.280	0.846
Vitamin B-6.....mg	0.472		0		1		2.141	0.552
Folate, total.....mcg	5		0		1		23	6
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	5		0		1		23	6
Folate, DFE.....mcg_DFE	5		0	NC	4		23	6
Vitamin B-12.....mcg	0.53		0		1		2.40	0.62
Vitamin A, IU.....IU	7		0		1		32	8
Vitamin A, RAE.....mcg_RAE	2		0		1		10	2
Retinol.....mcg	2		0		1		10	2
Vitamin E.....mg_ATE	0.290		0		4		1.315	0.339
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	4.360		0		1		19.777	5.101
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		0.045	0.012
12:0.....g	0.010		0		1		0.045	0.012
13:0.....g								
14:0.....g	0.160		0		1		0.726	0.187
15:0.....g								
16:0.....g	2.720		0		1		12.338	3.182
17:0.....g								
18:0.....g	1.420		0		1		6.441	1.661
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	5.610		0		1		25.447	6.564
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.360		0		1		1.633	0.421

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	5.140		0	1			23.315	6.014
20:1.....g	0.090		0	1			0.408	0.105
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.340		0	1			6.078	1.568
18:2 undifferentiated.....g	1.110		0	1			5.035	1.299
18:3 undifferentiated.....g	0.090		0	1			0.408	0.105
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.080		0	1			0.363	0.094
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	63		0	1			286	74
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.244		0	1			1.107	0.285
Threonine.....g	0.891		0	1			4.042	1.042
Isoleucine.....g	0.910		0	1			4.128	1.065
Leucine.....g	1.572		0	1			7.131	1.839
Lysine.....g	1.766		0	1			8.011	2.066
Methionine.....g	0.514		0	1			2.332	0.601
Cystine.....g	0.248		0	1			1.125	0.290
Phenylalanine.....g	0.785		0	1			3.561	0.918
Tyrosine.....g	0.676		0	1			3.066	0.791
Valine.....g	1.064		0	1			4.826	1.245
Arginine.....g	1.245		0	1			5.647	1.457
Histidine.....g	0.770		0	1			3.493	0.901
Alanine.....g	1.158		0	1			5.253	1.355
Aspartic acid.....g	1.814		0	1			8.228	2.122
Glutamic acid.....g	3.044		0	1			13.808	3.561
Glycine.....g	1.019		0	1			4.622	1.192
Proline.....g	0.838		0	1			3.801	0.980
Serine.....g	0.815		0	1			3.697	0.954
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	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 = 453.6g: 1 lb

Measure 2 = 117g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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				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									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	18		0		1		15	14	
Iron, Fe.....mg	1.13		0		1		0.96	0.90	
Magnesium, Mg.....mg	20		0		1		17	16	
Phosphorus, P.....mg	183		0		1		156	146	
Potassium, K.....mg	387		0		1		329	310	
Sodium, Na.....mg	50		0		1		43	40	
Zinc, Zn.....mg	2.48		0		1		2.11	1.98	
Copper, Cu.....mg	0.079		0		1		0.067	0.063	
Manganese, Mn.....mg	0.013		0		1		0.011	0.010	
Selenium, Se.....mcg	48.2		0	BFYN	4		41.0	38.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		0		1		0.5	0.5	
Thiamin.....mg	0.659		0		1		0.560	0.527	
Riboflavin.....mg	0.267		0		1		0.227	0.214	
Niacin.....mg	4.588		0		1		3.900	3.670	
Pantothenic acid.....mg	0.677		0		1		0.575	0.542	
Vitamin B-6.....mg	0.387		0		1		0.329	0.310	
Folate, total.....mcg	4		0		1		3	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		1		3	3	
Folate, DFE.....mcg_DFE	4		0	NC	4		3	3	
Vitamin B-12.....mcg	0.55		0		1		0.47	0.44	
Vitamin A, IU.....IU	7		0		1		6	6	
Vitamin A, RAE.....mcg_RAE	2		0		1		2	2	
Retinol.....mcg	2		0		1		2	2	
Vitamin E.....mg_ATE	0.260		0		4		0.221	0.208	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	3.380		0		1		2.873	2.704	
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	0.008	
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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....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	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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	60.72		0		1		51.61	47.97
Energy.....kcal	210		0	NC	4		179	166
Energy.....kj	879				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								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	17		0		1		14	13
Iron, Fe.....mg	0.91		0		1		0.77	0.72
Magnesium, Mg.....mg	29		0		1		25	23
Phosphorus, P.....mg	253		0		1		215	200
Potassium, K.....mg	438		0		1		372	346
Sodium, Na.....mg	64		0		1		54	51
Zinc, Zn.....mg	2.48		0		1		2.11	1.96
Copper, Cu.....mg	0.075		0		1		0.064	0.059
Manganese, Mn.....mg	0.009		0		1		0.008	0.007
Selenium, Se.....mcg	48.2		0	BFYN	4		41.0	38.1
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.7		0		1		0.6	0.6
Thiamin.....mg	0.923		0		1		0.785	0.729
Riboflavin.....mg	0.338		0		1		0.287	0.267
Niacin.....mg	5.243		0		1		4.457	4.142
Pantothenic acid.....mg	0.729		0		1		0.620	0.576
Vitamin B-6.....mg	0.492		0		1		0.418	0.389
Folate, total.....mcg	6		0		1		5	5
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	6		0		1		5	5
Folate, DFE.....mcg_DFE	6		0	NC	4		5	5
Vitamin B-12.....mcg	0.72		0		1		0.61	0.57
Vitamin A, IU.....IU	7		0		1		6	6
Vitamin A, RAE.....mcg_RAE	2		0		1		2	2
Retinol.....mcg	2		0		1		2	2
Vitamin E.....mg_ATE	0.260		0		4		0.221	0.205
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	3.640		0		1		3.094	2.876
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	0.008
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

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....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	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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

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				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									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	18		0		1		15	15	
Iron, Fe.....mg	1.09		0		1		0.93	0.88	
Magnesium, Mg.....mg	28		0		1		24	23	
Phosphorus, P.....mg	249		0		1		212	202	
Potassium, K.....mg	425		0		1		361	344	
Sodium, Na.....mg	58		0		1		49	47	
Zinc, Zn.....mg	2.53		0		1		2.15	2.05	
Copper, Cu.....mg	0.059		0		1		0.050	0.048	
Manganese, Mn.....mg	0.016		0		1		0.014	0.013	
Selenium, Se.....mcg	35.1	3.067	28	A	1		29.8	28.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		0		1		0.5	0.5	
Thiamin.....mg	1.017		0		1		0.864	0.824	
Riboflavin.....mg	0.329		0		1		0.280	0.266	
Niacin.....mg	5.893		0		1		5.009	4.773	
Pantothenic acid.....mg	0.782		0		1		0.665	0.633	
Vitamin B-6.....mg	0.552		0		1		0.469	0.447	
Folate, total.....mcg	7		0		1		6	6	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	7		0		1		6	6	
Folate, DFE.....mcg_DFE	7		0	NC	4		6	6	
Vitamin B-12.....mcg	0.73		0		1		0.62	0.59	
Vitamin A, IU.....IU	8		0		1		7	6	
Vitamin A, RAE.....mcg_RAE	2		0		1		2	2	
Retinol.....mcg	2		0		1		2	2	
Vitamin E.....mg_ATE	0.260		0		4		0.221	0.211	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	3.510		0		1		2.984	2.843	
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	0.008	
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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	81		0	1			69	66
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.364		0	1			0.309	0.295
Threonine.....g	1.307		0	1			1.111	1.059
Isoleucine.....g	1.340		0	1			1.139	1.085
Leucine.....g	2.297		0	1			1.952	1.861
Lysine.....g	2.574		0	1			2.188	2.085
Methionine.....g	0.758		0	1			0.644	0.614
Cystine.....g	0.365		0	1			0.310	0.296
Phenylalanine.....g	1.143		0	1			0.972	0.926
Tyrosine.....g	0.997		0	1			0.847	0.808
Valine.....g	1.553		0	1			1.320	1.258
Arginine.....g	1.779		0	1			1.512	1.441
Histidine.....g	1.143		0	1			0.972	0.926
Alanine.....g	1.668		0	1			1.418	1.351
Aspartic acid.....g	2.655		0	1			2.257	2.151
Glutamic acid.....g	4.481		0	1			3.809	3.630
Glycine.....g	1.359		0	1			1.155	1.101
Proline.....g	1.150		0	1			0.978	0.932
Serine.....g	1.182		0	1			1.005	0.957
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10024

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

Refuse: 30% Bone 22%, separable fat 8%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.23		0		1		327.64	76.56	
Energy.....kcal	143		0	NC	4		649	152	
Energy.....kj	598				4		2714	634	
Protein (N x 6.25).....g	21.43		0		1		97.21	22.72	
Total lipid (fat).....g	5.66		0		1		25.67	6.00	
Ash.....g	1.05		0		1		4.76	1.11	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	17		0		1		77	18	
Iron, Fe.....mg	0.84		0		1		3.81	0.89	
Magnesium, Mg.....mg	23		0		1		104	24	
Phosphorus, P.....mg	211		0		1		957	224	
Potassium, K.....mg	389		0		1		1765	412	
Sodium, Na.....mg	52		0		1		236	55	
Zinc, Zn.....mg	1.84		0		1		8.35	1.95	
Copper, Cu.....mg	0.062		0		1		0.281	0.066	
Manganese, Mn.....mg	0.012		0		1		0.054	0.013	
Selenium, Se.....mcg	36.1		0	BFNN	4		163.7	38.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		0		1		2.7	0.6	
Thiamin.....mg	0.989		0		1		4.486	1.048	
Riboflavin.....mg	0.267		0		1		1.211	0.283	
Niacin.....mg	4.915		0		1		22.294	5.210	
Pantothenic acid.....mg	0.781		0		1		3.543	0.828	
Vitamin B-6.....mg	0.527		0		1		2.390	0.559	
Folate, total.....mcg	5		0		1		23	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		0		1		23	5	
Folate, DFE.....mcg_DFE	5		0	NC	4		23	5	
Vitamin B-12.....mcg	0.63		0		1		2.86	0.67	
Vitamin A, IU.....IU	7		0		1		32	7	
Vitamin A, RAE.....mcg_RAE	2		0		1		10	2	
Retinol.....mcg	2		0		1		10	2	
Vitamin E.....mg_ATE	0.290		0		4		1.315	0.307	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	1.950		0		1		8.845	2.067	
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		0.045	0.011	
12:0.....g	0.010		0		1		0.045	0.011	
13:0.....g									
14:0.....g	0.070		0		1		0.318	0.074	
15:0.....g									
16:0.....g	1.250		0		1		5.670	1.325	
17:0.....g									
18:0.....g	0.610		0		1		2.767	0.647	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.560		0		1		11.612	2.714	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.180		0		1		0.816	0.191	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	2.320		0	1			10.524	2.459
20:1.....g	0.040		0	1			0.181	0.042
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.610		0	1			2.767	0.647
18:2 undifferentiated.....g	0.490		0	1			2.223	0.519
18:3 undifferentiated.....g	0.020		0	1			0.091	0.021
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.070		0	1			0.318	0.074
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	59		0	1			268	63
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.272		0	1			1.234	0.288
Threonine.....g	0.978		0	1			4.436	1.037
Isoleucine.....g	1.003		0	1			4.550	1.063
Leucine.....g	1.719		0	1			7.797	1.822
Lysine.....g	1.927		0	1			8.741	2.043
Methionine.....g	0.567		0	1			2.572	0.601
Cystine.....g	0.273		0	1			1.238	0.289
Phenylalanine.....g	0.855		0	1			3.878	0.906
Tyrosine.....g	0.747		0	1			3.388	0.792
Valine.....g	1.162		0	1			5.271	1.232
Arginine.....g	1.332		0	1			6.042	1.412
Histidine.....g	0.856		0	1			3.883	0.907
Alanine.....g	1.248		0	1			5.661	1.323
Aspartic acid.....g	1.987		0	1			9.013	2.106
Glutamic acid.....g	3.354		0	1			15.214	3.555
Glycine.....g	1.017		0	1			4.613	1.078
Proline.....g	0.861		0	1			3.905	0.913
Serine.....g	0.885		0	1			4.014	0.938
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	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 = 453.6g: 1 lb

Measure 2 = 106g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	23.22	0.583	19		1		6.58	26.24	
Energy.....kcal	629		0	NC	4		178	711	
Energy.....kj	2632				4		746	2974	
Protein (N x 6.25).....g	12.20	0.534	19		1		3.46	13.79	
Total lipid (fat).....g	63.92	1.018	19		1		18.12	72.23	
Ash.....g	0.75	0.049	19		1		0.21	0.85	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	53	0.959	5		1		15	60	
Iron, Fe.....mg	0.36	0.018	67		1		0.10	0.41	
Magnesium, Mg.....mg	7	0.370	67		1		2	8	
Phosphorus, P.....mg	162	6.337	5		1		46	183	
Potassium, K.....mg	235	4.994	5		1		67	266	
Sodium, Na.....mg	34	1.252	67		1		10	38	
Zinc, Zn.....mg	1.26	0.039	5		1		0.36	1.42	
Copper, Cu.....mg	0.052	0.000	67		1		0.015	0.059	
Manganese, Mn.....mg	0.003		0		1		0.001	0.003	
Selenium, Se.....mcg	16.3	1.207	5	A	1		4.6	18.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.325		2		1		0.092	0.367	
Riboflavin.....mg	0.110		1		1		0.031	0.124	
Niacin.....mg	2.530		1		1		0.717	2.859	
Pantothenic acid.....mg	0.320		0		1		0.091	0.362	
Vitamin B-6.....mg	0.130		0		1		0.037	0.147	
Folate, total.....mcg	2		0		1		1	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		0		1		1	2	
Folate, DFE.....mcg_DFE	2		0	NC	4		1	2	
Vitamin B-12.....mcg	0.45		0		1		0.13	0.51	
Vitamin A, IU.....IU	13		1		1		4	15	
Vitamin A, RAE.....mcg_RAE	4		1		1		1	4	
Retinol.....mcg	4		1		1		1	4	
Vitamin E.....mg_ATE	0.810		0		4		0.230	0.915	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	24.490		0		1		6.943	27.674	
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		19		1		0.014	0.057	
12:0.....g	0.050		19		1		0.014	0.057	
13:0.....g									
14:0.....g	0.850		23		1		0.241	0.961	
15:0.....g									
16:0.....g	14.930		23		1		4.233	16.871	
17:0.....g									
18:0.....g	8.170		23		1		2.316	9.232	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	27.350		0		1		7.754	30.906	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.670		23		1		0.473	1.887	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	25.010		23		1		7.090	28.261
20:1.....g	0.450		19		1		0.128	0.509
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	6.380		0		1		1.809	7.209
18:2 undifferentiated.....g	5.790		23		1		1.641	6.543
18:3 undifferentiated.....g	0.220		23		1		0.062	0.249
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	0.120		23		1		0.034	0.136
20:5 n-3.....g	0.000		0		1		0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	93	1.954	23		1		26	105
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.040		0		1		0.011	0.045
Threonine.....g	0.379		0		1		0.107	0.428
Isoleucine.....g	0.318		0		1		0.090	0.359
Leucine.....g	0.778		0		1		0.221	0.879
Lysine.....g	0.949		0		1		0.269	1.072
Methionine.....g	0.170		0		1		0.048	0.192
Cystine.....g	0.098		0		1		0.028	0.111
Phenylalanine.....g	0.430		0		1		0.122	0.486
Tyrosine.....g	0.210		0		1		0.060	0.237
Valine.....g	0.538		0		1		0.153	0.608
Arginine.....g	1.085		0		1		0.308	1.226
Histidine.....g	0.158		0		1		0.045	0.179
Alanine.....g	0.859		0		1		0.244	0.971
Aspartic acid.....g	0.841		0		1		0.238	0.950
Glutamic acid.....g	1.093		0		1		0.310	1.235
Glycine.....g	2.042		0		1		0.579	2.307
Proline.....g	1.290		0		1		0.366	1.458
Serine.....g	0.502		0		1		0.142	0.567
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

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 Nutrient Database for Standard Reference, Release 15 (2002)

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	24.59	0.690	20		1		6.97	27.79	
Energy.....kcal	638		0	NC	4		181	721	
Energy.....kj	2669				4		757	3016	
Protein (N x 6.25).....g	6.34	0.204	5		1		1.80	7.16	
Total lipid (fat).....g	67.70	0.799	20		1		19.19	76.50	
Ash.....g	0.25	0.009	115		1		0.07	0.28	
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	45	4.754	5		1		13	51	
Iron, Fe.....mg	0.29	0.007	218		1		0.08	0.33	
Magnesium, Mg.....mg	2	0.200	68		1		1	2	
Phosphorus, P.....mg	90	3.030	5		1		26	102	
Potassium, K.....mg	120	3.733	5		1		34	136	
Sodium, Na.....mg	18	0.415	111		1		5	20	
Zinc, Zn.....mg	0.71	0.021	5		1		0.20	0.80	
Copper, Cu.....mg	0.028	0.000	111		1		0.008	0.032	
Manganese, Mn.....mg	0.003		0		1		0.001	0.003	
Selenium, Se.....mcg	8.0	1.096	5	A	1		2.3	9.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.230		0		1		0.065	0.260	
Riboflavin.....mg	0.100		0		1		0.028	0.113	
Niacin.....mg	1.800		0		1		0.510	2.034	
Pantothenic acid.....mg	0.250		0		1		0.071	0.283	
Vitamin B-6.....mg	0.040	0.010	8		1		0.011	0.045	
Folate, total.....mcg	2		0		1		1	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		0		1		1	2	
Folate, DFE.....mcg_DFE	2		0	NC	4		1	2	
Vitamin B-12.....mcg	0.32		0		1		0.09	0.36	
Vitamin A, IU.....IU	10		1		1		3	11	
Vitamin A, RAE.....mcg_RAE	3		1		1		1	3	
Retinol.....mcg	3		1		1		1	3	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	23.520		0		1		6.668	26.578	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.050		7		1		0.014	0.057	
12:0.....g	0.070		13		1		0.020	0.079	
13:0.....g									
14:0.....g	0.840		318		1		0.238	0.949	
15:0.....g									
16:0.....g	14.460		319		1		4.099	16.340	
17:0.....g									
18:0.....g	7.870		321		1		2.231	8.893	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	29.940		0		1		8.488	33.832	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.820		317		1		0.516	2.057	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	27.600		319		1		7.825	31.188
20:1.....g	0.520		7		1		0.147	0.588
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	7.210		0		1		2.044	8.147
18:2 undifferentiated.....g	6.110		319		1		1.732	6.904
18:3 undifferentiated.....g	0.590		69		1		0.167	0.667
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.170		31		1		0.048	0.192
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	93		3.090	12		1	26	105
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.021		0		1		0.006	0.024
Threonine.....g	0.197		0		1		0.056	0.223
Isoleucine.....g	0.165		0		1		0.047	0.186
Leucine.....g	0.404		0		1		0.115	0.457
Lysine.....g	0.493		0		1		0.140	0.557
Methionine.....g	0.088		0		1		0.025	0.099
Cystine.....g	0.051		0		1		0.014	0.058
Phenylalanine.....g	0.224		0		1		0.064	0.253
Tyrosine.....g	0.109		0		1		0.031	0.123
Valine.....g	0.280		0		1		0.079	0.316
Arginine.....g	0.564		0		1		0.160	0.637
Histidine.....g	0.082		0		1		0.023	0.093
Alanine.....g	0.446		0		1		0.126	0.504
Aspartic acid.....g	0.437		0		1		0.124	0.494
Glutamic acid.....g	0.568		0		1		0.161	0.642
Glycine.....g	1.061		0		1		0.301	1.199
Proline.....g	0.671		0		1		0.190	0.758
Serine.....g	0.261		0		1		0.074	0.295
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10075

Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised**Refuse:** 25% Bone and skin

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	47.65		0		1		64.33	40.50
Energy.....kcal	329		0	NC	4		444	280
Energy.....kj	1377				4		1858	1170
Protein (N x 6.25).....g	27.99		0		1		37.79	23.79
Total lipid (fat).....g	23.22		0		1		31.35	19.74
Ash.....g	1.16		0		1		1.57	0.99
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	18		0		1		24	15
Iron, Fe.....mg	1.61		0		1		2.17	1.37
Magnesium, Mg.....mg	19		0		1		26	16
Phosphorus, P.....mg	212		0		1		286	180
Potassium, K.....mg	369		0		1		498	314
Sodium, Na.....mg	88		0		1		119	75
Zinc, Zn.....mg	4.18		0		1		5.64	3.55
Copper, Cu.....mg	0.138		0		1		0.186	0.117
Manganese, Mn.....mg	0.014		0		1		0.019	0.012
Selenium, Se.....mcg	32.6		0	PIE	4		44.0	27.7
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.4	0.3
Thiamin.....mg	0.541		0		1		0.730	0.460
Riboflavin.....mg	0.307		0		1		0.414	0.261
Niacin.....mg	5.214		0		1		7.039	4.432
Pantothenic acid.....mg	0.595		0		1		0.803	0.506
Vitamin B-6.....mg	0.350		0		1		0.473	0.298
Folate, total.....mcg	4		0		1		5	3
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	4		0		1		5	3
Folate, DFE.....mcg_DFE	4		0	NC	4		5	3
Vitamin B-12.....mcg	0.65		0		1		0.88	0.55
Vitamin A, IU.....IU	9		0		1		12	8
Vitamin A, RAE.....mcg_RAE	3		0		1		4	2
Retinol.....mcg	3		0		1		4	2
Vitamin E.....mg_ATE	0.260		0		4		0.351	0.221
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	8.490		0		1		11.462	7.217
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		0.014	0.009
12:0.....g	0.010		0		1		0.014	0.009
13:0.....g								
14:0.....g	0.290		0		1		0.392	0.247
15:0.....g								
16:0.....g	5.240		0		1		7.074	4.454
17:0.....g								
18:0.....g	2.780		0		1		3.753	2.363
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	10.380		0		1		14.013	8.823
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.620		0		1		0.837	0.527

