

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	49.83	0	14.13	226.03	
Energy	kcal	376	0	107	1706	
Energy	kJ	1573	0	446	7135	
Protein (N x 5.95)	g	13.91	0	3.94	63.10	
Total lipid (fat)	g	35.07	0	9.94	159.08	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	0.72	0	0.20	3.27	
Sugars, total	g					
Minerals:						
Calcium	mg	19	0	5	86	
Iron	mg	0.69	0	0.20	3.13	
Magnesium	mg	13	0	4	59	
Phosphorus	mg	155	0	44	703	
Potassium	mg	253	0	72	1148	
Sodium	mg	42	0	12	191	
Zinc	mg	1.59	0	0.45	7.21	
Copper	mg	0.055	0	0.016	0.249	
Manganese	mg	0.011	0	0.003	0.050	
Selenium	µg	28.4	0	8.1	128.8	
Vitamins:						
Ascorbic acid	mg	0.4	0	0.1	1.8	
Thiamin	mg	0.595	0	0.169	2.699	
Riboflavin	mg	0.207	0	0.059	0.939	
Niacin	mg	3.846	0	1.090	17.445	
Pantothenic acid	mg	0.526	0	0.149	2.386	
Vitamin B-6	mg	0.284	0	0.081	1.288	
Folate	µg	4	0	1	18	
Vitamin B-12	µg	0.61	0	0.17	2.77	
Vitamin A	IU	8	0	2	36	
Vitamin A, RE	µg	3	0	1	14	
Vitamin E, α-TE	mg	0.290	0	0.082	1.315	
Lipids:						
Saturated, total	g	12.440	0	3.527	56.428	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.030	0	0.009	0.136	
12:0	g	0.050	0	0.014	0.227	
14:0	g	0.440	0	0.125	1.996	
15:0	g					
16:0	g	7.650	0	2.169	34.700	
17:0	g					
18:0	g	4.200	0	1.191	19.051	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	15.930	0	4.516	72.258
14:1	g				
16:1	g	0.990	0	0.281	4.491
18:1	g	14.660	0	4.156	66.498
20:1	g	0.270	0	0.077	1.225
22:1	g				
Polyunsaturated, total	g	3.800	0	1.077	17.237
18:2	g	3.300	0	0.936	14.969
18:3	g	0.290	0	0.082	1.315
18:4	g				
20:4	g	0.110	0	0.031	0.499
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	74	0	21	336
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.160	0	0.045	0.726
Threonine	g	0.610	0	0.173	2.767
Isoleucine	g	0.616	0	0.175	2.794
Leucine	g	1.088	0	0.308	4.935
Lysine	g	1.230	0	0.349	5.579
Methionine	g	0.347	0	0.098	1.574
Cystine	g	0.169	0	0.048	0.767
Phenylalanine	g	0.547	0	0.155	2.481
Tyrosine	g	0.454	0	0.129	2.059
Valine	g	0.737	0	0.209	3.343
Arginine	g	0.911	0	0.258	4.132
Histidine	g	0.509	0	0.144	2.309
Alanine	g	0.832	0	0.236	3.774
Aspartic acid	g	1.249	0	0.354	5.665
Glutamic acid	g	2.062	0	0.585	9.353
Glycine	g	0.868	0	0.246	3.937
Proline	g	0.672	0	0.191	3.048
Serine	g	0.574	0	0.163	2.604
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb

NDB No. 10001

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1 [*] 28g	Measure 2 [*] 454g	Measure 3 [*]
Proximates:						
Water	g	72.34	0	20.51	328.13	
Energy	kcal	143	0	41	649	
Energy	kJ	598	0	170	2713	
Protein (N x 5.95)	g	21.07	0	5.97	95.57	
Total lipid (fat)	g	5.88	0	1.67	26.67	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.04	0	0.29	4.72	
Sugars, total	g					
Minerals:						
Calcium	mg	16	0	5	73	
Iron	mg	0.91	0	0.26	4.13	
Magnesium	mg	23	0	7	104	
Phosphorus	mg	211	0	60	957	
Potassium	mg	380	0	108	1724	
Sodium	mg	57	0	16	259	
Zinc	mg	2.08	0	0.59	9.43	
Copper	mg	0.069	0	0.020	0.313	
Manganese	mg	0.013	0	0.004	0.059	
Selenium	µg	32.3	0	9.2	146.5	
Vitamins:						
Ascorbic acid	mg	0.7	0	0.2	3.2	
Thiamin	mg	0.966	0	0.274	4.382	
Riboflavin	mg	0.273	0	0.077	1.238	
Niacin	mg	4.829	0	1.369	21.904	
Pantothenic acid	mg	0.788	0	0.223	3.574	
Vitamin B-6	mg	0.508	0	0.144	2.304	
Folate	µg	5	0	1	23	
Vitamin B-12	µg	0.67	0	0.19	3.04	
Vitamin A	IU	6	0	2	27	
Vitamin A, RE	µg	2	0	1	9	
Vitamin E, α-TE	mg	0.290	0	0.082	1.315	
Lipids:						
Saturated, total	g	2.030	0	0.576	9.208	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.003	0.045	
12:0	g	0.010	0	0.003	0.045	
14:0	g	0.070	0	0.020	0.318	
15:0	g					
16:0	g	1.290	0	0.366	5.851	
17:0	g					
18:0	g	0.640	0	0.181	2.903	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.660	0	0.754	12.066
14:1	g				
16:1	g	0.190	0	0.054	0.862
18:1	g	2.420	0	0.686	10.977
20:1	g	0.040	0	0.011	0.181
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.630	0	0.179	2.858
18:2	g	0.510	0	0.145	2.313
18:3	g	0.020	0	0.006	0.091
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.020	0.318
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	61	0	17	277
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.268	0	0.076	1.216
Threonine	g	0.962	0	0.273	4.364
Isoleucine	g	0.987	0	0.280	4.477
Leucine	g	1.691	0	0.479	7.670
Lysine	g	1.895	0	0.537	8.596
Methionine	g	0.558	0	0.158	2.531
Cystine	g	0.269	0	0.076	1.220
Phenylalanine	g	0.841	0	0.238	3.815
Tyrosine	g	0.734	0	0.208	3.329
Valine	g	1.143	0	0.324	5.185
Arginine	g	1.310	0	0.371	5.942
Histidine	g	0.842	0	0.239	3.819
Alanine	g	1.227	0	0.348	5.566
Aspartic acid	g	1.954	0	0.554	8.863
Glutamic acid	g	3.298	0	0.935	14.960
Glycine	g	1.000	0	0.284	4.536
Proline	g	0.846	0	0.240	3.837
Serine	g	0.870	0	0.247	3.946
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb

NDB No. 10002

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1 [*] 28g	Measure 2 [*] 454g	Measure 3 [*]
Proximates:						
Water	g	64.25	0	18.21	291.44	
Energy	kcal	227	0	64	1030	
Energy	kJ	950	0	269	4309	
Protein (N x 5.95)	g	18.25	0	5.17	82.78	
Total lipid (fat)	g	16.48	0	4.67	74.75	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	0.91	0	0.26	4.13	
Sugars, total	g					
Minerals:						
Calcium	mg	15	0	4	68	
Iron	mg	0.89	0	0.25	4.04	
Magnesium	mg	20	0	6	91	
Phosphorus	mg	197	0	56	894	
Potassium	mg	324	0	92	1470	
Sodium	mg	54	0	15	245	
Zinc	mg	2.11	0	0.60	9.57	
Copper	mg	0.068	0	0.019	0.308	
Manganese	mg	0.015	0	0.004	0.068	
Selenium	µg	28.5	0	8.1	129.3	
Vitamins:						
Ascorbic acid	mg	0.6	0	0.2	2.7	
Thiamin	mg	0.800	0	0.227	3.629	
Riboflavin	mg	0.242	0	0.069	1.098	
Niacin	mg	4.413	0	1.251	20.017	
Pantothenic acid	mg	0.718	0	0.204	3.257	
Vitamin B-6	mg	0.415	0	0.118	1.882	
Folate	µg	6	0	2	27	
Vitamin B-12	µg	0.67	0	0.19	3.04	
Vitamin A	IU	7	0	2	32	
Vitamin A, RE	µg	2	0	1	9	
Vitamin E, α-TE	mg	0.290	0	0.082	1.315	
Lipids:						
Saturated, total	g	5.770	0	1.636	26.173	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.003	0.045	
12:0	g	0.020	0	0.006	0.091	
14:0	g	0.200	0	0.057	0.907	
15:0	g					
16:0	g	3.580	0	1.015	16.239	
17:0	g					
18:0	g	1.900	0	0.539	8.618	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	7.320	0	2.075	33.204
14:1	g				
16:1	g	0.460	0	0.130	2.087
18:1	g	6.720	0	1.905	30.482
20:1	g	0.120	0	0.034	0.544
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.730	0	0.490	7.847
18:2	g	1.460	0	0.414	6.623
18:3	g	0.110	0	0.031	0.499
18:4	g	0.000	0	0.000	0.000
20:4	g	0.090	0	0.026	0.408
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	69	0	20	313
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.223	0	0.063	1.012
Threonine	g	0.820	0	0.232	3.720
Isoleucine	g	0.835	0	0.237	3.788
Leucine	g	1.449	0	0.411	6.573
Lysine	g	1.630	0	0.462	7.394
Methionine	g	0.471	0	0.134	2.136
Cystine	g	0.228	0	0.065	1.034
Phenylalanine	g	0.724	0	0.205	3.284
Tyrosine	g	0.619	0	0.175	2.808
Valine	g	0.981	0	0.278	4.450
Arginine	g	1.160	0	0.329	5.262
Histidine	g	0.704	0	0.200	3.193
Alanine	g	1.075	0	0.305	4.876
Aspartic acid	g	1.670	0	0.473	7.575
Glutamic acid	g	2.794	0	0.792	12.674
Glycine	g	0.980	0	0.278	4.445
Proline	g	0.795	0	0.225	3.606
Serine	g	0.754	0	0.214	3.420
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb

NDB No. 10003

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	7.69	0.131	210	2.18	34.88
Energy	kcal	812		0	230	3683
Energy	kJ	3397		0	963	15409
Protein (N x 5.95)	g	2.92	0.083	98	0.83	13.25
Total lipid (fat)	g	88.69	0.262	96	25.14	402.30
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	0.70		0	0.20	3.18
Sugars, total	g					
Minerals:						
Calcium	mg	2		0	1	9
Iron	mg	0.18		0	0.05	0.82
Magnesium	mg	2		0	1	9
Phosphorus	mg	38		0	11	172
Potassium	mg	65		0	18	295
Sodium	mg	11		0	3	50
Zinc	mg	0.37		0	0.10	1.68
Copper	mg	0.018		0	0.005	0.082
Manganese	mg	0.002		0	0.001	0.009
Selenium	µg	8.0		0	2.3	36.3
Vitamins:						
Ascorbic acid	mg	0.1		0	0.0	0.5
Thiamin	mg	0.084		0	0.024	0.381
Riboflavin	mg	0.051		0	0.014	0.231
Niacin	mg	0.985		0	0.279	4.468
Pantothenic acid	mg	0.115		0	0.033	0.522
Vitamin B-6	mg	0.040		0	0.011	0.181
Folate	µg	1		0	0	5
Vitamin B-12	µg	0.18		0	0.05	0.82
Vitamin A	IU	15		0	4	68
Vitamin A, RE	µg	5		0	1	23
Vitamin E, α-TE	mg	0.661		0	0.187	2.998
Lipids:						
Saturated, total	g	32.210		0	9.132	146.105
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.060		1	0.017	0.272
12:0	g	0.190		12	0.054	0.862
14:0	g	1.120		242	0.318	5.080
15.0	g					
16:0	g	19.450		245	5.514	88.225
17:0	g					
18:0	g	11.390		245	3.229	51.665
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	41.950	0	11.893	190.285
14:1	g				
16:1	g	2.750	241	0.780	12.474
18:1	g	38.480	245	10.909	174.545
20:1	g	0.720	1	0.204	3.266
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	10.350	0	2.934	46.948
18:2	g	9.500	245	2.693	43.092
18:3	g	0.740	27	0.210	3.357
18:4	g	0.000	0	0.000	0.000
20:4	g	0.110	12	0.031	0.499
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	57	2.104	8	16
Phytosterols	mg				259
Amino acids:					
Tryptophan	g	0.037	0	0.010	0.168
Threonine	g	0.133	0	0.038	0.603
Isoleucine	g	0.137	0	0.039	0.621
Leucine	g	0.234	0	0.066	1.061
Lysine	g	0.263	0	0.075	1.193
Methionine	g	0.077	0	0.022	0.349
Cystine	g	0.037	0	0.010	0.168
Phenylalanine	g	0.117	0	0.033	0.531
Tyrosine	g	0.102	0	0.029	0.463
Valine	g	0.158	0	0.045	0.717
Arginine	g	0.182	0	0.052	0.826
Histidine	g	0.117	0	0.033	0.531
Alanine	g	0.170	0	0.048	0.771
Aspartic acid	g	0.271	0	0.077	1.229
Glutamic acid	g	0.457	0	0.130	2.073
Glycine	g	0.139	0	0.039	0.631
Proline	g	0.117	0	0.033	0.531
Serine	g	0.121	0	0.034	0.549
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb

NDB No. 10004

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 10005 Pork, fresh, belly, raw

Refuse: 7% Skin

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	36.74	0.546	33	10.42	166.65
Energy	kcal	518		0	147	2350
Energy	kJ	2167		0	614	9830
Protein (N x 5.95)	g	9.34	0.161	33	2.65	42.37
Total lipid (fat)	g	53.01	0.684	33	15.03	240.45
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	0.49		0	0.14	2.22
Sugars, total	g					
Minerals:						
Calcium	mg	5		0	1	23
Iron	mg	0.52		0	0.15	2.36
Magnesium	mg	4		0	1	18
Phosphorus	mg	108		0	31	490
Potassium	mg	185		0	52	839
Sodium	mg	32		0	9	145
Zinc	mg	1.02		0	0.29	4.63
Copper	mg	0.052		0	0.015	0.236
Manganese	mg	0.006		0	0.002	0.027
Selenium	µg	8.0		0	2.3	36.3
Vitamins:						
Ascorbic acid	mg	0.3		0	0.1	1.4
Thiamin	mg	0.396		0	0.112	1.796
Riboflavin	mg	0.242		0	0.069	1.098
Niacin	mg	4.647		0	1.317	21.079
Pantothenic acid	mg	0.256		0	0.073	1.161
Vitamin B-6	mg	0.130		0	0.037	0.590
Folate	µg	1		0	0	5
Vitamin B-12	µg	0.84		0	0.24	3.81
Vitamin A	IU	10		0	3	45
Vitamin A, RE	µg	3		0	1	14
Vitamin E, α-TE	mg	0.453		0	0.128	2.055
Lipids:						
Saturated, total	g	19.330		0	5.480	87.681
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.040		7	0.011	0.181
12:0	g	0.060		13	0.017	0.272
14:0	g	0.700		315	0.198	3.175
15:0	g					
16:0	g	11.920		316	3.379	54.069
17:0	g					
18:0	g	6.490		318	1.840	29.439
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	24.700	0	7.002	112.039
14:1	g				
16:1	g	1.500	314	0.425	6.804
18:1	g	22.770	316	6.455	103.285
20:1	g	0.430	7	0.122	1.950
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	5.650	0	1.602	25.628
18:2	g	5.030	316	1.426	22.816
18:3	g	0.480	67	0.136	2.177
18:4	g	0.000	0	0.000	0.000
20:4	g	0.140	29	0.040	0.635
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	72	1	20	327
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.119	0	0.034	0.540
Threonine	g	0.426	0	0.121	1.932
Isoleucine	g	0.437	0	0.124	1.982
Leucine	g	0.749	0	0.212	3.397
Lysine	g	0.840	0	0.238	3.810
Methionine	g	0.247	0	0.070	1.120
Cystine	g	0.119	0	0.034	0.540
Phenylalanine	g	0.373	0	0.106	1.692
Tyrosine	g	0.325	0	0.092	1.474
Valine	g	0.507	0	0.144	2.300
Arginine	g	0.581	0	0.165	2.635
Histidine	g	0.373	0	0.106	1.692
Alanine	g	0.544	0	0.154	2.468
Aspartic acid	g	0.866	0	0.246	3.928
Glutamic acid	g	1.462	0	0.414	6.632
Glycine	g	0.443	0	0.126	2.009
Proline	g	0.375	0	0.106	1.701
Serine	g	0.386	0	0.109	1.751
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb

NDB No. 10005

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:						
Water	g	24.59	0.690	20	6.97	27.79
Energy	kcal	638		0	181	721
Energy	kJ	2669		0	757	3016
Protein (N x 5.95)	g	6.34	0.204	5	1.80	7.16
Total lipid (fat)	g	67.70	0.799	20	19.19	76.50
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	0.25	0.009	115	0.07	0.28
Sugars, total	g					
Minerals:						
Calcium	mg	45	4.754	5	13	51
Iron	mg	0.29	0.007	218	0.08	0.33
Magnesium	mg	2	0.200	68	1	2
Phosphorus	mg	90	3.030	5	26	102
Potassium	mg	120	3.733	5	34	136
Sodium	mg	18	0.415	111	5	20
Zinc	mg	0.71	0.021	5	0.20	0.80
Copper	mg	0.028	0.000	111	0.008	0.032
Manganese	mg	0.003		0	0.001	0.003
Selenium	µg	8.0	1.096	5	2.3	9.0
Vitamins:						
Ascorbic acid	mg	0.0		0	0.0	0.0
Thiamin	mg	0.230		0	0.065	0.260
Riboflavin	mg	0.100		0	0.028	0.113
Niacin	mg	1.800		0	0.510	2.034
Pantothenic acid	mg	0.250		0	0.071	0.282
Vitamin B-6	mg	0.040	0.010	8	0.011	0.045
Folate	µg	2		0	1	2
Vitamin B-12	µg	0.32		0	0.09	0.36
Vitamin A	IU	10		1	3	11
Vitamin A, RE	µg	3		1	1	3
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	23.520		0	6.668	26.578
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.050		7	0.014	0.057
12:0	g	0.070		13	0.020	0.079
14:0	g	0.840		318	0.238	0.949
15:0	g					
16:0	g	14.460		319	4.099	16.340
17:0	g					
18:0	g	7.870		321	2.231	8.893
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	29.940		0	8.488	33.832
14:1	g					
16:1	g	1.820		317	0.516	2.057
18:1	g	27.600		319	7.825	31.188
20:1	g	0.520		7	0.147	0.588
22:1	g					
Polyunsaturated, total	g	7.210		0	2.044	8.147
18:2	g	6.110		319	1.732	6.904
18:3	g	0.590		69	0.167	0.667
18:4	g					
20:4	g	0.170		31	0.048	0.192
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	93	3.090	12	26	105
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.021		0	0.006	0.024
Threonine	g	0.197		0	0.056	0.223
Isoleucine	g	0.165		0	0.047	0.186
Leucine	g	0.404		0	0.115	0.457
Lysine	g	0.493		0	0.140	0.557
Methionine	g	0.088		0	0.025	0.099
Cystine	g	0.051		0	0.014	0.058
Phenylalanine	g	0.224		0	0.064	0.253
Tyrosine	g	0.109		0	0.031	0.123
Valine	g	0.280		0	0.079	0.316
Arginine	g	0.564		0	0.160	0.637
Histidine	g	0.082		0	0.023	0.093
Alanine	g	0.446		0	0.126	0.504
Aspartic acid	g	0.437		0	0.124	0.494
Glutamic acid	g	0.568		0	0.161	0.642
Glycine	g	1.061		0	0.301	1.199
Proline	g	0.671		0	0.190	0.758
Serine	g	0.261		0	0.074	0.295
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 4 oz

NDB No. 10006

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:						
Water	g	23.22	0.583	19	6.58	26.24
Energy	kcal	629		0	178	711
Energy	kJ	2632		0	746	2974
Protein (N x 5.95)	g	12.20	0.534	19	3.46	13.79
Total lipid (fat)	g	63.92	1.018	19	18.12	72.23
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	0.75	0.049	19	0.21	0.85
Sugars, total	g					
Minerals:						
Calcium	mg	53	0.959	5	15	60
Iron	mg	0.36	0.018	67	0.10	0.41
Magnesium	mg	7	0.370	67	2	8
Phosphorus	mg	162	6.337	5	46	183
Potassium	mg	235	4.994	5	67	266
Sodium	mg	34	1.252	67	10	38
Zinc	mg	1.26	0.039	5	0.36	1.42
Copper	mg	0.052	0.000	67	0.015	0.059
Manganese	mg	0.003		0	0.001	0.003
Selenium	µg	16.3	1.207	5	4.6	18.4
Vitamins:						
Ascorbic acid	mg	0.0		1	0.0	0.0
Thiamin	mg	0.325	0.025	2	0.092	0.367
Riboflavin	mg	0.110		1	0.031	0.124
Niacin	mg	2.530		1	0.717	2.859
Pantothenic acid	mg	0.320		0	0.091	0.362
Vitamin B-6	mg	0.130		0	0.037	0.147
Folate	µg	2		0	1	2
Vitamin B-12	µg	0.45		0	0.13	0.51
Vitamin A	IU	13		1	4	15
Vitamin A, RE	µg	4		1	1	5
Vitamin E, α-TE	mg	0.810		0	0.230	0.915
Lipids:						
Saturated, total	g	24.490		0	6.943	27.674
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.050		19	0.014	0.057
12:0	g	0.050		19	0.014	0.057
14:0	g	0.850		23	0.241	0.961
15:0	g					
16:0	g	14.930		23	4.233	16.871
17:0	g					
18:0	g	8.170		23	2.316	9.232
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	27.350		0	7.754	30.906
14:1	g					
16:1	g	1.670		23	0.473	1.887
18:1	g	25.010		23	7.090	28.261
20:1	g	0.450		19	0.128	0.509
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	6.380		0	1.809	7.209
18:2	g	5.790		23	1.641	6.543
18:3	g	0.220		23	0.062	0.249
18:4	g	0.000		0	0.000	0.000
20:4	g	0.120		23	0.034	0.136
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	93	1.954	23	26	105
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.040		0	0.011	0.045
Threonine	g	0.379		0	0.107	0.428
Isoleucine	g	0.318		0	0.090	0.359
Leucine	g	0.778		0	0.221	0.879
Lysine	g	0.949		0	0.269	1.072
Methionine	g	0.170		0	0.048	0.192
Cystine	g	0.098		0	0.028	0.111
Phenylalanine	g	0.430		0	0.122	0.486
Tyrosine	g	0.210		0	0.060	0.237
Valine	g	0.538		0	0.153	0.608
Arginine	g	1.085		0	0.308	1.226
Histidine	g	0.158		0	0.045	0.179
Alanine	g	0.859		0	0.244	0.971
Aspartic acid	g	0.841		0	0.238	0.950
Glutamic acid	g	1.093		0	0.310	1.235
Glycine	g	2.042		0	0.579	2.307
Proline	g	1.290		0	0.366	1.458
Serine	g	0.502		0	0.142	0.567
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 4 oz

NDB No. 10007

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	62.47	0	17.71	283.36	
Energy	kcal	245	0	69	1111	
Energy	kJ	1025	0	291	4649	
Protein (N x 5.95)	g	17.43	0	4.94	79.06	
Total lipid (fat)	g	18.87	0	5.35	85.59	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	0.88	0	0.25	3.99	
Sugars, total	g					
Minerals:						
Calcium	mg	5	0	1	23	
Iron	mg	0.85	0	0.24	3.86	
Magnesium	mg	20	0	6	91	
Phosphorus	mg	199	0	56	903	
Potassium	mg	315	0	89	1429	
Sodium	mg	47	0	13	213	
Zinc	mg	1.93	0	0.55	8.75	
Copper	mg	0.065	0	0.018	0.295	
Manganese	mg	0.023	0	0.007	0.104	
Selenium	µg	29.4	0	8.3	133.4	
Vitamins:						
Ascorbic acid	mg	0.7	0	0.2	3.2	
Thiamin	mg	0.736	0	0.209	3.338	
Riboflavin	mg	0.200	0	0.057	0.907	
Niacin	mg	4.574	0	1.297	20.748	
Pantothenic acid	mg	0.685	0	0.194	3.107	
Vitamin B-6	mg	0.401	0	0.114	1.819	
Folate	µg	7	0	2	32	
Vitamin B-12	µg	0.63	0	0.18	2.86	
Vitamin A	IU	7	0	2	32	
Vitamin A, RE	µg	2	0	1	9	
Vitamin E, α-TE	mg	0.290	0	0.082	1.315	
Lipids:						
Saturated, total	g	6.540	0	1.854	29.665	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.003	0.045	
12:0	g	0.020	0	0.006	0.091	
14:0	g	0.240	0	0.068	1.089	
15:0	g					
16:0	g	4.060	0	1.151	18.416	
17:0	g					
18:0	g	2.160	0	0.612	9.798	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	8.380	0	2.376	38.012
14:1	g				
16:1	g	0.530	0	0.150	2.404
18:1	g	7.700	0	2.183	34.927
20:1	g	0.140	0	0.040	0.635
22:1	g				
Polyunsaturated, total	g	2.010	0	0.570	9.117
18:2	g	1.690	0	0.479	7.666
18:3	g	0.140	0	0.040	0.635
18:4	g				
20:4	g	0.090	0	0.026	0.408
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	73	0	21	331
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.208	0	0.059	0.943
Threonine	g	0.776	0	0.220	3.520
Isoleucine	g	0.787	0	0.223	3.570
Leucine	g	1.376	0	0.390	6.242
Lysine	g	1.550	0	0.439	7.031
Methionine	g	0.444	0	0.126	2.014
Cystine	g	0.216	0	0.061	0.980
Phenylalanine	g	0.689	0	0.195	3.125
Tyrosine	g	0.583	0	0.165	2.644
Valine	g	0.931	0	0.264	4.223
Arginine	g	1.120	0	0.318	5.080
Histidine	g	0.659	0	0.187	2.989
Alanine	g	1.032	0	0.293	4.681
Aspartic acid	g	1.584	0	0.449	7.185
Glutamic acid	g	2.636	0	0.747	11.957
Glycine	g	0.992	0	0.281	4.500
Proline	g	0.790	0	0.224	3.583
Serine	g	0.720	0	0.204	3.266
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb