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	9.470		0	1			12.785	8.050
20:1.....g	0.200		0	1			0.270	0.170
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.280		0	1			3.078	1.938
18:2 undifferentiated.....g	2.020		0	1			2.727	1.717
18:3 undifferentiated.....g	0.070		0	1			0.095	0.060
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.090		0	1			0.122	0.077
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	109		0	1			147	93
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.331		0	1			0.447	0.281
Threonine.....g	1.240		0	1			1.674	1.054
Isoleucine.....g	1.256		0	1			1.696	1.068
Leucine.....g	2.203		0	1			2.974	1.873
Lysine.....g	2.485		0	1			3.355	2.112
Methionine.....g	0.708		0	1			0.956	0.602
Cystine.....g	0.345		0	1			0.466	0.293
Phenylalanine.....g	1.105		0	1			1.492	0.939
Tyrosine.....g	0.929		0	1			1.254	0.790
Valine.....g	1.492		0	1			2.014	1.268
Arginine.....g	1.809		0	1			2.442	1.538
Histidine.....g	1.048		0	1			1.415	0.891
Alanine.....g	1.662		0	1			2.244	1.413
Aspartic acid.....g	2.534		0	1			3.421	2.154
Glutamic acid.....g	4.207		0	1			5.679	3.576
Glycine.....g	1.640		0	1			2.214	1.394
Proline.....g	1.295		0	1			1.748	1.101
Serine.....g	1.156		0	1			1.561	0.983
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	52.04		0		1		70.25	44.23
Energy.....kcal	317		0	NC	4		428	269
Energy.....kj	1326				4		1791	1127
Protein (N x 6.25).....g	23.47		0		1		31.68	19.95
Total lipid (fat).....g	24.01		0		1		32.41	20.41
Ash.....g	0.99		0		1		1.34	0.84
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	19		0		1		26	16
Iron, Fe.....mg	1.18		0		1		1.59	1.00
Magnesium, Mg.....mg	17		0		1		23	14
Phosphorus, P.....mg	228		0		1		308	194
Potassium, K.....mg	325		0		1		439	276
Sodium, Na.....mg	70		0		1		95	60
Zinc, Zn.....mg	3.45		0		1		4.66	2.93
Copper, Cu.....mg	0.111		0		1		0.150	0.094
Manganese, Mn.....mg	0.033		0		1		0.045	0.028
Selenium, Se.....mcg	33.6		0	PIE	4		45.4	28.6
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.2		0		1		0.3	0.2
Thiamin.....mg	0.522		0		1		0.705	0.444
Riboflavin.....mg	0.302		0		1		0.408	0.257
Niacin.....mg	3.918		0		1		5.289	3.330
Pantothenic acid.....mg	0.532		0		1		0.718	0.452
Vitamin B-6.....mg	0.348		0		1		0.470	0.296
Folate, total.....mcg	4		0		1		5	3
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	4		0		1		5	3
Folate, DFE.....mcg_DFE	4		0	NC	4		5	3
Vitamin B-12.....mcg	0.71		0		1		0.96	0.60
Vitamin A, IU.....IU	8		0		1		11	7
Vitamin A, RAE.....mcg_RAE	2		0		1		3	2
Retinol.....mcg	2		0		1		3	2
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
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

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	94		0	1			127	80
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.273		0	1			0.369	0.232
Threonine.....g	1.032		0	1			1.393	0.877
Isoleucine.....g	1.042		0	1			1.407	0.886
Leucine.....g	1.838		0	1			2.481	1.562
Lysine.....g	2.077		0	1			2.804	1.765
Methionine.....g	0.587		0	1			0.792	0.499
Cystine.....g	0.286		0	1			0.386	0.243
Phenylalanine.....g	0.924		0	1			1.247	0.785
Tyrosine.....g	0.770		0	1			1.040	0.655
Valine.....g	1.246		0	1			1.682	1.059
Arginine.....g	1.531		0	1			2.067	1.301
Histidine.....g	0.864		0	1			1.166	0.734
Alanine.....g	1.400		0	1			1.890	1.190
Aspartic acid.....g	2.112		0	1			2.851	1.795
Glutamic acid.....g	3.492		0	1			4.714	2.968
Glycine.....g	1.439		0	1			1.943	1.223
Proline.....g	1.120		0	1			1.512	0.952
Serine.....g	0.969		0	1			1.308	0.824
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10074

Pork, fresh, shoulder, arm picnic, separable lean and fat, raw

Refuse: 27% Bone

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	62.06		0		1		17.59	281.50
Energy.....kcal	253		0	NC	4		72	1148
Energy.....kj	1059				4		300	4802
Protein (N x 6.25).....g	16.69		0		1		4.73	75.71
Total lipid (fat).....g	20.19		0		1		5.72	91.58
Ash.....g	0.84		0		1		0.24	3.81
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	5		0		1		1	23
Iron, Fe.....mg	0.99		0		1		0.28	4.49
Magnesium, Mg.....mg	17		0		1		5	77
Phosphorus, P.....mg	189		0		1		54	857
Potassium, K.....mg	291		0		1		82	1320
Sodium, Na.....mg	68		0		1		19	308
Zinc, Zn.....mg	2.37		0		1		0.67	10.75
Copper, Cu.....mg	0.081		0		1		0.023	0.367
Manganese, Mn.....mg	0.011		0		1		0.003	0.050
Selenium, Se.....mcg	24.4		0	PIE	4		6.9	110.7
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.7		0		1		0.2	3.2
Thiamin.....mg	0.727		0		1		0.206	3.298
Riboflavin.....mg	0.259		0		1		0.073	1.175
Niacin.....mg	3.983		0		1		1.129	18.067
Pantothenic acid.....mg	0.656		0		1		0.186	2.976
Vitamin B-6.....mg	0.387		0		1		0.110	1.755
Folate, total.....mcg	4		0		1		1	18
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	4		0		1		1	18
Folate, DFE.....mcg_DFE	4		0	NC	4		1	18
Vitamin B-12.....mcg	0.64		0		1		0.18	2.90
Vitamin A, IU.....IU	6		0		1		2	27
Vitamin A, RAE.....mcg_RAE	2		0		1		1	8
Retinol.....mcg	2		0		1		1	8
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	7.000		0		1		1.985	31.752
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	0.250		0		1		0.071	1.134
15:0.....g								
16:0.....g	4.340		0		1		1.230	19.686
17:0.....g								
18:0.....g	2.310		0		1		0.655	10.478
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	8.970		0		1		2.543	40.688
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.560		0		1		0.159	2.540

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	8.250		0	1			2.339	37.422
20:1.....g	0.150		0	1			0.043	0.680
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.160		0	1			0.612	9.798
18:2 undifferentiated.....g	1.810		0	1			0.513	8.210
18:3 undifferentiated.....g	0.150		0	1			0.043	0.680
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.100		0	1			0.028	0.454
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	71		0	1			20	322
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.198		0	1			0.056	0.898
Threonine.....g	0.741		0	1			0.210	3.361
Isoleucine.....g	0.752		0	1			0.213	3.411
Leucine.....g	1.315		0	1			0.373	5.965
Lysine.....g	1.484		0	1			0.421	6.731
Methionine.....g	0.424		0	1			0.120	1.923
Cystine.....g	0.206		0	1			0.058	0.934
Phenylalanine.....g	0.660		0	1			0.187	2.994
Tyrosine.....g	0.556		0	1			0.158	2.522
Valine.....g	0.891		0	1			0.253	4.042
Arginine.....g	1.076		0	1			0.305	4.881
Histidine.....g	0.628		0	1			0.178	2.849
Alanine.....g	0.990		0	1			0.281	4.491
Aspartic acid.....g	1.514		0	1			0.429	6.868
Glutamic acid.....g	2.516		0	1			0.713	11.413
Glycine.....g	0.966		0	1			0.274	4.382
Proline.....g	0.765		0	1			0.217	3.470
Serine.....g	0.689		0	1			0.195	3.125
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10078

Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised

Refuse: 41% Bone and skin 25%, separable fat 16%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	54.26		0		1		107.43	46.12
Energy.....kcal	248		0	NC	4		491	211
Energy.....kj	1038				4		2055	882
Protein (N x 6.25).....g	32.26		0		1		63.87	27.42
Total lipid (fat).....g	12.21		0		1		24.18	10.38
Ash.....g	1.27		0		1		2.51	1.08
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	8		0		1		16	7
Iron, Fe.....mg	1.95		0		1		3.86	1.66
Magnesium, Mg.....mg	22		0		1		44	19
Phosphorus, P.....mg	226		0		1		447	192
Potassium, K.....mg	405		0		1		802	344
Sodium, Na.....mg	102		0		1		202	87
Zinc, Zn.....mg	4.97		0		1		9.84	4.22
Copper, Cu.....mg	0.161		0		1		0.319	0.137
Manganese, Mn.....mg	0.017		0		1		0.034	0.014
Selenium, Se.....mcg	37.0		0	BFYN	4		73.3	31.5
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.4		0		1		0.8	0.3
Thiamin.....mg	0.600		0		1		1.188	0.510
Riboflavin.....mg	0.360		0		1		0.713	0.306
Niacin.....mg	5.940		0		1		11.761	5.049
Pantothenic acid.....mg	0.670		0		1		1.327	0.570
Vitamin B-6.....mg	0.410		0		1		0.812	0.349
Folate, total.....mcg	5		0		1		10	4
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	5		0		1		10	4
Folate, DFE.....mcg_DFE	5		0	NC	4		10	4
Vitamin B-12.....mcg	0.71		0		1		1.41	0.60
Vitamin A, IU.....IU	8		0		1		16	7
Vitamin A, RAE.....mcg_RAE	2		0		1		5	2
Retinol.....mcg	2		0		1		5	2
Vitamin E.....mg_ATE	0.260		0		4		0.515	0.221
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	4.160		0		1		8.237	3.536
4:0.....g	0.000		0		1		0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000
10:0.....g	0.000		11		1		0.000	0.000
12:0.....g	0.000		11		1		0.000	0.000
13:0.....g								
14:0.....g	0.130		11		1		0.257	0.111
15:0.....g								
16:0.....g	2.610		11		1		5.168	2.219
17:0.....g								
18:0.....g	1.320		11		1		2.614	1.122
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	5.780		0		1		11.444	4.913
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.340		11		1		0.673	0.289

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	5.260		11		1		10.415	4.471
20:1.....g	0.130		11		1		0.257	0.111
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.160		0		1		2.297	0.986
18:2 undifferentiated.....g	1.010		11		1		2.000	0.859
18:3 undifferentiated.....g	0.030		11		1		0.059	0.026
18:4.....g	0.000		0		1		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.080		11		1		0.158	0.068
20:5 n-3.....g	0.000		0		1		0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	114		1		1		226	97
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.410		0		1		0.812	0.349
Threonine.....g	1.473		0		1		2.917	1.252
Isoleucine.....g	1.511		0		1		2.992	1.284
Leucine.....g	2.588		0		1		5.124	2.200
Lysine.....g	2.901		0		1		5.744	2.466
Methionine.....g	0.854		0		1		1.691	0.726
Cystine.....g	0.411		0		1		0.814	0.349
Phenylalanine.....g	1.288		0		1		2.550	1.095
Tyrosine.....g	1.124		0		1		2.226	0.955
Valine.....g	1.750		0		1		3.465	1.488
Arginine.....g	2.005		0		1		3.970	1.704
Histidine.....g	1.289		0		1		2.552	1.096
Alanine.....g	1.879		0		1		3.720	1.597
Aspartic acid.....g	2.892		0		1		5.924	2.543
Glutamic acid.....g	5.050		0		1		9.999	4.293
Glycine.....g	1.532		0		1		3.033	1.302
Proline.....g	1.296		0		1		2.566	1.102
Serine.....g	1.333		0		1		2.639	1.133
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg								
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 = 198g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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
			Code	Code						
Proximates:										
Water.....g	60.27	0.872	12		1			115.12	51.23	
Energy.....kcal	228		0	NC	4			435	194	
Energy.....kj	954				4			1822	811	
Protein (N x 6.25).....g	26.68	0.675	12		1			50.96	22.68	
Total lipid (fat).....g	12.62	0.851	12		1			24.10	10.73	
Ash.....g	1.06	0.023	12		1			2.02	0.90	
Carbohydrate, by difference.....g	0.00		0	Z	7			0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7			0.0	0.0	
Sugars, total.....g										
Starch.....g										
Minerals:										
Calcium, Ca.....mg	9		1		1			17	8	
Iron, Fe.....mg	1.42	0.051	12		1			2.71	1.21	
Magnesium, Mg.....mg	20		1		1			38	17	
Phosphorus, P.....mg	247		1		1			472	210	
Potassium, K.....mg	351	9.259	12		1			670	298	
Sodium, Na.....mg	80	2.216	12		1			153	68	
Zinc, Zn.....mg	4.07	0.159	12		1			7.77	3.46	
Copper, Cu.....mg	0.128	0.008	12		1			0.244	0.109	
Manganese, Mn.....mg	0.041		1		1			0.078	0.035	
Selenium, Se.....mcg	38.5		0	BFYN	4			73.5	32.7	
Vitamins:										
Vitamin C, total ascorbic acid.....mg	0.3		0		1			0.6	0.3	
Thiamin.....mg	0.578	0.049	12		1			1.104	0.491	
Riboflavin.....mg	0.357	0.013	12		1			0.682	0.303	
Niacin.....mg	4.314	0.135	12		1			8.240	3.667	
Pantothenic acid.....mg	0.592		0		1			1.131	0.503	
Vitamin B-6.....mg	0.410		0		1			0.783	0.349	
Folate, total.....mcg	5		0		1			10	4	
Folic acid.....mcg	0		0	Z	7			0	0	
Folate, food.....mcg	5		0		1			10	4	
Folate, DFE.....mcg_DFE	5		0	NC	4			10	4	
Vitamin B-12.....mcg	0.78	0.066	12		1			1.49	0.66	
Vitamin A, IU.....IU	7		0		1			13	6	
Vitamin A, RAE.....mcg_RAE	2		0		1			4	2	
Retinol.....mcg	2		0		1			4	2	
Vitamin E.....mg_ATE										
Vitamin D.....IU										
Lipids:										
Fatty acids, total saturated.....g	4.300		0		1			8.213	3.655	
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			0.267	0.119	
15:0.....g										
16:0.....g	2.700		11		1			5.157	2.295	
17:0.....g										
18:0.....g	1.360		11		1			2.598	1.156	
20:0.....g										
22:0.....g										
24:0.....g										
Fatty acids, total monounsaturated.....g	5.980		0		1			11.422	5.083	
14:1.....g										
15:1.....g										
16:1 undifferentiated.....g	0.350		11		1			0.669	0.298	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	5.440		11	1			10.390	4.624
20:1.....g	0.130		11	1			0.248	0.111
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.200		0	1			2.292	1.020
18:2 undifferentiated.....g	1.040		11	1			1.986	0.884
18:3 undifferentiated.....g	0.030		11	1			0.057	0.026
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.080		11	1			0.153	0.068
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	95	3.596	11	1			181	81
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.339		0	1			0.647	0.288
Threonine.....g	1.218		0	1			2.326	1.035
Isoleucine.....g	1.249		0	1			2.386	1.062
Leucine.....g	2.141		0	1			4.089	1.820
Lysine.....g	2.399		0	1			4.582	2.039
Methionine.....g	0.706		0	1			1.348	0.600
Cystine.....g	0.340		0	1			0.649	0.289
Phenylalanine.....g	1.065		0	1			2.034	0.905
Tyrosine.....g	0.930		0	1			1.776	0.791
Valine.....g	1.447		0	1			2.764	1.230
Arginine.....g	1.659		0	1			3.169	1.410
Histidine.....g	1.066		0	1			2.036	0.906
Alanine.....g	1.554		0	1			2.968	1.321
Aspartic acid.....g	2.475		0	1			4.727	2.104
Glutamic acid.....g	4.176		0	1			7.976	3.550
Glycine.....g	1.267		0	1			2.420	1.077
Proline.....g	1.072		0	1			2.048	0.911
Serine.....g	1.102		0	1			2.105	0.937
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 191g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10077

Pork, fresh, shoulder, arm picnic, separable lean only, raw

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	73.13	0.167	40		1		20.73	331.72	
Energy.....kcal	140		0	NC	4		40	635	
Energy.....kj	586				4		166	2657	
Protein (N x 6.25).....g	19.75	0.146	40		1		5.60	89.59	
Total lipid (fat).....g	6.16	0.236	40		1		1.75	27.94	
Ash.....g	1.01	0.016	24		1		0.29	4.58	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6	0.304	12		1		2	27	
Iron, Fe.....mg	1.19	0.040	23		1		0.34	5.40	
Magnesium, Mg.....mg	21	0.777	12		1		6	95	
Phosphorus, P.....mg	218		0		1		62	989	
Potassium, K.....mg	341	5.414	11		1		97	1547	
Sodium, Na.....mg	82	2.088	23		1		23	372	
Zinc, Zn.....mg	2.86	0.071	11		1		0.81	12.97	
Copper, Cu.....mg	0.097	0.005	23		1		0.027	0.440	
Manganese, Mn.....mg	0.013		0		1		0.004	0.059	
Selenium, Se.....mcg	30.2		0	BFZN	4		8.6	137.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		0		1		0.3	4.1	
Thiamin.....mg	0.874	0.049	23		1		0.248	3.964	
Riboflavin.....mg	0.306	0.015	23		1		0.087	1.388	
Niacin.....mg	4.628	0.265	11		1		1.312	20.993	
Pantothenic acid.....mg	0.776		0		1		0.220	3.520	
Vitamin B-6.....mg	0.490		0		1		0.139	2.223	
Folate, total.....mcg	4		0		1		1	18	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		1		1	18	
Folate, DFE.....mcg_DFE	4		0	NC	4		1	18	
Vitamin B-12.....mcg	0.73	0.057	12		1		0.21	3.31	
Vitamin A, IU.....IU	5		0		1		1	23	
Vitamin A, RAE.....mcg_RAE	2		0		1		0	7	
Retinol.....mcg	2		0		1		0	7	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	2.130		0		1		0.604	9.662	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.010		73		1		0.003	0.045	
12:0.....g	0.010		75		1		0.003	0.045	
13:0.....g									
14:0.....g	0.080		378		1		0.023	0.363	
15:0.....g									
16:0.....g	1.360		378		1		0.386	6.169	
17:0.....g									
18:0.....g	0.670		378		1		0.190	3.039	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.780		0		1		0.788	12.610	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.190		378		1		0.054	0.862	

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	Source Code	Confidence Code	Measure 1	Measure 2
								Measure 3
17:1.....g								
18:1 undifferentiated.....g	2.530		378		1		0.717	11.476
20:1.....g	0.040		71		1		0.011	0.181
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.660		0		1		0.187	2.994
18:2 undifferentiated.....g	0.530		378		1		0.150	2.404
18:3 undifferentiated.....g	0.030		190		1		0.009	0.136
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.070		315		1		0.020	0.318
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	65	1.004	11		1		18	295
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.251		0		1		0.071	1.139
Threonine.....g	0.902		0		1		0.256	4.091
Isoleucine.....g	0.925		0		1		0.262	4.196
Leucine.....g	1.585		0		1		0.449	7.190
Lysine.....g	1.776		0		1		0.503	8.056
Methionine.....g	0.523		0		1		0.148	2.372
Cystine.....g	0.252		0		1		0.071	1.143
Phenylalanine.....g	0.788		0		1		0.223	3.574
Tyrosine.....g	0.688		0		1		0.195	3.121
Valine.....g	1.071		0		1		0.304	4.858
Arginine.....g	1.228		0		1		0.348	5.570
Histidine.....g	0.789		0		1		0.224	3.579
Alanine.....g	1.151		0		1		0.326	5.221
Aspartic acid.....g	1.832		0		1		0.519	8.310
Glutamic acid.....g	3.092		0		1		0.877	14.025
Glycine.....g	0.938		0		1		0.266	4.255
Proline.....g	0.793		0		1		0.225	3.597
Serine.....g	0.816		0		1		0.231	3.701
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10080

Pork, fresh, shoulder, blade, boston (roasts or steaks), separable lean and fat, raw

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	65.96		0		1		299.19	150.39
Energy.....kcal	218		0	NC	4		989	497
Energy.....kj	912				4		4137	2080
Protein (N x 6.25).....g	17.66		0		1		80.11	40.26
Total lipid (fat).....g	15.82		0		1		71.76	36.07
Ash.....g	0.92		0		1		4.17	2.10
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	25		0		1		113	57
Iron, Fe.....mg	1.12		0		1		5.08	2.55
Magnesium, Mg.....mg	18		0		1		82	41
Phosphorus, P.....mg	175		0		1		794	399
Potassium, K.....mg	313		0		1		1420	714
Sodium, Na.....mg	63		0		1		286	144
Zinc, Zn.....mg	3.03		0		1		13.74	6.91
Copper, Cu.....mg	0.088		0		1		0.399	0.201
Manganese, Mn.....mg	0.011		0		1		0.050	0.025
Selenium, Se.....mcg	25.9		0	PAK	1		117.5	59.1
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.7		0		1		3.2	1.6
Thiamin.....mg	0.806		0		1		3.656	1.838
Riboflavin.....mg	0.291		0		1		1.320	0.663
Niacin.....mg	3.684		0		1		16.711	8.400
Pantothenic acid.....mg	0.781		0		1		3.543	1.781
Vitamin B-6.....mg	0.309		0		1		1.402	0.705
Folate, total.....mcg	6		0		1		27	14
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	6		0		1		27	14
Folate, DFE.....mcg_DFE	6		0	NC	4		27	14
Vitamin B-12.....mcg	0.85		0		1		3.86	1.94
Vitamin A, IU.....IU	7		0		1		32	16
Vitamin A, RAE.....mcg_RAE	2		0		1		10	5
Retinol.....mcg	2		0		1		10	5
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	5.480		0		1		24.857	12.494
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g	0.010		0		1		0.045	0.023
12:0.....g	0.020		0		1		0.091	0.046
13:0.....g								
14:0.....g	0.200		0		1		0.907	0.456
15:0.....g								
16:0.....g	3.420		0		1		15.513	7.798
17:0.....g								
18:0.....g	1.780		0		1		8.074	4.058
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	7.060		0		1		32.024	16.097
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.460		0		1		2.087	1.049

NDB No. 10080

Pork, fresh, shoulder, blade, boston (roasts or 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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	6.470		0	1			29.348	14.752
20:1.....g	0.120		0	1			0.544	0.274
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.690		0	1			7.666	3.853
18:2 undifferentiated.....g	1.400		0	1			6.350	3.192
18:3 undifferentiated.....g	0.110		0	1			0.499	0.251
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.110		0	1			0.499	0.251
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	71		0	1			322	162
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.217		0	1			0.984	0.495
Threonine.....g	0.795		0	1			3.606	1.813
Isoleucine.....g	0.810		0	1			3.674	1.847
Leucine.....g	1.404		0	1			6.369	3.201
Lysine.....g	1.578		0	1			7.158	3.598
Methionine.....g	0.457		0	1			2.073	1.042
Cystine.....g	0.221		0	1			1.002	0.504
Phenylalanine.....g	0.701		0	1			3.180	1.598
Tyrosine.....g	0.601		0	1			2.726	1.370
Valine.....g	0.950		0	1			4.309	2.166
Arginine.....g	1.120		0	1			5.080	2.554
Histidine.....g	0.683		0	1			3.098	1.557
Alanine.....g	1.039		0	1			4.713	2.369
Aspartic acid.....g	1.619		0	1			7.344	3.691
Glutamic acid.....g	2.710		0	1			12.293	6.179
Glycine.....g	0.938		0	1			4.255	2.139
Proline.....g	0.764		0	1			3.466	1.742
Serine.....g	0.729		0	1			3.307	1.662
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 228g: 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 Nutrient Database for Standard Reference, Release 15 (2002)

Refuse: 34% Bone 24%, 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	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
Proximates:									
Water.....g	72.19	0.272	21		1		327.45	142.94	
Energy.....kcal	155		0	NC	4		703	307	
Energy.....kj	649				4		2942	1284	
Protein (N x 6.25).....g	19.37	0.176	23		1		87.86	38.35	
Total lipid (fat).....g	8.00	0.357	21		1		36.29	15.84	
Ash.....g	1.02	0.011	23		1		4.63	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	22	1.182	5		1		100	44	
Iron, Fe.....mg	1.25	0.041	19		1		5.67	2.48	
Magnesium, Mg.....mg	21	0.577	8		1		95	42	
Phosphorus, P.....mg	188	7.619	5		1		853	372	
Potassium, K.....mg	342	7.951	16		1		1551	677	
Sodium, Na.....mg	70	1.819	20		1		318	139	
Zinc, Zn.....mg	3.38	0.104	16		1		15.33	6.69	
Copper, Cu.....mg	0.096	0.002	20		1		0.435	0.190	
Manganese, Mn.....mg	0.012		0		1		0.054	0.024	
Selenium, Se.....mcg	28.9	4.723	5	A	1		131.1	57.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8		0		1		3.6	1.6	
Thiamin.....mg	0.892	0.047	24		1		4.046	1.766	
Riboflavin.....mg	0.320	0.011	26		1		1.452	0.634	
Niacin.....mg	3.968	0.202	16		1		17.999	7.857	
Pantothenic acid.....mg	0.861	0.037	8		1		3.905	1.705	
Vitamin B-6.....mg	0.350	0.021	8		1		1.588	0.693	
Folate, total.....mcg	6	1.710	7		1		27	12	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6	1.710	7		1		27	12	
Folate, DFE.....mcg_DFE	6		0	NC	4		27	12	
Vitamin B-12.....mcg	0.93	0.062	19		1		4.22	1.84	
Vitamin A, IU.....IU	7		0		1		32	14	
Vitamin A, RAE.....mcg_RAE	2		0		1		10	4	
Retinol.....mcg	2		0		1		10	4	
Vitamin E.....mg_ATE	0.290		0		4		1.315	0.574	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	2.760		0		1		12.519	5.465	
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		73		1		0.045	0.020	
12:0.....g	0.010		75		1		0.045	0.020	
13:0.....g									
14:0.....g	0.100		378		1		0.454	0.198	
15:0.....g									
16:0.....g	1.760		378		1		7.983	3.485	
17:0.....g									
18:0.....g	0.860		378		1		3.901	1.703	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.610		0		1		16.375	7.148	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.250		378		1		1.134	0.495	

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	3.280		378	1			14.878	6.494
20:1.....g	0.060		71	1			0.272	0.119
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.860		0	1			3.901	1.703
18:2 undifferentiated.....g	0.690		378	1			3.130	1.366
18:3 undifferentiated.....g	0.030		190	1			0.136	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	0.100		315	1			0.454	0.198
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	68	0.948	15	1			308	135
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.246		0	1			1.116	0.487
Threonine.....g	0.885		0	1			4.014	1.752
Isoleucine.....g	0.907		0	1			4.114	1.796
Leucine.....g	1.554		0	1			7.049	3.077
Lysine.....g	1.742		0	1			7.902	3.449
Methionine.....g	0.513		0	1			2.327	1.016
Cystine.....g	0.247		0	1			1.120	0.489
Phenylalanine.....g	0.773		0	1			3.506	1.531
Tyrosine.....g	0.675		0	1			3.062	1.337
Valine.....g	1.051		0	1			4.767	2.081
Arginine.....g	1.204		0	1			5.461	2.384
Histidine.....g	0.774		0	1			3.511	1.533
Alanine.....g	1.129		0	1			5.121	2.235
Aspartic acid.....g	1.797		0	1			8.151	3.558
Glutamic acid.....g	3.032		0	1			13.753	6.003
Glycine.....g	0.920		0	1			4.173	1.822
Proline.....g	0.778		0	1			3.529	1.540
Serine.....g	0.800		0	1			3.629	1.584
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7			0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 198g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 300 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	57.47		0		1		150.57	48.85
Energy.....kcal	269		0	NC	4		705	229
Energy.....kj	1125				4		2949	957
Protein (N x 6.25).....g	23.11		0		1		60.55	19.64
Total lipid (fat).....g	18.86		0		1		49.41	16.03
Ash.....g	1.23		0		1		3.22	1.05
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	28		0		1		73	24
Iron, Fe.....mg	1.45		0		1		3.80	1.23
Magnesium, Mg.....mg	18		0		1		47	15
Phosphorus, P.....mg	197		0		1		516	167
Potassium, K.....mg	332		0		1		870	282
Sodium, Na.....mg	67		0		1		176	57
Zinc, Zn.....mg	3.96		0		1		10.38	3.37
Copper, Cu.....mg	0.114		0		1		0.299	0.097
Manganese, Mn.....mg	0.012		0		1		0.031	0.010
Selenium, Se.....mcg	34.3		0	PIE	4		89.9	29.2
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.7		0		1		1.8	0.6
Thiamin.....mg	0.638		0		1		1.672	0.542
Riboflavin.....mg	0.355		0		1		0.930	0.302
Niacin.....mg	4.061		0		1		10.640	3.452
Pantothenic acid.....mg	0.665		0		1		1.742	0.565
Vitamin B-6.....mg	0.230		0		1		0.603	0.196
Folate, total.....mcg	5		0		1		13	4
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	5		0		1		13	4
Folate, DFE.....mcg_DFE	5		0	NC	4		13	4
Vitamin B-12.....mcg	0.88		0		1		2.31	0.75
Vitamin A, IU.....IU	7		0		1		18	6
Vitamin A, RAE.....mcg_RAE	2		0		1		6	2
Retinol.....mcg	2		0		1		6	2
Vitamin E.....mg_ATE	0.260		0		4		0.681	0.221
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	6.970		0		1		18.261	5.925
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		0.026	0.009
12:0.....g	0.010		0		1		0.026	0.009
13:0.....g								
14:0.....g	0.230		0		1		0.603	0.196
15:0.....g								
16:0.....g	4.260		0		1		11.161	3.621
17:0.....g								
18:0.....g	2.310		0		1		6.052	1.964
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	8.270		0		1		21.667	7.030
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.520		0		1		1.362	0.442

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	7.490		0	1			19.624	6.367
20:1.....g	0.170		0	1			0.445	0.145
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.760		0	1			4.611	1.496
18:2 undifferentiated.....g	1.550		0	1			4.061	1.318
18:3 undifferentiated.....g	0.060		0	1			0.157	0.051
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.060		0	1			0.157	0.051
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	86		0	1			225	73
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.283		0	1			0.741	0.241
Threonine.....g	1.039		0	1			2.722	0.883
Isoleucine.....g	1.059		0	1			2.775	0.900
Leucine.....g	1.836		0	1			4.810	1.561
Lysine.....g	2.064		0	1			5.408	1.754
Methionine.....g	0.598		0	1			1.567	0.508
Cystine.....g	0.289		0	1			0.757	0.246
Phenylalanine.....g	0.917		0	1			2.403	0.779
Tyrosine.....g	0.785		0	1			2.057	0.667
Valine.....g	1.242		0	1			3.254	1.056
Arginine.....g	1.467		0	1			3.844	1.247
Histidine.....g	0.893		0	1			2.340	0.759
Alanine.....g	1.360		0	1			3.563	1.156
Aspartic acid.....g	2.117		0	1			5.547	1.799
Glutamic acid.....g	3.542		0	1			9.280	3.011
Glycine.....g	1.232		0	1			3.228	1.047
Proline.....g	1.002		0	1			2.625	0.852
Serine.....g	0.954		0	1			2.499	0.811
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	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 = 262g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10087

Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted**Refuse:** 31% Bone 24%, separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	60.94		0		1		145.04	51.80	
Energy.....kcal	232		0	NC	4		552	197	
Energy.....kj	971				4		2310	825	
Protein (N x 6.25).....g	24.21		0		1		57.62	20.58	
Total lipid (fat).....g	14.30		0		1		34.03	12.16	
Ash.....g	1.27		0		1		3.02	1.08	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	27		0		1		64	23	
Iron, Fe.....mg	1.56		0		1		3.71	1.33	
Magnesium, Mg.....mg	26		0		1		62	22	
Phosphorus, P.....mg	235		0		1		559	200	
Potassium, K.....mg	427		0		1		1016	363	
Sodium, Na.....mg	88		0		1		209	75	
Zinc, Zn.....mg	4.23		0		1		10.07	3.60	
Copper, Cu.....mg	0.121		0		1		0.288	0.103	
Manganese, Mn.....mg	0.015		0		1		0.036	0.013	
Selenium, Se.....mcg	36.1		0	BFYN	4		85.9	30.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		0		1		2.4	0.9	
Thiamin.....mg	1.116		0		1		2.656	0.949	
Riboflavin.....mg	0.400		0		1		0.952	0.340	
Niacin.....mg	4.960		0		1		11.805	4.216	
Pantothenic acid.....mg	1.077		0		1		2.563	0.915	
Vitamin B-6.....mg	0.437		0		1		1.040	0.371	
Folate, total.....mcg	8		0		1		19	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	8		0		1		19	7	
Folate, DFE.....mcg_DFE	8		0	NC	4		19	7	
Vitamin B-12.....mcg	1.16		0		1		2.76	0.99	
Vitamin A, IU.....IU	9		0		1		21	8	
Vitamin A, RAE.....mcg_RAE	3		0		1		6	2	
Retinol.....mcg	3		0		1		6	2	
Vitamin E.....mg_ATE	0.260		0		4		0.619	0.221	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	5.190		0		1		12.352	4.412	
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		0.024	0.009	
12:0.....g	0.010		0		1		0.024	0.009	
13:0.....g									
14:0.....g	0.170		0		1		0.405	0.145	
15:0.....g									
16:0.....g	3.180		0		1		7.568	2.703	
17:0.....g									
18:0.....g	1.720		0		1		4.094	1.462	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.340		0		1		15.089	5.389	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.410		0		1		0.976	0.349	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	5.720		0	1			13.614	4.862
20:1.....g	0.150		0	1			0.357	0.128
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.290		0	1			3.070	1.097
18:2 undifferentiated.....g	1.120		0	1			2.666	0.952
18:3 undifferentiated.....g	0.050		0	1			0.119	0.043
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.050		0	1			0.119	0.043
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	85		0	1			202	72
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.308		0	1			0.733	0.262
Threonine.....g	1.106		0	1			2.632	0.940
Isoleucine.....g	1.134		0	1			2.699	0.964
Leucine.....g	1.943		0	1			4.624	1.652
Lysine.....g	2.178		0	1			5.184	1.851
Methionine.....g	0.641		0	1			1.526	0.545
Cystine.....g	0.309		0	1			0.735	0.263
Phenylalanine.....g	0.967		0	1			2.301	0.822
Tyrosine.....g	0.844		0	1			2.009	0.717
Valine.....g	1.314		0	1			3.127	1.117
Arginine.....g	1.505		0	1			3.582	1.279
Histidine.....g	0.967		0	1			2.301	0.822
Alanine.....g	1.411		0	1			3.358	1.199
Aspartic acid.....g	2.246		0	1			5.345	1.909
Glutamic acid.....g	3.791		0	1			9.023	3.222
Glycine.....g	1.150		0	1			2.737	0.978
Proline.....g	0.973		0	1			2.316	0.827
Serine.....g	1.000		0	1			2.380	0.850
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	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 = 238g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10081

Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, braised

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	48.35		0		1		41.10	67.69
Energy.....kcal	319		0	NC	4		271	447
Energy.....kj	1335				4		1134	1869
Protein (N x 6.25).....g	28.67		0		1		24.37	40.14
Total lipid (fat).....g	21.74		0		1		18.48	30.44
Ash.....g	1.19		0		1		1.01	1.67
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								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	32		0		1		27	45
Iron, Fe.....mg	1.83		0		1		1.56	2.56
Magnesium, Mg.....mg	18		0		1		15	25
Phosphorus, P.....mg	179		0		1		152	251
Potassium, K.....mg	389		0		1		331	545
Sodium, Na.....mg	70		0		1		60	98
Zinc, Zn.....mg	5.02		0		1		4.27	7.03
Copper, Cu.....mg	0.151		0		1		0.128	0.211
Manganese, Mn.....mg	0.014		0		1		0.012	0.020
Selenium, Se.....mcg	42.7		0	PIE	4		36.3	59.8
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.3	0.4
Thiamin.....mg	0.668		0		1		0.568	0.935
Riboflavin.....mg	0.361		0		1		0.307	0.505
Niacin.....mg	4.056		0		1		3.448	5.678
Pantothenic acid.....mg	0.782		0		1		0.665	1.095
Vitamin B-6.....mg	0.270		0		1		0.230	0.378
Folate, total.....mcg	2		0		1		2	3
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	2		0		1		2	3
Folate, DFE.....mcg_DFE	2		0	NC	4		2	3
Vitamin B-12.....mcg	0.91		0		1		0.77	1.27
Vitamin A, IU.....IU	10		0		1		9	14
Vitamin A, RAE.....mcg_RAE	3		0		1		3	4
Retinol.....mcg	3		0		1		3	4
Vitamin E.....mg_ATE	0.260		0		4		0.221	0.364
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	7.940		0		1		6.749	11.116
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		0		1		0.017	0.028
12:0.....g	0.010		0		1		0.009	0.014
13:0.....g								
14:0.....g	0.270		0		1		0.230	0.378
15:0.....g								
16:0.....g	4.860		0		1		4.131	6.804
17:0.....g								
18:0.....g	2.630		0		1		2.236	3.682
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	9.600		0		1		8.160	13.440
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.610		0		1		0.519	0.854

NDB No. 10081

Pork, fresh, shoulder, blade, boston (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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	8.670		0	1			7.370	12.138
20:1.....g	0.220		0	1			0.187	0.308
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.980		0	1			1.683	2.772
18:2 undifferentiated.....g	1.740		0	1			1.479	2.436
18:3 undifferentiated.....g	0.070		0	1			0.060	0.098
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	0.112
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	113		0	1			96	158
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.350		0	1			0.298	0.490
Threonine.....g	1.287		0	1			1.094	1.802
Isoleucine.....g	1.310		0	1			1.114	1.834
Leucine.....g	2.275		0	1			1.934	3.185
Lysine.....g	2.560		0	1			2.176	3.584
Methionine.....g	0.740		0	1			0.629	1.036
Cystine.....g	0.358		0	1			0.304	0.501
Phenylalanine.....g	1.137		0	1			0.966	1.592
Tyrosine.....g	0.972		0	1			0.826	1.361
Valine.....g	1.540		0	1			1.309	2.156
Arginine.....g	1.824		0	1			1.550	2.554
Histidine.....g	1.103		0	1			0.938	1.544
Alanine.....g	1.689		0	1			1.436	2.365
Aspartic acid.....g	2.622		0	1			2.229	3.671
Glutamic acid.....g	4.384		0	1			3.726	6.138
Glycine.....g	1.549		0	1			1.317	2.169
Proline.....g	1.254		0	1			1.066	1.756
Serine.....g	1.184		0	1			1.006	1.658
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7			0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 140g: 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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10082

Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled

Refuse: 23% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	57.25	0.875	13		1		48.66	96.75	
Energy.....kcal	259		0	NC	4		220	438	
Energy.....kj	1084				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									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	36		0		1		31	61	
Iron, Fe.....mg	1.40		0		1		1.19	2.37	
Magnesium, Mg.....mg	21		0		1		18	35	
Phosphorus, P.....mg	210		0		1		179	355	
Potassium, K.....mg	326		0		1		277	551	
Sodium, Na.....mg	69		0		1		59	117	
Zinc, Zn.....mg	4.51		0		1		3.83	7.62	
Copper, Cu.....mg	0.058		0		1		0.049	0.098	
Manganese, Mn.....mg	0.003		0		1		0.003	0.005	
Selenium, Se.....mcg	36.3		0	PAK	1		30.9	61.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.3	0.5	
Thiamin.....mg	0.695		0		1		0.591	1.175	
Riboflavin.....mg	0.397		0		1		0.337	0.671	
Niacin.....mg	4.070		0		1		3.460	6.878	
Pantothenic acid.....mg	0.727		0		1		0.618	1.229	
Vitamin B-6.....mg	0.277		0		1		0.235	0.468	
Folate, total.....mcg	4		0		1		3	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		1		3	7	
Folate, DFE.....mcg_DFE	4		0	NC	4		3	7	
Vitamin B-12.....mcg	1.06		0		1		0.90	1.79	
Vitamin A, IU.....IU	9		0		1		8	15	
Vitamin A, RAE.....mcg_RAE	3		0		1		2	5	
Retinol.....mcg	3		0		1		2	5	
Vitamin E.....mg_ATE	0.260		0		4		0.221	0.439	
Vitamin D.....IU									
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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....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								
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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10085

Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, braised

Refuse: 32% Bone 22%, 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	52.04	1.118	19		1		44.23	63.49	
Energy.....kcal	273		0	NC	4		232	333	
Energy.....kj	1142				4		971	1394	
Protein (N x 6.25).....g	31.09	0.351	19		1		26.43	37.93	
Total lipid (fat).....g	15.55	1.111	19		1		13.22	18.97	
Ash.....g	1.25	0.024	19		1		1.06	1.53	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	29		0		1		25	35	
Iron, Fe.....mg	2.05	0.044	11		1		1.74	2.50	
Magnesium, Mg.....mg	20		0		1		17	24	
Phosphorus, P.....mg	182		0		1		155	222	
Potassium, K.....mg	412	10.489	11		1		350	503	
Sodium, Na.....mg	75	1.844	11		1		64	92	
Zinc, Zn.....mg	5.57	0.152	11		1		4.73	6.80	
Copper, Cu.....mg	0.165	0.006	11		1		0.140	0.201	
Manganese, Mn.....mg	0.016		0		1		0.014	0.020	
Selenium, Se.....mcg	46.6		0	BFYN	4		39.6	56.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0		1		0.3	0.5	
Thiamin.....mg	0.718	0.059	19		1		0.610	0.876	
Riboflavin.....mg	0.398	0.012	19		1		0.338	0.486	
Niacin.....mg	4.280	0.127	15		1		3.638	5.222	
Pantothenic acid.....mg	0.850	0.050	9		1		0.723	1.037	
Vitamin B-6.....mg	0.290	0.013	8		1		0.247	0.354	
Folate, total.....mcg	2	0.476	7		1		2	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2	0.476	7		1		2	2	
Folate, DFE.....mcg_DFE	2		0	NC	4		2	2	
Vitamin B-12.....mcg	0.98	0.080	18		1		0.83	1.20	
Vitamin A, IU.....IU	9		0		1		8	11	
Vitamin A, RAE.....mcg_RAE	3		0		1		2	3	
Retinol.....mcg	3		0		1		2	3	
Vitamin E.....mg_ATE	0.260		0		4		0.221	0.317	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	5.510		0		1		4.684	6.722	
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		19		1		0.009	0.012	
12:0.....g	0.010		19		1		0.009	0.012	
13:0.....g									
14:0.....g	0.180		30		1		0.153	0.220	
15:0.....g									
16:0.....g	3.380		30		1		2.873	4.124	
17:0.....g									
18:0.....g	1.820		30		1		1.547	2.220	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.990		0		1		5.942	8.528	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.460		30		1		0.391	0.561	

NDB No. 10085

Pork, fresh, shoulder, blade, boston (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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	6.270		30	1			5.330	7.649
20:1.....g	0.180		13	1			0.153	0.220
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.330		0	1			1.131	1.623
18:2 undifferentiated.....g	1.140		30	1			0.969	1.391
18:3 undifferentiated.....g	0.050		30	1			0.043	0.061
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		30	1			0.060	0.085
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	116	3.195	11	1			99	142
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.395		0	1			0.336	0.482
Threonine.....g	1.420		0	1			1.207	1.732
Isoleucine.....g	1.456		0	1			1.238	1.776
Leucine.....g	2.495		0	1			2.121	3.044
Lysine.....g	2.796		0	1			2.377	3.411
Methionine.....g	0.823		0	1			0.700	1.004
Cystine.....g	0.397		0	1			0.337	0.484
Phenylalanine.....g	1.241		0	1			1.055	1.514
Tyrosine.....g	1.083		0	1			0.921	1.321
Valine.....g	1.687		0	1			1.434	2.058
Arginine.....g	1.933		0	1			1.643	2.358
Histidine.....g	1.242		0	1			1.056	1.515
Alanine.....g	1.811		0	1			1.539	2.209
Aspartic acid.....g	2.884		0	1			2.451	3.518
Glutamic acid.....g	4.867		0	1			4.137	5.938
Glycine.....g	1.476		0	1			1.255	1.801
Proline.....g	1.249		0	1			1.062	1.524
Serine.....g	1.284		0	1			1.091	1.566
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7			0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 122g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 300 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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				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									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	33	2.648	5		1		28	49	
Iron, Fe.....mg	1.56	0.051	5		1		1.33	2.29	
Magnesium, Mg.....mg	24	0.502	5		1		20	35	
Phosphorus, P.....mg	220	4.546	5		1		187	323	
Potassium, K.....mg	343	10.614	5		1		292	504	
Sodium, Na.....mg	74	1.935	5		1		63	109	
Zinc, Zn.....mg	5.02	0.374	5		1		4.27	7.38	
Copper, Cu.....mg	0.059	0.020	5		1		0.050	0.087	
Manganese, Mn.....mg	0.009		0		1		0.008	0.013	
Selenium, Se.....mcg	39.3	5.881	5	A	1		33.4	57.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.3	0.4	
Thiamin.....mg	0.750		0		1		0.638	1.103	
Riboflavin.....mg	0.440		0		1		0.374	0.647	
Niacin.....mg	4.300		0		1		3.655	6.321	
Pantothenic acid.....mg	0.816		0		1		0.694	1.200	
Vitamin B-6.....mg	0.310		0		1		0.264	0.456	
Folate, total.....mcg	5		0		1		4	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		0		1		4	7	
Folate, DFE.....mcg_DFE	5		0	NC	4		4	7	
Vitamin B-12.....mcg	1.13		0		1		0.96	1.66	
Vitamin A, IU.....IU	8		0		1		7	12	
Vitamin A, RAE.....mcg_RAE	2		0		1		2	4	
Retinol.....mcg	2		0		1		2	4	
Vitamin E.....mg_ATE	0.260		0		4		0.221	0.382	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	4.450		0		1		3.783	6.542	
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		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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....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	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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	54.80		0		1		73.98	46.58
Energy.....kcal	292		0	NC	4		394	248
Energy.....kj	1222				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								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	24		0		1		32	20
Iron, Fe.....mg	1.32		0		1		1.78	1.12
Magnesium, Mg.....mg	18		0		1		24	15
Phosphorus, P.....mg	212		0		1		286	180
Potassium, K.....mg	329		0		1		444	280
Sodium, Na.....mg	68		0		1		92	58
Zinc, Zn.....mg	3.71		0		1		5.01	3.15
Copper, Cu.....mg	0.113		0		1		0.153	0.096
Manganese, Mn.....mg	0.022		0		1		0.030	0.019
Selenium, Se.....mcg	33.4		0	PIE	4		45.1	28.4
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.5		0		1		0.7	0.4
Thiamin.....mg	0.581		0		1		0.784	0.494
Riboflavin.....mg	0.329		0		1		0.444	0.280
Niacin.....mg	3.991		0		1		5.388	3.392
Pantothenic acid.....mg	0.600		0		1		0.810	0.510
Vitamin B-6.....mg	0.288		0		1		0.389	0.245
Folate, total.....mcg	5		0		1		7	4
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	5		0		1		7	4
Folate, DFE.....mcg_DFE	5		0	NC	4		7	4
Vitamin B-12.....mcg	0.80		0		1		1.08	0.68
Vitamin A, IU.....IU	8		0		1		11	7
Vitamin A, RAE.....mcg_RAE	2		0		1		3	2
Retinol.....mcg	2		0		1		3	2
Vitamin E.....mg_ATE	0.260		0		4		0.351	0.221
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	7.860		0		1		10.611	6.681
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	0.010		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

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....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	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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