NDB No. 10008

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 135g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	55.04	0	74.30	46.78	
Energy	kcal	273	0	369	232	
Energy	kJ	1142	0	1542	971	
Protein (N x 5.95)	g	26.83	0	36.22	22.81	
Total lipid (fat)	g	17.61	0	23.77	14.97	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.06	0	1.43	0.90	
Sugars, total	g					
Minerals:						
Calcium	mg	14	0	19	12	
Iron	mg	1.01	0	1.36	0.86	
Magnesium	mg	22	0	30	19	
Phosphorus	mg	263	0	355	224	
Potassium	mg	352	0	475	299	
Sodium	mg	60	0	81	51	
Zinc	mg	2.96	0	4.00	2.52	
Copper	mg	0.100	0	0.135	0.085	
Manganese	mg	0.032	0	0.043	0.027	
Selenium	µg	45.3	0	61.2	38.5	
Vitamins:						
Ascorbic acid	mg	0.3	0	0.4	0.3	
Thiamin	mg	0.635	0	0.857	0.540	
Riboflavin	mg	0.313	0	0.423	0.266	
Niacin	mg	4.574	0	6.175	3.888	
Pantothenic acid	mg	0.617	0	0.833	0.524	
Vitamin B-6	mg	0.402	0	0.543	0.342	
Folate	µg	10	0	14	9	
Vitamin B-12	µg	0.68	0	0.92	0.58	
Vitamin A	IU	10	0	14	9	
Vitamin A, RE	µg	3	0	4	3	
Vitamin E, α-TE	mg	0.260	0	0.351	0.221	
Lipids:						
Saturated, total	g	6.470	0	8.734	5.499	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.020	0	0.027	0.017	
12:0	g	0.010	0	0.014	0.009	
14:0	g	0.220	0	0.297	0.187	
15:0	g					
16:0	g	4.010	0	5.414	3.408	
17:0	g					
18:0	g	2.110	0	2.848	1.793	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	7.880	0	10.638	6.698
14:1	g				
16:1	g	0.500	0	0.675	0.425
18:1	g	7.230	0	9.761	6.146
20:1	g	0.120	0	0.162	0.102
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.680	0	2.268	1.428
18:2	g	1.520	0	2.052	1.292
18:3	g	0.050	0	0.068	0.043
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.095	0.060
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	94	0	127	80
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.324	0	0.437	0.275
Threonine	g	1.198	0	1.617	1.018
Isoleucine	g	1.218	0	1.644	1.035
Leucine	g	2.122	0	2.865	1.804
Lysine	g	2.390	0	3.227	2.031
Methionine	g	0.687	0	0.927	0.584
Cystine	g	0.333	0	0.450	0.283
Phenylalanine	g	1.062	0	1.434	0.903
Tyrosine	g	0.903	0	1.219	0.768
Valine	g	1.437	0	1.940	1.221
Arginine	g	1.717	0	2.318	1.459
Histidine	g	1.022	0	1.380	0.869
Alanine	g	1.585	0	2.140	1.347
Aspartic acid	g	2.445	0	3.301	2.078
Glutamic acid	g	4.077	0	5.504	3.465
Glycine	g	1.493	0	2.016	1.269
Proline	g	1.198	0	1.617	1.018
Serine	g	1.108	0	1.496	0.942
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, diced
- Measure 2: 3 oz

NDB No. 10009

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	72.90	0.177	51	20.67	330.67
Energy	kcal	136		0	39	617
Energy	kJ	569		0	161	2581
Protein (N x 5.95)	g	20.48	0.139	53	5.81	92.90
Total lipid (fat)	g	5.41	0.190	51	1.53	24.54
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.05	0.009	37	0.30	4.76
Sugars, total	g					
Minerals:						
Calcium	mg	6	0.339	38	2	27
Iron	mg	1.01	0.024	167	0.29	4.58
Magnesium	mg	25	0.431	25	7	113
Phosphorus	mg	229	3.895	11	65	1039
Potassium	mg	369	3.071	149	105	1674
Sodium	mg	55	1.099	123	16	249
Zinc	mg	2.27	0.105	27	0.64	10.30
Copper	mg	0.075	0.002	51	0.021	0.340
Manganese	mg	0.029		0	0.008	0.132
Selenium	µg	35.4		0	10.0	160.6
Vitamins:						
Ascorbic acid	mg	0.9		0	0.3	4.1
Thiamin	mg	0.875	0.027	47	0.248	3.969
Riboflavin	mg	0.228	0.010	46	0.065	1.034
Niacin	mg	5.338	0.140	34	1.513	24.213
Pantothenic acid	mg	0.805		0	0.228	3.651
Vitamin B-6	mg	0.500		0	0.142	2.268
Folate	µg	9	3.150	4	3	41
Vitamin B-12	µg	0.71	0.056	11	0.20	3.22
Vitamin A	IU	6		0	2	27
Vitamin A, RE	µg	2		0	1	9
Vitamin E, α-TE	mg	0.290		0	0.082	1.315
Lipids:						
Saturated, total	g	1.870		0	0.530	8.482
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.010		73	0.003	0.045
12:0	g	0.010		75	0.003	0.045
14:0	g	0.070		378	0.020	0.318
15:0	g					
16:0	g	1.190		378	0.337	5.398
17:0	g					
18:0	g	0.580		378	0.164	2.631
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.440		0	0.692	11.068
14:1	g					
16:1	g	0.170		378	0.048	0.771
18:1	g	2.220		378	0.629	10.070
20:1	g	0.040		71	0.011	0.181
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.580		0	0.164	2.631
18:2	g	0.470		378	0.133	2.132
18:3	g	0.020		190	0.006	0.091
18:4	g	0.000		0	0.000	0.000
20:4	g	0.070		315	0.020	0.318
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	68	3.212	25	19	308
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.260		0	0.074	1.179
Threonine	g	0.935		0	0.265	4.241
Isoleucine	g	0.959		0	0.272	4.350
Leucine	g	1.643		0	0.466	7.453
Lysine	g	1.842		0	0.522	8.355
Methionine	g	0.542		0	0.154	2.459
Cystine	g	0.261		0	0.074	1.184
Phenylalanine	g	0.818		0	0.232	3.710
Tyrosine	g	0.714		0	0.202	3.239
Valine	g	1.111		0	0.315	5.039
Arginine	g	1.273		0	0.361	5.774
Histidine	g	0.818		0	0.232	3.710
Alanine	g	1.193		0	0.338	5.411
Aspartic acid	g	1.900		0	0.539	8.618
Glutamic acid	g	3.206		0	0.909	14.542
Glycine	g	0.972		0	0.276	4.409
Proline	g	0.823		0	0.233	3.733
Serine	g	0.846		0	0.240	3.837
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb

NDB No. 10010

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 135g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	60.66	0	81.89	51.56	
Energy	kcal	211	0	285	179	
Energy	kJ	883	0	1192	751	
Protein (N x 5.95)	g	29.41	0	39.70	25.00	
Total lipid (fat)	g	9.44	0	12.74	8.02	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.11	0.036	11	1.50	0.94
Sugars, total	g					
Minerals:						
Calcium	mg	7		1	9	6
Iron	mg	1.12	0.040	12	1.51	0.95
Magnesium	mg	25		1	34	21
Phosphorus	mg	281		1	379	239
Potassium	mg	373	13.935	12	504	317
Sodium	mg	64	1.441	12	86	54
Zinc	mg	3.26	0.143	12	4.40	2.77
Copper	mg	0.108	0.004	12	0.146	0.092
Manganese	mg	0.037		1	0.050	0.031
Selenium	µg	49.9		0	67.4	42.4
Vitamins:						
Ascorbic acid	mg	0.4		0	0.5	0.3
Thiamin	mg	0.690	0.056	12	0.931	0.587
Riboflavin	mg	0.349	0.019	12	0.471	0.297
Niacin	mg	4.935	0.251	12	6.662	4.195
Pantothenic acid	mg	0.670		0	0.905	0.570
Vitamin B-6	mg	0.450		0	0.608	0.383
Folate	µg	12		0	16	10
Vitamin B-12	µg	0.72	0.043	12	0.97	0.61
Vitamin A	IU	9		0	12	8
Vitamin A, RE	µg	3		0	4	3
Vitamin E, α-TE	mg	0.260		0	0.351	0.221
Lipids:						
Saturated, total	g	3.300		0	4.455	2.805
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.020		28	0.027	0.017
12:0	g	0.010		28	0.014	0.009
14:0	g	0.110		28	0.149	0.094
15:0	g					
16:0	g	2.080		28	2.808	1.768
17:0	g					
18:0	g	1.040		28	1.404	0.884
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.450		0	6.008	3.783
14:1	g					
16:1	g	0.300		28	0.405	0.255
18:1	g	4.090		28	5.521	3.476
20:1	g	0.060		28	0.081	0.051
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.850		0	1.147	0.723
18:2	g	0.770		28	1.040	0.655
18:3	g	0.020		28	0.027	0.017
18:4	g	0.000		0	0.000	0.000
20:4	g	0.060		28	0.081	0.051
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	94	2.484	11	127	80
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.374		0	0.505	0.318
Threonine	g	1.343		0	1.813	1.142
Isoleucine	g	1.377		0	1.859	1.170
Leucine	g	2.360		0	3.186	2.006
Lysine	g	2.645		0	3.571	2.248
Methionine	g	0.779		0	1.052	0.662
Cystine	g	0.375		0	0.506	0.319
Phenylalanine	g	1.174		0	1.585	0.998
Tyrosine	g	1.025		0	1.384	0.871
Valine	g	1.595		0	2.153	1.356
Arginine	g	1.828		0	2.468	1.554
Histidine	g	1.175		0	1.586	0.999
Alanine	g	1.713		0	2.313	1.456
Aspartic acid	g	2.728		0	3.683	2.319
Glutamic acid	g	4.604		0	6.215	3.913
Glycine	g	1.396		0	1.885	1.187
Proline	g	1.181		0	1.594	1.004
Serine	g	1.215		0	1.640	1.033
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, diced
- Measure 2: 3 oz

NDB No. 10011

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	64.73	0	18.35	293.62	
Energy	kcal	222	0	63	1007	
Energy	kJ	929	0	263	4214	
Protein (N x 5.95)	g	18.74	0	5.31	85.00	
Total lipid (fat)	g	15.69	0	4.45	71.17	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	0.94	0	0.27	4.26	
Sugars, total	g					
Minerals:						
Calcium	mg	5	0	1	23	
Iron	mg	0.77	0	0.22	3.49	
Magnesium	mg	21	0	6	95	
Phosphorus	mg	207	0	59	939	
Potassium	mg	333	0	94	1510	
Sodium	mg	61	0	17	277	
Zinc	mg	1.75	0	0.50	7.94	
Copper	mg	0.069	0	0.020	0.313	
Manganese	mg	0.009	0	0.003	0.041	
Selenium	µg	30.8	0	8.7	139.7	
Vitamins:						
Ascorbic acid	mg	1.1	0	0.3	5.0	
Thiamin	mg	0.931	0	0.264	4.223	
Riboflavin	mg	0.253	0	0.072	1.148	
Niacin	mg	4.345	0	1.232	19.709	
Pantothenic acid	mg	0.598	0	0.170	2.713	
Vitamin B-6	mg	0.392	0	0.111	1.778	
Folate	µg	3	0	1	14	
Vitamin B-12	µg	0.64	0	0.18	2.90	
Vitamin A	IU	7	0	2	32	
Vitamin A, RE	µg	2	0	1	9	
Vitamin E, α-TE	mg	0.290	0	0.082	1.315	
Lipids:						
Saturated, total	g	5.440	0	1.542	24.676	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.003	0.045	
12:0	g	0.020	0	0.006	0.091	
14:0	g	0.200	0	0.057	0.907	
15:0	g					
16:0	g	3.380	0	0.958	15.332	
17:0	g					
18:0	g	1.790	0	0.507	8.119	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.980	0	1.979	31.661
14:1	g				
16:1	g	0.440	0	0.125	1.996
18:1	g	6.410	0	1.817	29.076
20:1	g	0.120	0	0.034	0.544
22:1	g				
Polyunsaturated, total	g	1.680	0	0.476	7.620
18:2	g	1.400	0	0.397	6.350
18:3	g	0.120	0	0.034	0.544
18:4	g				
20:4	g	0.080	0	0.023	0.363
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	66	0	19	299
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.228	0	0.065	1.034
Threonine	g	0.840	0	0.238	3.810
Isoleucine	g	0.855	0	0.242	3.878
Leucine	g	1.486	0	0.421	6.740
Lysine	g	1.672	0	0.474	7.584
Methionine	g	0.483	0	0.137	2.191
Cystine	g	0.234	0	0.066	1.061
Phenylalanine	g	0.743	0	0.211	3.370
Tyrosine	g	0.634	0	0.180	2.876
Valine	g	1.006	0	0.285	4.563
Arginine	g	1.194	0	0.338	5.416
Histidine	g	0.720	0	0.204	3.266
Alanine	g	1.105	0	0.313	5.012
Aspartic acid	g	1.713	0	0.486	7.770
Glutamic acid	g	2.862	0	0.811	12.982
Glycine	g	1.018	0	0.289	4.618
Proline	g	0.823	0	0.233	3.733
Serine	g	0.774	0	0.219	3.511
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb

NDB No. 10012

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 135g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	56.80	0	76.68	48.28	
Energy	kcal	252	0	340	214	
Energy	kJ	1054	0	1423	896	
Protein (N x 5.95)	g	28.88	0	38.99	24.55	
Total lipid (fat)	g	14.28	0	19.28	12.14	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.10	0	1.49	0.94	
Sugars, total	g					
Minerals:						
Calcium	mg	12	0	16	10	
Iron	mg	1.05	0	1.42	0.89	
Magnesium	mg	27	0	36	23	
Phosphorus	mg	272	0	367	231	
Potassium	mg	374	0	505	318	
Sodium	mg	62	0	84	53	
Zinc	mg	2.82	0	3.81	2.40	
Copper	mg	0.103	0	0.139	0.088	
Manganese	mg	0.023	0	0.031	0.020	
Selenium	µg	46.8	0	63.2	39.8	
Vitamins:						
Ascorbic acid	mg	0.2	0	0.3	0.2	
Thiamin	mg	0.750	0	1.012	0.637	
Riboflavin	mg	0.329	0	0.444	0.280	
Niacin	mg	4.655	0	6.284	3.957	
Pantothenic acid	mg	0.623	0	0.841	0.530	
Vitamin B-6	mg	0.316	0	0.427	0.269	
Folate	µg	3	0	4	3	
Vitamin B-12	µg	0.72	0	0.97	0.61	
Vitamin A	IU	9	0	12	8	
Vitamin A, RE	µg	3	0	4	3	
Vitamin E, α-TE	mg	0.260	0	0.351	0.221	
Lipids:						
Saturated, total	g	5.250	0	7.088	4.463	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.020	0	0.027	0.017	
12:0	g	0.010	0	0.014	0.009	
14:0	g	0.180	0	0.243	0.153	
15:0	g					
16:0	g	3.250	0	4.388	2.763	
17:0	g					
18:0	g	1.700	0	2.295	1.445	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.370	0	8.600	5.415
14:1	g				
16:1	g	0.410	0	0.554	0.349
18:1	g	5.840	0	7.884	4.964
20:1	g	0.090	0	0.122	0.077
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.380	0	1.863	1.173
18:2	g	1.250	0	1.688	1.063
18:3	g	0.040	0	0.054	0.034
18:4	g	0.000	0	0.000	0.000
20:4	g	0.060	0	0.081	0.051
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	96	0	130	82
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.354	0	0.478	0.301
Threonine	g	1.299	0	1.754	1.104
Isoleucine	g	1.324	0	1.787	1.125
Leucine	g	2.295	0	3.098	1.951
Lysine	g	2.581	0	3.484	2.194
Methionine	g	0.748	0	1.010	0.636
Cystine	g	0.362	0	0.489	0.308
Phenylalanine	g	1.147	0	1.548	0.975
Tyrosine	g	0.983	0	1.327	0.836
Valine	g	1.553	0	2.097	1.320
Arginine	g	1.831	0	2.472	1.556
Histidine	g	1.117	0	1.508	0.949
Alanine	g	1.699	0	2.294	1.444
Aspartic acid	g	2.647	0	3.573	2.250
Glutamic acid	g	4.431	0	5.982	3.766
Glycine	g	1.532	0	2.068	1.302
Proline	g	1.248	0	1.685	1.061
Serine	g	1.193	0	1.611	1.014
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, diced
- Measure 2: 3 oz

NDB No. 10013

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	72.83	0.189	27	20.65	330.36
Energy	kcal	137		0	39	621
Energy	kJ	573		0	162	2599
Protein (N x 5.95)	g	21.24	0.231	27	6.02	96.34
Total lipid (fat)	g	5.19	0.279	27	1.47	23.54
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.08	0.010	27	0.31	4.90
Sugars, total	g					
Minerals:						
Calcium	mg	6	0.217	13	2	27
Iron	mg	0.87	0.027	23	0.25	3.95
Magnesium	mg	25	0.658	13	7	113
Phosphorus	mg	230		0	65	1043
Potassium	mg	376	10.015	11	107	1706
Sodium	mg	69	2.249	23	20	313
Zinc	mg	1.96	0.064	11	0.56	8.89
Copper	mg	0.077	0.003	23	0.022	0.349
Manganese	mg	0.010		1	0.003	0.045
Selenium	µg	35.9		0	10.2	162.8
Vitamins:						
Ascorbic acid	mg	1.3	0.297	3	0.4	5.9
Thiamin	mg	1.073	0.054	27	0.304	4.867
Riboflavin	mg	0.284	0.009	27	0.081	1.288
Niacin	mg	4.859	0.290	15	1.378	22.040
Pantothenic acid	mg	0.668	0.057	7	0.189	3.030
Vitamin B-6	mg	0.464	0.030	5	0.132	2.105
Folate	µg	3	0.155	4	1	14
Vitamin B-12	µg	0.71	0.051	15	0.20	3.22
Vitamin A	IU	6	2.100	2	2	27
Vitamin A, RE	µg	2		0	1	9
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	1.790		0	0.507	8.119
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.000		73	0.000	0.000
12:0	g	0.010		75	0.003	0.045
14:0	g	0.060		378	0.017	0.272
15:0	g					
16:0	g	1.140		378	0.323	5.171
17:0	g					
18:0	g	0.560		378	0.159	2.540
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.340		0	0.663	10.614
14:1	g					
16:1	g	0.160		378	0.045	0.726
18:1	g	2.130		378	0.604	9.662
20:1	g	0.040		71	0.011	0.181
22:1	g					
Polyunsaturated, total	g	0.560		0	0.159	2.540
18:2	g	0.450		378	0.128	2.041
18:3	g	0.020		190	0.006	0.091
18:4	g					
20:4	g	0.060		315	0.017	0.272
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	61	1.006	11	17	277
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.270		0	0.077	1.225
Threonine	g	0.970		0	0.275	4.400
Isoleucine	g	0.995		0	0.282	4.513
Leucine	g	1.705		0	0.483	7.734
Lysine	g	1.910		0	0.541	8.664
Methionine	g	0.562		0	0.159	2.549
Cystine	g	0.271		0	0.077	1.229
Phenylalanine	g	0.848		0	0.240	3.847
Tyrosine	g	0.740		0	0.210	3.357
Valine	g	1.153		0	0.327	5.230
Arginine	g	1.321		0	0.375	5.992
Histidine	g	0.849		0	0.241	3.851
Alanine	g	1.238		0	0.351	5.616
Aspartic acid	g	1.970		0	0.558	8.936
Glutamic acid	g	3.326		0	0.943	15.087
Glycine	g	1.009		0	0.286	4.577
Proline	g	0.853		0	0.242	3.869
Serine	g	0.878		0	0.249	3.983
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb

NDB No. 10014

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 135g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	60.95	0.643	10	82.28	51.81
Energy	kcal	206		0	278	175
Energy	kJ	862		0	1164	733
Protein (N x 5.95)	g	30.94	0.491	10	41.77	26.30
Total lipid (fat)	g	8.14	0.745	10	10.99	6.92
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.15	0.022	16	1.55	0.98
Sugars, total	g					
Minerals:						
Calcium	mg	7	0.327	2	9	6
Iron	mg	1.14	0.038	12	1.54	0.97
Magnesium	mg	29	3.981	2	39	25
Phosphorus	mg	285		1	385	242
Potassium	mg	391	11.901	12	528	332
Sodium	mg	65	1.282	12	88	55
Zinc	mg	3.01	0.135	12	4.06	2.56
Copper	mg	0.109	0.004	12	0.147	0.093
Manganese	mg	0.026	0.014	2	0.035	0.022
Selenium	µg	49.2		0	66.4	41.8
Vitamins:						
Ascorbic acid	mg	0.2	0.112	3	0.3	0.2
Thiamin	mg	0.803	0.048	16	1.084	0.683
Riboflavin	mg	0.356	0.013	16	0.481	0.303
Niacin	mg	4.917	0.194	16	6.638	4.179
Pantothenic acid	mg	0.660	0.053	7	0.891	0.561
Vitamin B-6	mg	0.339	0.025	6	0.458	0.288
Folate	µg	3	0.650	4	4	3
Vitamin B-12	µg	0.75	0.033	16	1.01	0.64
Vitamin A	IU	9	0.900	2	12	8
Vitamin A, RE	µg	3	0.270	2	4	3
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	2.870		0	3.874	2.440
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010		6	0.014	0.009
12:0	g	0.010		6	0.014	0.009
14:0	g	0.100		17	0.135	0.085
15:0	g					
16:0	g	1.810		17	2.443	1.539
17:0	g					
18:0	g	0.900		17	1.215	0.765
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	3.770		0	5.090	3.204
14:1	g					
16:1	g	0.250		17	0.338	0.213
18:1	g	3.470		17	4.685	2.950
20:1	g	0.050		17	0.068	0.043
22:1	g					
Polyunsaturated, total	g	0.760		0	1.026	0.646
18:2	g	0.690		17	0.931	0.587
18:3	g	0.020		17	0.027	0.017
18:4	g					
20:4	g	0.050		17	0.068	0.043
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	96	2.312	11	130	82
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.393		0	0.531	0.334
Threonine	g	1.413		0	1.908	1.201
Isoleucine	g	1.449		0	1.956	1.232
Leucine	g	2.482		0	3.351	2.110
Lysine	g	2.782		0	3.756	2.365
Methionine	g	0.819		0	1.106	0.696
Cystine	g	0.395		0	0.533	0.336
Phenylalanine	g	1.235		0	1.667	1.050
Tyrosine	g	1.078		0	1.455	0.916
Valine	g	1.678		0	2.265	1.426
Arginine	g	1.923		0	2.596	1.635
Histidine	g	1.236		0	1.669	1.051
Alanine	g	1.802		0	2.433	1.532
Aspartic acid	g	2.870		0	3.874	2.440
Glutamic acid	g	4.843		0	6.538	4.117
Glycine	g	1.469		0	1.983	1.249
Proline	g	1.243		0	1.678	1.057
Serine	g	1.278		0	1.725	1.086
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, diced
- Measure 2: 3 oz

NDB No. 10015

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	60.87	0	17.26	276.11	
Energy	kcal	263	0	75	1193	
Energy	kJ	1100	0	312	4990	
Protein (N x 5.95)	g	17.08	0	4.84	77.47	
Total lipid (fat)	g	21.02	0	5.96	95.35	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	0.84	0	0.24	3.81	
Sugars, total	g					
Minerals:						
Calcium	mg	6	0	2	27	
Iron	mg	0.78	0	0.22	3.54	
Magnesium	mg	19	0	5	86	
Phosphorus	mg	192	0	54	871	
Potassium	mg	285	0	81	1293	
Sodium	mg	55	0	16	249	
Zinc	mg	1.91	0	0.54	8.66	
Copper	mg	0.063	0	0.018	0.286	
Manganese	mg	0.011	0	0.003	0.050	
Selenium	µg	28.7	0	8.1	130.2	
Vitamins:						
Ascorbic acid	mg	0.7	0	0.2	3.2	
Thiamin	mg	0.726	0	0.206	3.293	
Riboflavin	mg	0.233	0	0.066	1.057	
Niacin	mg	3.909	0	1.108	17.731	
Pantothenic acid	mg	0.672	0	0.191	3.048	
Vitamin B-6	mg	0.393	0	0.111	1.783	
Folate	µg	4	0	1	18	
Vitamin B-12	µg	0.60	0	0.17	2.72	
Vitamin A	IU	7	0	2	32	
Vitamin A, RE	µg	2	0	1	9	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	7.290	0	2.067	33.067	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.020	0	0.006	0.091	
12:0	g	0.020	0	0.006	0.091	
14:0	g	0.260	0	0.074	1.179	
15:0	g					
16:0	g	4.520	0	1.281	20.503	
17:0	g					
18:0	g	2.410	0	0.683	10.932	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	9.340	0	2.648	42.366
14:1	g				
16:1	g	0.580	0	0.164	2.631
18:1	g	8.580	0	2.432	38.919
20:1	g	0.160	0	0.045	0.726
22:1	g				
Polyunsaturated, total	g	2.240	0	0.635	10.161
18:2	g	1.880	0	0.533	8.528
18:3	g	0.160	0	0.045	0.726
18:4	g				
20:4	g	0.090	0	0.026	0.408
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	68	0	19	308
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.202	0	0.057	0.916
Threonine	g	0.757	0	0.215	3.434
Isoleucine	g	0.767	0	0.217	3.479
Leucine	g	1.344	0	0.381	6.096
Lysine	g	1.517	0	0.430	6.881
Methionine	g	0.432	0	0.122	1.960
Cystine	g	0.210	0	0.060	0.953
Phenylalanine	g	0.674	0	0.191	3.057
Tyrosine	g	0.567	0	0.161	2.572
Valine	g	0.911	0	0.258	4.132
Arginine	g	1.104	0	0.313	5.008
Histidine	g	0.640	0	0.181	2.903
Alanine	g	1.014	0	0.287	4.600
Aspartic acid	g	1.547	0	0.439	7.017
Glutamic acid	g	2.568	0	0.728	11.648
Glycine	g	0.999	0	0.283	4.531
Proline	g	0.789	0	0.224	3.579
Serine	g	0.705	0	0.200	3.198
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb

NDB No. 10016

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 135g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	53.77	0	72.59	45.70	
Energy	kcal	289	0	390	246	
Energy	kJ	1209	0	1632	1028	
Protein (N x 5.95)	g	25.34	0	34.21	21.54	
Total lipid (fat)	g	20.06	0	27.08	17.05	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.00	0	1.35	0.85	
Sugars, total	g					
Minerals:						
Calcium	mg	15	0	20	13	
Iron	mg	0.98	0	1.32	0.83	
Magnesium	mg	22	0	30	19	
Phosphorus	mg	257	0	347	218	
Potassium	mg	338	0	456	287	
Sodium	mg	59	0	80	50	
Zinc	mg	3.06	0	4.13	2.60	
Copper	mg	0.098	0	0.132	0.083	
Manganese	mg	0.028	0	0.038	0.024	
Selenium	µg	43.3	0	58.5	36.8	
Vitamins:						
Ascorbic acid	mg	0.3	0	0.4	0.3	
Thiamin	mg	0.578	0	0.780	0.491	
Riboflavin	mg	0.302	0	0.408	0.257	
Niacin	mg	4.460	0	6.021	3.791	
Pantothenic acid	mg	0.620	0	0.837	0.527	
Vitamin B-6	mg	0.401	0	0.541	0.341	
Folate	µg	5	0	7	4	
Vitamin B-12	µg	0.66	0	0.89	0.56	
Vitamin A	IU	9	0	12	8	
Vitamin A, RE	µg	3	0	4	3	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	7.360	0	9.936	6.256	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.020	0	0.027	0.017	
12:0	g	0.020	0	0.027	0.017	
14:0	g	0.250	0	0.338	0.213	
15:0	g					
16:0	g	4.560	0	6.156	3.876	
17:0	g					
18:0	g	2.400	0	3.240	2.040	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	9.020	0	12.177	7.667
14:1	g				
16:1	g	0.570	0	0.769	0.484
18:1	g	8.270	0	11.165	7.029
20:1	g	0.130	0	0.176	0.111
22:1	g				
Polyunsaturated, total	g	1.890	0	2.551	1.607
18:2	g	1.710	0	2.309	1.454
18:3	g	0.060	0	0.081	0.051
18:4	g				
20:4	g	0.080	0	0.108	0.068
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	92	0	124	78
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.301	0	0.406	0.256
Threonine	g	1.125	0	1.519	0.956
Isoleucine	g	1.141	0	1.540	0.970
Leucine	g	1.997	0	2.696	1.697
Lysine	g	2.253	0	3.042	1.915
Methionine	g	0.644	0	0.869	0.547
Cystine	g	0.313	0	0.423	0.266
Phenylalanine	g	1.001	0	1.351	0.851
Tyrosine	g	0.845	0	1.141	0.718
Valine	g	1.353	0	1.827	1.150
Arginine	g	1.634	0	2.206	1.389
Histidine	g	0.954	0	1.288	0.811
Alanine	g	1.503	0	2.029	1.278
Aspartic acid	g	2.299	0	3.104	1.954
Glutamic acid	g	3.821	0	5.158	3.248
Glycine	g	1.465	0	1.978	1.245
Proline	g	1.161	0	1.567	0.987
Serine	g	1.046	0	1.412	0.889
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, diced
- Measure 2: 3 oz

NDB No. 10017

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	72.83	0.240	23	20.65	330.36
Energy	kcal	139		0	39	631
Energy	kJ	582		0	165	2640
Protein (N x 5.95)	g	20.62	0.206	23	5.85	93.53
Total lipid (fat)	g	5.63	0.255	23	1.60	25.54
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.03	0.014	23	0.29	4.67
Sugars, total	g					
Minerals:						
Calcium	mg	7	0.260	12	2	32
Iron	mg	0.94	0.033	23	0.27	4.26
Magnesium	mg	25	0.619	12	7	113
Phosphorus	mg	226		0	64	1025
Potassium	mg	340	18.277	10	96	1542
Sodium	mg	67	1.192	23	19	304
Zinc	mg	2.31	0.072	11	0.65	10.48
Copper	mg	0.075	0.002	23	0.021	0.340
Manganese	mg	0.014		0	0.004	0.064
Selenium	µg	35.2		0	10.0	159.7
Vitamins:						
Ascorbic acid	mg	0.9		0	0.3	4.1
Thiamin	mg	0.890	0.046	20	0.252	4.037
Riboflavin	mg	0.277	0.013	26	0.079	1.256
Niacin	mg	4.605	0.204	11	1.306	20.888
Pantothenic acid	mg	0.811		0	0.230	3.679
Vitamin B-6	mg	0.510		0	0.145	2.313
Folate	µg	5		0	1	23
Vitamin B-12	µg	0.69	0.045	11	0.20	3.13
Vitamin A	IU	6		0	2	27
Vitamin A, RE	µg	2		0	1	9
Vitamin E, α-TE	mg	0.290		0	0.082	1.315
Lipids:						
Saturated, total	g	1.940		0	0.550	8.800
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010		73	0.003	0.045
12:0	g	0.010		75	0.003	0.045
14:0	g	0.070		378	0.020	0.318
15:0	g					
16:0	g	1.240		378	0.352	5.625
17:0	g					
18:0	g	0.610		378	0.173	2.767
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.540	0	0.720	11.521
14:1	g				
16:1	g	0.180	378	0.051	0.816
18:1	g	2.310	378	0.655	10.478
20:1	g	0.040	71	0.011	0.181
22:1	g				
Polyunsaturated, total	g	0.610	0	0.173	2.767
18:2	g	0.490	378	0.139	2.223
18:3	g	0.020	190	0.006	0.091
18:4	g				
20:4	g	0.070	315	0.020	0.318
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	60	1.280	11	17
Phytosterols	mg				272
Amino acids:					
Tryptophan	g	0.262	0	0.074	1.188
Threonine	g	0.942	0	0.267	4.273
Isoleucine	g	0.966	0	0.274	4.382
Leucine	g	1.654	0	0.469	7.503
Lysine	g	1.854	0	0.526	8.410
Methionine	g	0.546	0	0.155	2.477
Cystine	g	0.263	0	0.075	1.193
Phenylalanine	g	0.823	0	0.233	3.733
Tyrosine	g	0.718	0	0.204	3.257
Valine	g	1.119	0	0.317	5.076
Arginine	g	1.282	0	0.363	5.815
Histidine	g	0.824	0	0.234	3.738
Alanine	g	1.201	0	0.340	5.448
Aspartic acid	g	1.913	0	0.542	8.677
Glutamic acid	g	3.228	0	0.915	14.642
Glycine	g	0.979	0	0.278	4.441
Proline	g	0.828	0	0.235	3.756
Serine	g	0.852	0	0.242	3.865
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb

NDB No. 10018

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 135g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	60.43	0.578	11	81.58	51.37
Energy	kcal	215		0	290	183
Energy	kJ	900		0	1215	765
Protein (N x 5.95)	g	28.21	0.607	12	38.08	23.98
Total lipid (fat)	g	10.50	0.760	12	14.18	8.93
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.05	0.032	11	1.42	0.89
Sugars, total	g					
Minerals:						
Calcium	mg	7		1	9	6
Iron	mg	1.11	0.043	12	1.50	0.94
Magnesium	mg	25		1	34	21
Phosphorus	mg	278		1	375	236
Potassium	mg	360	14.091	12	486	306
Sodium	mg	64	1.576	12	86	54
Zinc	mg	3.45	0.122	12	4.66	2.93
Copper	mg	0.108	0.004	12	0.146	0.092
Manganese	mg	0.034		1	0.046	0.029
Selenium	µg	49.8		0	67.2	42.3
Vitamins:						
Ascorbic acid	mg	0.4		0	0.5	0.3
Thiamin	mg	0.633	0.049	12	0.855	0.538
Riboflavin	mg	0.344	0.022	12	0.464	0.292
Niacin	mg	4.881	0.293	12	6.589	4.149
Pantothenic acid	mg	0.685		0	0.925	0.582
Vitamin B-6	mg	0.460		0	0.621	0.391
Folate	µg	6		0	8	5
Vitamin B-12	µg	0.71	0.048	12	0.96	0.60
Vitamin A	IU	8		0	11	7
Vitamin A, RE	µg	2		0	3	2
Vitamin E, α-TE	mg	0.260		0	0.351	0.221
Lipids:						
Saturated, total	g	3.630		0	4.901	3.086
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.020		6	0.027	0.017
12:0	g	0.010		6	0.014	0.009
14:0	g	0.120		17	0.162	0.102
15:0	g					
16:0	g	2.300		17	3.105	1.955
17:0	g					
18:0	g	1.140		17	1.539	0.969
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.020		0	6.777	4.267
14:1	g					
16:1	g	0.330		17	0.446	0.281
18:1	g	4.630		17	6.250	3.936
20:1	g	0.060		17	0.081	0.051
22:1	g					
Polyunsaturated, total	g	0.910		0	1.229	0.774
18:2	g	0.820		17	1.107	0.697
18:3	g	0.020		17	0.027	0.017
18:4	g					
20:4	g	0.070		17	0.095	0.060
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	92	2.506	11	124	78
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.358		0	0.483	0.304
Threonine	g	1.288		0	1.739	1.095
Isoleucine	g	1.321		0	1.783	1.123
Leucine	g	2.263		0	3.055	1.924
Lysine	g	2.537		0	3.425	2.156
Methionine	g	0.747		0	1.008	0.635
Cystine	g	0.360		0	0.486	0.306
Phenylalanine	g	1.126		0	1.520	0.957
Tyrosine	g	0.983		0	1.327	0.836
Valine	g	1.530		0	2.066	1.301
Arginine	g	1.754		0	2.368	1.491
Histidine	g	1.127		0	1.521	0.958
Alanine	g	1.643		0	2.218	1.397
Aspartic acid	g	2.617		0	3.533	2.224
Glutamic acid	g	4.416		0	5.962	3.754
Glycine	g	1.339		0	1.808	1.138
Proline	g	1.133		0	1.530	0.963
Serine	g	1.165		0	1.573	0.990
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup, diced
 Measure 2: 3 oz

NDB No. 10019

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 454g	Measure 2* 117g	Measure 3*
Proximates:						
Water	g	66.92	0	303.55	78.30	
Energy	kcal	198	0	898	232	
Energy	kJ	828	0	3756	969	
Protein (N x 5.95)	g	19.74	0	89.54	23.10	
Total lipid (fat)	g	12.58	0	57.06	14.72	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	0.96	0	4.35	1.12	
Sugars, total	g					
Minerals:						
Calcium	mg	18	0	82	21	
Iron	mg	0.79	0	3.58	0.92	
Magnesium	mg	21	0	95	25	
Phosphorus	mg	197	0	894	230	
Potassium	mg	356	0	1615	417	
Sodium	mg	50	0	227	59	
Zinc	mg	1.74	0	7.89	2.04	
Copper	mg	0.056	0	0.254	0.066	
Manganese	mg	0.011	0	0.050	0.013	
Selenium	µg	33.2	0	150.6	38.8	
Vitamins:						
Ascorbic acid	mg	0.6	0	2.7	0.7	
Thiamin	mg	0.901	0	4.087	1.054	
Riboflavin	mg	0.248	0	1.125	0.290	
Niacin	mg	4.580	0	20.775	5.359	
Pantothenic acid	mg	0.723	0	3.280	0.846	
Vitamin B-6	mg	0.472	0	2.141	0.552	
Folate	µg	5	0	23	6	
Vitamin B-12	µg	0.53	0	2.40	0.62	
Vitamin A	IU	7	0	32	8	
Vitamin A, RE	µg	2	0	9	2	
Vitamin E, α-TE	mg	0.290	0	1.315	0.339	
Lipids:						
Saturated, total	g	4.360	0	19.777	5.101	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.045	0.012	
12:0	g	0.010	0	0.045	0.012	
14:0	g	0.160	0	0.726	0.187	
15:0	g					
16:0	g	2.720	0	12.338	3.182	
17:0	g					
18:0	g	1.420	0	6.441	1.661	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.610	0	25.447	6.564
14:1	g				
16:1	g	0.360	0	1.633	0.421
18:1	g	5.140	0	23.315	6.014
20:1	g	0.090	0	0.408	0.105
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.340	0	6.078	1.568
18:2	g	1.110	0	5.035	1.299
18:3	g	0.090	0	0.408	0.105
18:4	g	0.000	0	0.000	0.000
20:4	g	0.080	0	0.363	0.094
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	63	0	286	74
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.244	0	1.107	0.285
Threonine	g	0.891	0	4.042	1.042
Isoleucine	g	0.910	0	4.128	1.065
Leucine	g	1.572	0	7.131	1.839
Lysine	g	1.766	0	8.011	2.066
Methionine	g	0.514	0	2.332	0.601
Cystine	g	0.248	0	1.125	0.290
Phenylalanine	g	0.785	0	3.561	0.918
Tyrosine	g	0.676	0	3.066	0.791
Valine	g	1.064	0	4.826	1.245
Arginine	g	1.245	0	5.647	1.457
Histidine	g	0.770	0	3.493	0.901
Alanine	g	1.158	0	5.253	1.355
Aspartic acid	g	1.814	0	8.228	2.122
Glutamic acid	g	3.044	0	13.808	3.561
Glycine	g	1.019	0	4.622	1.192
Proline	g	0.838	0	3.801	0.980
Serine	g	0.815	0	3.697	0.954
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10020

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 89g	Measure 3*
Proximates:						
Water	g	58.27	0	49.53	51.86	
Energy	kcal	239	0	203	213	
Energy	kJ	1000	0	850	890	
Protein (N x 5.95)	g	27.23	0	23.15	24.23	
Total lipid (fat)	g	13.62	0	11.58	12.12	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.35	0	1.15	1.20	
Sugars, total	g					
Minerals:						
Calcium	mg	21	0	18	19	
Iron	mg	1.07	0	0.91	0.95	
Magnesium	mg	19	0	16	17	
Phosphorus	mg	181	0	154	161	
Potassium	mg	374	0	318	333	
Sodium	mg	48	0	41	43	
Zinc	mg	2.38	0	2.02	2.12	
Copper	mg	0.077	0	0.065	0.069	
Manganese	mg	0.012	0	0.010	0.011	
Selenium	µg	45.3	0	38.5	40.3	
Vitamins:						
Ascorbic acid	mg	0.6	0	0.5	0.5	
Thiamin	mg	0.632	0	0.537	0.562	
Riboflavin	mg	0.254	0	0.216	0.226	
Niacin	mg	4.419	0	3.756	3.933	
Pantothenic acid	mg	0.648	0	0.551	0.577	
Vitamin B-6	mg	0.366	0	0.311	0.326	
Folate	µg	3	0	3	3	
Vitamin B-12	µg	0.54	0	0.46	0.48	
Vitamin A	IU	7	0	6	6	
Vitamin A, RE	µg	2	0	2	2	
Vitamin E, α-TE	mg	0.260	0	0.221	0.231	
Lipids:						
Saturated, total	g	5.110	0	4.344	4.548	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.009	0.009	
12:0	g	0.010	0	0.009	0.009	
14:0	g	0.180	0	0.153	0.160	
15:0	g					
16:0	g	3.140	0	2.669	2.795	
17:0	g					
18:0	g	1.670	0	1.420	1.486	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.060	0	5.151	5.393
14:1	g				
16:1	g	0.420	0	0.357	0.374
18:1	g	5.480	0	4.658	4.877
20:1	g	0.110	0	0.094	0.098
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.170	0	0.995	1.041
18:2	g	1.040	0	0.884	0.926
18:3	g	0.040	0	0.034	0.036
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.034	0.036
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	80	0	68	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.336	0	0.286	0.299
Threonine	g	1.229	0	1.045	1.094
Isoleucine	g	1.254	0	1.066	1.116
Leucine	g	2.168	0	1.843	1.930
Lysine	g	2.436	0	2.071	2.168
Methionine	g	0.708	0	0.602	0.630
Cystine	g	0.343	0	0.292	0.305
Phenylalanine	g	1.082	0	0.920	0.963
Tyrosine	g	0.931	0	0.791	0.829
Valine	g	1.467	0	1.247	1.306
Arginine	g	1.719	0	1.461	1.530
Histidine	g	1.061	0	0.902	0.944
Alanine	g	1.598	0	1.358	1.422
Aspartic acid	g	2.501	0	2.126	2.226
Glutamic acid	g	4.195	0	3.566	3.734
Glycine	g	1.413	0	1.201	1.258
Proline	g	1.159	0	0.985	1.032
Serine	g	1.124	0	0.955	1.000
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10021

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 87g	Measure 3*
Proximates:						
Water	g	57.87	0	49.19	50.35	
Energy	kcal	242	0	206	211	
Energy	kJ	1013	0	861	881	
Protein (N x 5.95)	g	27.32	0	23.22	23.77	
Total lipid (fat)	g	13.92	0	11.83	12.11	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.35	0	1.15	1.17	
Sugars, total	g					
Minerals:						
Calcium	mg	19	0	16	17	
Iron	mg	0.87	0	0.74	0.76	
Magnesium	mg	28	0	24	24	
Phosphorus	mg	246	0	209	214	
Potassium	mg	423	0	360	368	
Sodium	mg	62	0	53	54	
Zinc	mg	2.39	0	2.03	2.08	
Copper	mg	0.073	0	0.062	0.064	
Manganese	mg	0.009	0	0.008	0.008	
Selenium	µg	45.3	0	38.5	39.4	
Vitamins:						
Ascorbic acid	mg	0.6	0	0.5	0.5	
Thiamin	mg	0.877	0	0.745	0.763	
Riboflavin	mg	0.321	0	0.273	0.279	
Niacin	mg	5.037	0	4.281	4.382	
Pantothenic acid	mg	0.698	0	0.593	0.607	
Vitamin B-6	mg	0.464	0	0.394	0.404	
Folate	µg	5	0	4	4	
Vitamin B-12	µg	0.70	0	0.60	0.61	
Vitamin A	IU	7	0	6	6	
Vitamin A, RE	µg	2	0	2	2	
Vitamin E, α-TE	mg	0.260	0	0.221	0.226	
Lipids:						
Saturated, total	g	5.230	0	4.446	4.550	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.009	0.009	
12:0	g	0.010	0	0.009	0.009	
14:0	g	0.180	0	0.153	0.157	
15:0	g					
16:0	g	3.210	0	2.729	2.793	
17:0	g					
18:0	g	1.710	0	1.454	1.488	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.190	0	5.261	5.385
14:1	g				
16:1	g	0.420	0	0.357	0.365
18:1	g	5.600	0	4.760	4.872
20:1	g	0.110	0	0.094	0.096
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.200	0	1.020	1.044
18:2	g	1.070	0	0.910	0.931
18:3	g	0.040	0	0.034	0.035
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.043	0.044
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	80	0	68	70
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.338	0	0.287	0.294
Threonine	g	1.234	0	1.049	1.074
Isoleucine	g	1.260	0	1.071	1.096
Leucine	g	2.177	0	1.850	1.894
Lysine	g	2.446	0	2.079	2.128
Methionine	g	0.712	0	0.605	0.619
Cystine	g	0.344	0	0.292	0.299
Phenylalanine	g	1.086	0	0.923	0.945
Tyrosine	g	0.936	0	0.796	0.814
Valine	g	1.473	0	1.252	1.282
Arginine	g	1.723	0	1.465	1.499
Histidine	g	1.067	0	0.907	0.928
Alanine	g	1.603	0	1.363	1.395
Aspartic acid	g	2.512	0	2.135	2.185
Glutamic acid	g	4.215	0	3.583	3.667
Glycine	g	1.409	0	1.198	1.226
Proline	g	1.158	0	0.984	1.007
Serine	g	1.128	0	0.959	0.981
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10022

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 89g	Measure 3*
Proximates:						
Water	g	57.51	0	48.88	51.18	
Energy	kcal	248	0	211	221	
Energy	kJ	1038	0	882	924	
Protein (N x 5.95)	g	27.09	0	23.03	24.11	
Total lipid (fat)	g	14.65	0	12.45	13.04	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.21	0	1.03	1.08	
Sugars, total	g					
Minerals:						
Calcium	mg	19	0	16	17	
Iron	mg	0.99	0	0.84	0.88	
Magnesium	mg	26	0	22	23	
Phosphorus	mg	242	0	206	215	
Potassium	mg	408	0	347	363	
Sodium	mg	59	0	50	53	
Zinc	mg	2.32	0	1.97	2.06	
Copper	mg	0.056	0	0.048	0.050	
Manganese	mg	0.011	0	0.009	0.010	
Selenium	µg	33.4	0	28.4	29.7	
Vitamins:						
Ascorbic acid	mg	0.6	0	0.5	0.5	
Thiamin	mg	0.988	0	0.840	0.879	
Riboflavin	mg	0.313	0	0.266	0.279	
Niacin	mg	5.572	0	4.736	4.959	
Pantothenic acid	mg	0.760	0	0.646	0.676	
Vitamin B-6	mg	0.516	0	0.439	0.459	
Folate	µg	6	0	5	5	
Vitamin B-12	µg	0.71	0	0.60	0.63	
Vitamin A	IU	9	0	8	8	
Vitamin A, RE	µg	3	0	3	3	
Vitamin E, α-TE	mg	0.260	0	0.221	0.231	
Lipids:						
Saturated, total	g	5.370	0	4.564	4.779	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.009	0.009	
12:0	g	0.010	0	0.009	0.009	
14:0	g	0.190	0	0.161	0.169	
15:0	g					
16:0	g	3.310	0	2.814	2.946	
17:0	g					
18:0	g	1.750	0	1.488	1.558	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.510	0	5.534	5.794
14:1	g				
16:1	g	0.460	0	0.391	0.409
18:1	g	5.860	0	4.981	5.215
20:1	g	0.130	0	0.111	0.116
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.210	0	1.028	1.077
18:2	g	1.070	0	0.910	0.952
18:3	g	0.030	0	0.026	0.027
18:4	g	0.000	0	0.000	0.000
20:4	g	0.060	0	0.051	0.053
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	82	0	70	73
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.341	0	0.290	0.303
Threonine	g	1.232	0	1.047	1.096
Isoleucine	g	1.261	0	1.072	1.122
Leucine	g	2.168	0	1.843	1.930
Lysine	g	2.432	0	2.067	2.164
Methionine	g	0.713	0	0.606	0.635
Cystine	g	0.344	0	0.292	0.306
Phenylalanine	g	1.080	0	0.918	0.961
Tyrosine	g	0.938	0	0.797	0.835
Valine	g	1.466	0	1.246	1.305
Arginine	g	1.693	0	1.439	1.507
Histidine	g	1.073	0	0.912	0.955
Alanine	g	1.582	0	1.345	1.408
Aspartic acid	g	2.504	0	2.128	2.229
Glutamic acid	g	4.218	0	3.585	3.754
Glycine	g	1.327	0	1.128	1.181
Proline	g	1.110	0	0.944	0.988
Serine	g	1.119	0	0.951	0.996
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10023