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					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	64.02		0		1		18.15	290.39
Energy.....kcal	236		0	NC	4		67	1070
Energy.....kj	987				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								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	15		0		1		4	68
Iron, Fe.....mg	1.05		0		1		0.30	4.76
Magnesium, Mg.....mg	18		0		1		5	82
Phosphorus, P.....mg	182		0		1		52	826
Potassium, K.....mg	302		0		1		86	1370
Sodium, Na.....mg	65		0		1		18	295
Zinc, Zn.....mg	2.70		0		1		0.77	12.25
Copper, Cu.....mg	0.084		0		1		0.024	0.381
Manganese, Mn.....mg	0.011		0		1		0.003	0.050
Selenium, Se.....mcg	25.5		0	PIE	4		7.2	115.7
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.7		0		1		0.2	3.2
Thiamin.....mg	0.767		0		1		0.217	3.479
Riboflavin.....mg	0.275		0		1		0.078	1.247
Niacin.....mg	3.833		0		1		1.087	17.386
Pantothenic acid.....mg	0.719		0		1		0.204	3.261
Vitamin B-6.....mg	0.348		0		1		0.099	1.579
Folate, total.....mcg	5		0		1		1	23
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	5		0		1		1	23
Folate, DFE.....mcg_DFE	5		0	NC	4		1	23
Vitamin B-12.....mcg	0.74		0		1		0.21	3.36
Vitamin A, IU.....IU	7		0		1		2	32
Vitamin A, RAE.....mcg_RAE	2		0		1		1	10
Retinol.....mcg	2		0		1		1	10
Vitamin E.....mg_ATE	0.290		0		4		0.082	1.315
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	6.240		0		1		1.769	28.305
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		0.003	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

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....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	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

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
Proximates:								
Water.....g	60.64		0		1		81.86	51.54
Energy.....kcal	230		0	NC	4		311	196
Energy.....kj	962				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								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	18		0		1		24	15
Iron, Fe.....mg	1.50		0		1		2.03	1.28
Magnesium, Mg.....mg	20		0		1		27	17
Phosphorus, P.....mg	221		0		1		298	188
Potassium, K.....mg	346		0		1		467	294
Sodium, Na.....mg	75		0		1		101	64
Zinc, Zn.....mg	4.16		0		1		5.62	3.54
Copper, Cu.....mg	0.124		0		1		0.167	0.105
Manganese, Mn.....mg	0.026		0		1		0.035	0.022
Selenium, Se.....mcg	37.4		0	BFYN	4		50.5	31.8
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.6		0		1		0.8	0.5
Thiamin.....mg	0.628		0		1		0.848	0.534
Riboflavin.....mg	0.370		0		1		0.500	0.315
Niacin.....mg	4.260		0		1		5.751	3.621
Pantothenic acid.....mg	0.651		0		1		0.879	0.553
Vitamin B-6.....mg	0.317		0		1		0.428	0.269
Folate, total.....mcg	5		0		1		7	4
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	5		0		1		7	4
Folate, DFE.....mcg_DFE	5		0	NC	4		7	4
Vitamin B-12.....mcg	0.86		0		1		1.16	0.73
Vitamin A, IU.....IU	7		0		1		9	6
Vitamin A, RAE.....mcg_RAE	2		0		1		3	2
Retinol.....mcg	2		0		1		3	2
Vitamin E.....mg_ATE	0.260		0		4		0.351	0.221
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	4.790		0		1		6.467	4.072
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		0.014	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

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....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	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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	72.63		0		1		20.59	329.45
Energy.....kcal	148		0	NC	4		42	671
Energy.....kj	619				4		176	2809
Protein (N x 6.25).....g	19.55		0		1		5.54	88.68
Total lipid (fat).....g	7.14		0		1		2.02	32.39
Ash.....g	1.02		0		1		0.29	4.63
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	14		0		1		4	64
Iron, Fe.....mg	1.22		0		1		0.35	5.53
Magnesium, Mg.....mg	21		0		1		6	95
Phosphorus, P.....mg	202		0		1		57	916
Potassium, K.....mg	341		0		1		97	1547
Sodium, Na.....mg	76		0		1		22	345
Zinc, Zn.....mg	3.14		0		1		0.89	14.24
Copper, Cu.....mg	0.097		0		1		0.027	0.440
Manganese, Mn.....mg	0.012		0		1		0.003	0.054
Selenium, Se.....mcg	29.5		0	BFNN	4		8.4	133.8
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.8		0		1		0.2	3.6
Thiamin.....mg	0.884		0		1		0.251	4.010
Riboflavin.....mg	0.314		0		1		0.089	1.424
Niacin.....mg	4.275		0		1		1.212	19.391
Pantothenic acid.....mg	0.822		0		1		0.233	3.729
Vitamin B-6.....mg	0.415		0		1		0.118	1.882
Folate, total.....mcg	5		0		1		1	23
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	5		0		1		1	23
Folate, DFE.....mcg_DFE	5		0	NC	4		1	23
Vitamin B-12.....mcg	0.84		0		1		0.24	3.81
Vitamin A, IU.....IU	6		0		1		2	27
Vitamin A, RAE.....mcg_RAE	2		0		1		1	8
Retinol.....mcg	2		0		1		1	8
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
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

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	67		0	1			19	304
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.248		0	1			0.070	1.125
Threonine.....g	0.893		0	1			0.253	4.051
Isoleucine.....g	0.915		0	1			0.259	4.150
Leucine.....g	1.568		0	1			0.445	7.112
Lysine.....g	1.758		0	1			0.498	7.974
Methionine.....g	0.518		0	1			0.147	2.350
Cystine.....g	0.249		0	1			0.071	1.129
Phenylalanine.....g	0.780		0	1			0.221	3.538
Tyrosine.....g	0.681		0	1			0.193	3.089
Valine.....g	1.060		0	1			0.301	4.808
Arginine.....g	1.215		0	1			0.344	5.511
Histidine.....g	0.781		0	1			0.221	3.543
Alanine.....g	1.139		0	1			0.323	5.167
Aspartic acid.....g	1.813		0	1			0.514	8.224
Glutamic acid.....g	3.060		0	1			0.868	13.880
Glycine.....g	0.928		0	1			0.263	4.209
Proline.....g	0.785		0	1			0.223	3.561
Serine.....g	0.807		0	1			0.229	3.661
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10089

Pork, fresh, spareribs, separable lean and fat, cooked, braised

Refuse: 38% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	40.42	1.364	6		1		71.54	34.36	
Energy.....kcal	397		0	NC	4		703	337	
Energy.....kj	1661				4		2940	1412	
Protein (N x 6.25).....g	29.06	1.920	6		1		51.44	24.70	
Total lipid (fat).....g	30.30	3.181	6		1		53.63	25.76	
Ash.....g	1.12	0.068	6		1		1.98	0.95	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	47		2		1		83	40	
Iron, Fe.....mg	1.85	0.154	5		1		3.27	1.57	
Magnesium, Mg.....mg	24		2		1		42	20	
Phosphorus, P.....mg	261		0		1		462	222	
Potassium, K.....mg	320	11.313	6		1		566	272	
Sodium, Na.....mg	93	8.412	5		1		165	79	
Zinc, Zn.....mg	4.60	0.228	6		1		8.14	3.91	
Copper, Cu.....mg	0.142	0.008	6		1		0.251	0.121	
Manganese, Mn.....mg	0.014		2		1		0.025	0.012	
Selenium, Se.....mcg	37.4		0	BFYN	4		66.2	31.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.408	0.035	6		1		0.722	0.347	
Riboflavin.....mg	0.382	0.015	6		1		0.676	0.325	
Niacin.....mg	5.475	0.359	6		1		9.691	4.654	
Pantothenic acid.....mg	0.750	0.087	3		1		1.328	0.638	
Vitamin B-6.....mg	0.350		0		1		0.620	0.298	
Folate, total.....mcg	4		0		1		7	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		1		7	3	
Folate, DFE.....mcg_DFE	4		0	NC	4		7	3	
Vitamin B-12.....mcg	1.08	0.078	6		1		1.91	0.92	
Vitamin A, IU.....IU	10		2		1		18	9	
Vitamin A, RAE.....mcg_RAE	3		2		1		5	3	
Retinol.....mcg	3		2		1		5	3	
Vitamin E.....mg_ATE	0.260		0		4		0.460	0.221	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	11.120		0		1		19.682	9.452	
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		6		1		0.018	0.009	
12:0.....g	0.010		6		1		0.018	0.009	
13:0.....g									
14:0.....g	0.360		6		1		0.637	0.306	
15:0.....g									
16:0.....g	6.800		6		1		12.036	5.780	
17:0.....g									
18:0.....g	3.820		6		1		6.761	3.247	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.480		0		1		23.860	11.458	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.720		6		1		1.274	0.612	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	12.520		6	1			22.160	10.642
20:1.....g	0.240		6	1			0.425	0.204
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.730		0	1			4.832	2.321
18:2 undifferentiated.....g	2.510		6	1			4.443	2.134
18:3 undifferentiated.....g	0.110		6	1			0.195	0.094
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.110		6	1			0.195	0.094
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	121	3.643	6	1			214	103
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.369		0	1			0.653	0.314
Threonine.....g	1.327		0	1			2.349	1.128
Isoleucine.....g	1.361		0	1			2.409	1.157
Leucine.....g	2.332		0	1			4.128	1.982
Lysine.....g	2.613		0	1			4.625	2.221
Methionine.....g	0.769		0	1			1.361	0.654
Cystine.....g	0.371		0	1			0.657	0.315
Phenylalanine.....g	1.160		0	1			2.053	0.986
Tyrosine.....g	1.013		0	1			1.793	0.861
Valine.....g	1.577		0	1			2.791	1.340
Arginine.....g	1.806		0	1			3.197	1.535
Histidine.....g	1.161		0	1			2.055	0.987
Alanine.....g	1.693		0	1			2.997	1.439
Aspartic acid.....g	2.695		0	1			4.770	2.291
Glutamic acid.....g	4.549		0	1			8.052	3.867
Glycine.....g	1.380		0	1			2.443	1.173
Proline.....g	1.167		0	1			2.066	0.992
Serine.....g	1.200		0	1			2.124	1.020
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	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 = 177g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10088

Pork, fresh, spareribs, separable lean and fat, raw**Refuse: 38% Bone**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	56.88	2.665	6		1		16.13	258.01	
Energy.....kcal	286		0	NC	4		81	1297	
Energy.....kj	1197				4		339	5428	
Protein (N x 6.25).....g	17.09	0.859	6		1		4.85	77.52	
Total lipid (fat).....g	23.60	3.946	6		1		6.69	107.05	
Ash.....g	0.91	0.060	6		1		0.26	4.13	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	31		0		1		9	141	
Iron, Fe.....mg	0.99	0.050	4		1		0.28	4.49	
Magnesium, Mg.....mg	22		0		1		6	100	
Phosphorus, P.....mg	239		0		1		68	1084	
Potassium, K.....mg	259	14.884	6		1		73	1175	
Sodium, Na.....mg	76	8.425	6		1		22	345	
Zinc, Zn.....mg	2.70	0.115	5		1		0.77	12.25	
Copper, Cu.....mg	0.085	0.004	5		1		0.024	0.386	
Manganese, Mn.....mg	0.010		0		1		0.003	0.045	
Selenium, Se.....mcg	27.3		0	BFNN	4		7.7	123.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.619	0.024	10		1		0.175	2.808	
Riboflavin.....mg	0.273	0.008	10		1		0.077	1.238	
Niacin.....mg	4.860	0.196	6		1		1.378	22.045	
Pantothenic acid.....mg	0.793	0.072	3		1		0.225	3.597	
Vitamin B-6.....mg	0.420		0		1		0.119	1.905	
Folate, total.....mcg	4		0		1		1	18	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		1		1	18	
Folate, DFE.....mcg_DFE	4		0	NC	4		1	18	
Vitamin B-12.....mcg	0.87	0.091	6		1		0.25	3.95	
Vitamin A, IU.....IU	11		2		1		3	50	
Vitamin A, RAE.....mcg_RAE	3		2		1		1	15	
Retinol.....mcg	3		2		1		1	15	
Vitamin E.....mg_ATE	0.290		0		4		0.082	1.315	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	8.930		0		1		2.532	40.506	
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		6		1		0.003	0.045	
12:0.....g	0.010		6		1		0.003	0.045	
13:0.....g									
14:0.....g	0.280		6		1		0.079	1.270	
15:0.....g									
16:0.....g	5.470		6		1		1.551	24.812	
17:0.....g									
18:0.....g	3.080		6		1		0.873	13.971	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.210		0		1		2.895	46.313	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.560		6		1		0.159	2.540	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	9.460		6	1			2.682	42.911
20:1.....g	0.180		0	1			0.051	0.816
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.150		0	1			0.610	9.752
18:2 undifferentiated.....g	1.970		6	1			0.558	8.936
18:3 undifferentiated.....g	0.090		6	1			0.026	0.408
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		6	1			0.026	0.408
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	78	1.684	6	1			22	354
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.217		0	1			0.062	0.984
Threonine.....g	0.780		0	1			0.221	3.538
Isoleucine.....g	0.800		0	1			0.227	3.629
Leucine.....g	1.371		0	1			0.389	6.219
Lysine.....g	1.537		0	1			0.436	6.972
Methionine.....g	0.452		0	1			0.128	2.050
Cystine.....g	0.218		0	1			0.062	0.989
Phenylalanine.....g	0.682		0	1			0.193	3.094
Tyrosine.....g	0.595		0	1			0.169	2.699
Valine.....g	0.927		0	1			0.263	4.205
Arginine.....g	1.062		0	1			0.301	4.817
Histidine.....g	0.683		0	1			0.194	3.098
Alanine.....g	0.996		0	1			0.282	4.518
Aspartic acid.....g	1.585		0	1			0.449	7.190
Glutamic acid.....g	2.675		0	1			0.758	12.134
Glycine.....g	0.811		0	1			0.230	3.679
Proline.....g	0.687		0	1			0.195	3.116
Serine.....g	0.706		0	1			0.200	3.202
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7			0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10097

Pork, fresh, variety meats and by-products, brain, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	75.88	0.442	4		1		289.86	64.50	
Energy.....kcal	138		0	NC	4		527	117	
Energy.....kj	577				4		2206	491	
Protein (N x 6.25).....g	12.14	0.103	4		1		46.37	10.32	
Total lipid (fat).....g	9.51	0.821	4		1		36.33	8.08	
Ash.....g	1.40	0.023	3		1		5.35	1.19	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	9		0		1		34	8	
Iron, Fe.....mg	1.82		0		1		6.95	1.55	
Magnesium, Mg.....mg	12		0		1		46	10	
Phosphorus, P.....mg	220		0		1		840	187	
Potassium, K.....mg	195		0		1		745	166	
Sodium, Na.....mg	91		0		1		348	77	
Zinc, Zn.....mg	1.48		0		1		5.65	1.26	
Copper, Cu.....mg	0.263		0		1		1.005	0.224	
Manganese, Mn.....mg	0.085		0		4		0.325	0.072	
Selenium, Se.....mcg	18.5		0	BFYN	4		70.7	15.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	14.0		0		1		53.5	11.9	
Thiamin.....mg	0.078		0		1		0.298	0.066	
Riboflavin.....mg	0.223		0		1		0.852	0.190	
Niacin.....mg	3.330		0		1		12.721	2.831	
Pantothenic acid.....mg	1.823		0		1		6.964	1.550	
Vitamin B-6.....mg	0.140		0		1		0.535	0.119	
Folate, total.....mcg	4		0		4		15	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		4		15	3	
Folate, DFE.....mcg_DFE	4		0	NC	4		15	3	
Vitamin B-12.....mcg	1.42		0		1		5.42	1.21	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0		1		0	0	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	2.150		0		1		8.213	1.828	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.040		0		1		0.153	0.034	
15:0.....g									
16:0.....g	1.060		0		1		4.049	0.901	
17:0.....g									
18:0.....g	1.030		0		1		3.935	0.876	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.720		0		1		6.570	1.462	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.130		0		1		0.497	0.111	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	1.100		0	1			4.202	0.935
20:1.....g	0.000		0	4			0.000	0.000
22:1 undifferentiated.....g	0.000		0	4			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.470		0	1			5.615	1.250
18:2 undifferentiated.....g	0.090		0	1			0.344	0.077
18:3 undifferentiated.....g	0.120		0	1			0.458	0.102
18:4.....g	0.000		0	4			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.490		0	1			1.872	0.417
20:5 n-3.....g								
22:5 n-3.....g	0.220		0	1			0.840	0.187
22:6 n-3.....g	0.460		0	1			1.757	0.391
Fatty acids, total trans.....g								
Cholesterol.....mg	2552		0	1			9749	2169
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.155		0	1			0.592	0.132
Threonine.....g	0.567		0	1			2.166	0.482
Isoleucine.....g	0.561		0	1			2.143	0.477
Leucine.....g	1.058		0	1			4.042	0.899
Lysine.....g	0.954		0	1			3.644	0.811
Methionine.....g	0.241		0	1			0.921	0.205
Cystine.....g	0.214		0	4			0.817	0.182
Phenylalanine.....g	0.618		0	1			2.361	0.525
Tyrosine.....g	0.509		0	1			1.944	0.433
Valine.....g	0.691		0	1			2.640	0.587
Arginine.....g	0.635		0	1			2.426	0.540
Histidine.....g	0.326		0	1			1.245	0.277
Alanine.....g	0.660		0	4			2.521	0.561
Aspartic acid.....g	1.214		0	1			4.637	1.032
Glutamic acid.....g	1.420		0	1			5.424	1.207
Glycine.....g	0.583		0	1			2.227	0.496
Proline.....g	0.660		0	4			2.521	0.561
Serine.....g	0.641		0	4			2.449	0.545
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 382g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
Proximates:									
Water.....g	78.36	0.152	9		1		22.22	88.55	
Energy.....kcal	127		0	NC	4		36	144	
Energy.....kj	531				4		151	600	
Protein (N x 6.25).....g	10.28	0.005	13		1		2.91	11.62	
Total lipid (fat).....g	9.21	0.206	8		1		2.61	10.41	
Ash.....g	1.13	0.178	5		1		0.32	1.28	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10	1.445	3		1		3	11	
Iron, Fe.....mg	1.60	0.131	5		1		0.45	1.81	
Magnesium, Mg.....mg	14	1.350	3		1		4	16	
Phosphorus, P.....mg	282	15.567	3		1		80	319	
Potassium, K.....mg	258	28.903	6		1		73	292	
Sodium, Na.....mg	120	12.242	5		1		34	136	
Zinc, Zn.....mg	1.27		0		1		0.36	1.44	
Copper, Cu.....mg	0.240		2		1		0.068	0.271	
Manganese, Mn.....mg	0.094	0.005	16		1		0.027	0.106	
Selenium, Se.....mcg	15.9		0	BFZN	4		4.5	18.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	13.5	0.805	5		1		3.8	15.3	
Thiamin.....mg	0.155		2		1		0.044	0.175	
Riboflavin.....mg	0.275		2		1		0.078	0.311	
Niacin.....mg	4.275		2		1		1.212	4.831	
Pantothenic acid.....mg	2.800		2		1		0.794	3.164	
Vitamin B-6.....mg	0.190		1		1		0.054	0.215	
Folate, total.....mcg	6		0		1		2	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6		0		1		2	7	
Folate, DFE.....mcg_DFE	6		0	NC	4		2	7	
Vitamin B-12.....mcg	2.19	0.407	3		1		0.62	2.47	
Vitamin A, IU.....IU	0		3		1		0	0	
Vitamin A, RAE.....mcg_RAE	0	0.000	3		1		0	0	
Retinol.....mcg	0	0.000	3		1		0	0	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
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	

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
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.....g									
22:5 n-3.....g	0.220		1		1		0.062	0.249	
22:6 n-3.....g	0.450		1		1		0.128	0.509	
Fatty acids, total trans.....g									
Cholesterol.....mg	2195	249.128	27		1		622	2480	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.132		3		1		0.037	0.149	
Threonine.....g	0.480		4		1		0.136	0.542	
Isoleucine.....g	0.475		4		1		0.135	0.537	
Leucine.....g	0.896		4		1		0.254	1.012	
Lysine.....g	0.808		4		1		0.229	0.913	
Methionine.....g	0.204		4		1		0.058	0.231	
Cystine.....g									
Phenylalanine.....g	0.523		4		1		0.148	0.591	
Tyrosine.....g	0.431		1		1		0.122	0.487	
Valine.....g	0.586		4		1		0.166	0.662	
Arginine.....g	0.538		3		1		0.153	0.608	
Histidine.....g	0.276		3		1		0.078	0.312	
Alanine.....g									
Aspartic acid.....g	1.028		1		1		0.291	1.162	
Glutamic acid.....g	1.202		1		1		0.341	1.358	
Glycine.....g	0.493		1		1		0.140	0.557	
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	62.40		1		1		106.70	53.04
Energy.....kcal	303		0	NC	4		518	258
Energy.....kj	1268				4		2168	1078
Protein (N x 6.25).....g	10.25		2		1		17.53	8.71
Total lipid (fat).....g	28.75		2		1		49.16	24.44
Ash.....g	0.30		1		1		0.51	0.26
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	27		1		1		46	23
Iron, Fe.....mg	3.70		1		1		6.33	3.15
Magnesium, Mg.....mg	10		1		1		17	9
Phosphorus, P.....mg	47		1		1		80	40
Potassium, K.....mg	8		1		1		14	7
Sodium, Na.....mg	39		1		1		67	33
Zinc, Zn.....mg	5.06		0		1		8.65	4.30
Copper, Cu.....mg	0.233		0		1		0.398	0.198
Manganese, Mn.....mg	0.012		0		4		0.021	0.010
Selenium, Se.....mcg	38.9		0	BFYN	4		66.5	33.1
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0
Thiamin.....mg	0.000		1		1		0.000	0.000
Riboflavin.....mg	0.080		1		1		0.137	0.068
Niacin.....mg	0.100		1		1		0.171	0.085
Pantothenic acid.....mg	0.222		0		4		0.380	0.189
Vitamin B-6.....mg	0.010		0		4		0.017	0.009
Folate, total.....mcg	3		0		4		5	3
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	3		0		4		5	3
Folate, DFE.....mcg_DFE	3		0	NC	4		5	3
Vitamin B-12.....mcg	1.03		0		4		1.76	0.88
Vitamin A, IU.....IU	0		1		1		0	0
Vitamin A, RAE.....mcg_RAE	0		1		1		0	0
Retinol.....mcg	0		1		1		0	0
Vitamin E.....mg_ATE	0.260		0		4		0.445	0.221
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	10.100		0		1		17.271	8.585
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	0.050		1		1		0.086	0.043
13:0.....g								
14:0.....g	0.330		1		1		0.564	0.281
15:0.....g								
16:0.....g	5.800		1		1		9.918	4.930
17:0.....g								
18:0.....g	3.920		1		1		6.703	3.332
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	9.680		0		1		16.553	8.228
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.820		0		4		1.402	0.697