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 454g	Measure 2* 106g	Measure 3*
Proximates:						
Water	g	72.23	0	327.64	76.56	
Energy	kcal	143	0	649	152	
Energy	kJ	598	0	2713	634	
Protein (N x 5.95)	g	21.43	0	97.21	22.72	
Total lipid (fat)	g	5.66	0	25.67	6.00	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.05	0	4.76	1.11	
Sugars, total	g					
Minerals:						
Calcium	mg	17	0	77	18	
Iron	mg	0.84	0	3.81	0.89	
Magnesium	mg	23	0	104	24	
Phosphorus	mg	211	0	957	224	
Potassium	mg	389	0	1765	412	
Sodium	mg	52	0	236	55	
Zinc	mg	1.84	0	8.35	1.95	
Copper	mg	0.062	0	0.281	0.066	
Manganese	mg	0.012	0	0.054	0.013	
Selenium	µg	36.1	0	163.7	38.3	
Vitamins:						
Ascorbic acid	mg	0.6	0	2.7	0.6	
Thiamin	mg	0.989	0	4.486	1.048	
Riboflavin	mg	0.267	0	1.211	0.283	
Niacin	mg	4.915	0	22.294	5.210	
Pantothenic acid	mg	0.781	0	3.543	0.828	
Vitamin B-6	mg	0.527	0	2.390	0.559	
Folate	µg	5	0	23	5	
Vitamin B-12	µg	0.63	0	2.86	0.67	
Vitamin A	IU	7	0	32	7	
Vitamin A, RE	µg	2	0	9	2	
Vitamin E, α-TE	mg	0.290	0	1.315	0.307	
Lipids:						
Saturated, total	g	1.950	0	8.845	2.067	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.045	0.011	
12:0	g	0.010	0	0.045	0.011	
14:0	g	0.070	0	0.318	0.074	
15:0	g					
16:0	g	1.250	0	5.670	1.325	
17:0	g					
18:0	g	0.610	0	2.767	0.647	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.560	0	11.612	2.714
14:1	g				
16:1	g	0.180	0	0.816	0.191
18:1	g	2.320	0	10.524	2.459
20:1	g	0.040	0	0.181	0.042
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.610	0	2.767	0.647
18:2	g	0.490	0	2.223	0.519
18:3	g	0.020	0	0.091	0.021
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.318	0.074
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	59	0	268	63
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.272	0	1.234	0.288
Threonine	g	0.978	0	4.436	1.037
Isoleucine	g	1.003	0	4.550	1.063
Leucine	g	1.719	0	7.797	1.822
Lysine	g	1.927	0	8.741	2.043
Methionine	g	0.567	0	2.572	0.601
Cystine	g	0.273	0	1.238	0.289
Phenylalanine	g	0.855	0	3.878	0.906
Tyrosine	g	0.747	0	3.388	0.792
Valine	g	1.162	0	5.271	1.232
Arginine	g	1.332	0	6.042	1.412
Histidine	g	0.856	0	3.883	0.907
Alanine	g	1.248	0	5.661	1.323
Aspartic acid	g	1.987	0	9.013	2.106
Glutamic acid	g	3.354	0	15.214	3.555
Glycine	g	1.017	0	4.613	1.078
Proline	g	0.861	0	3.905	0.913
Serine	g	0.885	0	4.014	0.938
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb
- Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10024

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 80g	Measure 3*
Proximates:						
Water	g	61.40	0	52.19	49.12	
Energy	kcal	204	0	173	163	
Energy	kJ	854	0	726	683	
Protein (N x 5.95)	g	28.57	0	24.28	22.86	
Total lipid (fat)	g	9.12	0	7.75	7.30	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.40	0	1.19	1.12	
Sugars, total	g					
Minerals:						
Calcium	mg	18	0	15	14	
Iron	mg	1.13	0	0.96	0.90	
Magnesium	mg	20	0	17	16	
Phosphorus	mg	183	0	156	146	
Potassium	mg	387	0	329	310	
Sodium	mg	50	0	43	40	
Zinc	mg	2.48	0	2.11	1.98	
Copper	mg	0.079	0	0.067	0.063	
Manganese	mg	0.013	0	0.011	0.010	
Selenium	µg	48.2	0	41.0	38.6	
Vitamins:						
Ascorbic acid	mg	0.6	0	0.5	0.5	
Thiamin	mg	0.659	0	0.560	0.527	
Riboflavin	mg	0.267	0	0.227	0.214	
Niacin	mg	4.588	0	3.900	3.670	
Pantothenic acid	mg	0.677	0	0.575	0.542	
Vitamin B-6	mg	0.387	0	0.329	0.310	
Folate	µg	4	0	3	3	
Vitamin B-12	µg	0.55	0	0.47	0.44	
Vitamin A	IU	7	0	6	6	
Vitamin A, RE	µg	2	0	2	2	
Vitamin E, α-TE	mg	0.260	0	0.221	0.208	
Lipids:						
Saturated, total	g	3.380	0	2.873	2.704	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.009	0.008	
12:0	g	0.010	0	0.009	0.008	
14:0	g	0.120	0	0.102	0.096	
15:0	g					
16:0	g	2.090	0	1.776	1.672	
17:0	g					
18:0	g	1.090	0	0.927	0.872	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.160	0	3.536	3.328
14:1	g				
16:1	g	0.300	0	0.255	0.240
18:1	g	3.740	0	3.179	2.992
20:1	g	0.080	0	0.068	0.064
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.700	0	0.595	0.560
18:2	g	0.620	0	0.527	0.496
18:3	g	0.020	0	0.017	0.016
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.034	0.032
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	79	0	67	63
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.363	0	0.309	0.290
Threonine	g	1.305	0	1.109	1.044
Isoleucine	g	1.338	0	1.137	1.070
Leucine	g	2.292	0	1.948	1.834
Lysine	g	2.569	0	2.184	2.055
Methionine	g	0.756	0	0.643	0.605
Cystine	g	0.364	0	0.309	0.291
Phenylalanine	g	1.140	0	0.969	0.912
Tyrosine	g	0.995	0	0.846	0.796
Valine	g	1.550	0	1.317	1.240
Arginine	g	1.776	0	1.510	1.421
Histidine	g	1.141	0	0.970	0.913
Alanine	g	1.664	0	1.414	1.331
Aspartic acid	g	2.650	0	2.252	2.120
Glutamic acid	g	4.472	0	3.801	3.578
Glycine	g	1.357	0	1.153	1.086
Proline	g	1.148	0	0.976	0.918
Serine	g	1.180	0	1.003	0.944
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10025

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 79g	Measure 3*
Proximates:						
Water	g	60.72	0	51.61	47.97	
Energy	kcal	210	0	179	166	
Energy	kJ	879	0	747	694	
Protein (N x 5.95)	g	28.57	0	24.28	22.57	
Total lipid (fat)	g	9.80	0	8.33	7.74	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.40	0	1.19	1.11	
Sugars, total	g					
Minerals:						
Calcium	mg	17	0	14	13	
Iron	mg	0.91	0	0.77	0.72	
Magnesium	mg	29	0	25	23	
Phosphorus	mg	253	0	215	200	
Potassium	mg	438	0	372	346	
Sodium	mg	64	0	54	51	
Zinc	mg	2.48	0	2.11	1.96	
Copper	mg	0.075	0	0.064	0.059	
Manganese	mg	0.009	0	0.008	0.007	
Selenium	µg	48.2	0	41.0	38.1	
Vitamins:						
Ascorbic acid	mg	0.7	0	0.6	0.6	
Thiamin	mg	0.923	0	0.785	0.729	
Riboflavin	mg	0.338	0	0.287	0.267	
Niacin	mg	5.243	0	4.457	4.142	
Pantothenic acid	mg	0.729	0	0.620	0.576	
Vitamin B-6	mg	0.492	0	0.418	0.389	
Folate	µg	6	0	5	5	
Vitamin B-12	µg	0.72	0	0.61	0.57	
Vitamin A	IU	7	0	6	6	
Vitamin A, RE	µg	2	0	2	2	
Vitamin E, α-TE	mg	0.260	0	0.221	0.205	
Lipids:						
Saturated, total	g	3.640	0	3.094	2.876	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.009	0.008	
12:0	g	0.010	0	0.009	0.008	
14:0	g	0.130	0	0.111	0.103	
15:0	g					
16:0	g	2.250	0	1.913	1.778	
17:0	g					
18:0	g	1.180	0	1.003	0.932	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.450	0	3.783	3.516
14:1	g				
16:1	g	0.320	0	0.272	0.253
18:1	g	4.000	0	3.400	3.160
20:1	g	0.090	0	0.077	0.071
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.770	0	0.655	0.608
18:2	g	0.680	0	0.578	0.537
18:3	g	0.020	0	0.017	0.016
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.034	0.032
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	79	0	67	62
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.363	0	0.309	0.287
Threonine	g	1.305	0	1.109	1.031
Isoleucine	g	1.338	0	1.137	1.057
Leucine	g	2.292	0	1.948	1.811
Lysine	g	2.569	0	2.184	2.030
Methionine	g	0.756	0	0.643	0.597
Cystine	g	0.364	0	0.309	0.288
Phenylalanine	g	1.140	0	0.969	0.901
Tyrosine	g	0.995	0	0.846	0.786
Valine	g	1.550	0	1.317	1.224
Arginine	g	1.776	0	1.510	1.403
Histidine	g	1.141	0	0.970	0.901
Alanine	g	1.664	0	1.414	1.315
Aspartic acid	g	2.650	0	2.252	2.094
Glutamic acid	g	4.472	0	3.801	3.533
Glycine	g	1.357	0	1.153	1.072
Proline	g	1.148	0	0.976	0.907
Serine	g	1.180	0	1.003	0.932
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10026

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 81g	Measure 3*
Proximates:						
Water	g	61.02	0	51.87	49.43	
Energy	kcal	209	0	178	169	
Energy	kJ	874	0	743	708	
Protein (N x 5.95)	g	28.62	0	24.33	23.18	
Total lipid (fat)	g	9.63	0	8.19	7.80	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.25	0	1.06	1.01	
Sugars, total	g					
Minerals:						
Calcium	mg	18	0	15	15	
Iron	mg	1.09	0	0.93	0.88	
Magnesium	mg	28	0	24	23	
Phosphorus	mg	249	0	212	202	
Potassium	mg	425	0	361	344	
Sodium	mg	58	0	49	47	
Zinc	mg	2.53	0	2.15	2.05	
Copper	mg	0.059	0	0.050	0.048	
Manganese	mg	0.016	0	0.014	0.013	
Selenium	µg	35.1	3.067	28	29.8	28.4
Vitamins:						
Ascorbic acid	mg	0.6	0	0.5	0.5	
Thiamin	mg	1.017	0	0.864	0.824	
Riboflavin	mg	0.329	0	0.280	0.266	
Niacin	mg	5.893	0	5.009	4.773	
Pantothenic acid	mg	0.782	0	0.665	0.633	
Vitamin B-6	mg	0.552	0	0.469	0.447	
Folate	µg	7	0	6	6	
Vitamin B-12	µg	0.73	0	0.62	0.59	
Vitamin A	IU	8	0	7	6	
Vitamin A, RE	µg	2	0	2	2	
Vitamin E, α-TE	mg	0.260	0	0.221	0.211	
Lipids:						
Saturated, total	g	3.510	0	2.983	2.843	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.009	0.008	
12:0	g	0.010	0	0.009	0.008	
14:0	g	0.120	0	0.102	0.097	
15:0	g					
16:0	g	2.170	0	1.844	1.758	
17:0	g					
18:0	g	1.130	0	0.961	0.915	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.320	0	3.672	3.499
14:1	g				
16:1	g	0.310	0	0.264	0.251
18:1	g	3.880	0	3.298	3.143
20:1	g	0.090	0	0.077	0.073
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.760	0	0.646	0.616
18:2	g	0.660	0	0.561	0.535
18:3	g	0.020	0	0.017	0.016
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.034	0.032
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	81	0	69	66
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.364	0	0.309	0.295
Threonine	g	1.307	0	1.111	1.059
Isoleucine	g	1.340	0	1.139	1.085
Leucine	g	2.297	0	1.952	1.861
Lysine	g	2.574	0	2.188	2.085
Methionine	g	0.758	0	0.644	0.614
Cystine	g	0.365	0	0.310	0.296
Phenylalanine	g	1.143	0	0.972	0.926
Tyrosine	g	0.997	0	0.847	0.808
Valine	g	1.553	0	1.320	1.258
Arginine	g	1.779	0	1.512	1.441
Histidine	g	1.143	0	0.972	0.926
Alanine	g	1.668	0	1.418	1.351
Aspartic acid	g	2.655	0	2.257	2.151
Glutamic acid	g	4.481	0	3.809	3.630
Glycine	g	1.359	0	1.155	1.101
Proline	g	1.150	0	0.977	0.931
Serine	g	1.182	0	1.005	0.957
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10027

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 10028 Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw

Refuse: 27% Bone

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 454g	Measure 2* 110g	Measure 3*
Proximates:						
Water	g	59.20	0	268.53	65.12	
Energy	kcal	285	0	1293	314	
Energy	kJ	1192	0	5407	1311	
Protein (N x 5.95)	g	15.82	0	71.76	17.40	
Total lipid (fat)	g	24.12	0	109.41	26.53	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	0.80	0	3.63	0.88	
Sugars, total	g					
Minerals:						
Calcium	mg	29	0	132	32	
Iron	mg	0.83	0	3.76	0.91	
Magnesium	mg	16	0	73	18	
Phosphorus	mg	164	0	744	180	
Potassium	mg	281	0	1275	309	
Sodium	mg	54	0	245	59	
Zinc	mg	2.35	0	10.66	2.59	
Copper	mg	0.062	0	0.281	0.068	
Manganese	mg	0.010	0	0.045	0.011	
Selenium	µg	26.2	0	118.8	28.8	
Vitamins:						
Ascorbic acid	mg	0.6	0	2.7	0.7	
Thiamin	mg	0.654	0	2.967	0.719	
Riboflavin	mg	0.231	0	1.048	0.254	
Niacin	mg	3.650	0	16.556	4.015	
Pantothenic acid	mg	0.622	0	2.821	0.684	
Vitamin B-6	mg	0.370	0	1.678	0.407	
Folate	µg	3	0	14	3	
Vitamin B-12	µg	0.09	0	0.41	0.10	
Vitamin A	IU	8	0	36	9	
Vitamin A, RE	µg	2	0	9	2	
Vitamin E, α-TE	mg	0.290	0	1.315	0.319	
Lipids:						
Saturated, total	g	8.370	0	37.966	9.207	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.020	0	0.091	0.022	
12:0	g	0.030	0	0.136	0.033	
14:0	g	0.300	0	1.361	0.330	
15:0	g					
16:0	g	5.190	0	23.542	5.709	
17:0	g					
18:0	g	2.750	0	12.474	3.025	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	10.730	0	48.671	11.803
14:1	g				
16:1	g	0.680	0	3.084	0.748
18:1	g	9.850	0	44.680	10.835
20:1	g	0.180	0	0.816	0.198
22:1	g				
Polyunsaturated, total	g	2.580	0	11.703	2.838
18:2	g	2.160	0	9.798	2.376
18:3	g	0.180	0	0.816	0.198
18:4	g				
20:4	g	0.120	0	0.544	0.132
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	72	0	327	79
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.185	0	0.839	0.204
Threonine	g	0.698	0	3.166	0.768
Isoleucine	g	0.705	0	3.198	0.776
Leucine	g	1.241	0	5.629	1.365
Lysine	g	1.402	0	6.359	1.542
Methionine	g	0.398	0	1.805	0.438
Cystine	g	0.194	0	0.880	0.213
Phenylalanine	g	0.624	0	2.830	0.686
Tyrosine	g	0.521	0	2.363	0.573
Valine	g	0.841	0	3.815	0.925
Arginine	g	1.029	0	4.668	1.132
Histidine	g	0.586	0	2.658	0.645
Alanine	g	0.942	0	4.273	1.036
Aspartic acid	g	1.427	0	6.473	1.570
Glutamic acid	g	2.363	0	10.719	2.599
Glycine	g	0.954	0	4.327	1.049
Proline	g	0.746	0	3.384	0.821
Serine	g	0.653	0	2.962	0.718
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb
- Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10028

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 83g	Measure 3*
Proximates:						
Water	g	51.83	0	44.06	43.02	
Energy	kcal	323	0	275	268	
Energy	kJ	1351	0	1148	1121	
Protein (N x 5.95)	g	21.91	0	18.62	18.19	
Total lipid (fat)	g	25.43	0	21.62	21.11	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.16	0	0.99	0.96	
Sugars, total	g					
Minerals:						
Calcium	mg	31	0	26	26	
Iron	mg	1.11	0	0.94	0.92	
Magnesium	mg	15	0	13	12	
Phosphorus	mg	162	0	138	134	
Potassium	mg	304	0	258	252	
Sodium	mg	55	0	47	46	
Zinc	mg	3.27	0	2.78	2.71	
Copper	mg	0.085	0	0.072	0.071	
Manganese	mg	0.011	0	0.009	0.009	
Selenium	µg	36.0	0	30.6	29.9	
Vitamins:						
Ascorbic acid	mg	0.6	0	0.5	0.5	
Thiamin	mg	0.476	0	0.405	0.395	
Riboflavin	mg	0.232	0	0.197	0.193	
Niacin	mg	3.590	0	3.051	2.980	
Pantothenic acid	mg	0.562	0	0.478	0.466	
Vitamin B-6	mg	0.297	0	0.252	0.247	
Folate	µg	2	0	2	2	
Vitamin B-12	µg	0.65	0	0.55	0.54	
Vitamin A	IU	8	0	7	7	
Vitamin A, RE	µg	2	0	2	2	
Vitamin E, α-TE	mg	0.260	0	0.221	0.216	
Lipids:						
Saturated, total	g	9.540	0	8.109	7.918	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.020	0	0.017	0.017	
12:0	g	0.020	0	0.017	0.017	
14:0	g	0.330	0	0.281	0.274	
15:0	g					
16:0	g	5.800	0	4.930	4.814	
17:0	g					
18:0	g	3.190	0	2.711	2.648	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	10.950	0	9.307	9.088
14:1	g				
16:1	g	0.690	0	0.587	0.573
18:1	g	9.960	0	8.466	8.267
20:1	g	0.200	0	0.170	0.166
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.330	0	1.981	1.934
18:2	g	2.090	0	1.776	1.735
18:3	g	0.070	0	0.060	0.058
18:4	g	0.000	0	0.000	0.000
20:4	g	0.060	0	0.051	0.050
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	85	0	72	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.250	0	0.213	0.208
Threonine	g	0.957	0	0.813	0.794
Isoleucine	g	0.964	0	0.819	0.800
Leucine	g	1.709	0	1.453	1.418
Lysine	g	1.934	0	1.644	1.605
Methionine	g	0.543	0	0.462	0.451
Cystine	g	0.265	0	0.225	0.220
Phenylalanine	g	0.861	0	0.732	0.715
Tyrosine	g	0.711	0	0.604	0.590
Valine	g	1.159	0	0.985	0.962
Arginine	g	1.441	0	1.225	1.196
Histidine	g	0.795	0	0.676	0.660
Alanine	g	1.312	0	1.115	1.089
Aspartic acid	g	1.962	0	1.668	1.628
Glutamic acid	g	3.231	0	2.746	2.682
Glycine	g	1.396	0	1.187	1.159
Proline	g	1.075	0	0.914	0.892
Serine	g	0.904	0	0.768	0.750
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10029

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 80g	Measure 3*
Proximates:						
Water	g	51.83	0	44.06	41.46	
Energy	kcal	320	0	272	256	
Energy	kJ	1339	0	1138	1071	
Protein (N x 5.95)	g	22.47	0	19.10	17.98	
Total lipid (fat)	g	24.85	0	21.12	19.88	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.19	0	1.01	0.95	
Sugars, total	g					
Minerals:						
Calcium	mg	29	0	25	23	
Iron	mg	0.93	0	0.79	0.74	
Magnesium	mg	22	0	19	18	
Phosphorus	mg	212	0	180	170	
Potassium	mg	344	0	292	275	
Sodium	mg	70	0	60	56	
Zinc	mg	3.37	0	2.86	2.70	
Copper	mg	0.083	0	0.071	0.066	
Manganese	mg	0.008	0	0.007	0.006	
Selenium	µg	37.1	0	31.5	29.7	
Vitamins:						
Ascorbic acid	mg	0.7	0	0.6	0.6	
Thiamin	mg	0.652	0	0.554	0.522	
Riboflavin	mg	0.296	0	0.252	0.237	
Niacin	mg	4.109	0	3.493	3.287	
Pantothenic acid	mg	0.615	0	0.523	0.492	
Vitamin B-6	mg	0.381	0	0.324	0.305	
Folate	µg	4	0	3	3	
Vitamin B-12	µg	0.83	0	0.71	0.66	
Vitamin A	IU	8	0	7	6	
Vitamin A, RE	µg	2	0	2	2	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	9.310	0	7.914	7.448	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.020	0	0.017	0.016	
12:0	g	0.020	0	0.017	0.016	
14:0	g	0.330	0	0.281	0.264	
15:0	g					
16:0	g	5.660	0	4.811	4.528	
17:0	g					
18:0	g	3.110	0	2.643	2.488	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	10.700	0	9.095	8.560
14:1	g				
16:1	g	0.680	0	0.578	0.544
18:1	g	9.730	0	8.271	7.784
20:1	g	0.190	0	0.161	0.152
22:1	g				
Polyunsaturated, total	g	2.260	0	1.921	1.808
18:2	g	2.030	0	1.725	1.624
18:3	g	0.070	0	0.060	0.056
18:4	g				
20:4	g	0.060	0	0.051	0.048
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	86	0	73	69
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.260	0	0.221	0.208
Threonine	g	0.987	0	0.839	0.790
Isoleucine	g	0.997	0	0.847	0.798
Leucine	g	1.759	0	1.495	1.407
Lysine	g	1.989	0	1.691	1.591
Methionine	g	0.562	0	0.478	0.450
Cystine	g	0.274	0	0.233	0.219
Phenylalanine	g	0.885	0	0.752	0.708
Tyrosine	g	0.736	0	0.626	0.589
Valine	g	1.192	0	1.013	0.954
Arginine	g	1.469	0	1.249	1.175
Histidine	g	0.826	0	0.702	0.661
Alanine	g	1.342	0	1.141	1.074
Aspartic acid	g	2.021	0	1.718	1.617
Glutamic acid	g	3.339	0	2.838	2.671
Glycine	g	1.387	0	1.179	1.110
Proline	g	1.078	0	0.916	0.862
Serine	g	0.928	0	0.789	0.742
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10030

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 265g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	51.21	0	135.71	43.53	
Energy	kcal	323	0	856	275	
Energy	kJ	1351	0	3580	1148	
Protein (N x 5.95)	g	23.72	0	62.86	20.16	
Total lipid (fat)	g	24.63	0	65.27	20.94	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.09	0	2.89	0.93	
Sugars, total	g					
Minerals:						
Calcium	mg	34	0	90	29	
Iron	mg	1.11	0	2.94	0.94	
Magnesium	mg	20	0	53	17	
Phosphorus	mg	210	0	557	179	
Potassium	mg	326	0	864	277	
Sodium	mg	30	0	80	26	
Zinc	mg	3.30	0	8.74	2.81	
Copper	mg	0.079	0	0.209	0.067	
Manganese	mg	0.011	0	0.029	0.009	
Selenium	µg	37.1	0	98.3	31.5	
Vitamins:						
Ascorbic acid	mg	0.2	0	0.5	0.2	
Thiamin	mg	0.524	0	1.389	0.445	
Riboflavin	mg	0.296	0	0.784	0.252	
Niacin	mg	4.237	0	11.228	3.601	
Pantothenic acid	mg	0.486	0	1.288	0.413	
Vitamin B-6	mg	0.378	0	1.002	0.321	
Folate	µg	4	0	11	3	
Vitamin B-12	µg	0.73	0	1.93	0.62	
Vitamin A	IU	9	0	24	8	
Vitamin A, RE	µg	3	0	8	3	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	9.150	0	24.247	7.777	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.020	0	0.053	0.017	
12:0	g	0.020	0	0.053	0.017	
14:0	g	0.320	0	0.848	0.272	
15:0	g					
16:0	g	5.550	0	14.707	4.718	
17:0	g					
18:0	g	3.060	0	8.109	2.601	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	10.640	0	28.196	9.044
14:1	g				
16:1	g	0.680	0	1.802	0.578
18:1	g	9.650	0	25.573	8.203
20:1	g	0.200	0	0.530	0.170
22:1	g				
Polyunsaturated, total	g	2.160	0	5.724	1.836
18:2	g	1.930	0	5.114	1.640
18:3	g	0.070	0	0.186	0.060
18:4	g				
20:4	g	0.060	0	0.159	0.051
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	93	0	246	79
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.278	0	0.737	0.236
Threonine	g	1.048	0	2.777	0.891
Isoleucine	g	1.060	0	2.809	0.901
Leucine	g	1.863	0	4.937	1.584
Lysine	g	2.104	0	5.576	1.788
Methionine	g	0.597	0	1.582	0.507
Cystine	g	0.291	0	0.771	0.247
Phenylalanine	g	0.936	0	2.480	0.796
Tyrosine	g	0.784	0	2.078	0.666
Valine	g	1.262	0	3.344	1.073
Arginine	g	1.540	0	4.081	1.309
Histidine	g	0.882	0	2.337	0.750
Alanine	g	1.412	0	3.742	1.200
Aspartic acid	g	2.142	0	5.676	1.821
Glutamic acid	g	3.550	0	9.408	3.018
Glycine	g	1.419	0	3.760	1.206
Proline	g	1.113	0	2.949	0.946
Serine	g	0.979	0	2.594	0.832
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10031

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 454g	Measure 2* 82g	Measure 3*
Proximates:						
Water	g	71.80	0.337	15	325.68	58.88
Energy	kcal	157		0	712	129
Energy	kJ	657		0	2980	539
Protein (N x 5.95)	g	19.27	0.344	17	87.41	15.80
Total lipid (fat)	g	8.25	0.463	15	37.42	6.76
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.00	0.028	13	4.54	0.82
Sugars, total	g					
Minerals:						
Calcium	mg	23	0.925	5	104	19
Iron	mg	1.02	0.049	17	4.63	0.84
Magnesium	mg	21	0.263	5	95	17
Phosphorus	mg	191	3.368	5	866	157
Potassium	mg	340	6.602	16	1542	279
Sodium	mg	67	1.173	16	304	55
Zinc	mg	2.95	0.078	16	13.38	2.42
Copper	mg	0.075	0.003	16	0.340	0.061
Manganese	mg	0.013		0	0.059	0.011
Selenium	µg	32.6	3.054	5	147.9	26.7
Vitamins:						
Ascorbic acid	mg	0.8		0	3.6	0.7
Thiamin	mg	0.808	0.046	12	3.665	0.663
Riboflavin	mg	0.279	0.009	13	1.266	0.229
Niacin	mg	4.324	0.259	13	19.614	3.546
Pantothenic acid	mg	0.757		0	3.434	0.621
Vitamin B-6	mg	0.490		1	2.223	0.402
Folate	µg	4		0	18	3
Vitamin B-12	µg	0.84	0.055	11	3.81	0.69
Vitamin A	IU	7		0	32	6
Vitamin A, RE	µg	2		0	9	2
Vitamin E, α-TE	mg	0.290		0	1.315	0.238
Lipids:						
Saturated, total	g	2.850		0	12.928	2.337
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010		73	0.045	0.008
12:0	g	0.010		75	0.045	0.008
14:0	g	0.100		378	0.454	0.082
15:0	g					
16:0	g	1.820		378	8.256	1.492
17:0	g					
18:0	g	0.890		378	4.037	0.730
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	3.730	0	16.919	3.059
14:1	g				
16:1	g	0.260	378	1.179	0.213
18:1	g	3.390	378	15.377	2.780
20:1	g	0.060	71	0.272	0.049
22:1	g				
Polyunsaturated, total	g	0.890	0	4.037	0.730
18:2	g	0.720	378	3.266	0.590
18:3	g	0.030	190	0.136	0.025
18:4	g				
20:4	g	0.100	315	0.454	0.082
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	64	1.290	11	290
Phytosterols	mg				52
Amino acids:					
Tryptophan	g	0.245	0	1.111	0.201
Threonine	g	0.880	0	3.992	0.722
Isoleucine	g	0.902	0	4.091	0.740
Leucine	g	1.546	0	7.013	1.268
Lysine	g	1.733	0	7.861	1.421
Methionine	g	0.510	0	2.313	0.418
Cystine	g	0.246	0	1.116	0.202
Phenylalanine	g	0.769	0	3.488	0.631
Tyrosine	g	0.671	0	3.044	0.550
Valine	g	1.045	0	4.740	0.857
Arginine	g	1.198	0	5.434	0.982
Histidine	g	0.770	0	3.493	0.631
Alanine	g	1.123	0	5.094	0.921
Aspartic acid	g	1.787	0	8.106	1.465
Glutamic acid	g	3.017	0	13.685	2.474
Glycine	g	0.915	0	4.150	0.750
Proline	g	0.774	0	3.511	0.635
Serine	g	0.796	0	3.611	0.653
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10032

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 63g	Measure 3*
Proximates:						
Water	g	61.02	0	51.87	38.44	
Energy	kcal	225	0	191	142	
Energy	kJ	941	0	800	593	
Protein (N x 5.95)	g	25.03	0	21.28	15.77	
Total lipid (fat)	g	13.07	0	11.11	8.23	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.30	0	1.10	0.82	
Sugars, total	g					
Minerals:						
Calcium	mg	24	0	20	15	
Iron	mg	1.35	0	1.15	0.85	
Magnesium	mg	18	0	15	11	
Phosphorus	mg	161	0	137	101	
Potassium	mg	326	0	277	205	
Sodium	mg	62	0	53	39	
Zinc	mg	3.91	0	3.32	2.46	
Copper	mg	0.096	0	0.082	0.060	
Manganese	mg	0.014	0	0.012	0.009	
Selenium	µg	42.3	0	36.0	26.6	
Vitamins:						
Ascorbic acid	mg	0.8	0	0.7	0.5	
Thiamin	mg	0.525	0	0.446	0.331	
Riboflavin	mg	0.272	0	0.231	0.171	
Niacin	mg	3.931	0	3.341	2.477	
Pantothenic acid	mg	0.639	0	0.543	0.403	
Vitamin B-6	mg	0.350	0	0.298	0.220	
Folate	µg	3	0	3	2	
Vitamin B-12	µg	0.71	0	0.60	0.45	
Vitamin A	IU	7	0	6	4	
Vitamin A, RE	µg	2	0	2	1	
Vitamin E, α-TE	mg	0.260	0	0.221	0.164	
Lipids:						
Saturated, total	g	4.740	0	4.029	2.986	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.009	0.006	
12:0	g	0.010	0	0.009	0.006	
14:0	g	0.170	0	0.145	0.107	
15:0	g					
16:0	g	2.870	0	2.440	1.808	
17:0	g					
18:0	g	1.590	0	1.352	1.002	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.680	0	4.828	3.578
14:1	g				
16:1	g	0.380	0	0.323	0.239
18:1	g	5.130	0	4.361	3.232
20:1	g	0.120	0	0.102	0.076
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.030	0	0.876	0.649
18:2	g	0.910	0	0.774	0.573
18:3	g	0.030	0	0.026	0.019
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.034	0.025
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	83	0	71	52
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.318	0	0.270	0.200
Threonine	g	1.143	0	0.972	0.720
Isoleucine	g	1.172	0	0.996	0.738
Leucine	g	2.008	0	1.707	1.265
Lysine	g	2.250	0	1.913	1.418
Methionine	g	0.663	0	0.564	0.418
Cystine	g	0.319	0	0.271	0.201
Phenylalanine	g	0.999	0	0.849	0.629
Tyrosine	g	0.872	0	0.741	0.549
Valine	g	1.358	0	1.154	0.856
Arginine	g	1.556	0	1.323	0.980
Histidine	g	1.000	0	0.850	0.630
Alanine	g	1.458	0	1.239	0.919
Aspartic acid	g	2.321	0	1.973	1.462
Glutamic acid	g	3.918	0	3.330	2.468
Glycine	g	1.188	0	1.010	0.748
Proline	g	1.005	0	0.854	0.633
Serine	g	1.034	0	0.879	0.651
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10033

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 63g	Measure 3*
Proximates:						
Water	g	59.86	0	50.88	37.71	
Energy	kcal	234	0	199	147	
Energy	kJ	979	0	832	617	
Protein (N x 5.95)	g	25.36	0	21.56	15.98	
Total lipid (fat)	g	13.89	0	11.81	8.75	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.32	0	1.12	0.83	
Sugars, total	g					
Minerals:						
Calcium	mg	23	0	20	14	
Iron	mg	1.09	0	0.93	0.69	
Magnesium	mg	26	0	22	16	
Phosphorus	mg	226	0	192	142	
Potassium	mg	374	0	318	236	
Sodium	mg	80	0	68	50	
Zinc	mg	3.97	0	3.37	2.50	
Copper	mg	0.092	0	0.078	0.058	
Manganese	mg	0.009	0	0.008	0.006	
Selenium	µg	42.9	0	36.5	27.0	
Vitamins:						
Ascorbic acid	mg	0.8	0	0.7	0.5	
Thiamin	mg	0.744	0	0.632	0.469	
Riboflavin	mg	0.349	0	0.297	0.220	
Niacin	mg	4.552	0	3.869	2.868	
Pantothenic acid	mg	0.697	0	0.592	0.439	
Vitamin B-6	mg	0.451	0	0.383	0.284	
Folate	µg	4	0	3	3	
Vitamin B-12	µg	0.94	0	0.80	0.59	
Vitamin A	IU	7	0	6	4	
Vitamin A, RE	µg	2	0	2	1	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	5.060	0	4.301	3.188	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.009	0.006	
12:0	g	0.010	0	0.009	0.006	
14:0	g	0.180	0	0.153	0.113	
15:0	g					
16:0	g	3.060	0	2.601	1.928	
17:0	g					
18:0	g	1.690	0	1.437	1.065	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.040	0	5.134	3.805
14:1	g				
16:1	g	0.400	0	0.340	0.252
18:1	g	5.450	0	4.633	3.434
20:1	g	0.120	0	0.102	0.076
22:1	g				
Polyunsaturated, total	g	1.110	0	0.944	0.699
18:2	g	0.980	0	0.833	0.617
18:3	g	0.030	0	0.026	0.019
18:4	g				
20:4	g	0.040	0	0.034	0.025
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	84	0	71	53
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.322	0	0.274	0.203
Threonine	g	1.158	0	0.984	0.730
Isoleucine	g	1.187	0	1.009	0.748
Leucine	g	2.034	0	1.729	1.281
Lysine	g	2.280	0	1.938	1.436
Methionine	g	0.671	0	0.570	0.423
Cystine	g	0.323	0	0.275	0.203
Phenylalanine	g	1.012	0	0.860	0.638
Tyrosine	g	0.883	0	0.751	0.556
Valine	g	1.376	0	1.170	0.867
Arginine	g	1.576	0	1.340	0.993
Histidine	g	1.013	0	0.861	0.638
Alanine	g	1.477	0	1.255	0.931
Aspartic acid	g	2.352	0	1.999	1.482
Glutamic acid	g	3.969	0	3.374	2.500
Glycine	g	1.204	0	1.023	0.759
Proline	g	1.019	0	0.866	0.642
Serine	g	1.047	0	0.890	0.660
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10034

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 10035 Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted

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

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 213g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	58.20	0.390	15	123.97	49.47
Energy	kcal	247		0	526	210
Energy	kJ	1033		0	2200	878
Protein (N x 5.95)	g	26.60	0.371	15	56.66	22.61
Total lipid (fat)	g	14.81	0.558	15	31.55	12.59
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.18	0.019	15	2.51	1.00
Sugars, total	g					
Minerals:						
Calcium	mg	29	1.704	5	62	25
Iron	mg	1.29	0.021	16	2.75	1.10
Magnesium	mg	24	0.355	5	51	20
Phosphorus	mg	221	3.587	5	471	188
Potassium	mg	349	1.299	16	743	297
Sodium	mg	29	8.540	16	62	25
Zinc	mg	3.81	0.101	16	8.12	3.24
Copper	mg	0.086	0.006	16	0.183	0.073
Manganese	mg	0.013		0	0.028	0.011
Selenium	µg	42.3	4.472	5	90.1	36.0
Vitamins:						
Ascorbic acid	mg	0.3		0	0.6	0.3
Thiamin	mg	0.574	0.037	11	1.223	0.488
Riboflavin	mg	0.342	0.020	11	0.728	0.291
Niacin	mg	4.664	0.170	11	9.934	3.964
Pantothenic acid	mg	0.528		0	1.125	0.449
Vitamin B-6	mg	0.440		1	0.937	0.374
Folate	µg	5		0	11	4
Vitamin B-12	µg	0.80	0.059	11	1.70	0.68
Vitamin A	IU	8		0	17	7
Vitamin A, RE	µg	2		0	4	2
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	5.310		0	11.310	4.513
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010		21	0.021	0.009
12:0	g	0.010		32	0.021	0.009
14:0	g	0.190		32	0.405	0.161
15:0	g					
16:0	g	3.210		32	6.837	2.729
17:0	g					
18:0	g	1.780		32	3.791	1.513
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.460		0	13.760	5.491
14:1	g					
16:1	g	0.440		32	0.937	0.374
18:1	g	5.810		32	12.375	4.938
20:1	g	0.140		15	0.298	0.119
22:1	g					
Polyunsaturated, total	g	1.100		0	2.343	0.935
18:2	g	0.960		32	2.045	0.816
18:3	g	0.030		32	0.064	0.026
18:4	g					
20:4	g	0.050		32	0.107	0.043
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	93	0.862	15	198	79
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.338		0	0.720	0.287
Threonine	g	1.215		0	2.588	1.033
Isoleucine	g	1.246		0	2.654	1.059
Leucine	g	2.135		0	4.548	1.815
Lysine	g	2.392		0	5.095	2.033
Methionine	g	0.704		0	1.500	0.598
Cystine	g	0.339		0	0.722	0.288
Phenylalanine	g	1.062		0	2.262	0.903
Tyrosine	g	0.927		0	1.975	0.788
Valine	g	1.443		0	3.074	1.227
Arginine	g	1.654		0	3.523	1.406
Histidine	g	1.063		0	2.264	0.904
Alanine	g	1.550		0	3.302	1.317
Aspartic acid	g	2.468		0	5.257	2.098
Glutamic acid	g	4.165		0	8.871	3.540
Glycine	g	1.263		0	2.690	1.074
Proline	g	1.069		0	2.277	0.909
Serine	g	1.099		0	2.341	0.934
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10035

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 454g	Measure 2* 112g	Measure 3*
Proximates:						
Water	g	66.70	0	302.55	74.70	
Energy	kcal	200	0	907	224	
Energy	kJ	837	0	3797	937	
Protein (N x 5.95)	g	20.12	0	91.26	22.53	
Total lipid (fat)	g	12.69	0	57.56	14.21	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.00	0	4.54	1.12	
Sugars, total	g					
Minerals:						
Calcium	mg	24	0	109	27	
Iron	mg	0.77	0	3.49	0.86	
Magnesium	mg	21	0	95	24	
Phosphorus	mg	192	0	871	215	
Potassium	mg	332	0	1506	372	
Sodium	mg	60	0	272	67	
Zinc	mg	1.56	0	7.08	1.75	
Copper	mg	0.053	0	0.240	0.059	
Manganese	mg	0.014	0	0.064	0.016	
Selenium	µg	29.5	0	133.8	33.0	
Vitamins:						
Ascorbic acid	mg	0.9	0	4.1	1.0	
Thiamin	mg	1.096	0	4.971	1.228	
Riboflavin	mg	0.209	0	0.948	0.234	
Niacin	mg	4.726	0	21.437	5.293	
Pantothenic acid	mg	0.780	0	3.538	0.874	
Vitamin B-6	mg	0.479	0	2.173	0.536	
Folate	µg	5	0	23	6	
Vitamin B-12	µg	0.55	0	2.49	0.62	
Vitamin A	IU	7	0	32	8	
Vitamin A, RE	µg	2	0	9	2	
Vitamin E, α-TE	mg	0.290	0	1.315	0.325	
Lipids:						
Saturated, total	g	4.400	0	19.958	4.928	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.045	0.011	
12:0	g	0.010	0	0.045	0.011	
14:0	g	0.160	0	0.726	0.179	
15:0	g					
16:0	g	2.740	0	12.429	3.069	
17:0	g					
18:0	g	1.440	0	6.532	1.613	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.650	0	25.628	6.328
14:1	g				
16:1	g	0.360	0	1.633	0.403
18:1	g	5.190	0	23.542	5.813
20:1	g	0.090	0	0.408	0.101
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.360	0	6.169	1.523
18:2	g	1.130	0	5.126	1.266
18:3	g	0.090	0	0.408	0.101
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.318	0.078
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	67	0	304	75
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.248	0	1.125	0.278
Threonine	g	0.908	0	4.119	1.017
Isoleucine	g	0.926	0	4.200	1.037
Leucine	g	1.602	0	7.267	1.794
Lysine	g	1.800	0	8.165	2.016
Methionine	g	0.523	0	2.372	0.586
Cystine	g	0.253	0	1.148	0.283
Phenylalanine	g	0.800	0	3.629	0.896
Tyrosine	g	0.688	0	3.121	0.771
Valine	g	1.084	0	4.917	1.214
Arginine	g	1.272	0	5.770	1.425
Histidine	g	0.783	0	3.552	0.877
Alanine	g	1.182	0	5.362	1.324
Aspartic acid	g	1.848	0	8.383	2.070
Glutamic acid	g	3.099	0	14.057	3.471
Glycine	g	1.048	0	4.754	1.174
Proline	g	0.859	0	3.896	0.962
Serine	g	0.831	0	3.769	0.931
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10036

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1 [*] 85g	Measure 2 [*] 83g	Measure 3 [*]
Proximates:						
Water	g	57.40	0	48.79	47.64	
Energy	kcal	247	0	210	205	
Energy	kJ	1033	0	878	857	
Protein (N x 5.95)	g	27.94	0	23.75	23.19	
Total lipid (fat)	g	14.15	0	12.03	11.74	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.41	0	1.20	1.17	
Sugars, total	g					
Minerals:						
Calcium	mg	26	0	22	22	
Iron	mg	1.05	0	0.89	0.87	
Magnesium	mg	19	0	16	16	
Phosphorus	mg	179	0	152	149	
Potassium	mg	353	0	300	293	
Sodium	mg	59	0	50	49	
Zinc	mg	2.16	0	1.84	1.79	
Copper	mg	0.073	0	0.062	0.061	
Manganese	mg	0.015	0	0.013	0.012	
Selenium	µg	41.0	0	34.9	34.0	
Vitamins:						
Ascorbic acid	mg	0.9	0	0.8	0.7	
Thiamin	mg	0.769	0	0.654	0.638	
Riboflavin	mg	0.215	0	0.183	0.178	
Niacin	mg	4.611	0	3.919	3.827	
Pantothenic acid	mg	0.705	0	0.599	0.585	
Vitamin B-6	mg	0.373	0	0.317	0.310	
Folate	µg	3	0	3	2	
Vitamin B-12	µg	0.50	0	0.43	0.42	
Vitamin A	IU	8	0	7	7	
Vitamin A, RE	µg	2	0	2	2	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	5.320	0	4.522	4.416	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.009	0.008	
12:0	g	0.010	0	0.009	0.008	
14:0	g	0.190	0	0.161	0.158	
15:0	g					
16:0	g	3.260	0	2.771	2.706	
17:0	g					
18:0	g	1.740	0	1.479	1.444	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.200	0	5.270	5.146
14:1	g				
16:1	g	0.430	0	0.366	0.357
18:1	g	5.580	0	4.743	4.631
20:1	g	0.120	0	0.102	0.100
22:1	g				
Polyunsaturated, total	g	1.240	0	1.054	1.029
18:2	g	1.100	0	0.935	0.913
18:3	g	0.040	0	0.034	0.033
18:4	g				
20:4	g	0.040	0	0.034	0.033
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	86	0	73	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.343	0	0.292	0.285
Threonine	g	1.257	0	1.068	1.043
Isoleucine	g	1.282	0	1.090	1.064
Leucine	g	2.220	0	1.887	1.843
Lysine	g	2.497	0	2.122	2.073
Methionine	g	0.724	0	0.615	0.601
Cystine	g	0.350	0	0.298	0.290
Phenylalanine	g	1.109	0	0.943	0.920
Tyrosine	g	0.951	0	0.808	0.789
Valine	g	1.503	0	1.278	1.247
Arginine	g	1.771	0	1.505	1.470
Histidine	g	1.081	0	0.919	0.897
Alanine	g	1.643	0	1.397	1.364
Aspartic acid	g	2.561	0	2.177	2.126
Glutamic acid	g	4.288	0	3.645	3.559
Glycine	g	1.480	0	1.258	1.228
Proline	g	1.206	0	1.025	1.001
Serine	g	1.154	0	0.981	0.958
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10037

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 82g	Measure 3*
Proximates:						
Water	g	57.59	0.384	15	48.95	47.22
Energy	kcal	240		0	204	197
Energy	kJ	1004		0	853	823
Protein (N x 5.95)	g	28.71	0.222	15	24.40	23.54
Total lipid (fat)	g	13.06	0.394	15	11.10	10.71
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.15		0	0.98	0.94
Sugars, total	g					
Minerals:						
Calcium	mg	33		0	28	27
Iron	mg	0.80		0	0.68	0.66
Magnesium	mg	25		0	21	21
Phosphorus	mg	232		0	197	190
Potassium	mg	358		0	304	294
Sodium	mg	58		0	49	48
Zinc	mg	2.26		0	1.92	1.85
Copper	mg	0.046		0	0.039	0.038
Manganese	mg	0.003		0	0.003	0.002
Selenium	µg	44.3		0	37.7	36.3
Vitamins:						
Ascorbic acid	mg	0.4		0	0.3	0.3
Thiamin	mg	1.067		0	0.907	0.875
Riboflavin	mg	0.288		0	0.245	0.236
Niacin	mg	5.241		0	4.455	4.298
Pantothenic acid	mg	0.635		0	0.540	0.521
Vitamin B-6	mg	0.429		0	0.365	0.352
Folate	µg	6		0	5	5
Vitamin B-12	µg	0.73		0	0.62	0.60
Vitamin A	IU	9		0	8	7
Vitamin A, RE	µg	3		0	3	2
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	4.800		0	4.080	3.936
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010		0	0.009	0.008
12:0	g	0.010		0	0.009	0.008
14:0	g	0.180		0	0.153	0.148
15:0	g					
16:0	g	2.970		0	2.525	2.435
17:0	g					
18:0	g	1.540		0	1.309	1.263
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.860		0	4.981	4.805
14:1	g					
16:1	g	0.460		0	0.391	0.377
18:1	g	5.200		0	4.420	4.264
20:1	g	0.130		0	0.111	0.107
22:1	g					
Polyunsaturated, total	g	0.980		0	0.833	0.804
18:2	g	0.840		0	0.714	0.689
18:3	g	0.030		0	0.026	0.025
18:4	g					
20:4	g	0.050		0	0.043	0.041
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	82	1.328	15	70	67
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.365		0	0.310	0.299
Threonine	g	1.311		0	1.114	1.075
Isoleucine	g	1.344		0	1.142	1.102
Leucine	g	2.304		0	1.958	1.889
Lysine	g	2.582		0	2.195	2.117
Methionine	g	0.760		0	0.646	0.623
Cystine	g	0.366		0	0.311	0.300
Phenylalanine	g	1.146		0	0.974	0.940
Tyrosine	g	1.000		0	0.850	0.820
Valine	g	1.558		0	1.324	1.278
Arginine	g	1.785		0	1.517	1.464
Histidine	g	1.147		0	0.975	0.941
Alanine	g	1.673		0	1.422	1.372
Aspartic acid	g	2.663		0	2.264	2.184
Glutamic acid	g	4.494		0	3.820	3.685
Glycine	g	1.363		0	1.159	1.118
Proline	g	1.153		0	0.980	0.945
Serine	g	1.186		0	1.008	0.973
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10038

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1 [*] 252g	Measure 2 [*] 85g	Measure 3 [*]
Proximates:						
Water	g	59.76	0	150.60	50.80	
Energy	kcal	234	0	590	199	
Energy	kJ	979	0	2467	832	
Protein (N x 5.95)	g	26.31	0	66.30	22.36	
Total lipid (fat)	g	13.46	0	33.92	11.44	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.32	0	3.33	1.12	
Sugars, total	g					
Minerals:						
Calcium	mg	27	0	68	23	
Iron	mg	0.99	0	2.49	0.84	
Magnesium	mg	20	0	50	17	
Phosphorus	mg	215	0	542	183	
Potassium	mg	352	0	887	299	
Sodium	mg	63	0	159	54	
Zinc	mg	2.02	0	5.09	1.72	
Copper	mg	0.068	0	0.171	0.058	
Manganese	mg	0.015	0	0.038	0.013	
Selenium	µg	41.0	0	103.3	34.9	
Vitamins:						
Ascorbic acid	mg	0.9	0	2.3	0.8	
Thiamin	mg	0.864	0	2.177	0.734	
Riboflavin	mg	0.253	0	0.638	0.215	
Niacin	mg	5.217	0	13.147	4.434	
Pantothenic acid	mg	0.664	0	1.673	0.564	
Vitamin B-6	mg	0.352	0	0.887	0.299	
Folate	µg	4	0	10	3	
Vitamin B-12	µg	0.57	0	1.44	0.48	
Vitamin A	IU	7	0	18	6	
Vitamin A, RE	µg	2	0	5	2	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	5.060	0	12.751	4.301	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.025	0.009	
12:0	g	0.010	0	0.025	0.009	
14:0	g	0.180	0	0.454	0.153	
15:0	g					
16:0	g	3.100	0	7.812	2.635	
17:0	g					
18:0	g	1.660	0	4.183	1.411	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.890	0	14.843	5.006
14:1	g				
16:1	g	0.410	0	1.033	0.349
18:1	g	5.310	0	13.381	4.513
20:1	g	0.110	0	0.277	0.094
22:1	g				
Polyunsaturated, total	g	1.180	0	2.974	1.003
18:2	g	1.050	0	2.646	0.893
18:3	g	0.040	0	0.101	0.034
18:4	g				
20:4	g	0.040	0	0.101	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	80	0	202	68
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.325	0	0.819	0.276
Threonine	g	1.187	0	2.991	1.009
Isoleucine	g	1.211	0	3.052	1.029
Leucine	g	2.094	0	5.277	1.780
Lysine	g	2.354	0	5.932	2.001
Methionine	g	0.684	0	1.724	0.581
Cystine	g	0.331	0	0.834	0.281
Phenylalanine	g	1.045	0	2.633	0.888
Tyrosine	g	0.899	0	2.265	0.764
Valine	g	1.417	0	3.571	1.204
Arginine	g	1.662	0	4.188	1.413
Histidine	g	1.024	0	2.580	0.870
Alanine	g	1.545	0	3.893	1.313
Aspartic acid	g	2.416	0	6.088	2.054
Glutamic acid	g	4.052	0	10.211	3.444
Glycine	g	1.368	0	3.447	1.163
Proline	g	1.122	0	2.827	0.954
Serine	g	1.086	0	2.737	0.923
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10039