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	8.860		0	4			15.151	7.531
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	7.220		0	1			12.346	6.137
18:2 undifferentiated.....g	2.660		1	1			4.549	2.261
18:3 undifferentiated.....g	0.190		0	4			0.325	0.162
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	1.860		0	4			3.181	1.581
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	143		1	1			245	122
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.061		1	1			0.104	0.052
Threonine.....g	0.451		1	1			0.771	0.383
Isoleucine.....g	0.420		1	1			0.718	0.357
Leucine.....g	0.809		1	1			1.383	0.688
Lysine.....g	0.656		1	1			1.122	0.558
Methionine.....g	0.194		1	1			0.332	0.165
Cystine.....g	0.090		0	4			0.154	0.077
Phenylalanine.....g	0.410		1	1			0.701	0.349
Tyrosine.....g	0.379		1	1			0.648	0.322
Valine.....g	0.502		1	1			0.858	0.427
Arginine.....g	0.840		1	1			1.436	0.714
Histidine.....g	0.215		1	1			0.368	0.183
Alanine.....g	0.727		1	1			1.243	0.618
Aspartic acid.....g	0.963		1	1			1.647	0.819
Glutamic acid.....g	1.322		1	1			2.261	1.124
Glycine.....g	1.096		1	1			1.874	0.932
Proline.....g	0.717		1	1			1.226	0.609
Serine.....g	0.492		1	1			0.841	0.418
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7			0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

Common Measures:

Measure 1 = 171g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10098

Pork, fresh, variety meats and by-products, chitterlings, raw**Refuse:** 20% Thaw juice and 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				Measure 1	Measure 2	Measure 3
			Deriv	Source Code	Confidence Code				
Proximates:									
Water.....g	66.25	1.875	6	1			18.78	239.83	
Energy.....kcal	252		0	NC	4		71	912	
Energy.....kj	1054				4		299	3817	
Protein (N x 6.25).....g	10.05	0.764	6	1			2.85	36.38	
Total lipid (fat).....g	23.05	1.832	6	1			6.53	83.44	
Ash.....g	0.33	0.075	4	1			0.09	1.19	
Carbohydrate, by difference.....g	0.33		0	NC	4		0.09	1.19	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	20		1	1			6	72	
Iron, Fe.....mg	1.92	0.217	6	1			0.54	6.95	
Magnesium, Mg.....mg	6		1	1			2	22	
Phosphorus, P.....mg	29		1	1			8	105	
Potassium, K.....mg	116	53.367	3	1			33	420	
Sodium, Na.....mg	35		2	1			10	127	
Zinc, Zn.....mg	2.09		1	1			0.59	7.57	
Copper, Cu.....mg	0.166		1	1			0.047	0.601	
Manganese, Mn.....mg	0.007		0	4			0.002	0.025	
Selenium, Se.....mcg	28.4		0	BFZN	4		8.1	102.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	4.4	1.321	8	1			1.2	15.9	
Thiamin.....mg	0.010		1	1			0.003	0.036	
Riboflavin.....mg	0.070		1	1			0.020	0.253	
Niacin.....mg	0.080		1	1			0.023	0.290	
Pantothenic acid.....mg	0.197		0	4			0.056	0.713	
Vitamin B-6.....mg	0.010		2	1			0.003	0.036	
Folate, total.....mcg	2		0	4			1	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		0		4		1	7	
Folate, DFE.....mcg_DFE	2		0	NC	4		1	7	
Vitamin B-12.....mcg	0.81		2	1			0.23	2.93	
Vitamin A, IU.....IU	0		0	1			0	0	
Vitamin A, RAE.....mcg_RAE	0		0	1			0	0	
Retinol.....mcg	0		0	1			0	0	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	7.930		0	1			2.248	28.707	
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	0.036	
13:0.....g									
14:0.....g	0.250		1	1			0.071	0.905	
15:0.....g									
16:0.....g	4.420		1	1			1.253	16.000	
17:0.....g									
18:0.....g	3.240		1	1			0.919	11.729	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.860		0	1			2.228	28.453	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.670		0	4			0.190	2.425	

NDB No. 10098

Pork, fresh, variety meats and by-products, chitterlings, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	0.720		0	4			0.204	2.606
20:1.....g								
22:1 undifferentiated.....g	0.000		0	4			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	5.870		0	1			1.664	21.249
18:2 undifferentiated.....g	2.640		1	1			0.748	9.557
18:3 undifferentiated.....g	0.150		0	4			0.043	0.543
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	1.520		0	4			0.431	5.502
20:5 n-3.....g	0.000		0	4			0.000	0.000
22:5 n-3.....g	0.000		0	4			0.000	0.000
22:6 n-3.....g	0.000		0	4			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	159		2	1			45	576
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.090		1	1			0.026	0.326
Threonine.....g	0.421		1	1			0.119	1.524
Isoleucine.....g	0.391		1	1			0.111	1.415
Leucine.....g	0.764		1	1			0.217	2.766
Lysine.....g	0.643		1	1			0.182	2.328
Methionine.....g	0.170		1	1			0.048	0.615
Cystine.....g	0.088		0	4			0.025	0.319
Phenylalanine.....g	0.371		1	1			0.105	1.343
Tyrosine.....g	0.322		1	1			0.091	1.166
Valine.....g	0.471		1	1			0.134	1.705
Arginine.....g	0.804		1	1			0.228	2.910
Histidine.....g	0.201		1	1			0.057	0.728
Alanine.....g	0.743		1	1			0.211	2.690
Aspartic acid.....g	0.944		1	1			0.268	3.417
Glutamic acid.....g	1.346		1	1			0.382	4.873
Glycine.....g	1.185		1	1			0.336	4.290
Proline.....g	0.753		1	1			0.213	2.726
Serine.....g	0.471		1	1			0.134	1.705
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 362g: 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 Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	72.65		2		1		80.64	306.58
Energy.....kcal	166		0	NC	4		184	701
Energy.....kj	695				4		771	2931
Protein (N x 6.25).....g	15.95		2		1		17.70	67.31
Total lipid (fat).....g	10.80		2		1		11.99	45.58
Ash.....g	0.40		1		1		0.44	1.69
Carbohydrate, by difference.....g	0.20		0	NC	4		0.22	0.84
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	18		1		1		20	76
Iron, Fe.....mg	1.50		1		1		1.67	6.33
Magnesium, Mg.....mg	7		1		1		8	30
Phosphorus, P.....mg	24		1		1		27	101
Potassium, K.....mg	40		1		1		44	169
Sodium, Na.....mg	167		1		1		185	705
Zinc, Zn.....mg	0.20		0		4		0.22	0.84
Copper, Cu.....mg	0.006		0		4		0.007	0.025
Manganese, Mn.....mg	0.010		0		4		0.011	0.042
Selenium, Se.....mcg	4.4		0	BFYN	4		4.9	18.6
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0
Thiamin.....mg	0.020		1		1		0.022	0.084
Riboflavin.....mg	0.070		1		1		0.078	0.295
Niacin.....mg	0.560		1		1		0.622	2.363
Pantothenic acid.....mg	0.037		0		4		0.041	0.156
Vitamin B-6.....mg	0.010		0		4		0.011	0.042
Folate, total.....mcg	0		0		4		0	0
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	0		0		4		0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0
Vitamin B-12.....mcg	0.04		0		4		0.04	0.17
Vitamin A, IU.....IU	0		1		1		0	0
Vitamin A, RAE.....mcg_RAE	0		1		1		0	0
Retinol.....mcg	0		1		1		0	0
Vitamin E.....mg_ATE	0.260		0		4		0.289	1.097
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	3.860		0		4		4.285	16.289
4:0.....g	0.000		0		4		0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000
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

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	4			0.000	0.000
22:5 n-3.....g	0.000		0	4			0.000	0.000
22:6 n-3.....g	0.000		0	4			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	90		1	1			100	380
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.031		1	1			0.034	0.131
Threonine.....g	0.477		1	1			0.529	2.013
Isoleucine.....g	0.365		1	1			0.405	1.540
Leucine.....g	0.875		1	1			0.971	3.693
Lysine.....g	0.732		1	1			0.813	3.089
Methionine.....g	0.128		1	1			0.142	0.540
Cystine.....g	0.142		0	4			0.158	0.599
Phenylalanine.....g	0.510		1	1			0.566	2.152
Tyrosine.....g	0.319		1	1			0.354	1.346
Valine.....g	0.638		1	1			0.708	2.692
Arginine.....g	1.276		1	1			1.416	5.385
Histidine.....g	0.191		1	1			0.212	0.806
Alanine.....g	1.531		1	1			1.699	6.461
Aspartic acid.....g	1.179		1	1			1.309	4.975
Glutamic acid.....g	2.008		1	1			2.229	8.474
Glycine.....g	3.142		1	1			3.488	13.259
Proline.....g	1.914		1	1			2.125	8.077
Serine.....g	0.684		1	1			0.759	2.886
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7			0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

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 Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	61.25		2		1		17.36	69.21
Energy.....kcal	234		0	NC	4		66	264
Energy.....kj	979				4		278	1106
Protein (N x 6.25).....g	22.45		2		1		6.36	25.37
Total lipid (fat).....g	15.10		2		1		4.28	17.06
Ash.....g	0.60		1		1		0.17	0.68
Carbohydrate, by difference.....g	0.60		0	NC	4		0.17	0.68
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	21		1		1		6	24
Iron, Fe.....mg	2.40		1		1		0.68	2.71
Magnesium, Mg.....mg	7		1		1		2	8
Phosphorus, P.....mg	41		1		1		12	46
Potassium, K.....mg	55		1		1		16	62
Sodium, Na.....mg	191		1		1		54	216
Zinc, Zn.....mg	0.19		0		4		0.05	0.21
Copper, Cu.....mg	0.006		0		4		0.002	0.007
Manganese, Mn.....mg	0.012		0		4		0.003	0.014
Selenium, Se.....mcg	4.3		0	BFZN	4		1.2	4.9
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0
Thiamin.....mg	0.080		1		1		0.023	0.090
Riboflavin.....mg	0.110		1		1		0.031	0.124
Niacin.....mg	0.780		1		1		0.221	0.881
Pantothenic acid.....mg	0.068		0		4		0.019	0.077
Vitamin B-6.....mg	0.020		0		4		0.006	0.023
Folate, total.....mcg	0		0		4		0	0
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	0		0		4		0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0
Vitamin B-12.....mcg	0.07		0		4		0.02	0.08
Vitamin A, IU.....IU	0		1		1		0	0
Vitamin A, RAE.....mcg_RAE	0		1		1		0	0
Retinol.....mcg	0		1		1		0	0
Vitamin E.....mg_ATE	0.290		0		4		0.082	0.328
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	5.390		0		4		1.528	6.091
4:0.....g	0.000		0		4		0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000
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

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	4			0.000	0.000
22:5 n-3.....g	0.000		0	4			0.000	0.000
22:6 n-3.....g	0.000		0	4			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	82		1	1			23	93
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.043		1	1			0.012	0.049
Threonine.....g	0.629		1	1			0.178	0.711
Isoleucine.....g	0.492		1	1			0.139	0.556
Leucine.....g	1.167		1	1			0.331	1.319
Lysine.....g	1.052		1	1			0.298	1.189
Methionine.....g	0.133		1	1			0.038	0.150
Cystine.....g	0.200		0	4			0.057	0.226
Phenylalanine.....g	0.718		1	1			0.204	0.811
Tyrosine.....g	0.402		1	1			0.114	0.454
Valine.....g	0.830		1	1			0.235	0.938
Arginine.....g	1.861		1	1			0.528	2.103
Histidine.....g	0.269		1	1			0.076	0.304
Alanine.....g	2.220		1	1			0.629	2.509
Aspartic acid.....g	1.660		1	1			0.471	1.876
Glutamic acid.....g	2.805		1	1			0.795	3.170
Glycine.....g	4.400		1	1			1.247	4.972
Proline.....g	2.848		1	1			0.807	3.218
Serine.....g	0.941		1	1			0.267	1.063
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10173

Pork, fresh, variety meats and by-products, feet, cooked, simmered**Refuse:** 66% 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	Source	Confidence	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
Proximates:									
Water.....g	66.00		1		1		93.72	56.10	
Energy.....kcal	194		0	NC	4		275	165	
Energy.....kj	812				4		1153	690	
Protein (N x 6.25).....g	19.20		1		1		27.26	16.32	
Total lipid (fat).....g	12.40		1		1		17.61	10.54	
Ash.....g	0.50		1		1		0.71	0.43	
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	45		1		1		64	38	
Iron, Fe.....mg	0.47		0		4		0.67	0.40	
Magnesium, Mg.....mg	5		1		1		7	4	
Phosphorus, P.....mg	48		1		1		68	41	
Potassium, K.....mg	146		0		4		207	124	
Sodium, Na.....mg	30		0		4		43	26	
Zinc, Zn.....mg	1.08		0		4		1.53	0.92	
Copper, Cu.....mg	0.044		0		4		0.062	0.037	
Manganese, Mn.....mg	0.005		0		4		0.007	0.004	
Selenium, Se.....mcg	4.7		0	BFYN	4		6.7	4.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.010		1		1		0.014	0.009	
Riboflavin.....mg	0.060		1		1		0.085	0.051	
Niacin.....mg	0.520		1		1		0.738	0.442	
Pantothenic acid.....mg	0.240		0		4		0.341	0.204	
Vitamin B-6.....mg	0.090		0		4		0.128	0.077	
Folate, total.....mcg	1		0		4		1	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1		0		4		1	1	
Folate, DFE.....mcg_DFE	1		0	NC	4		1	1	
Vitamin B-12.....mcg	0.18		0		4		0.26	0.15	
Vitamin A, IU.....IU	0		1		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		1		1		0	0	
Retinol.....mcg	0		1		1		0	0	
Vitamin E.....mg_ATE	0.260		0		4		0.369	0.221	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	4.280		0		1		6.078	3.638	
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	0.190		0		1		0.270	0.162	
15:0.....g									
16:0.....g	2.800		0		1		3.976	2.380	
17:0.....g									
18:0.....g	1.290		0		1		1.832	1.097	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.810		0		1		8.250	4.939	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.450		0		1		0.639	0.383	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	5.360		0	1			7.611	4.556
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	1.350		0	1			1.917	1.148
18:2 undifferentiated.....g	1.170		0	1			1.661	0.995
18:3 undifferentiated.....g	0.110		0	1			0.156	0.094
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.070		0	1			0.099	0.060
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	100		1	1			142	85
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.038		1	1			0.054	0.032
Threonine.....g	0.518		1	1			0.736	0.440
Isoleucine.....g	0.326		1	1			0.463	0.277
Leucine.....g	0.845		1	1			1.200	0.718
Lysine.....g	0.826		1	1			1.173	0.702
Methionine.....g	0.211		1	1			0.300	0.179
Cystine.....g	0.169		0	4			0.240	0.144
Phenylalanine.....g	0.557		1	1			0.791	0.473
Tyrosine.....g	0.307		1	1			0.436	0.261
Valine.....g	0.480		1	1			0.682	0.408
Arginine.....g	1.440		1	1			2.045	1.224
Histidine.....g	0.211		1	1			0.300	0.179
Alanine.....g	1.574		1	1			2.235	1.338
Aspartic acid.....g	1.382		1	1			1.962	1.175
Glutamic acid.....g	2.112		1	1			2.999	1.795
Glycine.....g	3.360		1	1			4.771	2.856
Proline.....g	2.016		1	1			2.863	1.714
Serine.....g	0.768		1	1			1.091	0.653
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7			0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

Common Measures:

Measure 1 = 142g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10102

Pork, fresh, variety meats and by-products, feet, raw**Refuse:** 58% 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	58.30	1.539	3		1		16.53	55.39	
Energy.....kcal	264		0	NC	4		75	251	
Energy.....kj	1105				4		313	1049	
Protein (N x 6.25).....g	22.07	0.636	3		1		6.26	20.97	
Total lipid (fat).....g	18.83	2.902	3		1		5.34	17.89	
Ash.....g	0.75		2		1		0.21	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									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	59		1		1		17	56	
Iron, Fe.....mg	0.50		0		4		0.14	0.48	
Magnesium, Mg.....mg	7		1		1		2	7	
Phosphorus, P.....mg	55		1		1		16	52	
Potassium, K.....mg	274		1		1		78	260	
Sodium, Na.....mg	62		1		1		18	59	
Zinc, Zn.....mg	1.29		0		4		0.37	1.23	
Copper, Cu.....mg	0.047		0		4		0.013	0.045	
Manganese, Mn.....mg	0.006		0		4		0.002	0.006	
Selenium, Se.....mcg	4.3		0	BFZN	4		1.2	4.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.040		1		1		0.011	0.038	
Riboflavin.....mg	0.100		1		1		0.028	0.095	
Niacin.....mg	1.110		1		1		0.315	1.055	
Pantothenic acid.....mg	0.360		0		4		0.102	0.342	
Vitamin B-6.....mg	0.120		0		4		0.034	0.114	
Folate, total.....mcg	2		0		4		1	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		0		4		1	2	
Folate, DFE.....mcg_DFE	2		0	NC	4		1	2	
Vitamin B-12.....mcg	0.27		0		4		0.08	0.26	
Vitamin A, IU.....IU	0		1		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		1		1		0	0	
Retinol.....mcg	0		1		1		0	0	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	6.500		0		4		1.843	6.175	
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	0.290		0		4		0.082	0.276	
15:0.....g									
16:0.....g	4.250		0		4		1.205	4.038	
17:0.....g									
18:0.....g	1.960		0		4		0.556	1.862	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.830		0		4		2.503	8.389	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.680		0		4		0.193	0.646	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	8.150		0	4			2.311	7.743
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	2.050		0	4			0.581	1.948
18:2 undifferentiated.....g	1.780		0	4			0.505	1.691
18:3 undifferentiated.....g	0.160		0	4			0.045	0.152
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	0.110		0	4			0.031	0.105
20:5 n-3.....g	0.000		0	4			0.000	0.000
22:5 n-3.....g	0.000		0	4			0.000	0.000
22:6 n-3.....g	0.000		0	4			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	106		1	1			30	101
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.044		1	1			0.012	0.042
Threonine.....g	0.574		1	1			0.163	0.545
Isoleucine.....g	0.353		1	1			0.100	0.335
Leucine.....g	0.927		1	1			0.263	0.881
Lysine.....g	0.949		1	1			0.269	0.902
Methionine.....g	0.221		1	1			0.063	0.210
Cystine.....g	0.194		0	4			0.055	0.184
Phenylalanine.....g	0.596		1	1			0.169	0.566
Tyrosine.....g	0.331		1	1			0.094	0.314
Valine.....g	0.508		1	1			0.144	0.483
Arginine.....g	1.677		1	1			0.475	1.593
Histidine.....g	0.265		1	1			0.075	0.252
Alanine.....g	1.854		1	1			0.526	1.761
Aspartic acid.....g	1.545		1	1			0.438	1.468
Glutamic acid.....g	2.406		1	1			0.682	2.286
Glycine.....g	3.663		1	1			1.038	3.480
Proline.....g	2.428		1	1			0.688	2.307
Serine.....g	0.883		1	1			0.250	0.839
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 95g: .5 foot

Calories Factors: Protein 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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.....mcg	18.3		0	BFYN	4		26.5	23.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.0		0		1		2.9	2.6	
Thiamin.....mg	0.555	0.039	5		1		0.805	0.716	
Riboflavin.....mg	1.702	0.093	5		1		2.468	2.196	
Niacin.....mg	6.050		0		1		8.773	7.805	
Pantothenic acid.....mg	2.470		0		1		3.582	3.186	
Vitamin B-6.....mg	0.390		0		1		0.566	0.503	
Folate, total.....mcg	4		0		1		6	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		1		6	5	
Folate, DFE.....mcg_DFE	4		0	NC	4		6	5	
Vitamin B-12.....mcg	3.79		0		1		5.50	4.89	
Vitamin A, IU.....IU	22		0		1		32	28	
Vitamin A, RAE.....mcg_RAE	7		0		1		10	9	
Retinol.....mcg	7		0		1		10	9	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	1.340		0		1		1.943	1.729	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	4			0.000	0.000
22:5 n-3.....g	0.000		0	4			0.000	0.000
22:6 n-3.....g	0.000		0	4			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	221		0	1			320	285
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.272		4	1			0.394	0.351
Threonine.....g	1.035		11	1			1.501	1.335
Isoleucine.....g	1.137		9	1			1.649	1.467
Leucine.....g	2.130		9	1			3.089	2.748
Lysine.....g	1.952		9	1			2.830	2.518
Methionine.....g	0.604		9	1			0.876	0.779
Cystine.....g	0.423		1	1			0.613	0.546
Phenylalanine.....g	1.042		9	1			1.511	1.344
Tyrosine.....g	0.808		5	1			1.172	1.042
Valine.....g	1.250		9	1			1.813	1.613
Arginine.....g	1.586		9	1			2.300	2.046
Histidine.....g	0.600		9	1			0.870	0.774
Alanine.....g	1.514		5	1			2.195	1.953
Aspartic acid.....g	2.137		6	1			3.099	2.757
Glutamic acid.....g	3.787		6	1			5.491	4.885
Glycine.....g	1.284		6	1			1.862	1.656
Proline.....g	1.087		5	1			1.576	1.402
Serine.....g	1.110		5	1			1.610	1.432
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 145g: 1 cup

Measure 2 = 129g: 1 heart

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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				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									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5	0.163	8		1		1	11	
Iron, Fe.....mg	4.68	0.345	10		1		1.33	10.58	
Magnesium, Mg.....mg	19	1.211	10		1		5	43	
Phosphorus, P.....mg	169	12.008	7		1		48	382	
Potassium, K.....mg	294	8.883	9		1		83	664	
Sodium, Na.....mg	56	2.517	3		1		16	127	
Zinc, Zn.....mg	2.80	0.256	10		1		0.79	6.33	
Copper, Cu.....mg	0.408	0.042	7		1		0.116	0.922	
Manganese, Mn.....mg	0.063	0.003	4		1		0.018	0.142	
Selenium, Se.....mcg	10.4		0	BFZN	4		2.9	23.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	5.3	0.650	10		1		1.5	12.0	
Thiamin.....mg	0.613	0.069	17		1		0.174	1.385	
Riboflavin.....mg	1.185	0.076	15		1		0.336	2.678	
Niacin.....mg	6.765	0.439	6		1		1.918	15.289	
Pantothenic acid.....mg	2.515		2		1		0.713	5.684	
Vitamin B-6.....mg	0.390	0.015	3		1		0.111	0.881	
Folate, total.....mcg	4	1.100	4		1		1	9	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4	1.100	4		1		1	9	
Folate, DFE.....mcg_DFE	4		0	NC	4		1	9	
Vitamin B-12.....mcg	3.79	0.265	3		1		1.07	8.57	
Vitamin A, IU.....IU	25	13.229	3		1		7	57	
Vitamin A, RAE.....mcg_RAE	8	3.973	3		1		2	17	
Retinol.....mcg	8	3.973	3		1		2	17	
Vitamin E.....mg_ATE	0.630		0		4		0.179	1.424	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	1.160		0		1		0.329	2.622	
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		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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....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	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

Measure 2 = 226g: 1 heart

Calories Factors: Protein 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10105