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 454g	Measure 2* 98g	Measure 3*
Proximates:						
Water	g	72.55	0.190	15	329.09	71.10
Energy	kcal	140		0	635	137
Energy	kJ	586		0	2658	574
Protein (N x 5.95)	g	22.04	0.119	232	99.97	21.60
Total lipid (fat)	g	5.04	0.191	15	22.86	4.94
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.10	0.007	222	4.99	1.08
Sugars, total	g					
Minerals:						
Calcium	mg	21	0.924	5	95	21
Iron	mg	0.83	0.032	201	3.76	0.81
Magnesium	mg	23	0.216	196	104	23
Phosphorus	mg	207	2.531	85	939	203
Potassium	mg	362	2.462	199	1642	355
Sodium	mg	66	1.112	211	299	65
Zinc	mg	1.67	0.034	184	7.58	1.64
Copper	mg	0.056	0.003	17	0.254	0.055
Manganese	mg	0.015		0	0.068	0.015
Selenium	µg	32.5	2.811	10	147.4	31.9
Vitamins:						
Ascorbic acid	mg	1.0		0	4.5	1.0
Thiamin	mg	1.216	0.038	31	5.516	1.192
Riboflavin	mg	0.224	0.013	18	1.016	0.220
Niacin	mg	5.133	0.439	6	23.283	5.030
Pantothenic acid	mg	0.854		0	3.874	0.837
Vitamin B-6	mg	0.540		0	2.449	0.529
Folate	µg	5	1.421	7	23	5
Vitamin B-12	µg	0.58	0.131	5	2.63	0.57
Vitamin A	IU	7		0	32	7
Vitamin A, RE	µg	2		0	9	2
Vitamin E, α-TE	mg	0.290		0	1.315	0.284
Lipids:						
Saturated, total	g	1.740		0	7.893	1.705
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.000		73	0.000	0.000
12:0	g	0.010		75	0.045	0.010
14:0	g	0.060		378	0.272	0.059
15:0	g					
16:0	g	1.110		378	5.035	1.088
17:0	g					
18:0	g	0.550		378	2.495	0.539
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.280	0	10.342	2.234
14:1	g				
16:1	g	0.160	378	0.726	0.157
18:1	g	2.070	378	9.390	2.029
20:1	g	0.040	71	0.181	0.039
22:1	g				
Polyunsaturated, total	g	0.540	0	2.449	0.529
18:2	g	0.440	378	1.996	0.431
18:3	g	0.020	190	0.091	0.020
18:4	g				
20:4	g	0.060	315	0.272	0.059
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	63	1	286	62
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.280	0	1.270	0.274
Threonine	g	1.006	0	4.563	0.986
Isoleucine	g	1.032	0	4.681	1.011
Leucine	g	1.768	0	8.020	1.733
Lysine	g	1.982	0	8.990	1.942
Methionine	g	0.584	0	2.649	0.572
Cystine	g	0.281	0	1.275	0.275
Phenylalanine	g	0.880	0	3.992	0.862
Tyrosine	g	0.768	0	3.484	0.753
Valine	g	1.196	0	5.425	1.172
Arginine	g	1.370	0	6.214	1.343
Histidine	g	0.880	0	3.992	0.862
Alanine	g	1.284	0	5.824	1.258
Aspartic acid	g	2.044	0	9.272	2.003
Glutamic acid	g	3.450	0	15.649	3.381
Glycine	g	1.047	0	4.749	1.026
Proline	g	0.885	0	4.014	0.867
Serine	g	0.910	0	4.128	0.892
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb
- Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10040

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 74g	Measure 3*
Proximates:						
Water	g	61.41	0	52.20	45.44	
Energy	kcal	202	0	172	149	
Energy	kJ	845	0	718	625	
Protein (N x 5.95)	g	29.78	0	25.31	22.04	
Total lipid (fat)	g	8.31	0	7.06	6.15	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.49	0	1.27	1.10	
Sugars, total	g					
Minerals:						
Calcium	mg	23	0	20	17	
Iron	mg	1.13	0	0.96	0.84	
Magnesium	mg	20	0	17	15	
Phosphorus	mg	181	0	154	134	
Potassium	mg	367	0	312	272	
Sodium	mg	62	0	53	46	
Zinc	mg	2.26	0	1.92	1.67	
Copper	mg	0.076	0	0.065	0.056	
Manganese	mg	0.016	0	0.014	0.012	
Selenium	µg	43.9	0	37.3	32.5	
Vitamins:						
Ascorbic acid	mg	1.0	0	0.9	0.7	
Thiamin	mg	0.822	0	0.699	0.608	
Riboflavin	mg	0.227	0	0.193	0.168	
Niacin	mg	4.856	0	4.128	3.593	
Pantothenic acid	mg	0.750	0	0.637	0.555	
Vitamin B-6	mg	0.401	0	0.341	0.297	
Folate	µg	3	0	3	2	
Vitamin B-12	µg	0.51	0	0.43	0.38	
Vitamin A	IU	7	0	6	5	
Vitamin A, RE	µg	2	0	2	1	
Vitamin E, α-TE	mg	0.260	0	0.221	0.192	
Lipids:						
Saturated, total	g	3.070	0	2.609	2.272	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.009	0.007	
12:0	g	0.010	0	0.009	0.007	
14:0	g	0.110	0	0.094	0.081	
15:0	g					
16:0	g	1.890	0	1.607	1.399	
17:0	g					
18:0	g	0.990	0	0.842	0.733	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	3.710	0	3.154	2.745
14:1	g				
16:1	g	0.290	0	0.247	0.215
18:1	g	3.300	0	2.805	2.442
20:1	g	0.080	0	0.068	0.059
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.640	0	0.544	0.474
18:2	g	0.550	0	0.468	0.407
18:3	g	0.020	0	0.017	0.015
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.026	0.022
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	85	0	72	63
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.378	0	0.321	0.280
Threonine	g	1.360	0	1.156	1.006
Isoleucine	g	1.395	0	1.186	1.032
Leucine	g	2.390	0	2.031	1.769
Lysine	g	2.678	0	2.276	1.982
Methionine	g	0.789	0	0.671	0.584
Cystine	g	0.380	0	0.323	0.281
Phenylalanine	g	1.189	0	1.011	0.880
Tyrosine	g	1.038	0	0.882	0.768
Valine	g	1.616	0	1.374	1.196
Arginine	g	1.851	0	1.573	1.370
Histidine	g	1.190	0	1.011	0.881
Alanine	g	1.735	0	1.475	1.284
Aspartic acid	g	2.762	0	2.348	2.044
Glutamic acid	g	4.662	0	3.963	3.450
Glycine	g	1.414	0	1.202	1.046
Proline	g	1.196	0	1.017	0.885
Serine	g	1.230	0	1.045	0.910
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10041

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 74g	Measure 3*
Proximates:						
Water	g	61.15	0.414	15	51.98	45.25
Energy	kcal	202		0	172	149
Energy	kJ	845		0	718	625
Protein (N x 5.95)	g	30.19	0.231	15	25.66	22.34
Total lipid (fat)	g	8.07	0.391	15	6.86	5.97
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.20	0.023	15	1.02	0.89
Sugars, total	g					
Minerals:						
Calcium	mg	31	1.585	5	26	23
Iron	mg	0.85	0.029	5	0.72	0.63
Magnesium	mg	27	0.213	5	23	20
Phosphorus	mg	241	2.381	5	205	178
Potassium	mg	375	3.292	5	319	278
Sodium	mg	60	0.795	5	51	44
Zinc	mg	2.38	0.040	5	2.02	1.76
Copper	mg	0.045	0.002	5	0.038	0.033
Manganese	mg	0.011		0	0.009	0.008
Selenium	µg	47.3	4.758	5	40.2	35.0
Vitamins:						
Ascorbic acid	mg	0.4		0	0.3	0.3
Thiamin	mg	1.149		0	0.977	0.850
Riboflavin	mg	0.308		0	0.262	0.228
Niacin	mg	5.542		0	4.711	4.101
Pantothenic acid	mg	0.691		0	0.587	0.511
Vitamin B-6	mg	0.470		0	0.400	0.348
Folate	µg	6		0	5	4
Vitamin B-12	µg	0.74		0	0.63	0.55
Vitamin A	IU	8		0	7	6
Vitamin A, RE	µg	2		0	2	1
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	2.950		0	2.508	2.183
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010		27	0.009	0.007
12:0	g	0.010		27	0.009	0.007
14:0	g	0.110		27	0.094	0.081
15:0	g					
16:0	g	1.830		27	1.556	1.354
17:0	g					
18:0	g	0.940		27	0.799	0.696
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	3.640	0	3.094	2.694
14:1	g				
16:1	g	0.290	27	0.247	0.215
18:1	g	3.220	27	2.737	2.383
20:1	g	0.080	15	0.068	0.059
22:1	g				
Polyunsaturated, total	g	0.580	0	0.493	0.429
18:2	g	0.500	27	0.425	0.370
18:3	g	0.020	27	0.017	0.015
18:4	g				
20:4	g	0.040	27	0.034	0.030
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	82	1.597	15	70
Phytosterols	mg				61
Amino acids:					
Tryptophan	g	0.383	0	0.326	0.283
Threonine	g	1.379	0	1.172	1.020
Isoleucine	g	1.414	0	1.202	1.046
Leucine	g	2.422	0	2.059	1.792
Lysine	g	2.715	0	2.308	2.009
Methionine	g	0.799	0	0.679	0.591
Cystine	g	0.385	0	0.327	0.285
Phenylalanine	g	1.205	0	1.024	0.892
Tyrosine	g	1.052	0	0.894	0.778
Valine	g	1.638	0	1.392	1.212
Arginine	g	1.877	0	1.595	1.389
Histidine	g	1.206	0	1.025	0.892
Alanine	g	1.759	0	1.495	1.302
Aspartic acid	g	2.800	0	2.380	2.072
Glutamic acid	g	4.726	0	4.017	3.497
Glycine	g	1.434	0	1.219	1.061
Proline	g	1.213	0	1.031	0.898
Serine	g	1.247	0	1.060	0.923
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10042

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 231g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	62.98	0	145.48	53.53	
Energy	kcal	199	0	460	169	
Energy	kJ	833	0	1924	708	
Protein (N x 5.95)	g	27.55	0	63.64	23.42	
Total lipid (fat)	g	9.01	0	20.81	7.66	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.37	0	3.16	1.16	
Sugars, total	g					
Minerals:						
Calcium	mg	25	0	58	21	
Iron	mg	1.04	0	2.40	0.88	
Magnesium	mg	22	0	51	19	
Phosphorus	mg	219	0	506	186	
Potassium	mg	362	0	836	308	
Sodium	mg	66	0	152	56	
Zinc	mg	2.09	0	4.83	1.78	
Copper	mg	0.070	0	0.162	0.060	
Manganese	mg	0.016	0	0.037	0.014	
Selenium	µg	43.2	0	99.8	36.7	
Vitamins:						
Ascorbic acid	mg	1.0	0	2.3	0.9	
Thiamin	mg	0.912	0	2.107	0.775	
Riboflavin	mg	0.266	0	0.614	0.226	
Niacin	mg	5.454	0	12.599	4.636	
Pantothenic acid	mg	0.694	0	1.603	0.590	
Vitamin B-6	mg	0.371	0	0.857	0.315	
Folate	µg	4	0	9	3	
Vitamin B-12	µg	0.58	0	1.34	0.49	
Vitamin A	IU	7	0	16	6	
Vitamin A, RE	µg	2	0	5	2	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	3.340	0	7.715	2.839	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.023	0.009	
12:0	g	0.010	0	0.023	0.009	
14:0	g	0.120	0	0.277	0.102	
15:0	g					
16:0	g	2.060	0	4.759	1.751	
17:0	g					
18:0	g	1.080	0	2.495	0.918	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.000	0	9.240	3.400
14:1	g				
16:1	g	0.300	0	0.693	0.255
18:1	g	3.570	0	8.247	3.034
20:1	g	0.080	0	0.185	0.068
22:1	g				
Polyunsaturated, total	g	0.720	0	1.663	0.612
18:2	g	0.630	0	1.455	0.536
18:3	g	0.020	0	0.046	0.017
18:4	g				
20:4	g	0.030	0	0.069	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	79	0	182	67
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.350	0	0.809	0.298
Threonine	g	1.258	0	2.906	1.069
Isoleucine	g	1.290	0	2.980	1.097
Leucine	g	2.210	0	5.105	1.878
Lysine	g	2.477	0	5.722	2.105
Methionine	g	0.729	0	1.684	0.620
Cystine	g	0.351	0	0.811	0.298
Phenylalanine	g	1.100	0	2.541	0.935
Tyrosine	g	0.960	0	2.218	0.816
Valine	g	1.495	0	3.453	1.271
Arginine	g	1.713	0	3.957	1.456
Histidine	g	1.101	0	2.543	0.936
Alanine	g	1.605	0	3.708	1.364
Aspartic acid	g	2.555	0	5.902	2.172
Glutamic acid	g	4.313	0	9.963	3.666
Glycine	g	1.308	0	3.021	1.112
Proline	g	1.107	0	2.557	0.941
Serine	g	1.138	0	2.629	0.967
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10043

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1 [*] 454g	Measure 2 [*] 98g	Measure 3 [*]
Proximates:						
Water	g	65.15	0	295.52	63.85	
Energy	kcal	209	0	948	205	
Energy	kJ	874	0	3964	857	
Protein (N x 5.95)	g	20.17	0	91.49	19.77	
Total lipid (fat)	g	13.60	0	61.69	13.33	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	0.91	0	4.13	0.89	
Sugars, total	g					
Minerals:						
Calcium	mg	24	0	109	24	
Iron	mg	0.70	0	3.18	0.69	
Magnesium	mg	20	0	91	20	
Phosphorus	mg	200	0	907	196	
Potassium	mg	384	0	1742	376	
Sodium	mg	42	0	191	41	
Zinc	mg	1.52	0	6.89	1.49	
Copper	mg	0.055	0	0.249	0.054	
Manganese	mg	0.009	0	0.041	0.009	
Selenium	µg	29.5	0	133.8	28.9	
Vitamins:						
Ascorbic acid	mg	0.3	0	1.4	0.3	
Thiamin	mg	0.882	0	4.001	0.864	
Riboflavin	mg	0.237	0	1.075	0.232	
Niacin	mg	5.321	0	24.136	5.215	
Pantothenic acid	mg	0.595	0	2.699	0.583	
Vitamin B-6	mg	0.424	0	1.923	0.416	
Folate	µg	3	0	14	3	
Vitamin B-12	µg	0.61	0	2.77	0.60	
Vitamin A	IU	6	0	27	6	
Vitamin A, RE	µg	2	0	9	2	
Vitamin E, α-TE	mg	0.290	0	1.315	0.284	
Lipids:						
Saturated, total	g	4.710	0	21.365	4.616	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.045	0.010	
12:0	g	0.010	0	0.045	0.010	
14:0	g	0.170	0	0.771	0.167	
15:0	g					
16:0	g	2.940	0	13.336	2.881	
17:0	g					
18:0	g	1.540	0	6.985	1.509	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.060	0	27.488	5.939
14:1	g				
16:1	g	0.390	0	1.769	0.382
18:1	g	5.560	0	25.220	5.449
20:1	g	0.100	0	0.454	0.098
22:1	g				
Polyunsaturated, total	g	1.450	0	6.577	1.421
18:2	g	1.210	0	5.489	1.186
18:3	g	0.090	0	0.408	0.088
18:4	g				
20:4	g	0.080	0	0.363	0.078
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	60	0	272	59
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.249	0	1.129	0.244
Threonine	g	0.910	0	4.128	0.892
Isoleucine	g	0.928	0	4.209	0.909
Leucine	g	1.606	0	7.285	1.574
Lysine	g	1.804	0	8.183	1.768
Methionine	g	0.524	0	2.377	0.514
Cystine	g	0.254	0	1.152	0.249
Phenylalanine	g	0.802	0	3.638	0.786
Tyrosine	g	0.689	0	3.125	0.675
Valine	g	1.086	0	4.926	1.064
Arginine	g	1.275	0	5.783	1.249
Histidine	g	0.785	0	3.561	0.769
Alanine	g	1.185	0	5.375	1.161
Aspartic acid	g	1.852	0	8.401	1.815
Glutamic acid	g	3.105	0	14.084	3.043
Glycine	g	1.051	0	4.767	1.030
Proline	g	0.861	0	3.905	0.844
Serine	g	0.833	0	3.778	0.816
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10044

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1 [*] 85g	Measure 2 [*] 75g	Measure 3 [*]
Proximates:						
Water	g	56.99	0	48.44	42.74	
Energy	kcal	250	0	213	188	
Energy	kJ	1046	0	889	785	
Protein (N x 5.95)	g	26.67	0	22.67	20.00	
Total lipid (fat)	g	15.07	0	12.81	11.30	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.23	0	1.05	0.92	
Sugars, total	g					
Minerals:						
Calcium	mg	25	0	21	19	
Iron	mg	0.91	0	0.77	0.68	
Magnesium	mg	18	0	15	14	
Phosphorus	mg	177	0	150	133	
Potassium	mg	387	0	329	290	
Sodium	mg	40	0	34	30	
Zinc	mg	2.01	0	1.71	1.51	
Copper	mg	0.072	0	0.061	0.054	
Manganese	mg	0.010	0	0.009	0.008	
Selenium	µg	41.0	0	34.9	30.8	
Vitamins:						
Ascorbic acid	mg	0.3	0	0.3	0.2	
Thiamin	mg	0.593	0	0.504	0.445	
Riboflavin	mg	0.232	0	0.197	0.174	
Niacin	mg	4.939	0	4.198	3.704	
Pantothenic acid	mg	0.514	0	0.437	0.386	
Vitamin B-6	mg	0.315	0	0.268	0.236	
Folate	µg	2	0	2	2	
Vitamin B-12	µg	0.53	0	0.45	0.40	
Vitamin A	IU	7	0	6	5	
Vitamin A, RE	µg	2	0	2	2	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	5.840	0	4.964	4.380	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.009	0.008	
12:0	g	0.010	0	0.009	0.008	
14:0	g	0.200	0	0.170	0.150	
15:0	g					
16:0	g	3.590	0	3.051	2.692	
17:0	g					
18:0	g	1.920	0	1.632	1.440	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.870	0	5.840	5.152
14:1	g				
16:1	g	0.470	0	0.400	0.353
18:1	g	6.240	0	5.304	4.680
20:1	g	0.120	0	0.102	0.090
22:1	g				
Polyunsaturated, total	g	1.270	0	1.080	0.953
18:2	g	1.150	0	0.977	0.863
18:3	g	0.040	0	0.034	0.030
18:4	g				
20:4	g	0.050	0	0.043	0.038
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	73	0	62	55
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.327	0	0.278	0.245
Threonine	g	1.199	0	1.019	0.899
Isoleucine	g	1.222	0	1.039	0.916
Leucine	g	2.119	0	1.801	1.589
Lysine	g	2.383	0	2.026	1.787
Methionine	g	0.690	0	0.587	0.517
Cystine	g	0.334	0	0.284	0.251
Phenylalanine	g	1.059	0	0.900	0.794
Tyrosine	g	0.907	0	0.771	0.680
Valine	g	1.434	0	1.219	1.075
Arginine	g	1.692	0	1.438	1.269
Histidine	g	1.031	0	0.876	0.773
Alanine	g	1.569	0	1.334	1.177
Aspartic acid	g	2.443	0	2.077	1.832
Glutamic acid	g	4.090	0	3.476	3.067
Glycine	g	1.418	0	1.205	1.063
Proline	g	1.155	0	0.982	0.866
Serine	g	1.101	0	0.936	0.826
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10045

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 74g	Measure 3*
Proximates:						
Water	g	53.37	0	45.36	39.49	
Energy	kcal	263	0	224	195	
Energy	kJ	1100	0	935	814	
Protein (N x 5.95)	g	28.79	0	24.47	21.30	
Total lipid (fat)	g	15.48	0	13.16	11.46	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.19	0	1.01	0.88	
Sugars, total	g					
Minerals:						
Calcium	mg	33	0	28	24	
Iron	mg	0.77	0	0.65	0.57	
Magnesium	mg	26	0	22	19	
Phosphorus	mg	237	0	201	175	
Potassium	mg	401	0	341	297	
Sodium	mg	62	0	53	46	
Zinc	mg	2.26	0	1.92	1.67	
Copper	mg	0.068	0	0.058	0.050	
Manganese	mg	0.018	0	0.015	0.013	
Selenium	µg	44.3	0	37.7	32.8	
Vitamins:						
Ascorbic acid	mg	0.3	0	0.3	0.2	
Thiamin	mg	1.033	0	0.878	0.764	
Riboflavin	mg	0.303	0	0.258	0.224	
Niacin	mg	5.781	0	4.914	4.278	
Pantothenic acid	mg	0.663	0	0.564	0.491	
Vitamin B-6	mg	0.434	0	0.369	0.321	
Folate	µg	3	0	3	2	
Vitamin B-12	µg	0.73	0	0.62	0.54	
Vitamin A	IU	7	0	6	5	
Vitamin A, RE	µg	2	0	2	1	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	5.690	0	4.837	4.211	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.009	0.007	
12:0	g	0.010	0	0.009	0.007	
14:0	g	0.200	0	0.170	0.148	
15:0	g					
16:0	g	3.510	0	2.983	2.597	
17:0	g					
18:0	g	1.850	0	1.573	1.369	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.880	0	5.848	5.091
14:1	g				
16:1	g	0.480	0	0.408	0.355
18:1	g	6.220	0	5.287	4.603
20:1	g	0.120	0	0.102	0.089
22:1	g				
Polyunsaturated, total	g	1.230	0	1.045	0.910
18:2	g	1.080	0	0.918	0.799
18:3	g	0.040	0	0.034	0.030
18:4	g				
20:4	g	0.050	0	0.043	0.037
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	82	0	70	61
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.354	0	0.301	0.262
Threonine	g	1.296	0	1.102	0.959
Isoleucine	g	1.321	0	1.123	0.978
Leucine	g	2.289	0	1.946	1.694
Lysine	g	2.573	0	2.187	1.904
Methionine	g	0.746	0	0.634	0.552
Cystine	g	0.361	0	0.307	0.267
Phenylalanine	g	1.143	0	0.972	0.846
Tyrosine	g	0.980	0	0.833	0.725
Valine	g	1.549	0	1.317	1.146
Arginine	g	1.824	0	1.550	1.350
Histidine	g	1.115	0	0.948	0.825
Alanine	g	1.693	0	1.439	1.253
Aspartic acid	g	2.639	0	2.243	1.953
Glutamic acid	g	4.420	0	3.757	3.271
Glycine	g	1.522	0	1.294	1.126
Proline	g	1.241	0	1.055	0.918
Serine	g	1.189	0	1.011	0.880
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10046

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1 [*] 224g	Measure 2 [*] 85g	Measure 3 [*]
Proximates:						
Water	g	55.99	0	125.42	47.59	
Energy	kcal	255	0	571	217	
Energy	kJ	1067	0	2390	907	
Protein (N x 5.95)	g	27.43	0	61.44	23.32	
Total lipid (fat)	g	15.28	0	34.23	12.99	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.26	0	2.82	1.07	
Sugars, total	g					
Minerals:						
Calcium	mg	28	0	63	24	
Iron	mg	0.94	0	2.11	0.80	
Magnesium	mg	21	0	47	18	
Phosphorus	mg	231	0	517	196	
Potassium	mg	421	0	943	358	
Sodium	mg	46	0	103	39	
Zinc	mg	2.06	0	4.61	1.75	
Copper	mg	0.074	0	0.166	0.063	
Manganese	mg	0.010	0	0.022	0.009	
Selenium	µg	41.0	0	91.8	34.9	
Vitamins:						
Ascorbic acid	mg	0.3	0	0.7	0.3	
Thiamin	mg	0.724	0	1.622	0.615	
Riboflavin	mg	0.300	0	0.672	0.255	
Niacin	mg	6.116	0	13.700	5.199	
Pantothenic acid	mg	0.526	0	1.178	0.447	
Vitamin B-6	mg	0.324	0	0.726	0.275	
Folate	µg	3	0	7	3	
Vitamin B-12	µg	0.66	0	1.48	0.56	
Vitamin A	IU	6	0	13	5	
Vitamin A, RE	µg	2	0	4	2	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	5.920	0	13.261	5.032	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.022	0.009	
12:0	g	0.010	0	0.022	0.009	
14:0	g	0.210	0	0.470	0.179	
15:0	g					
16:0	g	3.640	0	8.154	3.094	
17:0	g					
18:0	g	1.950	0	4.368	1.658	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.980	0	15.635	5.933
14:1	g				
16:1	g	0.480	0	1.075	0.408
18:1	g	6.340	0	14.202	5.389
20:1	g	0.120	0	0.269	0.102
22:1	g				
Polyunsaturated, total	g	1.280	0	2.867	1.088
18:2	g	1.160	0	2.598	0.986
18:3	g	0.040	0	0.090	0.034
18:4	g				
20:4	g	0.050	0	0.112	0.043
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	73	0	164	62
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.339	0	0.759	0.288
Threonine	g	1.239	0	2.775	1.053
Isoleucine	g	1.265	0	2.834	1.075
Leucine	g	2.185	0	4.894	1.857
Lysine	g	2.455	0	5.499	2.087
Methionine	g	0.714	0	1.599	0.607
Cystine	g	0.345	0	0.773	0.293
Phenylalanine	g	1.090	0	2.442	0.927
Tyrosine	g	0.939	0	2.103	0.798
Valine	g	1.478	0	3.311	1.256
Arginine	g	1.730	0	3.875	1.471
Histidine	g	1.070	0	2.397	0.910
Alanine	g	1.609	0	3.604	1.368
Aspartic acid	g	2.521	0	5.647	2.143
Glutamic acid	g	4.230	0	9.475	3.595
Glycine	g	1.416	0	3.172	1.204
Proline	g	1.164	0	2.607	0.989
Serine	g	1.133	0	2.538	0.963
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10047

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 454g	Measure 2* 86g	Measure 3*
Proximates:						
Water	g	70.83	0.242	23	321.28	60.91
Energy	kcal	149		0	676	128
Energy	kJ	623		0	2826	536
Protein (N x 5.95)	g	22.11	0.311	61	100.29	19.01
Total lipid (fat)	g	6.01	0.227	23	27.26	5.17
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.00	0.013	57	4.54	0.86
Sugars, total	g					
Minerals:						
Calcium	mg	21	0.924	5	95	18
Iron	mg	0.76	0.019	60	3.45	0.65
Magnesium	mg	23	0.786	26	104	20
Phosphorus	mg	215	0.705	5	975	185
Potassium	mg	421	2.539	146	1910	362
Sodium	mg	45	1.077	164	204	39
Zinc	mg	1.64	0.020	48	7.44	1.41
Copper	mg	0.058	0.002	60	0.263	0.050
Manganese	mg	0.010	0.003	2	0.045	0.009
Selenium	µg	33.6		0	152.4	28.9
Vitamins:						
Ascorbic acid	mg	0.3	0.211	3	1.4	0.3
Thiamin	mg	0.973	0.037	65	4.414	0.837
Riboflavin	mg	0.256	0.006	68	1.161	0.220
Niacin	mg	5.815	0.301	19	26.377	5.001
Pantothenic acid	mg	0.643	0.028	20	2.917	0.553
Vitamin B-6	mg	0.477	0.022	12	2.164	0.410
Folate	µg	3	0.602	19	14	3
Vitamin B-12	µg	0.65	0.032	27	2.95	0.56
Vitamin A	IU	6		1	27	5
Vitamin A, RE	µg	2		1	9	2
Vitamin E, α-TE	mg	0.290		0	1.315	0.249
Lipids:						
Saturated, total	g	2.070		0	9.390	1.780
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010		73	0.045	0.009
12:0	g	0.010		75	0.045	0.009
14:0	g	0.070		378	0.318	0.060
15:0	g					
16:0	g	1.320		378	5.988	1.135
17:0	g					
18:0	g	0.650		378	2.948	0.559
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.710		0	12.293	2.331
14:1	g					
16:1	g	0.190		378	0.862	0.163
18:1	g	2.470		378	11.204	2.124
20:1	g	0.040		71	0.181	0.034
22:1	g					
Polyunsaturated, total	g	0.650		0	2.948	0.559
18:2	g	0.520		378	2.359	0.447
18:3	g	0.020		190	0.091	0.017
18:4	g					
20:4	g	0.070		315	0.318	0.060
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	55	1.054	58	249	47
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.281		0	1.275	0.242
Threonine	g	1.010		0	4.581	0.869
Isoleucine	g	1.035		0	4.695	0.890
Leucine	g	1.774		0	8.047	1.526
Lysine	g	1.988		0	9.018	1.710
Methionine	g	0.585		0	2.654	0.503
Cystine	g	0.282		0	1.279	0.243
Phenylalanine	g	0.883		0	4.005	0.759
Tyrosine	g	0.770		0	3.493	0.662
Valine	g	1.200		0	5.443	1.032
Arginine	g	1.375		0	6.237	1.183
Histidine	g	0.883		0	4.005	0.759
Alanine	g	1.288		0	5.842	1.108
Aspartic acid	g	2.051		0	9.303	1.764
Glutamic acid	g	3.461		0	15.699	2.976
Glycine	g	1.050		0	4.763	0.903
Proline	g	0.888		0	4.028	0.764
Serine	g	0.913		0	4.141	0.785
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10048

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 67g	Measure 3*
Proximates:						
Water	g	60.91	0	51.77	40.81	
Energy	kcal	206	0	175	138	
Energy	kJ	862	0	733	578	
Protein (N x 5.95)	g	28.35	0	24.10	18.99	
Total lipid (fat)	g	9.40	0	7.99	6.30	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.28	0	1.09	0.86	
Sugars, total	g					
Minerals:						
Calcium	mg	22	0	19	15	
Iron	mg	0.97	0	0.82	0.65	
Magnesium	mg	19	0	16	13	
Phosphorus	mg	179	0	152	120	
Potassium	mg	405	0	344	271	
Sodium	mg	41	0	35	27	
Zinc	mg	2.10	0	1.78	1.41	
Copper	mg	0.075	0	0.064	0.050	
Manganese	mg	0.010	0	0.009	0.007	
Selenium	µg	43.9	0	37.3	29.4	
Vitamins:						
Ascorbic acid	mg	0.3	0	0.3	0.2	
Thiamin	mg	0.624	0	0.530	0.418	
Riboflavin	mg	0.247	0	0.210	0.165	
Niacin	mg	5.219	0	4.436	3.497	
Pantothenic acid	mg	0.536	0	0.456	0.359	
Vitamin B-6	mg	0.337	0	0.286	0.226	
Folate	µg	2	0	2	1	
Vitamin B-12	µg	0.54	0	0.46	0.36	
Vitamin A	IU	6	0	5	4	
Vitamin A, RE	µg	2	0	2	1	
Vitamin E, α-TE	mg	0.260	0	0.221	0.174	
Lipids:						
Saturated, total	g	3.670	0	3.119	2.459	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.009	0.007	
12:0	g	0.010	0	0.009	0.007	
14:0	g	0.130	0	0.111	0.087	
15:0	g					
16:0	g	2.270	0	1.930	1.521	
17:0	g					
18:0	g	1.200	0	1.020	0.804	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.490	0	3.817	3.008
14:1	g				
16:1	g	0.330	0	0.281	0.221
18:1	g	4.070	0	3.460	2.727
20:1	g	0.080	0	0.068	0.054
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.680	0	0.578	0.456
18:2	g	0.610	0	0.518	0.409
18:3	g	0.020	0	0.017	0.013
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.034	0.027
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	71	0	60	48
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.360	0	0.306	0.241
Threonine	g	1.294	0	1.100	0.867
Isoleucine	g	1.327	0	1.128	0.889
Leucine	g	2.275	0	1.934	1.524
Lysine	g	2.549	0	2.167	1.708
Methionine	g	0.751	0	0.638	0.503
Cystine	g	0.362	0	0.308	0.243
Phenylalanine	g	1.132	0	0.962	0.758
Tyrosine	g	0.988	0	0.840	0.662
Valine	g	1.538	0	1.307	1.030
Arginine	g	1.762	0	1.498	1.181
Histidine	g	1.132	0	0.962	0.758
Alanine	g	1.651	0	1.403	1.106
Aspartic acid	g	2.629	0	2.235	1.761
Glutamic acid	g	4.438	0	3.772	2.973
Glycine	g	1.346	0	1.144	0.902
Proline	g	1.139	0	0.968	0.763
Serine	g	1.171	0	0.995	0.785
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10049

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1 [*] 85g	Measure 2 [*] 67g	Measure 3 [*]
Proximates:						
Water	g	56.95	3.547	15	48.41	38.16
Energy	kcal	219		0	186	147
Energy	kJ	916		0	779	614
Protein (N x 5.95)	g	30.76	0.490	23	26.15	20.61
Total lipid (fat)	g	9.74	0.353	23	8.28	6.53
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.24	0.035	23	1.05	0.83
Sugars, total	g					
Minerals:						
Calcium	mg	31	1.585	5	26	21
Iron	mg	0.82	0.029	17	0.70	0.55
Magnesium	mg	28	1.453	8	24	19
Phosphorus	mg	245	4.537	6	208	164
Potassium	mg	420	9.962	17	357	281
Sodium	mg	65	1.154	17	55	44
Zinc	mg	2.38	0.070	17	2.02	1.59
Copper	mg	0.070	0.004	17	0.060	0.047
Manganese	mg	0.020	0.010	2	0.017	0.013
Selenium	µg	47.3	4.758	5	40.2	31.7
Vitamins:						
Ascorbic acid	mg	0.3	0.049	3	0.3	0.2
Thiamin	mg	1.117	0.094	20	0.949	0.748
Riboflavin	mg	0.326	0.012	20	0.277	0.218
Niacin	mg	6.167	0.437	15	5.242	4.132
Pantothenic acid	mg	0.704	0.034	14	0.598	0.472
Vitamin B-6	mg	0.470	0.037	8	0.400	0.315
Folate	µg	3	0.788	9	3	2
Vitamin B-12	µg	0.76	0.028	20	0.65	0.51
Vitamin A	IU	6		1	5	4
Vitamin A, RE	µg	2		1	2	1
Vitamin E, α-TE	mg	0.260		0	0.221	0.174
Lipids:						
Saturated, total	g	3.460		0	2.941	2.318
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.010		15	0.009	0.007
12:0	g	0.010		15	0.009	0.007
14:0	g	0.120		15	0.102	0.080
15:0	g					
16:0	g	2.160		15	1.836	1.447
17:0	g					
18:0	g	1.100		15	0.935	0.737
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.450		0	3.783	2.982
14:1	g					
16:1	g	0.340		15	0.289	0.228
18:1	g	3.990		15	3.392	2.673
20:1	g	0.080		15	0.068	0.054
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.620		0	0.527	0.415
18:2	g	0.530		15	0.451	0.355
18:3	g	0.010		15	0.009	0.007
18:4	g	0.000		0	0.000	0.000
20:4	g	0.040		15	0.034	0.027
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	81	1.861	15	69	54
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.391		0	0.332	0.262
Threonine	g	1.404		0	1.193	0.941
Isoleucine	g	1.440		0	1.224	0.965
Leucine	g	2.468		0	2.098	1.654
Lysine	g	2.766		0	2.351	1.853
Methionine	g	0.814		0	0.692	0.545
Cystine	g	0.392		0	0.333	0.263
Phenylalanine	g	1.228		0	1.044	0.823
Tyrosine	g	1.072		0	0.911	0.718
Valine	g	1.669		0	1.419	1.118
Arginine	g	1.912		0	1.625	1.281
Histidine	g	1.229		0	1.045	0.823
Alanine	g	1.792		0	1.523	1.201
Aspartic acid	g	2.853		0	2.425	1.912
Glutamic acid	g	4.815		0	4.093	3.226
Glycine	g	1.460		0	1.241	0.978
Proline	g	1.236		0	1.051	0.828
Serine	g	1.270		0	1.080	0.851
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10050

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1 [*] 206g	Measure 2 [*] 85g	Measure 3 [*]
Proximates:						
Water	g	58.77	0	121.07	49.95	
Energy	kcal	223	0	459	190	
Energy	kJ	933	0	1922	793	
Protein (N x 5.95)	g	28.72	0	59.16	24.41	
Total lipid (fat)	g	11.16	0	22.99	9.49	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.30	0	2.68	1.10	
Sugars, total	g					
Minerals:						
Calcium	mg	26	0	54	22	
Iron	mg	0.98	0	2.02	0.83	
Magnesium	mg	22	0	45	19	
Phosphorus	mg	237	0	488	201	
Potassium	mg	437	0	900	371	
Sodium	mg	47	0	97	40	
Zinc	mg	2.13	0	4.39	1.81	
Copper	mg	0.076	0	0.157	0.065	
Manganese	mg	0.011	0	0.023	0.009	
Selenium	µg	43.2	5.282	89.0	36.7	
Vitamins:						
Ascorbic acid	mg	0.3	0	0.6	0.3	
Thiamin	mg	0.758	0	1.561	0.644	
Riboflavin	mg	0.316	0	0.651	0.269	
Niacin	mg	6.419	0	13.223	5.456	
Pantothenic acid	mg	0.543	0	1.119	0.462	
Vitamin B-6	mg	0.341	0	0.702	0.290	
Folate	µg	3	0	6	3	
Vitamin B-12	µg	0.68	0	1.40	0.58	
Vitamin A	IU	6	0	12	5	
Vitamin A, RE	µg	2	0	4	2	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	4.350	0	8.961	3.697	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.021	0.009	
12:0	g	0.010	0	0.021	0.009	
14:0	g	0.150	0	0.309	0.128	
15:0	g					
16:0	g	2.690	0	5.541	2.287	
17:0	g					
18:0	g	1.420	0	2.925	1.207	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.250	0	10.815	4.463
14:1	g				
16:1	g	0.380	0	0.783	0.323
18:1	g	4.760	0	9.806	4.046
20:1	g	0.100	0	0.206	0.085
22:1	g				
Polyunsaturated, total	g	0.850	0	1.751	0.723
18:2	g	0.770	0	1.586	0.655
18:3	g	0.020	0	0.041	0.017
18:4	g				
20:4	g	0.040	0	0.082	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	71	0	146	60
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.365	0	0.752	0.310
Threonine	g	1.311	0	2.701	1.114
Isoleucine	g	1.345	0	2.771	1.143
Leucine	g	2.304	0	4.746	1.958
Lysine	g	2.582	0	5.319	2.195
Methionine	g	0.760	0	1.566	0.646
Cystine	g	0.366	0	0.754	0.311
Phenylalanine	g	1.146	0	2.361	0.974
Tyrosine	g	1.001	0	2.062	0.851
Valine	g	1.558	0	3.209	1.324
Arginine	g	1.785	0	3.677	1.517
Histidine	g	1.147	0	2.363	0.975
Alanine	g	1.673	0	3.446	1.422
Aspartic acid	g	2.663	0	5.486	2.264
Glutamic acid	g	4.495	0	9.260	3.821
Glycine	g	1.364	0	2.810	1.159
Proline	g	1.154	0	2.377	0.981
Serine	g	1.186	0	2.443	1.008
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10051

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 454g	Measure 2* 107g	Measure 3*
Proximates:						
Water	g	66.44	0	301.37	71.09	
Energy	kcal	205	0	930	219	
Energy	kJ	858	0	3892	918	
Protein (N x 5.95)	g	19.19	0	87.05	20.53	
Total lipid (fat)	g	13.63	0	61.83	14.58	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	0.98	0	4.45	1.05	
Sugars, total	g					
Minerals:						
Calcium	mg	17	0	77	18	
Iron	mg	0.90	0	4.08	0.96	
Magnesium	mg	22	0	100	24	
Phosphorus	mg	196	0	889	210	
Potassium	mg	320	0	1452	342	
Sodium	mg	54	0	245	58	
Zinc	mg	1.86	0	8.44	1.99	
Copper	mg	0.044	0	0.200	0.047	
Manganese	mg	0.013	0	0.059	0.014	
Selenium	µg	30.0	0	136.1	32.1	
Vitamins:						
Ascorbic acid	mg	0.8	0	3.6	0.9	
Thiamin	mg	0.977	0	4.432	1.045	
Riboflavin	mg	0.268	0	1.216	0.287	
Niacin	mg	4.076	0	18.489	4.361	
Pantothenic acid	mg	0.755	0	3.425	0.808	
Vitamin B-6	mg	0.555	0	2.517	0.594	
Folate	µg	5	0	23	5	
Vitamin B-12	µg	0.64	0	2.90	0.68	
Vitamin A	IU	7	0	32	7	
Vitamin A, RE	µg	2	0	9	2	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	4.720	0	21.410	5.050	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.045	0.011	
12:0	g	0.010	0	0.045	0.011	
14:0	g	0.170	0	0.771	0.182	
15:0	g					
16:0	g	2.940	0	13.336	3.146	
17:0	g					
18:0	g	1.540	0	6.985	1.648	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.070	0	27.534	6.495
14:1	g				
16:1	g	0.390	0	1.769	0.417
18:1	g	5.570	0	25.266	5.960
20:1	g	0.100	0	0.454	0.107
22:1	g				
Polyunsaturated, total	g	1.460	0	6.623	1.562
18:2	g	1.210	0	5.489	1.295
18:3	g	0.100	0	0.454	0.107
18:4	g				
20:4	g	0.080	0	0.363	0.086
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	67	0	304	72
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.236	0	1.070	0.253
Threonine	g	0.865	0	3.924	0.926
Isoleucine	g	0.882	0	4.001	0.944
Leucine	g	1.526	0	6.922	1.633
Lysine	g	1.716	0	7.784	1.836
Methionine	g	0.498	0	2.259	0.533
Cystine	g	0.241	0	1.093	0.258
Phenylalanine	g	0.762	0	3.456	0.815
Tyrosine	g	0.654	0	2.967	0.700
Valine	g	1.033	0	4.686	1.105
Arginine	g	1.215	0	5.511	1.300
Histidine	g	0.745	0	3.379	0.797
Alanine	g	1.128	0	5.117	1.207
Aspartic acid	g	1.761	0	7.988	1.884
Glutamic acid	g	2.950	0	13.381	3.157
Glycine	g	1.008	0	4.572	1.079
Proline	g	0.824	0	3.738	0.882
Serine	g	0.793	0	3.597	0.849
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb
- Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10052

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 80g	Measure 3*
Proximates:						
Water	g	58.73	0	49.92	46.98	
Energy	kcal	245	0	208	196	
Energy	kJ	1025	0	871	820	
Protein (N x 5.95)	g	25.36	0	21.56	20.29	
Total lipid (fat)	g	15.11	0	12.84	12.09	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.33	0	1.13	1.06	
Sugars, total	g					
Minerals:						
Calcium	mg	18	0	15	14	
Iron	mg	1.17	0	0.99	0.94	
Magnesium	mg	19	0	16	15	
Phosphorus	mg	174	0	148	139	
Potassium	mg	325	0	276	260	
Sodium	mg	51	0	43	41	
Zinc	mg	2.45	0	2.08	1.96	
Copper	mg	0.058	0	0.049	0.046	
Manganese	mg	0.013	0	0.011	0.010	
Selenium	µg	40.5	0	34.4	32.4	
Vitamins:						
Ascorbic acid	mg	0.8	0	0.7	0.6	
Thiamin	mg	0.655	0	0.557	0.524	
Riboflavin	mg	0.262	0	0.223	0.210	
Niacin	mg	3.797	0	3.227	3.038	
Pantothenic acid	mg	0.649	0	0.552	0.519	
Vitamin B-6	mg	0.409	0	0.348	0.327	
Folate	µg	3	0	3	2	
Vitamin B-12	µg	0.56	0	0.48	0.45	
Vitamin A	IU	7	0	6	6	
Vitamin A, RE	µg	2	0	2	2	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	5.560	0	4.726	4.448	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.009	0.008	
12:0	g	0.010	0	0.009	0.008	
14:0	g	0.190	0	0.161	0.152	
15:0	g					
16:0	g	3.420	0	2.907	2.736	
17:0	g					
18:0	g	1.820	0	1.547	1.456	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.560	0	5.576	5.248
14:1	g				
16:1	g	0.430	0	0.366	0.344
18:1	g	5.950	0	5.058	4.760
20:1	g	0.120	0	0.102	0.096
22:1	g				
Polyunsaturated, total	g	1.400	0	1.190	1.120
18:2	g	1.240	0	1.054	0.992
18:3	g	0.040	0	0.034	0.032
18:4	g				
20:4	g	0.060	0	0.051	0.048
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	82	0	70	66
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.309	0	0.263	0.247
Threonine	g	1.138	0	0.967	0.910
Isoleucine	g	1.159	0	0.985	0.927
Leucine	g	2.012	0	1.710	1.610
Lysine	g	2.264	0	1.924	1.811
Methionine	g	0.654	0	0.556	0.523
Cystine	g	0.317	0	0.269	0.254
Phenylalanine	g	1.006	0	0.855	0.805
Tyrosine	g	0.860	0	0.731	0.688
Valine	g	1.362	0	1.158	1.090
Arginine	g	1.613	0	1.371	1.290
Histidine	g	0.976	0	0.830	0.781
Alanine	g	1.494	0	1.270	1.195
Aspartic acid	g	2.320	0	1.972	1.856
Glutamic acid	g	3.879	0	3.297	3.103
Glycine	g	1.366	0	1.161	1.093
Proline	g	1.107	0	0.941	0.886
Serine	g	1.047	0	0.890	0.838
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10053

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 75g	Measure 3*
Proximates:						
Water	g	56.40	0	47.94	42.30	
Energy	kcal	259	0	220	194	
Energy	kJ	1084	0	921	813	
Protein (N x 5.95)	g	26.65	0	22.65	19.99	
Total lipid (fat)	g	16.09	0	13.68	12.07	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.39	0	1.18	1.04	
Sugars, total	g					
Minerals:						
Calcium	mg	17	0	14	13	
Iron	mg	0.99	0	0.84	0.74	
Magnesium	mg	29	0	25	22	
Phosphorus	mg	246	0	209	185	
Potassium	mg	383	0	326	287	
Sodium	mg	68	0	58	51	
Zinc	mg	2.57	0	2.18	1.93	
Copper	mg	0.058	0	0.049	0.044	
Manganese	mg	0.010	0	0.009	0.008	
Selenium	µg	47.7	0	40.5	35.8	
Vitamins:						
Ascorbic acid	mg	0.9	0	0.8	0.7	
Thiamin	mg	0.949	0	0.807	0.712	
Riboflavin	mg	0.345	0	0.293	0.259	
Niacin	mg	4.516	0	3.839	3.387	
Pantothenic acid	mg	0.732	0	0.622	0.549	
Vitamin B-6	mg	0.544	0	0.462	0.408	
Folate	µg	5	0	4	4	
Vitamin B-12	µg	0.75	0	0.64	0.56	
Vitamin A	IU	8	0	7	6	
Vitamin A, RE	µg	2	0	2	2	
Vitamin E, α-TE	mg	0.260	0	0.221	0.195	
Lipids:						
Saturated, total	g	5.930	0	5.040	4.447	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.009	0.008	
12:0	g	0.010	0	0.009	0.008	
14:0	g	0.200	0	0.170	0.150	
15:0	g					
16:0	g	3.650	0	3.103	2.737	
17:0	g					
18:0	g	1.940	0	1.649	1.455	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.990	0	5.941	5.242
14:1	g				
16:1	g	0.460	0	0.391	0.345
18:1	g	6.330	0	5.380	4.747
20:1	g	0.130	0	0.111	0.098
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.500	0	1.275	1.125
18:2	g	1.330	0	1.131	0.998
18:3	g	0.040	0	0.034	0.030
18:4	g	0.000	0	0.000	0.000
20:4	g	0.060	0	0.051	0.045
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	86	0	73	65
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.326	0	0.277	0.245
Threonine	g	1.197	0	1.017	0.898
Isoleucine	g	1.220	0	1.037	0.915
Leucine	g	2.116	0	1.799	1.587
Lysine	g	2.380	0	2.023	1.785
Methionine	g	0.689	0	0.586	0.517
Cystine	g	0.334	0	0.284	0.251
Phenylalanine	g	1.058	0	0.899	0.794
Tyrosine	g	0.905	0	0.769	0.679
Valine	g	1.432	0	1.217	1.074
Arginine	g	1.693	0	1.439	1.270
Histidine	g	1.028	0	0.874	0.771
Alanine	g	1.569	0	1.334	1.177
Aspartic acid	g	2.440	0	2.074	1.830
Glutamic acid	g	4.082	0	3.470	3.061
Glycine	g	1.428	0	1.214	1.071
Proline	g	1.160	0	0.986	0.870
Serine	g	1.101	0	0.936	0.826
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10054

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 231g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	56.36	0.501	15	130.19	47.91
Energy	kcal	261		0	603	222
Energy	kJ	1092		0	2523	928
Protein (N x 5.95)	g	27.24	0.266	15	62.92	23.15
Total lipid (fat)	g	16.02	0.380	15	37.01	13.62
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.08	0.028	15	2.49	0.92
Sugars, total	g					
Minerals:						
Calcium	mg	23		0	53	20
Iron	mg	1.04		0	2.40	0.88
Magnesium	mg	24		0	55	20
Phosphorus	mg	220		0	508	187
Potassium	mg	350		0	809	298
Sodium	mg	60		0	139	51
Zinc	mg	2.43		0	5.61	2.07
Copper	mg	0.083		0	0.192	0.071
Manganese	mg	0.003		0	0.007	0.003
Selenium	µg	40.4		0	93.3	34.3
Vitamins:						
Ascorbic acid	mg	0.3		0	0.7	0.3
Thiamin	mg	0.748		0	1.728	0.636
Riboflavin	mg	0.312		0	0.721	0.265
Niacin	mg	5.250		0	12.127	4.463
Pantothenic acid	mg	0.579		0	1.337	0.492
Vitamin B-6	mg	0.384		0	0.887	0.326
Folate	µg	6		0	14	5
Vitamin B-12	µg	0.76		0	1.76	0.65
Vitamin A	IU	8		0	18	7
Vitamin A, RE	µg	2		0	5	2
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	5.690		0	13.144	4.837
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010		0	0.023	0.009
12:0	g	0.010		0	0.023	0.009
14:0	g	0.200		0	0.462	0.170
15:0	g					
16:0	g	3.530		0	8.154	3.001
17:0	g					
18:0	g	1.820		0	4.204	1.547
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	7.020		0	16.216	5.967
14:1	g					
16:1	g	0.500		0	1.155	0.425
18:1	g	6.320		0	14.599	5.372
20:1	g	0.130		0	0.300	0.111
22:1	g					
Polyunsaturated, total	g	1.380		0	3.188	1.173
18:2	g	1.220		0	2.818	1.037
18:3	g	0.030		0	0.069	0.026
18:4	g					
20:4	g	0.070		0	0.162	0.060
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	87	0.875	30	201	74
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.346		0	0.799	0.294
Threonine	g	1.244		0	2.874	1.057
Isoleucine	g	1.276		0	2.948	1.085
Leucine	g	2.186		0	5.050	1.858
Lysine	g	2.450		0	5.660	2.083
Methionine	g	0.721		0	1.666	0.613
Cystine	g	0.347		0	0.802	0.295
Phenylalanine	g	1.087		0	2.511	0.924
Tyrosine	g	0.949		0	2.192	0.807
Valine	g	1.478		0	3.414	1.256
Arginine	g	1.693		0	3.911	1.439
Histidine	g	1.088		0	2.513	0.925
Alanine	g	1.587		0	3.666	1.349
Aspartic acid	g	2.527		0	5.837	2.148
Glutamic acid	g	4.264		0	9.850	3.624
Glycine	g	1.293		0	2.987	1.099
Proline	g	1.094		0	2.527	0.930
Serine	g	1.125		0	2.599	0.956
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10055