Pork, fresh, variety meats and by-products, jowl, 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	22.19	1.004	8		1		6.29	25.07	
Energy.....kcal	655	0	NC	4			186	740	
Energy.....kj	2741				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									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4	0		1			1	5	
Iron, Fe.....mg	0.42	0		1			0.12	0.47	
Magnesium, Mg.....mg	3	0		1			1	3	
Phosphorus, P.....mg	86	0		1			24	97	
Potassium, K.....mg	148	0		1			42	167	
Sodium, Na.....mg	25	0		1			7	28	
Zinc, Zn.....mg	0.84	0		4			0.24	0.95	
Copper, Cu.....mg	0.040	0		1			0.011	0.045	
Manganese, Mn.....mg	0.005	0		1			0.001	0.006	
Selenium, Se.....mcg	1.5	0	BFNN	4			0.4	1.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0	Z	7			0.0	0.0	
Thiamin.....mg	0.386	0		1			0.109	0.436	
Riboflavin.....mg	0.236	0		1			0.067	0.267	
Niacin.....mg	4.535	0		1			1.286	5.125	
Pantothenic acid.....mg	0.250	0		1			0.071	0.283	
Vitamin B-6.....mg	0.090	0		1			0.026	0.102	
Folate, total.....mcg	1	0		1			0	1	
Folic acid.....mcg	0	0	Z	7			0	0	
Folate, food.....mcg	1	0		1			0	1	
Folate, DFE.....mcg_DFE	1	0	NC	4			0	1	
Vitamin B-12.....mcg	0.82	0		1			0.23	0.93	
Vitamin A, IU.....IU	9	0		1			3	10	
Vitamin A, RAE.....mcg_RAE	3	0		1			1	3	
Retinol.....mcg	3	0		1			1	3	
Vitamin E.....mg_ATE	0.290	0		4			0.082	0.328	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	25.260	0		1			7.161	28.544	
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	0.050	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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	4			0.000	0.000
22:5 n-3.....g	0.000		0	4			0.000	0.000
22:6 n-3.....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								
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

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10107

Pork, fresh, variety meats and by-products, kidneys, cooked, braised**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	68.70	0.231	3		1		96.18	58.40	
Energy.....kcal	151		0	NC	4		211	128	
Energy.....kj	632				4		884	537	
Protein (N x 6.25).....g	25.40	0.173	3		1		35.56	21.59	
Total lipid (fat).....g	4.70	0.289	3		1		6.58	4.00	
Ash.....g	1.30	0.023	3		1		1.82	1.11	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	13		0		1		18	11	
Iron, Fe.....mg	5.29		0		1		7.41	4.50	
Magnesium, Mg.....mg	18		0		1		25	15	
Phosphorus, P.....mg	240		0		1		336	204	
Potassium, K.....mg	143		0		1		200	122	
Sodium, Na.....mg	80		0		1		112	68	
Zinc, Zn.....mg	4.15		0		1		5.81	3.53	
Copper, Cu.....mg	0.683		0		1		0.956	0.581	
Manganese, Mn.....mg	0.149		0		1		0.209	0.127	
Selenium, Se.....mcg	311.5		0	BFZN	4		436.1	264.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	10.6		0		1		14.8	9.0	
Thiamin.....mg	0.396		0		1		0.554	0.337	
Riboflavin.....mg	1.586		0		1		2.220	1.348	
Niacin.....mg	5.785		0		4		8.099	4.917	
Pantothenic acid.....mg	2.873		0		1		4.022	2.442	
Vitamin B-6.....mg	0.460		0		1		0.644	0.391	
Folate, total.....mcg	41		0		1		57	35	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	41		0		1		57	35	
Folate, DFE.....mcg_DFE	41		0	NC	4		57	35	
Vitamin B-12.....mcg	7.79		0		1		10.91	6.62	
Vitamin A, IU.....IU	260		0		1		364	221	
Vitamin A, RAE.....mcg_RAE	78		0		1		109	66	
Retinol.....mcg	78		0		1		109	66	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	1.510		0		1		2.114	1.284	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	4			0.000	0.000
22:5 n-3.....g	0.000		0	4			0.000	0.000
22:6 n-3.....g	0.000		0	4			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	480		0	1			672	408
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.329		0	1			0.461	0.280
Threonine.....g	1.053		0	1			1.474	0.895
Isoleucine.....g	1.357		0	1			1.900	1.153
Leucine.....g	2.280		0	1			3.192	1.938
Lysine.....g	1.829		0	1			2.561	1.555
Methionine.....g	0.545		0	1			0.763	0.463
Cystine.....g	0.557		0	1			0.780	0.473
Phenylalanine.....g	1.199		0	1			1.679	1.019
Tyrosine.....g	0.914		0	1			1.280	0.777
Valine.....g	1.463		0	1			2.048	1.244
Arginine.....g	1.561		0	1			2.185	1.327
Histidine.....g	0.610		0	1			0.854	0.519
Alanine.....g	1.597		0	1			2.236	1.357
Aspartic acid.....g	2.386		0	1			3.340	2.028
Glutamic acid.....g	3.032		0	1			4.245	2.577
Glycine.....g	1.609		0	1			2.253	1.368
Proline.....g	1.573		0	1			2.202	1.337
Serine.....g	1.345		0	1			1.883	1.143
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10106

Pork, fresh, variety meats and by-products, kidneys, raw

Refuse: 7% Fat, veins, and membranes

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	80.06	0.181	87		1		22.70	186.54	
Energy.....kcal	100		0	NC	4		28	233	
Energy.....kj	418				4		119	975	
Protein (N x 6.25).....g	16.46	0.372	9		1		4.67	38.35	
Total lipid (fat).....g	3.25	0.298	10		1		0.92	7.57	
Ash.....g	1.17	0.029	10		1		0.33	2.73	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	9	0.552	12		1		3	21	
Iron, Fe.....mg	4.89	0.184	83		1		1.39	11.39	
Magnesium, Mg.....mg	17	0.213	11		1		5	40	
Phosphorus, P.....mg	204	7.975	8		1		58	475	
Potassium, K.....mg	229	8.971	12		1		65	534	
Sodium, Na.....mg	121	12.756	4		1		34	282	
Zinc, Zn.....mg	2.75	0.076	52		1		0.78	6.41	
Copper, Cu.....mg	0.622	0.014	447		1		0.176	1.449	
Manganese, Mn.....mg	0.123	0.014	3		1		0.035	0.287	
Selenium, Se.....mcg	190.0		1	A	1		53.9	442.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	13.3	1.750	9		1		3.8	31.0	
Thiamin.....mg	0.340	0.033	9		1		0.096	0.792	
Riboflavin.....mg	1.697	0.159	8		1		0.481	3.954	
Niacin.....mg	8.207	0.281	12		1		2.327	19.122	
Pantothenic acid.....mg	3.130		2		1		0.887	7.293	
Vitamin B-6.....mg	0.440	0.036	5		1		0.125	1.025	
Folate, total.....mcg	42		1		1		12	98	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	42		1		1		12	98	
Folate, DFE.....mcg_DFE	42		0	NC	4		12	98	
Vitamin B-12.....mcg	8.49	1.858	3		1		2.41	19.78	
Vitamin A, IU.....IU	198	56.500	4		1		56	461	
Vitamin A, RAE.....mcg_RAE	59	16.967	4		1		17	139	
Retinol.....mcg	59	16.967	4		1		17	139	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	1.040		0		1		0.295	2.423	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	4			0.000	0.000
22:5 n-3.....g	0.000		0	4			0.000	0.000
22:6 n-3.....g	0.000		0	4			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	319	18.568	30	1			90	743
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.213		5	1			0.060	0.496
Threonine.....g	0.682		8	1			0.193	1.589
Isoleucine.....g	0.879		6	1			0.249	2.048
Leucine.....g	1.477		6	1			0.419	3.441
Lysine.....g	1.185		6	1			0.336	2.761
Methionine.....g	0.353		6	1			0.100	0.822
Cystine.....g	0.361		1	1			0.102	0.841
Phenylalanine.....g	0.777		6	1			0.220	1.810
Tyrosine.....g	0.592		2	1			0.168	1.379
Valine.....g	0.948		6	1			0.269	2.209
Arginine.....g	1.011		5	1			0.287	2.356
Histidine.....g	0.395		5	1			0.112	0.920
Alanine.....g	1.035		1	1			0.293	2.412
Aspartic acid.....g	1.546		2	1			0.438	3.602
Glutamic acid.....g	1.964		2	1			0.557	4.576
Glycine.....g	1.043		2	1			0.296	2.430
Proline.....g	1.019		1	1			0.289	2.374
Serine.....g	0.872		1	1			0.247	2.032
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 233g: 1 kidney

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.09	0.192	24		1		1.16	4.62	
Energy.....kcal	857		0	NC	4		243	968	
Energy.....kj	3586				4		1017	4052	
Protein (N x 6.25).....g	1.76	0.112	24		1		0.50	1.99	
Total lipid (fat).....g	94.16	0.298	24		1		26.69	106.40	
Ash.....g	0.10		0		1		0.03	0.11	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		0		1		0	1	
Iron, Fe.....mg	0.09		0		1		0.03	0.10	
Magnesium, Mg.....mg	1		0		1		0	1	
Phosphorus, P.....mg	19		0		4		5	21	
Potassium, K.....mg	31		0		4		9	35	
Sodium, Na.....mg	5		0		1		1	6	
Zinc, Zn.....mg	0.18		0		4		0.05	0.20	
Copper, Cu.....mg	0.009		0		1		0.003	0.010	
Manganese, Mn.....mg	0.001		0		4		0.000	0.001	
Selenium, Se.....mcg	8.0		0	BFZN	4		2.3	9.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.106		0		1		0.030	0.120	
Riboflavin.....mg	0.065		0		1		0.018	0.073	
Niacin.....mg	1.249		0		1		0.354	1.411	
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	
Vitamin B-6.....mg	0.030		0		1		0.009	0.034	
Folate, total.....mcg	0		0		4		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		0		4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.23		0		1		0.07	0.26	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0		4		0	0	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	45.230		0		1		12.823	51.110	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	4			0.000	0.000
22:5 n-3.....g	0.000		0	4			0.000	0.000
22:6 n-3.....g	0.000		0	4			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	110		0	1			31	124
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.006		1	1			0.002	0.007
Threonine.....g	0.058		1	1			0.016	0.066
Isoleucine.....g	0.046		1	1			0.013	0.052
Leucine.....g	0.123		1	1			0.035	0.139
Lysine.....g	0.146		1	1			0.041	0.165
Methionine.....g	0.026		1	1			0.007	0.029
Cystine.....g	0.015		1	1			0.004	0.017
Phenylalanine.....g	0.066		1	1			0.019	0.075
Tyrosine.....g	0.029		1	1			0.008	0.033
Valine.....g	0.084		1	1			0.024	0.095
Arginine.....g	0.182		1	1			0.052	0.206
Histidine.....g	0.020		1	1			0.006	0.023
Alanine.....g	0.104		0	4			0.029	0.118
Aspartic acid.....g	0.163		0	4			0.046	0.184
Glutamic acid.....g	0.273		0	4			0.077	0.308
Glycine.....g	0.080		0	4			0.023	0.090
Proline.....g	0.067		0	4			0.019	0.076
Serine.....g	0.072		0	4			0.020	0.081
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	64.32		0		1		227.69	54.67
Energy.....kcal	165		0	NC	4		584	140
Energy.....kj	690				4		2444	587
Protein (N x 6.25).....g	26.02		0		1		92.11	22.12
Total lipid (fat).....g	4.40		0		1		15.58	3.74
Ash.....g	1.50		0		1		5.31	1.28
Carbohydrate, by difference.....g	3.76		0	NC	4		13.31	3.20
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	10		0		1		35	9
Iron, Fe.....mg	17.92		0		1		63.44	15.23
Magnesium, Mg.....mg	14		0		1		50	12
Phosphorus, P.....mg	241		0		1		853	205
Potassium, K.....mg	150		0		1		531	128
Sodium, Na.....mg	49		0		1		173	42
Zinc, Zn.....mg	6.72		0		1		23.79	5.71
Copper, Cu.....mg	0.634		0		1		2.244	0.539
Manganese, Mn.....mg	0.300		0		1		1.062	0.255
Selenium, Se.....mcg	67.5		0	BFYN	4		239.0	57.4
Vitamins:								
Vitamin C, total ascorbic acid.....mg	23.6	2.916	6		1		83.5	20.1
Thiamin.....mg	0.258		0		1		0.913	0.219
Riboflavin.....mg	2.196		0		1		7.774	1.867
Niacin.....mg	8.435		0		4		29.860	7.170
Pantothenic acid.....mg	4.774		0		1		16.900	4.058
Vitamin B-6.....mg	0.570		0		1		2.018	0.485
Folate, total.....mcg	163		0		1		577	139
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	163		0		1		577	139
Folate, DFE.....mcg_DFE	163		0	NC	4		577	139
Vitamin B-12.....mcg	18.67		0		1		66.09	15.87
Vitamin A, IU.....IU	17997	*****	6		1		63709	15297
Vitamin A, RAE.....mcg_RAE	5405	865.822	6		1		19132	4594
Retinol.....mcg	5405	865.822	6		1		19132	4594
Vitamin E.....mg_ATE	0.470		0		4		1.664	0.400
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	1.410		0		1		4.991	1.199
4:0.....g	0.000		0		1		0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000
13:0.....g								
14:0.....g	0.020		0		1		0.071	0.017
15:0.....g								
16:0.....g	0.530		0		1		1.876	0.451
17:0.....g								
18:0.....g	0.840		0		1		2.974	0.714
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.630		0		1		2.230	0.536
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.030		0		1		0.106	0.026

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	0.560		0	1			1.982	0.476
20:1.....g	0.000		0	1			0.000	0.000
22:1 undifferentiated.....g	0.040		0	1			0.142	0.034
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.050		0	1			3.717	0.893
18:2 undifferentiated.....g	0.420		0	1			1.487	0.357
18:3 undifferentiated.....g	0.040		0	1			0.142	0.034
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.530		0	1			1.876	0.451
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.040		0	1			0.142	0.034
22:6 n-3.....g	0.030		0	1			0.106	0.026
Fatty acids, total trans.....g								
Cholesterol.....mg	355		0	1			1257	302
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.366		7	1			1.296	0.311
Threonine.....g	1.107		15	1			3.919	0.941
Isoleucine.....g	1.320		13	1			4.673	1.122
Leucine.....g	2.319		13	1			8.209	1.971
Lysine.....g	2.007		13	1			7.105	1.706
Methionine.....g	0.645		14	1			2.283	0.548
Cystine.....g	0.491		1	1			1.738	0.417
Phenylalanine.....g	1.274		13	1			4.510	1.083
Tyrosine.....g	0.887		6	1			3.140	0.754
Valine.....g	1.607		13	1			5.689	1.366
Arginine.....g	1.603		13	1			5.675	1.363
Histidine.....g	0.708		13	1			2.506	0.602
Alanine.....g	1.553		6	1			5.498	1.320
Aspartic acid.....g	2.356		8	1			8.340	2.003
Glutamic acid.....g	3.385		8	1			11.983	2.877
Glycine.....g	1.507		8	1			5.335	1.281
Proline.....g	1.395		6	1			4.938	1.186
Serine.....g	1.407		6	1			4.981	1.196
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7			0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

Common Measures:

Measure 1 = 354g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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.....mcg	52.7		0	BFZN	4		14.9	59.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	25.3	1.743	14		1		7.2	28.6	
Thiamin.....mg	0.283	0.014	24		1		0.080	0.320	
Riboflavin.....mg	3.005	0.102	26		1		0.852	3.396	
Niacin.....mg	15.301	0.467	31		1		4.338	17.290	
Pantothenic acid.....mg	6.650	0.198	6		1		1.885	7.515	
Vitamin B-6.....mg	0.690	0.031	8		1		0.196	0.780	
Folate, total.....mcg	212	36.770	7		1		60	240	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	212	36.770	7		1		60	240	
Folate, DFE.....mcg_DFE	212		0	NC	4		60	240	
Vitamin B-12.....mcg	26.00	2.881	5		1		7.37	29.38	
Vitamin A, IU.....IU	21650	*****	13		1		6138	24465	
Vitamin A, RAE.....mcg_RAE	6502	*****	13		1		1843	7347	
Retinol.....mcg	6502	*****	13		1		1843	7347	
Vitamin E.....mg_ATE	0.470		0		4		0.133	0.531	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	1.170		0		1		0.332	1.322	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.030		1	1			0.009	0.034
22:6 n-3.....g	0.020		1	1			0.006	0.023
Fatty acids, total trans.....g								
Cholesterol.....mg	301	5.687	109	1			85	340
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.301		7	1			0.085	0.340
Threonine.....g	0.910		15	1			0.258	1.028
Isoleucine.....g	1.085		13	1			0.308	1.226
Leucine.....g	1.906		13	1			0.540	2.154
Lysine.....g	1.649		13	1			0.467	1.863
Methionine.....g	0.530		14	1			0.150	0.599
Cystine.....g	0.404		1	1			0.115	0.457
Phenylalanine.....g	1.047		13	1			0.297	1.183
Tyrosine.....g	0.729		6	1			0.207	0.824
Valine.....g	1.321		13	1			0.375	1.493
Arginine.....g	1.317		13	1			0.373	1.488
Histidine.....g	0.582		13	1			0.165	0.658
Alanine.....g	1.276		6	1			0.362	1.442
Aspartic acid.....g	1.937		8	1			0.549	2.189
Glutamic acid.....g	2.782		8	1			0.789	3.144
Glycine.....g	1.239		8	1			0.351	1.400
Proline.....g	1.146		6	1			0.325	1.295
Serine.....g	1.157		6	1			0.328	1.307
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7			0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10113

Pork, fresh, variety meats and by-products, lungs, cooked, braised**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	80.00	0.635	3		1		240.00	68.00	
Energy.....kcal	99		0	NC	4		297	84	
Energy.....kj	414				4		1243	352	
Protein (N x 6.25).....g	16.60	0.577	3		1		49.80	14.11	
Total lipid (fat).....g	3.10	0.173	3		1		9.30	2.64	
Ash.....g	0.90	0.023	3		1		2.70	0.77	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		0		1		24	7	
Iron, Fe.....mg	16.41		0		1		49.23	13.95	
Magnesium, Mg.....mg	12		0		1		36	10	
Phosphorus, P.....mg	186		0		1		558	158	
Potassium, K.....mg	151		0		1		453	128	
Sodium, Na.....mg	81		0		1		243	69	
Zinc, Zn.....mg	2.45		0		1		7.35	2.08	
Copper, Cu.....mg	0.080		0		4		0.240	0.068	
Manganese, Mn.....mg	0.015		0		4		0.045	0.013	
Selenium, Se.....mcg	23.4		0	BFYN	4		70.2	19.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	7.9		0		1		23.7	6.7	
Thiamin.....mg	0.079		0		1		0.237	0.067	
Riboflavin.....mg	0.322		0		1		0.966	0.274	
Niacin.....mg	1.364		0		1		4.092	1.159	
Pantothenic acid.....mg	0.663		0		1		1.989	0.564	
Vitamin B-6.....mg	0.080		0		1		0.240	0.068	
Folate, total.....mcg	2		0		4		6	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		0		4		6	2	
Folate, DFE.....mcg_DFE	2		0	NC	4		6	2	
Vitamin B-12.....mcg	2.03		0		1		6.09	1.73	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0		1		0	0	
Vitamin E.....mg_ATE	0.260		0		4		0.780	0.221	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	1.090		0		1		3.270	0.927	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.030		0		1		0.090	0.026	
15:0.....g									
16:0.....g	0.720		0		1		2.160	0.612	
17:0.....g									
18:0.....g	0.330		0		1		0.990	0.281	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.700		0		1		2.100	0.595	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		0		1		0.180	0.051	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	0.630		0	1			1.890	0.536
20:1.....g	0.000		0	1			0.000	0.000
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.380		0	1			1.140	0.323
18:2 undifferentiated.....g	0.130		0	1			0.390	0.111
18:3 undifferentiated.....g	0.000		0	1			0.000	0.000
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.200		0	1			0.600	0.170
20:5 n-3.....g	0.010		0	1			0.030	0.009
22:5 n-3.....g	0.030		0	1			0.090	0.026
22:6 n-3.....g	0.010		0	1			0.030	0.009
Fatty acids, total trans.....g								
Cholesterol.....mg	387		0	1			1161	329
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.146		2	1			0.438	0.124
Threonine.....g	0.584		3	1			1.752	0.496
Isoleucine.....g	0.664		3	1			1.992	0.564
Leucine.....g	1.288		3	1			3.864	1.095
Lysine.....g	1.211		3	1			3.633	1.029
Methionine.....g	0.268		3	1			0.804	0.228
Cystine.....g	0.261		0	4			0.783	0.222
Phenylalanine.....g	0.691		3	1			2.073	0.587
Tyrosine.....g	0.470		0	4			1.410	0.400
Valine.....g	0.988		3	1			2.964	0.840
Arginine.....g	0.863		3	1			2.589	0.734
Histidine.....g	0.420		3	1			1.260	0.357
Alanine.....g	1.049		0	4			3.147	0.892
Aspartic acid.....g	1.493		1	1			4.479	1.269
Glutamic acid.....g	1.726		1	1			5.178	1.467
Glycine.....g	1.211		1	1			3.633	1.029
Proline.....g	1.062		0	4			3.186	0.903
Serine.....g	0.732		0	4			2.196	0.622
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7			0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

Common Measures:

Measure 1 = 300g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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.....mcg	17.8		0	BFZN	4		5.0	80.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	12.3	0.956	6		1		3.5	55.8	
Thiamin.....mg	0.085		2		1		0.024	0.386	
Riboflavin.....mg	0.430	0.046	7		1		0.122	1.950	
Niacin.....mg	3.345		2		1		0.948	15.173	
Pantothenic acid.....mg	0.900		2		1		0.255	4.082	
Vitamin B-6.....mg	0.100	0.029	4		1		0.028	0.454	
Folate, total.....mcg	3		0		4		1	14	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		0		4		1	14	
Folate, DFE.....mcg_DFE	3		0	NC	4		1	14	
Vitamin B-12.....mcg	2.75		2		1		0.78	12.47	
Vitamin A, IU.....IU	0		3		1		0	0	
Vitamin A, RAE.....mcg_RAE	0	0.000	3		1		0	0	
Retinol.....mcg	0	0.000	3		1		0	0	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	0.960		0		1		0.272	4.355	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.010		1		1		0.003	0.045
22:5 n-3.....g	0.030		1		1		0.009	0.136
22:6 n-3.....g	0.010		1		1		0.003	0.045
Fatty acids, total trans.....g								
Cholesterol.....mg	320	20.546	28		1		91	1452
Phytosterols.....mg	0		0		4		0	0
Amino Acids:								
Tryptophan.....g	0.124		2		1		0.035	0.562
Threonine.....g	0.496		3		1		0.141	2.250
Isoleucine.....g	0.563		3		1		0.160	2.554
Leucine.....g	1.093		3		1		0.310	4.958
Lysine.....g	1.027		3		1		0.291	4.658
Methionine.....g	0.228		3		1		0.065	1.034
Cystine.....g	0.221		0		4		0.063	1.002
Phenylalanine.....g	0.586		3		1		0.166	2.658
Tyrosine.....g	0.398		0		4		0.113	1.805
Valine.....g	0.838		3		1		0.238	3.801
Arginine.....g	0.732		3		1		0.208	3.320
Histidine.....g	0.356		3		1		0.101	1.615
Alanine.....g	0.890		0		4		0.252	4.037
Aspartic acid.....g	1.266		1		1		0.359	5.743
Glutamic acid.....g	1.464		1		1		0.415	6.641
Glycine.....g	1.027		1		1		0.291	4.658
Proline.....g	0.901		0		4		0.255	4.087
Serine.....g	0.621		0		4		0.176	2.817
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Source	Confidence	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
Proximates:									
Water.....g	56.87	0.943	9		1		16.12	257.96	
Energy.....kcal	304		0	NC	4		86	1379	
Energy.....kj	1272				4		361	5770	
Protein (N x 6.25).....g	15.03	0.284	9		1		4.26	68.18	
Total lipid (fat).....g	26.54	0.637	16		1		7.52	120.39	
Ash.....g	1.56	0.112	9		1		0.44	7.08	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	315	22.889	23		1		89	1429	
Iron, Fe.....mg	4.25		2		1		1.20	19.28	
Magnesium, Mg.....mg	16		0		4		5	73	
Phosphorus, P.....mg	200		1		1		57	907	
Potassium, K.....mg	298		0		4		84	1352	
Sodium, Na.....mg	50		0		4		14	227	
Zinc, Zn.....mg	2.44	0.073	7		1		0.69	11.07	
Copper, Cu.....mg	0.082	0.000	8		1		0.023	0.372	
Manganese, Mn.....mg	0.011		0		4		0.003	0.050	
Selenium, Se.....mcg	32.9		0	BFZN	4		9.3	149.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		0		4		0.2	3.2	
Thiamin.....mg	0.697		0		4		0.198	3.162	
Riboflavin.....mg	0.201		0		4		0.057	0.912	
Niacin.....mg	3.171		0		4		0.899	14.384	
Pantothenic acid.....mg	0.590		0		4		0.167	2.676	
Vitamin B-6.....mg	0.370		0		4		0.105	1.678	
Folate, total.....mcg	3		0		4		1	14	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		0		4		1	14	
Folate, DFE.....mcg_DFE	3		0	NC	4		1	14	
Vitamin B-12.....mcg	0.58		0		4		0.16	2.63	
Vitamin A, IU.....IU	10		0		4		3	45	
Vitamin A, RAE.....mcg_RAE	3		0		4		1	14	
Retinol.....mcg	3		0		4		1	14	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	9.820		0		1		2.784	44.544	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	4			0.000	0.000
22:5 n-3.....g	0.000		0	4			0.000	0.000
22:6 n-3.....g	0.000		0	4			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	77	11.227	6	1			22	349
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.202		0	4			0.057	0.916
Threonine.....g	0.617		0	1			0.175	2.799
Isoleucine.....g	0.689		0	1			0.195	3.125
Leucine.....g	1.099		0	1			0.312	4.985
Lysine.....g	1.180		0	1			0.335	5.352
Methionine.....g	0.313		0	1			0.089	1.420
Cystine.....g	0.169		0	1			0.048	0.767
Phenylalanine.....g	0.648		0	1			0.184	2.939
Tyrosine.....g	0.518		0	1			0.147	2.350
Valine.....g	0.913		0	1			0.259	4.141
Arginine.....g	1.074		0	1			0.304	4.872
Histidine.....g	0.540		0	1			0.153	2.449
Alanine.....g	0.874		0	1			0.248	3.964
Aspartic acid.....g	1.152		0	1			0.327	5.225
Glutamic acid.....g	1.983		0	1			0.562	8.995
Glycine.....g	0.862		0	1			0.244	3.910
Proline.....g	0.718		0	1			0.204	3.257
Serine.....g	0.600		0	1			0.170	2.722
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10116

Pork, fresh, variety meats and by-products, pancreas, cooked, braised**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	60.30	1.212	3		1		147.74	51.26	
Energy.....kcal	219		0	NC	4		537	186	
Energy.....kj	916				4		2245	779	
Protein (N x 6.25).....g	28.50	0.693	3		1		69.83	24.23	
Total lipid (fat).....g	10.80	0.635	3		1		26.46	9.18	
Ash.....g	1.20	0.023	3		1		2.94	1.02	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	16		0		1		39	14	
Iron, Fe.....mg	2.69		0		1		6.59	2.29	
Magnesium, Mg.....mg	23		0		1		56	20	
Phosphorus, P.....mg	291		0		1		713	247	
Potassium, K.....mg	168		0		1		412	143	
Sodium, Na.....mg	42		0		1		103	36	
Zinc, Zn.....mg	4.29		0		1		10.51	3.65	
Copper, Cu.....mg	0.110		0		1		0.270	0.094	
Manganese, Mn.....mg	0.198		0		1		0.485	0.168	
Selenium, Se.....mcg	72.8		0	BFYN	4		178.4	61.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	5.7		0		1		14.0	4.8	
Thiamin.....mg	0.092		0		1		0.225	0.078	
Riboflavin.....mg	0.658		0		1		1.612	0.559	
Niacin.....mg	3.206		0		1		7.855	2.725	
Pantothenic acid.....mg	4.741		0		1		11.615	4.030	
Vitamin B-6.....mg	0.440		0		4		1.078	0.374	
Folate, total.....mcg	5		0		4		12	4	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		0		4		12	4	
Folate, DFE.....mcg_DFE	5		0	NC	4		12	4	
Vitamin B-12.....mcg	17.07		0		1		41.82	14.51	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0		1		0	0	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	3.730		0		4		9.139	3.171	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.090		0		4		0.221	0.077	
15:0.....g									
16:0.....g	2.000		0		4		4.900	1.700	
17:0.....g									
18:0.....g	1.400		0		4		3.430	1.190	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.750		0		4		9.188	3.188	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.650		0		4		1.593	0.553	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	3.110		0	4			7.620	2.644
20:1.....g	0.000		0	4			0.000	0.000
22:1 undifferentiated.....g	0.000		0	4			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.030		0	4			4.974	1.726
18:2 undifferentiated.....g	1.180		0	4			2.891	1.003
18:3 undifferentiated.....g	0.080		0	4			0.196	0.068
18:4.....g	0.000		0	4			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.470		0	4			1.152	0.400
20:5 n-3.....g	0.000		0	4			0.000	0.000
22:5 n-3.....g	0.000		0	4			0.000	0.000
22:6 n-3.....g	0.000		0	4			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	315		0	1			772	268
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.625		0	1			1.531	0.531
Threonine.....g	1.281		0	1			3.138	1.089
Isoleucine.....g	1.496		0	1			3.665	1.272
Leucine.....g	2.130		0	1			5.219	1.811
Lysine.....g	1.965		0	1			4.814	1.670
Methionine.....g	0.470		0	1			1.152	0.400
Cystine.....g	0.365		0	4			0.894	0.310
Phenylalanine.....g	1.222		0	1			2.994	1.039
Tyrosine.....g	1.195		0	1			2.928	1.016
Valine.....g	1.537		0	1			3.766	1.306
Arginine.....g	1.642		0	1			4.023	1.396
Histidine.....g	0.552		0	1			1.352	0.469
Alanine.....g	1.459		0	4			3.575	1.240
Aspartic acid.....g	2.736		0	1			6.703	2.326
Glutamic acid.....g	2.348		0	1			5.753	1.996
Glycine.....g	1.737		0	1			4.256	1.476
Proline.....g	1.459		0	4			3.575	1.240
Serine.....g	1.140		0	4			2.793	0.969
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 245g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10115

Pork, fresh, variety meats and by-products, pancreas, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	67.18	0.831	5		1		19.05	75.91	
Energy.....kcal	199		0	NC	4		56	225	
Energy.....kj	833				4		236	941	
Protein (N x 6.25).....g	18.56	1.008	5		1		5.26	20.97	
Total lipid (fat).....g	13.24	1.007	5		1		3.75	14.96	
Ash.....g	1.12	0.091	3		1		0.32	1.27	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		1		1		3	12	
Iron, Fe.....mg	2.13	0.384	4		1		0.60	2.41	
Magnesium, Mg.....mg	17		1		1		5	19	
Phosphorus, P.....mg	234		1		1		66	264	
Potassium, K.....mg	197		2		1		56	223	
Sodium, Na.....mg	44		2		1		12	50	
Zinc, Zn.....mg	2.62	0.156	26		1		0.74	2.96	
Copper, Cu.....mg	0.090		1		1		0.026	0.102	
Manganese, Mn.....mg	0.157	0.006	5		1		0.045	0.177	
Selenium, Se.....mcg	40.8		0	BFNN	4		11.6	46.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	15.3	0.671	5		1		4.3	17.3	
Thiamin.....mg	0.105		2		1		0.030	0.119	
Riboflavin.....mg	0.460		2		1		0.130	0.520	
Niacin.....mg	3.450		2		1		0.978	3.899	
Pantothenic acid.....mg	4.555		2		1		1.291	5.147	
Vitamin B-6.....mg	0.460		0		4		0.130	0.520	
Folate, total.....mcg	3		0		4		1	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		0		4		1	3	
Folate, DFE.....mcg_DFE	3		0	NC	4		1	3	
Vitamin B-12.....mcg	16.40		2		1		4.65	18.53	
Vitamin A, IU.....IU	0		3		1		0	0	
Vitamin A, RAE.....mcg_RAE	0	0.000	3		1		0	0	
Retinol.....mcg	0	0.000	3		1		0	0	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	4.580		0		4		1.298	5.175	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	4			0.000	0.000
22:5 n-3.....g	0.000		0	4			0.000	0.000
22:6 n-3.....g	0.000		0	4			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	193	10.043	6	1			55	218
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.407		2	1			0.115	0.460
Threonine.....g	0.835		4	1			0.237	0.944
Isoleucine.....g	0.974		4	1			0.276	1.101
Leucine.....g	1.387		4	1			0.393	1.567
Lysine.....g	1.280		4	1			0.363	1.446
Methionine.....g	0.306		3	1			0.087	0.346
Cystine.....g	0.238		0	4			0.067	0.269
Phenylalanine.....g	0.796		4	1			0.226	0.899
Tyrosine.....g	0.778		1	1			0.221	0.879
Valine.....g	1.001		4	1			0.284	1.131
Arginine.....g	1.069		4	1			0.303	1.208
Histidine.....g	0.359		4	1			0.102	0.406
Alanine.....g	0.950		0	4			0.269	1.074
Aspartic acid.....g	1.782		1	1			0.505	2.014
Glutamic acid.....g	1.530		2	1			0.434	1.729
Glycine.....g	1.132		1	1			0.321	1.279
Proline.....g	0.950		0	4			0.269	1.074
Serine.....g	0.742		0	4			0.210	0.838
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10118

Pork, fresh, variety meats and by-products, spleen, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	66.70	0.981	3		1		199.43	56.70	
Energy.....kcal	149		0	NC	4		446	127	
Energy.....kj	623				4		1864	530	
Protein (N x 6.25).....g	28.20	0.981	3		1		84.32	23.97	
Total lipid (fat).....g	3.20	0.058	3		1		9.57	2.72	
Ash.....g	1.70	0.023	3		1		5.08	1.45	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	13		0		1		39	11	
Iron, Fe.....mg	22.23		0		1		66.47	18.90	
Magnesium, Mg.....mg	15		0		4		45	13	
Phosphorus, P.....mg	283		0		1		846	241	
Potassium, K.....mg	227		0		1		679	193	
Sodium, Na.....mg	107		0		4		320	91	
Zinc, Zn.....mg	3.54		0		1		10.58	3.01	
Copper, Cu.....mg	0.133		0		1		0.398	0.113	
Manganese, Mn.....mg	0.045		0		1		0.135	0.038	
Selenium, Se.....mcg	49.6		0	BFYN	4		148.3	42.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	11.6		0		1		34.7	9.9	
Thiamin.....mg	0.139		0		1		0.416	0.118	
Riboflavin.....mg	0.258		0		1		0.771	0.219	
Niacin.....mg	5.938		0		1		17.755	5.047	
Pantothenic acid.....mg	0.892		0		1		2.667	0.758	
Vitamin B-6.....mg	0.060		0		1		0.179	0.051	
Folate, total.....mcg	4		0		4		12	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		4		12	3	
Folate, DFE.....mcg_DFE	4		0	NC	4		12	3	
Vitamin B-12.....mcg	2.76		0		1		8.25	2.35	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0		1		0	0	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	1.060		0		1		3.169	0.901	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.010		0		1		0.030	0.009	
13:0.....g									
14:0.....g	0.070		0		1		0.209	0.060	
15:0.....g									
16:0.....g	0.570		0		1		1.704	0.485	
17:0.....g									
18:0.....g	0.400		0		1		1.196	0.340	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.860		0		1		2.571	0.731	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.120		0		1		0.359	0.102	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	0.730		0	1			2.183	0.621
20:1.....g	0.000		0	4			0.000	0.000
22:1 undifferentiated.....g	0.000		0	4			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.230		0	1			0.688	0.196
18:2 undifferentiated.....g	0.230		0	1			0.688	0.196
18:3 undifferentiated.....g	0.000		0	4			0.000	0.000
18:4.....g	0.000		0	4			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4			0.000	0.000
20:5 n-3.....g	0.000		0	4			0.000	0.000
22:5 n-3.....g	0.000		0	4			0.000	0.000
22:6 n-3.....g	0.000		0	4			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	504		0	1			1507	428
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.289		0	1			0.864	0.246
Threonine.....g	1.128		0	1			3.373	0.959
Isoleucine.....g	1.259		0	1			3.764	1.070
Leucine.....g	2.306		0	1			6.895	1.960
Lysine.....g	2.107		0	1			6.300	1.791
Methionine.....g	0.523		0	1			1.564	0.445
Cystine.....g	0.361		0	4			1.079	0.307
Phenylalanine.....g	1.205		0	1			3.603	1.024
Tyrosine.....g	0.790		0	1			2.362	0.672
Valine.....g	1.534		0	1			4.587	1.304
Arginine.....g	1.539		0	1			4.602	1.308
Histidine.....g	0.672		0	1			2.009	0.571
Alanine.....g	1.822		0	4			5.448	1.549
Aspartic acid.....g	2.482		0	1			7.421	2.110
Glutamic acid.....g	3.240		0	1			9.688	2.754
Glycine.....g	1.805		0	1			5.397	1.534
Proline.....g	1.571		0	4			4.697	1.335
Serine.....g	1.232		0	4			3.684	1.047
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 299g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10117

Pork, fresh, variety meats and by-products, spleen, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	78.43	0.182	16		1		22.23	88.63	
Energy.....kcal	100		0	NC	4		28	113	
Energy.....kj	418				4		119	473	
Protein (N x 6.25).....g	17.86	0.166	15		1		5.06	20.18	
Total lipid (fat).....g	2.59	0.160	14		1		0.73	2.93	
Ash.....g	1.53	0.073	13		1		0.43	1.73	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10		1		1		3	11	
Iron, Fe.....mg	22.32	1.919	17		1		6.33	25.22	
Magnesium, Mg.....mg	13		0		4		4	15	
Phosphorus, P.....mg	260	3.083	10		1		74	294	
Potassium, K.....mg	396		2		1		112	447	
Sodium, Na.....mg	98		0		4		28	111	
Zinc, Zn.....mg	2.54	0.085	8		1		0.72	2.87	
Copper, Cu.....mg	0.131	0.006	15		1		0.037	0.148	
Manganese, Mn.....mg	0.072	0.008	16		1		0.020	0.081	
Selenium, Se.....mcg	32.8		0	BFZN	4		9.3	37.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	28.5	1.753	8		1		8.1	32.2	
Thiamin.....mg	0.130		2		1		0.037	0.147	
Riboflavin.....mg	0.300		2		1		0.085	0.339	
Niacin.....mg	5.867	1.567	3		1		1.663	6.630	
Pantothenic acid.....mg	1.055		2		1		0.299	1.192	
Vitamin B-6.....mg	0.060		1		1		0.017	0.068	
Folate, total.....mcg	4		0		4		1	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		4		1	5	
Folate, DFE.....mcg_DFE	4		0	NC	4		1	5	
Vitamin B-12.....mcg	3.26	1.156	3		1		0.92	3.68	
Vitamin A, IU.....IU	0		3		1		0	0	
Vitamin A, RAE.....mcg_RAE	0	0.000	3		1		0	0	
Retinol.....mcg	0	0.000	3		1		0	0	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	0.860		0		1		0.244	0.972	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0		4		0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	363	32.912	8		1		103	410
Phytosterols.....mg	0		0		4		0	0
Amino Acids:								
Tryptophan.....g	0.183		3		1		0.052	0.207
Threonine.....g	0.714		4		1		0.202	0.807
Isoleucine.....g	0.797		4		1		0.226	0.901
Leucine.....g	1.460		4		1		0.414	1.650
Lysine.....g	1.334		4		1		0.378	1.507
Methionine.....g	0.331		4		1		0.094	0.374
Cystine.....g	0.229		0		4		0.065	0.259
Phenylalanine.....g	0.763		4		1		0.216	0.862
Tyrosine.....g	0.500		1		1		0.142	0.565
Valine.....g	0.971		4		1		0.275	1.097
Arginine.....g	0.974		3		1		0.276	1.101
Histidine.....g	0.426		3		1		0.121	0.481
Alanine.....g	1.154		0		4		0.327	1.304
Aspartic acid.....g	1.571		1		1		0.445	1.775
Glutamic acid.....g	2.051		1		1		0.581	2.318
Glycine.....g	1.143		1		1		0.324	1.292
Proline.....g	0.995		0		4		0.282	1.124
Serine.....g	0.780		0		4		0.221	0.881
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10119

Pork, fresh, variety meats and by-products, stomach, raw

Refuse: 11% 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				Measure 1	Measure 2	Measure 3
			Deriv	Source Code	Confidence Code				
Proximates:									
Water.....g	73.60		2		1		20.87	83.17	
Energy.....kcal	157		0	NC	4		45	177	
Energy.....kj	657				4		186	742	
Protein (N x 6.25).....g	16.50		1		1		4.68	18.65	
Total lipid (fat).....g	9.55		2		1		2.71	10.79	
Ash.....g	0.57		0		1		0.16	0.64	
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									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10		1		1		3	11	
Iron, Fe.....mg	2.18	0.937	3		1		0.62	2.46	
Magnesium, Mg.....mg	9		0		4		3	10	
Phosphorus, P.....mg	155		2		1		44	175	
Potassium, K.....mg	201		2		1		57	227	
Sodium, Na.....mg	52		1		1		15	59	
Zinc, Zn.....mg	2.01	0.063	9		1		0.57	2.27	
Copper, Cu.....mg	0.365	0.009	9		1		0.103	0.412	
Manganese, Mn.....mg	0.011		0		4		0.003	0.012	
Selenium, Se.....mcg	25.6		0	BFNN	4		7.3	28.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.085		2		1		0.024	0.096	
Riboflavin.....mg	0.115		2		1		0.033	0.130	
Niacin.....mg	4.450		2		1		1.262	5.029	
Pantothenic acid.....mg	0.640		0		4		0.181	0.723	
Vitamin B-6.....mg	0.040		1		1		0.011	0.045	
Folate, total.....mcg	2		0		4		1	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		0		4		1	2	
Folate, DFE.....mcg_DFE	2		0	NC	4		1	2	
Vitamin B-12.....mcg	0.99		1		1		0.28	1.12	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0		1		0	0	
Vitamin E.....mg_ATE	0.290		0		4		0.082	0.328	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	3.400		0		4		0.964	3.842	
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	0.120		0		4		0.034	0.136	
15:0.....g									
16:0.....g	2.140		0		4		0.607	2.418	
17:0.....g									
18:0.....g	1.140		0		4		0.323	1.288	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.350		0		4		1.233	4.916	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.280		0		4		0.079	0.316	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	4.070		0	4			1.154	4.599
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	1.010		0	4			0.286	1.141
18:2 undifferentiated.....g	0.890		0	4			0.252	1.006
18:3 undifferentiated.....g	0.080		0	4			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	0.040		0	4			0.011	0.045
20:5 n-3.....g	0.000		0	4			0.000	0.000
22:5 n-3.....g	0.000		0	4			0.000	0.000
22:6 n-3.....g	0.000		0	4			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	193		18.694	6	1		55	218
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.098		1	1			0.028	0.111
Threonine.....g	0.510		2	1			0.145	0.576
Isoleucine.....g	0.560		2	1			0.159	0.633
Leucine.....g	0.990		2	1			0.281	1.119
Lysine.....g	0.874		2	1			0.248	0.988
Methionine.....g	0.288		2	1			0.082	0.325
Cystine.....g								
Phenylalanine.....g	0.525		2	1			0.149	0.593
Tyrosine.....g	0.412		1	1			0.117	0.466
Valine.....g	0.692		2	1			0.196	0.782
Arginine.....g	0.924		1	1			0.262	1.044
Histidine.....g	0.246		1	1			0.070	0.278
Alanine.....g								
Aspartic acid.....g	1.418		1	1			0.402	1.602
Glutamic acid.....g	1.830		1	1			0.519	2.068
Glycine.....g	1.732		1	1			0.491	1.957
Proline.....g								
Serine.....g								
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7			0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

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 Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	46.70		1		1		128.43	39.70
Energy.....kcal	396		0	NC	4		1089	337
Energy.....kj	1657				4		4556	1408
Protein (N x 6.25).....g	17.00		1		1		46.75	14.45
Total lipid (fat).....g	35.80		1		1		98.45	30.43
Ash.....g	0.40		1		1		1.10	0.34
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	14		1		1		39	12
Iron, Fe.....mg	0.79		0		4		2.17	0.67
Magnesium, Mg.....mg	7		1		1		19	6
Phosphorus, P.....mg	47		1		1		129	40
Potassium, K.....mg	157		0		4		432	133
Sodium, Na.....mg	25		0		4		69	21
Zinc, Zn.....mg	1.64		0		4		4.51	1.39
Copper, Cu.....mg	0.067		0		4		0.184	0.057
Manganese, Mn.....mg	0.006		0		4		0.017	0.005
Selenium, Se.....mcg	3.1		0	BFZN	4		8.5	2.6
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0
Thiamin.....mg	0.070		1		1		0.193	0.060
Riboflavin.....mg	0.070		1		1		0.193	0.060
Niacin.....mg	1.120		1		1		3.080	0.952
Pantothenic acid.....mg	0.423		0		4		1.163	0.360
Vitamin B-6.....mg	0.270		0		4		0.743	0.230
Folate, total.....mcg	4		0		4		11	3
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	4		0		4		11	3
Folate, DFE.....mcg_DFE	4		0	NC	4		11	3
Vitamin B-12.....mcg	0.55		0		4		1.51	0.47
Vitamin A, IU.....IU	0		1		1		0	0
Vitamin A, RAE.....mcg_RAE	0		1		1		0	0
Retinol.....mcg	0		1		1		0	0
Vitamin E.....mg_ATE	0.260		0		4		0.715	0.221
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	12.450		0		1		34.238	10.583
4:0.....g	0.000		0		1		0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000
13:0.....g								
14:0.....g	0.570		0		1		1.568	0.485
15:0.....g								
16:0.....g	8.130		0		1		22.358	6.911
17:0.....g								
18:0.....g	3.750		0		1		10.313	3.188
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	16.890		0		1		46.448	14.357
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	1.310		0		1		3.603	1.114

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	15.580		0	1			42.845	13.243
20:1.....g	0.000		0	1			0.000	0.000
22:1 undifferentiated.....g	0.000		0	1			0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.940		0	1			10.835	3.349
18:2 undifferentiated.....g	3.410		0	1			9.378	2.899
18:3 undifferentiated.....g	0.300		0	1			0.825	0.255
18:4.....g	0.000		0	1			0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.230		0	1			0.633	0.196
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g	0.000		0	1			0.000	0.000
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	129		1	1			355	110
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.102		1	1			0.281	0.087
Threonine.....g	0.595		1	1			1.636	0.506
Isoleucine.....g	0.391		1	1			1.075	0.332
Leucine.....g	0.952		1	1			2.618	0.809
Lysine.....g	1.020		1	1			2.805	0.867
Methionine.....g	0.306		1	1			0.842	0.260
Cystine.....g	0.220		0	4			0.605	0.187
Phenylalanine.....g	0.510		1	1			1.403	0.434
Tyrosine.....g	0.340		1	1			0.935	0.289
Valine.....g	0.510		1	1			1.403	0.434
Arginine.....g	1.173		1	1			3.226	0.997
Histidine.....g	0.306		1	1			0.842	0.260
Alanine.....g	1.258		1	1			3.460	1.069
Aspartic acid.....g	1.428		1	1			3.927	1.214
Glutamic acid.....g	2.193		1	1			6.031	1.864
Glycine.....g	2.261		1	1			6.218	1.922
Proline.....g	1.428		1	1			3.927	1.214
Serine.....g	0.731		1	1			2.010	0.621
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7			0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

Common Measures:

Measure 1 = 275g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
Proximates:								
Water.....g	46.05		2		1		13.06	52.04
Energy.....kcal	378		0	NC	4		107	427
Energy.....kj	1582				4		448	1787
Protein (N x 6.25).....g	17.75		2		1		5.03	20.06
Total lipid (fat).....g	33.50		2		1		9.50	37.86
Ash.....g	0.50		1		1		0.14	0.57
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	18		1		1		5	20
Iron, Fe.....mg	0.99		0		4		0.28	1.12
Magnesium, Mg.....mg	8		1		1		2	9
Phosphorus, P.....mg	50		1		1		14	57
Potassium, K.....mg	349		0		4		99	394
Sodium, Na.....mg	63		0		4		18	71
Zinc, Zn.....mg	2.31		0		4		0.65	2.61
Copper, Cu.....mg	0.084		0		4		0.024	0.095
Manganese, Mn.....mg	0.011		0		4		0.003	0.012
Selenium, Se.....mcg	2.7		0	BFYN	4		0.8	3.1
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0
Thiamin.....mg	0.210		1		1		0.060	0.237
Riboflavin.....mg	0.110		1		1		0.031	0.124
Niacin.....mg	2.060		1		1		0.584	2.328
Pantothenic acid.....mg	0.673		0		4		0.191	0.760
Vitamin B-6.....mg	0.370		0		4		0.105	0.418
Folate, total.....mcg	5		0		4		1	6
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	5		0		4		1	6
Folate, DFE.....mcg_DFE	5		0	NC	4		1	6
Vitamin B-12.....mcg	0.88		0		4		0.25	0.99
Vitamin A, IU.....IU	0		1		1		0	0
Vitamin A, RAE.....mcg_RAE	0		1		1		0	0
Retinol.....mcg	0		1		1		0	0
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	11.640		0		1		3.300	13.153
4:0.....g	0.000		0		4		0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000
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

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	4			0.000	0.000
22:5 n-3.....g	0.000		0	4			0.000	0.000
22:6 n-3.....g	0.000		0	4			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	97		1	1			27	110
Phytosterols.....mg	0		0	4			0	0
Amino Acids:								
Tryptophan.....g	0.089		1	1			0.025	0.101
Threonine.....g	0.550		1	1			0.156	0.622
Isoleucine.....g	0.408		1	1			0.116	0.461
Leucine.....g	0.905		1	1			0.257	1.023
Lysine.....g	1.012		1	1			0.287	1.144
Methionine.....g	0.320		1	1			0.091	0.362
Cystine.....g	0.230		0	4			0.065	0.260
Phenylalanine.....g	0.479		1	1			0.136	0.541
Tyrosine.....g	0.320		1	1			0.091	0.362
Valine.....g	0.515		1	1			0.146	0.582
Arginine.....g	1.189		1	1			0.337	1.344
Histidine.....g	0.302		1	1			0.086	0.341
Alanine.....g	1.278		1	1			0.362	1.444
Aspartic acid.....g	1.384		1	1			0.392	1.564
Glutamic acid.....g	2.130		1	1			0.604	2.407
Glycine.....g	2.361		1	1			0.669	2.668
Proline.....g	1.509		1	1			0.428	1.705
Serine.....g	0.692		1	1			0.196	0.782
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 10122

Pork, fresh, variety meats and by-products, tongue, cooked, braised

Refuse: 24% Skin and trimmings

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	56.90	1.039	3		1		131.44	48.37	
Energy.....kcal	271		0	NC	4		626	230	
Energy.....kj	1134				4		2619	964	
Protein (N x 6.25).....g	24.10	0.289	3		1		55.67	20.49	
Total lipid (fat).....g	18.60	1.270	3		1		42.97	15.81	
Ash.....g	0.80	0.023	3		1		1.85	0.68	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	19		0		1		44	16	
Iron, Fe.....mg	4.99		0		1		11.53	4.24	
Magnesium, Mg.....mg	20		0		1		46	17	
Phosphorus, P.....mg	174		0		1		402	148	
Potassium, K.....mg	237		0		1		547	201	
Sodium, Na.....mg	109		0		1		252	93	
Zinc, Zn.....mg	4.53		0		1		10.46	3.85	
Copper, Cu.....mg	0.110		0		4		0.254	0.094	
Manganese, Mn.....mg	0.010		0		4		0.023	0.009	
Selenium, Se.....mcg	15.5		0	BFYN	4		35.8	13.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.7		0		1		3.9	1.4	
Thiamin.....mg	0.317		0		1		0.732	0.269	
Riboflavin.....mg	0.510		0		1		1.178	0.434	
Niacin.....mg	5.340		0		1		12.335	4.539	
Pantothenic acid.....mg	0.507		0		4		1.171	0.431	
Vitamin B-6.....mg	0.230		0		1		0.531	0.196	
Folate, total.....mcg	4		0		4		9	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		4		9	3	
Folate, DFE.....mcg_DFE	4		0	NC	4		9	3	
Vitamin B-12.....mcg	2.39		0		1		5.52	2.03	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0		1		0	0	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	6.449		0		1		14.897	5.482	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.020		0		1		0.046	0.017	
12:0.....g	0.090		0		1		0.208	0.077	
13:0.....g									
14:0.....g	0.340		0		1		0.785	0.289	
15:0.....g									
16:0.....g	4.129		0		1		9.538	3.510	
17:0.....g									
18:0.....g	1.870		0		1		4.320	1.590	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.759		0		1		20.233	7.445	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.700		0		1		1.617	0.595	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
17:1.....g								
18:1 undifferentiated.....g	7.889		0	1			18.224	6.706
20:1.....g	0.170		0	1			0.393	0.145
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.930		0	1			4.458	1.641
18:2 undifferentiated.....g	1.840		0	1			4.250	1.564
18:3 undifferentiated.....g	0.090		0	1			0.208	0.077
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g	0.000		0	1			0.000	0.000
22:5 n-3.....g								
22:6 n-3.....g	0.000		0	1			0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	146		0	1			337	124
Phytosterols.....mg	0		0	1			0	0
Amino Acids:								
Tryptophan.....g	0.278		0	1			0.642	0.236
Threonine.....g	1.018		0	1			2.352	0.865
Isoleucine.....g	1.099		0	1			2.539	0.934
Leucine.....g	1.932		0	1			4.463	1.642
Lysine.....g	1.970		0	1			4.551	1.675
Methionine.....g	0.540		0	1			1.247	0.459
Cystine.....g								
Phenylalanine.....g	0.999		0	1			2.308	0.849
Tyrosine.....g								
Valine.....g	1.253		0	1			2.894	1.065
Arginine.....g	1.488		0	1			3.437	1.265
Histidine.....g	0.605		0	1			1.398	0.514
Alanine.....g								
Aspartic acid.....g	2.240		0	1			5.174	1.904
Glutamic acid.....g	3.035		0	1			7.011	2.580
Glycine.....g	1.781		0	1			4.114	1.514
Proline.....g								
Serine.....g								
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 231g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 4.11

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Source	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
Proximates:									
Water.....g	65.90	0.462	3		1		18.68	74.47	
Energy.....kcal	225		0	NC	4		64	254	
Energy.....kj	941				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									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	16	3.184	6		1		5	18	
Iron, Fe.....mg	3.35	0.569	4		1		0.95	3.79	
Magnesium, Mg.....mg	18		2		1		5	20	
Phosphorus, P.....mg	193		2		1		55	218	
Potassium, K.....mg	243	20.138	5		1		69	275	
Sodium, Na.....mg	110	17.603	3		1		31	124	
Zinc, Zn.....mg	3.01		2		1		0.85	3.40	
Copper, Cu.....mg	0.070		0		4		0.020	0.079	
Manganese, Mn.....mg	0.011		0		4		0.003	0.012	
Selenium, Se.....mcg	10.4		0	BFZN	4		2.9	11.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	4.4	0.313	5		1		1.2	5.0	
Thiamin.....mg	0.490	0.167	4		1		0.139	0.554	
Riboflavin.....mg	0.485		2		1		0.137	0.548	
Niacin.....mg	5.300	0.409	3		1		1.503	5.989	
Pantothenic acid.....mg	0.641		0		4		0.182	0.724	
Vitamin B-6.....mg	0.240	0.047	3		1		0.068	0.271	
Folate, total.....mcg	4		0		4		1	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		4		1	5	
Folate, DFE.....mcg_DFE	4		0	NC	4		1	5	
Vitamin B-12.....mcg	2.84		1		1		0.81	3.21	
Vitamin A, IU.....IU	0		5		1		0	0	
Vitamin A, RAE.....mcg_RAE	0	0.000	5		1		0	0	
Retinol.....mcg	0	0.000	5		1		0	0	
Vitamin E.....mg_ATE	0.290		0		4		0.082	0.328	
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	5.960		0		1		1.690	6.735	
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		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	

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code	Measure 1	Measure 2
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.....g	0.000		0	4			0.000	0.000
22:5 n-3.....g	0.000		0	4			0.000	0.000
22:6 n-3.....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								
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

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27**Fat** 9.02**Carbohydrate** 4.11**Food Group:** 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Source	Confidence	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
Proximates:									
Water.....g	71.80		1	A	1				
Energy.....kcal	149		0	NC	4				
Energy.....kj	623					4			
Protein (N x 6.25).....g	18.84		1	A	1				
Total lipid (fat).....g	7.62		1	A	1				
Ash.....g	3.50		1	A	1				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		1	A	1				
Iron, Fe.....mg	0.85		1	A	1				
Magnesium, Mg.....mg	21		1	A	1				
Phosphorus, P.....mg	292		1	A	1				
Potassium, K.....mg	281		1	A	1				
Sodium, Na.....mg	1155		1	A	1				
Zinc, Zn.....mg	2.23		1	A	1				
Copper, Cu.....mg	0.114		1	A	1				
Manganese, Mn.....mg	0.047		0	BFSN	4				
Selenium, Se.....mcg	19.8		0	BFZN	4				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	23.3		1	A	1				
Thiamin.....mg	0.530		1	A	1				
Riboflavin.....mg	0.238		1	A	1				
Niacin.....mg	3.553		1	A	1				
Pantothenic acid.....mg	0.873		1	A	1				
Vitamin B-6.....mg	0.256		1	A	1				
Folate, total.....mcg	3		0	BFSN	4				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	3		0	BFSN	4				
Folate, DFE.....mcg_DFE	3		0	NC	4				
Vitamin B-12.....mcg	1.41		1	A	1				
Vitamin A, IU.....IU	0		1	A	1				
Vitamin A, RAE.....mcg_RAE	0		1	A	1				
Retinol.....mcg	0		1	A	1				
Vitamin E.....mg_ATE	3.527		1	A	1				
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	1.701		1	A	1				
4:0.....g	0.000		1	A	1				
6:0.....g	0.000		1	A	1				
8:0.....g	0.004		1	A	1				
10:0.....g	0.010		1	A	1				
12:0.....g	0.006		1	A	1				
13:0.....g									
14:0.....g	0.055		1	A	1				
15:0.....g									
16:0.....g	1.112		1	A	1				
17:0.....g									
18:0.....g	0.451		1	A	1				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.864		1	A	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.190		1	A	1				

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			Measure 1	Measure 2	Measure 3
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence					
				Code	Code	Code					
17:1.....g											
18:1 undifferentiated.....g	2.625		1	A	1						
20:1.....g	0.046		1	A	1						
22:1 undifferentiated.....g	0.000		1	A	1						
24:1 c.....g											
Fatty acids, total polyunsaturated.....g	0.747		1	A	1						
18:2 undifferentiated.....g	0.595		1	A	1						
18:3 undifferentiated.....g	0.034		1	A	1						
18:4.....g	0.000		1	A	1						
20:2 n-6 c,c.....g											
20:3 undifferentiated.....g											
20:4 undifferentiated.....g	0.077		1	A	1						
20:5 n-3.....g	0.000		1	A	1						
22:5 n-3.....g	0.000		1	A	1						
22:6 n-3.....g	0.005		1	A	1						
Fatty acids, total trans.....g											
Cholesterol.....mg	73		1	A	1						
Phytosterols.....mg											
Others:											
Alcohol, ethyl.....g	0.0		0	Z	7						
Caffeine.....mg	0		0	Z	7						
Theobromine.....mg	0		0	Z	7						

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Source	Confidence	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
Proximates:									
Water.....g	72.42		1	A	1				
Energy.....kcal	133		0	NC	4				
Energy.....kj	556					4			
Protein (N x 6.25).....g	17.44		1	A	1				
Total lipid (fat).....g	6.16		1	A	1				
Ash.....g	3.29		1	A	1				
Carbohydrate, by difference.....g	0.69		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7		1	A	1				
Iron, Fe.....mg	1.07		1	A	1				
Magnesium, Mg.....mg	20		1	A	1				
Phosphorus, P.....mg	278		1	A	1				
Potassium, K.....mg	272		1	A	1				
Sodium, Na.....mg	1210		1	A	1				
Zinc, Zn.....mg	2.30		1	A	1				
Copper, Cu.....mg	0.111		1	A	1				
Manganese, Mn.....mg	0.031		0	BFNN	4				
Selenium, Se.....mcg	16.4		0	BFZN	4				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	22.7		1	A	1				
Thiamin.....mg	0.534		1	A	1				
Riboflavin.....mg	0.187		1	A	1				
Niacin.....mg	2.525		1	A	1				
Pantothenic acid.....mg	0.659		1	A	1				
Vitamin B-6.....mg	0.229		1	A	1				
Folate, total.....mcg	4		0	BFZN	4				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	4		0	BFZN	4				
Folate, DFE.....mcg_DFE	4		0	NC	4				
Vitamin B-12.....mcg	0.68		1	A	1				
Vitamin A, IU.....IU	5		1	A	1				
Vitamin A, RAE.....mcg_RAE	2		1	A	1				
Retinol.....mcg	2		1	A	1				
Vitamin E.....mg_ATE	3.485		1	A	1				
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	1.673		1	A	1				
4:0.....g	0.000		1	A	1				
6:0.....g	0.000		1	A	1				
8:0.....g	0.000		1	A	1				
10:0.....g	0.011		1	A	1				
12:0.....g	0.006		1	A	1				
13:0.....g									
14:0.....g	0.057		1	A	1				
15:0.....g									
16:0.....g	1.068		1	A	1				
17:0.....g									
18:0.....g	0.444		1	A	1				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.655		1	A	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.174		1	A	1				

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			Measure 1	Measure 2	Measure 3
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence					
				Code	Code	Code					
17:1.....g											
18:1 undifferentiated.....g	2.437		1	A	1						
20:1.....g	0.040		1	A	1						
22:1 undifferentiated.....g	0.000		1	A	1						
24:1 c.....g											
Fatty acids, total polyunsaturated.....g	0.777		1	A	1						
18:2 undifferentiated.....g	0.595		1	A	1						
18:3 undifferentiated.....g	0.029		1	A	1						
18:4.....g	0.082		1	A	1						
20:2 n-6 c,c.....g											
20:3 undifferentiated.....g											
20:4 undifferentiated.....g	0.004		1	A	1						
20:5 n-3.....g	0.000		1	A	1						
22:5 n-3.....g	0.011		1	A	1						
22:6 n-3.....g	0.011		1	A	1						
Fatty acids, total trans.....g											
Cholesterol.....mg	71		1	A	1						
Phytosterols.....mg											
Others:											
Alcohol, ethyl.....g	0.0		0	Z	7						
Caffeine.....mg											
Theobromine.....mg											

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Source	Confidence	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
Proximates:									
Water.....g	57.08		1	A	1				
Energy.....kcal	265		0	NC	4				
Energy.....kj	1109					4			
Protein (N x 6.25).....g	23.55		1	A	1				
Total lipid (fat).....g	18.19		1	A	1				
Ash.....g	1.19		1	A	1				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		1	A	1				
Iron, Fe.....mg	1.51		1	A	1				
Magnesium, Mg.....mg	23		1	A	1				
Phosphorus, P.....mg	231		1	A	1				
Potassium, K.....mg	311		1	A	1				
Sodium, Na.....mg	76		1	A	1				
Zinc, Zn.....mg	3.59		1	A	1				
Copper, Cu.....mg	0.131		1	A	1				
Manganese, Mn.....mg	0.010		0	BFNN	4				
Selenium, Se.....mcg	35.4		0	BFZN	4				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.3		1	A	1				
Thiamin.....mg	0.598		1	A	1				
Riboflavin.....mg	0.247		1	A	1				
Niacin.....mg	3.597		1	A	1				
Pantothenic acid.....mg	0.923		1	A	1				
Vitamin B-6.....mg	0.167		1	A	1				
Folate, total.....mcg	6		0	BFPN	4				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	6		0	BFPN	4				
Folate, DFE.....mcg_DFE	6		0	NC	4				
Vitamin B-12.....mcg	2.30		1	A	1				
Vitamin A, IU.....IU	15		1	A	1				
Vitamin A, RAE.....mcg_RAE	5		1	A	1				
Retinol.....mcg	5		1	A	1				
Vitamin E.....mg_ATE	0.895		1	A	1				
Vitamin D.....IU									
Lipids:									
Fatty acids, total saturated.....g	5.515		1	A	1				
4:0.....g	0.000		1	A	1				
6:0.....g	0.000		1	A	1				
8:0.....g	0.005		1	A	1				
10:0.....g	0.025		1	A	1				
12:0.....g	0.014		1	A	1				
13:0.....g									
14:0.....g	0.181		1	A	1				
15:0.....g									
16:0.....g	3.623		1	A	1				
17:0.....g									
18:0.....g	1.505		1	A	1				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.141		1	A	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.556		1	A	1				

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			Measure 1	Measure 2	Measure 3
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence					
				Code	Code	Code					
17:1.....g											
18:1 undifferentiated.....g	8.435		1	A	1						
20:1.....g	0.139		1	A	1						
22:1 undifferentiated.....g	0.002		1	A	1						
24:1 c.....g											
Fatty acids, total polyunsaturated.....g	2.337		1	A	1						
18:2 undifferentiated.....g	2.034		1	A	1						
18:3 undifferentiated.....g	0.089		1	A	1						
18:4.....g	0.000		1	A	1						
20:2 n-6 c,c.....g											
20:3 undifferentiated.....g											
20:4 undifferentiated.....g	0.110		1	A	1						
20:5 n-3.....g	0.003		1	A	1						
22:5 n-3.....g	0.000		1	A	1						
22:6 n-3.....g	0.008		1	A	1						
Fatty acids, total trans.....g											
Cholesterol.....mg	105		1	A	1						
Phytosterols.....mg											
Others:											
Alcohol, ethyl.....g	0.0		0	Z	7						
Caffeine.....mg	0		0	Z	7						
Theobromine.....mg	0		0	Z	7						

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Source Code	Confidence Code	Measure 1	Measure 2
				Code	Code	Code		
Proximates:								
Water.....g	64.46		1	A	1			
Energy.....kcal	221		0	NC	4			
Energy.....kj	925				4			
Protein.....g	15.41		0	BFSN	4			
Total lipid (fat).....g	17.18		1	A	1			
Ash.....g	0.79		0	BFSN	4			
Carbohydrate, by difference.....g	0.00		0	Z	7			
Fiber, total dietary.....g	0.0		0	Z	7			
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	14		0	BFNN	4			
Iron, Fe.....mg	0.91		0	BFNN	4			
Magnesium, Mg.....mg	20		0	BFNN	4			
Phosphorus, P.....mg	181		0	BFNN	4			
Potassium, K.....mg	297		0	BFNN	4			
Sodium, Na.....mg	58		0	BFNN	4			
Zinc, Zn.....mg	2.28		0	BFNN	4			
Copper, Cu.....mg	0.047		0	BFNN	4			
Manganese, Mn.....mg	0.010		0	BFNN	4			
Selenium, Se.....mcg	24.6		0	BFZN	4			
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.6		0	BFSN	4			
Thiamin.....mg	0.668		0	BFSN	4			
Riboflavin.....mg	0.214		0	BFSN	4			
Niacin.....mg	3.959		0	BFSN	4			
Pantothenic acid.....mg	0.610		0	BFSN	4			
Vitamin B-6.....mg	0.350		0	BFSN	4			
Folate, total.....mcg	5		0	BFSN	4			
Folic acid.....mcg	0		0	Z	7			
Folate, food.....mcg	5		0	BFSN	4			
Folate, DFE.....mcg_DFE	5		0	NC	4			
Vitamin B-12.....mcg	0.64		0	BFSN	4			
Vitamin A, IU.....IU	6		0	BFSN	4			
Vitamin A, RAE.....mcg_RAE	2		0	BFSN	4			
Retinol.....mcg	2		0	BFSN	4			
Vitamin E.....mg_ATE	1.377		0	BFFN	4			
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	6.379		0	BFFN	4			
4:0.....g	0.000		0	BFFN	4			
6:0.....g	0.000		0	BFFN	4			
8:0.....g	0.008		0	BFFN	4			
10:0.....g	0.008		0	BFFN	4			
12:0.....g	0.016		0	BFFN	4			
13:0.....g								
14:0.....g	0.267		0	BFFN	4			
15:0.....g								
16:0.....g	3.866		0	BFFN	4			
17:0.....g								
18:0.....g	2.067		0	BFFN	4			
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	7.651		0	BFFN	4			
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.527		0	BFFN	4			

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			Measure 1	Measure 2	Measure 3
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence					
				Code	Code	Code					
17:1.....g											
18:1 undifferentiated.....g	6.889		0	BFFN	4						
20:1.....g	0.130		0	BFFN	4						
22:1 undifferentiated.....g	0.000		0	BFFN	4						
24:1 c.....g											
Fatty acids, total polyunsaturated.....g	1.548		0	BFFN	4						
18:2 undifferentiated.....g	1.354		0	BFFN	4						
18:3 undifferentiated.....g	0.057		0	BFFN	4						
18:4.....g	0.000		0	BFFN	4						
20:2 n-6 c,c.....g											
20:3 undifferentiated.....g											
20:4 undifferentiated.....g	0.065		0	BFFN	4						
20:5 n-3.....g	0.000		0	BFFN	4						
22:5 n-3.....g	0.000		0	BFFN	4						
22:6 n-3.....g	0.000		0	BFFN	4						
Fatty acids, total trans.....g											
Cholesterol.....mg	58		0	BFFN	4						
Phytosterols.....mg											
Others:											
Alcohol, ethyl.....g	0.0		0	Z	7						
Caffeine.....mg											
Theobromine.....mg											

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)