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 454g	Measure 2* 94g	Measure 3*
Proximates:						
Water	g	72.53	0.255	15	329.00	68.18
Energy	kcal	142		0	644	133
Energy	kJ	594		0	2694	558
Protein (N x 5.95)	g	21.06	0.351	11	95.53	19.80
Total lipid (fat)	g	5.76	0.307	15	26.13	5.41
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.09	0.026	11	4.94	1.02
Sugars, total	g					
Minerals:						
Calcium	mg	13	2.308	5	59	12
Iron	mg	0.87	0.044	16	3.95	0.82
Magnesium	mg	26	0.383	13	118	24
Phosphorus	mg	218	2.020	13	989	205
Potassium	mg	370	5.052	36	1678	348
Sodium	mg	51	1.315	36	231	48
Zinc	mg	1.85	0.057	16	8.39	1.74
Copper	mg	0.069	0.005	16	0.313	0.065
Manganese	mg	0.014		0	0.064	0.013
Selenium	µg	33.2	3.551	5	150.6	31.2
Vitamins:						
Ascorbic acid	mg	0.9		0	4.1	0.8
Thiamin	mg	1.086	0.082	15	4.926	1.021
Riboflavin	mg	0.292	0.015	15	1.325	0.274
Niacin	mg	4.407	0.222	16	19.990	4.143
Pantothenic acid	mg	0.828		0	3.756	0.778
Vitamin B-6	mg	0.630		1	2.858	0.592
Folate	µg	5		0	23	5
Vitamin B-12	µg	0.69	0.041	10	3.13	0.65
Vitamin A	IU	7		0	32	7
Vitamin A, RE	µg	2		0	9	2
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	1.990		0	9.027	1.871
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010		73	0.045	0.009
12:0	g	0.010		75	0.045	0.009
14:0	g	0.070		378	0.318	0.066
15:0	g					
16:0	g	1.270		378	5.761	1.194
17:0	g					
18:0	g	0.620		378	2.812	0.583
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.600	0	11.794	2.444
14:1	g				
16:1	g	0.180	378	0.816	0.169
18:1	g	2.370	378	10.750	2.228
20:1	g	0.040	71	0.181	0.038
22:1	g				
Polyunsaturated, total	g	0.620	0	2.812	0.583
18:2	g	0.500	378	2.268	0.470
18:3	g	0.020	190	0.091	0.019
18:4	g				
20:4	g	0.070	315	0.318	0.066
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	63	0.965	11	286
Phytosterols	mg				59
Amino acids:					
Tryptophan	g	0.268	0	1.216	0.252
Threonine	g	0.962	0	4.364	0.904
Isoleucine	g	0.986	0	4.472	0.927
Leucine	g	1.690	0	7.666	1.589
Lysine	g	1.894	0	8.591	1.780
Methionine	g	0.558	0	2.531	0.525
Cystine	g	0.269	0	1.220	0.253
Phenylalanine	g	0.841	0	3.815	0.791
Tyrosine	g	0.734	0	3.329	0.690
Valine	g	1.143	0	5.185	1.074
Arginine	g	1.309	0	5.938	1.230
Histidine	g	0.841	0	3.815	0.791
Alanine	g	1.227	0	5.566	1.153
Aspartic acid	g	1.953	0	8.859	1.836
Glutamic acid	g	3.297	0	14.955	3.099
Glycine	g	1.000	0	4.536	0.940
Proline	g	0.846	0	3.837	0.795
Serine	g	0.870	0	3.946	0.818
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10056

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 10057 Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised

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

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 72g	Measure 3*
Proximates:						
Water	g	63.16	0	53.69	45.48	
Energy	kcal	197	0	167	142	
Energy	kJ	824	0	700	593	
Protein (N x 5.95)	g	27.00	0	22.95	19.44	
Total lipid (fat)	g	9.01	0	7.66	6.49	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.40	0	1.19	1.01	
Sugars, total	g					
Minerals:						
Calcium	mg	13	0	11	9	
Iron	mg	1.27	0	1.08	0.91	
Magnesium	mg	20	0	17	14	
Phosphorus	mg	176	0	150	127	
Potassium	mg	336	0	286	242	
Sodium	mg	53	0	45	38	
Zinc	mg	2.60	0	2.21	1.87	
Copper	mg	0.059	0	0.050	0.042	
Manganese	mg	0.014	0	0.012	0.010	
Selenium	µg	42.6	0	36.2	30.7	
Vitamins:						
Ascorbic acid	mg	0.9	0	0.8	0.6	
Thiamin	mg	0.696	0	0.592	0.501	
Riboflavin	mg	0.281	0	0.239	0.202	
Niacin	mg	3.955	0	3.362	2.848	
Pantothenic acid	mg	0.690	0	0.587	0.497	
Vitamin B-6	mg	0.444	0	0.377	0.320	
Folate	µg	3	0	3	2	
Vitamin B-12	µg	0.57	0	0.48	0.41	
Vitamin A	IU	7	0	6	5	
Vitamin A, RE	µg	2	0	2	1	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	3.200	0	2.720	2.304	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.009	0.007	
12:0	g	0.010	0	0.009	0.007	
14:0	g	0.110	0	0.094	0.079	
15:0	g					
16:0	g	1.980	0	1.683	1.426	
17:0	g					
18:0	g	1.020	0	0.867	0.734	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	3.970	0	3.374	2.858
14:1	g				
16:1	g	0.280	0	0.238	0.202
18:1	g	3.570	0	3.034	2.570
20:1	g	0.080	0	0.068	0.058
22:1	g				
Polyunsaturated, total	g	0.780	0	0.663	0.562
18:2	g	0.680	0	0.578	0.490
18:3	g	0.020	0	0.017	0.014
18:4	g				
20:4	g	0.050	0	0.043	0.036
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	81	0	69	58
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.343	0	0.292	0.247
Threonine	g	1.233	0	1.048	0.888
Isoleucine	g	1.264	0	1.074	0.910
Leucine	g	2.166	0	1.841	1.560
Lysine	g	2.428	0	2.064	1.748
Methionine	g	0.715	0	0.608	0.515
Cystine	g	0.344	0	0.292	0.248
Phenylalanine	g	1.078	0	0.916	0.776
Tyrosine	g	0.941	0	0.800	0.678
Valine	g	1.465	0	1.245	1.055
Arginine	g	1.678	0	1.426	1.208
Histidine	g	1.079	0	0.917	0.777
Alanine	g	1.573	0	1.337	1.133
Aspartic acid	g	2.504	0	2.128	1.803
Glutamic acid	g	4.227	0	3.593	3.043
Glycine	g	1.282	0	1.090	0.923
Proline	g	1.085	0	0.922	0.781
Serine	g	1.115	0	0.948	0.803
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10057

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 10058 Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled

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

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 67g	Measure 3*
Proximates:						
Water	g	60.54	0	51.46	40.56	
Energy	kcal	213	0	181	143	
Energy	kJ	891	0	757	597	
Protein (N x 5.95)	g	28.46	0	24.19	19.07	
Total lipid (fat)	g	10.12	0	8.60	6.78	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.47	0	1.25	0.98	
Sugars, total	g					
Minerals:						
Calcium	mg	13	0	11	9	
Iron	mg	1.07	0	0.91	0.72	
Magnesium	mg	31	0	26	21	
Phosphorus	mg	257	0	218	172	
Potassium	mg	401	0	341	269	
Sodium	mg	72	0	61	48	
Zinc	mg	2.74	0	2.33	1.84	
Copper	mg	0.059	0	0.050	0.040	
Manganese	mg	0.010	0	0.009	0.007	
Selenium	µg	51.6	5.420	43.9	34.6	
Vitamins:						
Ascorbic acid	mg	1.0	0	0.9	0.7	
Thiamin	mg	1.027	0	0.873	0.688	
Riboflavin	mg	0.375	0	0.319	0.251	
Niacin	mg	4.764	0	4.049	3.192	
Pantothenic acid	mg	0.783	0	0.666	0.525	
Vitamin B-6	mg	0.596	0	0.507	0.399	
Folate	µg	5	0	4	3	
Vitamin B-12	µg	0.79	0	0.67	0.53	
Vitamin A	IU	7	0	6	5	
Vitamin A, RE	µg	2	0	2	1	
Vitamin E, α-TE	mg	0.260	0	0.221	0.174	
Lipids:						
Saturated, total	g	3.610	0	3.068	2.419	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.009	0.007	
12:0	g	0.010	0	0.009	0.007	
14:0	g	0.120	0	0.102	0.080	
15:0	g					
16:0	g	2.240	0	1.904	1.501	
17:0	g					
18:0	g	1.160	0	0.986	0.777	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.450	0	3.783	2.982
14:1	g				
16:1	g	0.310	0	0.264	0.208
18:1	g	4.000	0	3.400	2.680
20:1	g	0.090	0	0.077	0.060
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.890	0	0.757	0.596
18:2	g	0.770	0	0.655	0.516
18:3	g	0.020	0	0.017	0.013
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.043	0.034
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	85	0	72	57
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.362	0	0.308	0.243
Threonine	g	1.300	0	1.105	0.871
Isoleucine	g	1.333	0	1.133	0.893
Leucine	g	2.283	0	1.941	1.530
Lysine	g	2.559	0	2.175	1.715
Methionine	g	0.754	0	0.641	0.505
Cystine	g	0.363	0	0.309	0.243
Phenylalanine	g	1.136	0	0.966	0.761
Tyrosine	g	0.992	0	0.843	0.665
Valine	g	1.544	0	1.312	1.034
Arginine	g	1.769	0	1.504	1.185
Histidine	g	1.137	0	0.966	0.762
Alanine	g	1.658	0	1.409	1.111
Aspartic acid	g	2.640	0	2.244	1.769
Glutamic acid	g	4.455	0	3.787	2.985
Glycine	g	1.351	0	1.148	0.905
Proline	g	1.143	0	0.972	0.766
Serine	g	1.176	0	1.000	0.788
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10058

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 208g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	60.54	0.491	15	125.92	51.46
Energy	kcal	216		0	449	184
Energy	kJ	904		0	1880	768
Protein (N x 5.95)	g	28.81	0.298	15	59.92	24.49
Total lipid (fat)	g	10.29	0.416	15	21.40	8.75
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.12	0.029	15	2.33	0.95
Sugars, total	g					
Minerals:						
Calcium	mg	20	2.423	5	42	17
Iron	mg	1.12	0.042	17	2.33	0.95
Magnesium	mg	25	0.562	7	52	21
Phosphorus	mg	228	2.397	5	474	194
Potassium	mg	366	6.475	17	761	311
Sodium	mg	63	1.270	17	131	54
Zinc	mg	2.57	0.059	17	5.35	2.18
Copper	mg	0.086	0.009	17	0.179	0.073
Manganese	mg	0.028		1	0.058	0.024
Selenium	µg	43.1	6.207	5	89.6	36.6
Vitamins:						
Ascorbic acid	mg	0.3		0	0.6	0.3
Thiamin	mg	0.795	0.069	12	1.654	0.676
Riboflavin	mg	0.334	0.018	12	0.695	0.284
Niacin	mg	5.552	0.232	12	11.548	4.719
Pantothenic acid	mg	0.629		0	1.308	0.535
Vitamin B-6	mg	0.420		1	0.874	0.357
Folate	µg	6		0	12	5
Vitamin B-12	µg	0.78	0.075	12	1.62	0.66
Vitamin A	IU	7		0	15	6
Vitamin A, RE	µg	2		0	4	2
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	3.620		0	7.530	3.077
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010		21	0.021	0.009
12:0	g	0.010		21	0.021	0.009
14:0	g	0.130		32	0.270	0.111
15:0	g					
16:0	g	2.250		32	4.680	1.913
17:0	g					
18:0	g	1.150		32	2.392	0.977
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.520		0	9.402	3.842
14:1	g					
16:1	g	0.320		32	0.666	0.272
18:1	g	4.070		32	8.466	3.460
20:1	g	0.090		15	0.187	0.077
22:1	g					
Polyunsaturated, total	g	0.870		0	1.810	0.740
18:2	g	0.770		32	1.602	0.655
18:3	g	0.020		32	0.042	0.017
18:4	g					
20:4	g	0.050		32	0.104	0.043
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	86	1.258	15	179	73
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.366		0	0.761	0.311
Threonine	g	1.316		0	2.737	1.119
Isoleucine	g	1.349		0	2.806	1.147
Leucine	g	2.312		0	4.809	1.965
Lysine	g	2.591		0	5.389	2.202
Methionine	g	0.763		0	1.587	0.649
Cystine	g	0.367		0	0.763	0.312
Phenylalanine	g	1.150		0	2.392	0.977
Tyrosine	g	1.004		0	2.088	0.853
Valine	g	1.563		0	3.251	1.329
Arginine	g	1.791		0	3.725	1.522
Histidine	g	1.151		0	2.394	0.978
Alanine	g	1.678		0	3.490	1.426
Aspartic acid	g	2.672		0	5.558	2.271
Glutamic acid	g	4.510		0	9.381	3.833
Glycine	g	1.368		0	2.845	1.163
Proline	g	1.157		0	2.407	0.983
Serine	g	1.190		0	2.475	1.011
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10059

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	74.94	0.297	15	21.25	339.93
Energy	kcal	120		0	34	544
Energy	kJ	502		0	142	2277
Protein (N x 5.95)	g	20.99	0.317	12	5.95	95.21
Total lipid (fat)	g	3.41	0.133	15	0.97	15.47
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.76		1	0.50	7.98
Sugars, total	g					
Minerals:						
Calcium	mg	5	0.316	5	1	23
Iron	mg	1.23	0.040	9	0.35	5.58
Magnesium	mg	26	0.242	5	7	118
Phosphorus	mg	226	2.558	5	64	1025
Potassium	mg	366	4.048	17	104	1660
Sodium	mg	50	0.951	17	14	227
Zinc	mg	2.03	0.086	7	0.58	9.21
Copper	mg	0.049	0.013	5	0.014	0.222
Manganese	mg	0.015		0	0.004	0.068
Selenium	µg	28.9	4.723	5	8.2	131.1
Vitamins:						
Ascorbic acid	mg	0.9		0	0.3	4.1
Thiamin	mg	0.974		0	0.276	4.418
Riboflavin	mg	0.281		0	0.080	1.275
Niacin	mg	4.429		0	1.256	20.090
Pantothenic acid	mg	0.904		0	0.256	4.101
Vitamin B-6	mg	0.520		0	0.147	2.359
Folate	µg	5		0	1	23
Vitamin B-12	µg	0.81		0	0.23	3.67
Vitamin A	IU	6		0	2	27
Vitamin A, RE	µg	2		0	1	9
Vitamin E, α-TE	mg	0.290		0	0.082	1.315
Lipids:						
Saturated, total	g	1.180		0	0.335	5.352
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		73	0.000	0.000
12:0	g	0.000		75	0.000	0.000
14:0	g	0.040		378	0.011	0.181
15:0	g					
16:0	g	0.750		378	0.213	3.402
17:0	g					
18:0	g	0.370		378	0.105	1.678
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.540	0	0.437	6.985
14:1	g				
16:1	g	0.110	378	0.031	0.499
18:1	g	1.400	378	0.397	6.350
20:1	g	0.020	71	0.006	0.091
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.370	0	0.105	1.678
18:2	g	0.300	378	0.085	1.361
18:3	g	0.010	190	0.003	0.045
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	315	0.011	0.181
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	65	2.045	4	18
Phytosterols	mg				295
Amino acids:					
Tryptophan	g	0.267	0	0.076	1.211
Threonine	g	0.958	0	0.272	4.345
Isoleucine	g	0.983	0	0.279	4.459
Leucine	g	1.684	0	0.477	7.639
Lysine	g	1.888	0	0.535	8.564
Methionine	g	0.556	0	0.158	2.522
Cystine	g	0.268	0	0.076	1.216
Phenylalanine	g	0.838	0	0.238	3.801
Tyrosine	g	0.731	0	0.207	3.316
Valine	g	1.139	0	0.323	5.167
Arginine	g	1.305	0	0.370	5.919
Histidine	g	0.839	0	0.238	3.806
Alanine	g	1.223	0	0.347	5.548
Aspartic acid	g	1.947	0	0.552	8.832
Glutamic acid	g	3.286	0	0.932	14.905
Glycine	g	0.997	0	0.283	4.522
Proline	g	0.843	0	0.239	3.824
Serine	g	0.867	0	0.246	3.933
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb

NDB No. 10060

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 333g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	66.35	0.367	15	220.95	56.40
Energy	kcal	164		0	546	139
Energy	kJ	686		0	2284	583
Protein (N x 5.95)	g	28.14	0.268	15	93.71	23.92
Total lipid (fat)	g	4.81	0.200	15	16.02	4.09
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.29	0.015	15	4.30	1.10
Sugars, total	g					
Minerals:						
Calcium	mg	6	0.602	5	20	5
Iron	mg	1.47	0.035	6	4.90	1.25
Magnesium	mg	28	0.615	6	93	24
Phosphorus	mg	259	6.796	6	862	220
Potassium	mg	437	20.312	6	1455	371
Sodium	mg	56	2.516	6	186	48
Zinc	mg	2.63	0.097	6	8.76	2.24
Copper	mg	0.048	0.024	6	0.160	0.041
Manganese	mg	0.039		1	0.130	0.033
Selenium	µg	48.1	8.291	5	160.2	40.9
Vitamins:						
Ascorbic acid	mg	0.4		0	1.3	0.3
Thiamin	mg	0.940		1	3.130	0.799
Riboflavin	mg	0.390		1	1.299	0.331
Niacin	mg	4.709		0	15.681	4.003
Pantothenic acid	mg	0.687		0	2.288	0.584
Vitamin B-6	mg	0.420		0	1.399	0.357
Folate	µg	6		0	20	5
Vitamin B-12	µg	0.55		1	1.83	0.47
Vitamin A	IU	7		0	23	6
Vitamin A, RE	µg	2		0	7	2
Vitamin E, α-TE	mg	0.260		0	0.866	0.221
Lipids:						
Saturated, total	g	1.660		0	5.528	1.411
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		15	0.000	0.000
12:0	g	0.000		15	0.000	0.000
14:0	g	0.050		15	0.167	0.043
15:0	g					
16:0	g	1.020		15	3.397	0.867
17:0	g					
18:0	g	0.550		15	1.832	0.468
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.930		0	6.427	1.640
14:1	g					
16:1	g	0.140		15	0.466	0.119
18:1	g	1.720		15	5.728	1.462
20:1	g	0.040		15	0.133	0.034
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.410		0	1.365	0.349
18:2	g	0.350		15	1.165	0.298
18:3	g	0.010		15	0.033	0.009
18:4	g	0.000		0	0.000	0.000
20:4	g	0.030		15	0.100	0.026
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	79	2.092	15	263	67
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.357		0	1.189	0.303
Threonine	g	1.285		0	4.279	1.092
Isoleucine	g	1.318		0	4.389	1.120
Leucine	g	2.258		0	7.519	1.919
Lysine	g	2.531		0	8.428	2.151
Methionine	g	0.745		0	2.481	0.633
Cystine	g	0.359		0	1.195	0.305
Phenylalanine	g	1.123		0	3.740	0.955
Tyrosine	g	0.980		0	3.263	0.833
Valine	g	1.527		0	5.085	1.298
Arginine	g	1.749		0	5.824	1.487
Histidine	g	1.124		0	3.743	0.955
Alanine	g	1.639		0	5.458	1.393
Aspartic acid	g	2.610		0	8.691	2.219
Glutamic acid	g	4.405		0	14.669	3.744
Glycine	g	1.336		0	4.449	1.136
Proline	g	1.130		0	3.763	0.961
Serine	g	1.162		0	3.869	0.988
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10061

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 454g	Measure 2* 102g	Measure 3*
Proximates:						
Water	g	67.71	0	307.13	69.06	
Energy	kcal	185	0	839	189	
Energy	kJ	774	0	3511	789	
Protein (N x 5.95)	g	20.42	0	92.63	20.83	
Total lipid (fat)	g	10.84	0	49.17	11.06	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	0.92	0	4.17	0.94	
Sugars, total	g					
Minerals:						
Calcium	mg	20	0	91	20	
Iron	mg	0.72	0	3.27	0.73	
Magnesium	mg	21	0	95	21	
Phosphorus	mg	204	0	925	208	
Potassium	mg	394	0	1787	402	
Sodium	mg	43	0	195	44	
Zinc	mg	1.55	0	7.03	1.58	
Copper	mg	0.056	0	0.254	0.057	
Manganese	mg	0.009	0	0.041	0.009	
Selenium	µg	30.3	0	137.4	30.9	
Vitamins:						
Ascorbic acid	mg	0.3	0	1.4	0.3	
Thiamin	mg	0.800	0	3.629	0.816	
Riboflavin	mg	0.253	0	1.148	0.258	
Niacin	mg	4.748	0	21.537	4.843	
Pantothenic acid	mg	0.720	0	3.266	0.734	
Vitamin B-6	mg	0.432	0	1.960	0.441	
Folate	µg	7	0	32	7	
Vitamin B-12	µg	0.51	0	2.31	0.52	
Vitamin A	IU	6	0	27	6	
Vitamin A, RE	µg	2	0	9	2	
Vitamin E, α-TE	mg	0.290	0	1.315	0.296	
Lipids:						
Saturated, total	g	3.750	0	17.010	3.825	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.045	0.010	
12:0	g	0.010	0	0.045	0.010	
14:0	g	0.130	0	0.590	0.133	
15:0	g					
16:0	g	2.350	0	10.660	2.397	
17:0	g					
18:0	g	1.220	0	5.534	1.244	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.840	0	21.954	4.937
14:1	g				
16:1	g	0.310	0	1.406	0.316
18:1	g	4.430	0	20.094	4.519
20:1	g	0.080	0	0.363	0.082
22:1	g				
Polyunsaturated, total	g	1.160	0	5.262	1.183
18:2	g	0.960	0	4.355	0.979
18:3	g	0.070	0	0.318	0.071
18:4	g				
20:4	g	0.070	0	0.318	0.071
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	58	0	263	59
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.254	0	1.152	0.259
Threonine	g	0.924	0	4.191	0.942
Isoleucine	g	0.945	0	4.287	0.964
Leucine	g	1.629	0	7.389	1.662
Lysine	g	1.830	0	8.301	1.867
Methionine	g	0.534	0	2.422	0.545
Cystine	g	0.258	0	1.170	0.263
Phenylalanine	g	0.813	0	3.688	0.829
Tyrosine	g	0.702	0	3.184	0.716
Valine	g	1.102	0	4.999	1.124
Arginine	g	1.285	0	5.829	1.311
Histidine	g	0.801	0	3.633	0.817
Alanine	g	1.197	0	5.430	1.221
Aspartic acid	g	1.881	0	8.532	1.919
Glutamic acid	g	3.159	0	14.329	3.222
Glycine	g	1.037	0	4.704	1.058
Proline	g	0.857	0	3.887	0.874
Serine	g	0.844	0	3.828	0.861
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb

Measure 2: 1 raw chop with refuse, 113 g; yields excluding refuse

NDB No. 10062

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1 [*] 79g	Measure 2 [*] 85g	Measure 3 [*]
Proximates:						
Water	g	58.22	0	45.99	49.49	
Energy	kcal	233	0	184	198	
Energy	kJ	975	0	770	829	
Protein (N x 5.95)	g	27.82	0	21.98	23.65	
Total lipid (fat)	g	12.68	0	10.02	10.78	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.27	0	1.00	1.08	
Sugars, total	g					
Minerals:						
Calcium	mg	21	0	17	18	
Iron	mg	0.96	0	0.76	0.82	
Magnesium	mg	19	0	15	16	
Phosphorus	mg	185	0	146	157	
Potassium	mg	407	0	322	346	
Sodium	mg	42	0	33	36	
Zinc	mg	2.11	0	1.67	1.79	
Copper	mg	0.076	0	0.060	0.065	
Manganese	mg	0.010	0	0.008	0.009	
Selenium	µg	41.3	0	32.6	35.1	
Vitamins:						
Ascorbic acid	mg	0.3	0	0.2	0.3	
Thiamin	mg	0.552	0	0.436	0.469	
Riboflavin	mg	0.256	0	0.202	0.218	
Niacin	mg	4.540	0	3.587	3.859	
Pantothenic acid	mg	0.638	0	0.504	0.542	
Vitamin B-6	mg	0.329	0	0.260	0.280	
Folate	µg	4	0	3	3	
Vitamin B-12	µg	0.46	0	0.36	0.39	
Vitamin A	IU	7	0	6	6	
Vitamin A, RE	µg	2	0	2	2	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	4.710	0	3.721	4.003	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.008	0.009	
12:0	g	0.010	0	0.008	0.009	
14:0	g	0.160	0	0.126	0.136	
15:0	g					
16:0	g	2.920	0	2.307	2.482	
17:0	g					
18:0	g	1.520	0	1.201	1.292	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.700	0	4.503	4.845
14:1	g				
16:1	g	0.400	0	0.316	0.340
18:1	g	5.150	0	4.069	4.378
20:1	g	0.100	0	0.079	0.085
22:1	g				
Polyunsaturated, total	g	1.040	0	0.822	0.884
18:2	g	0.920	0	0.727	0.782
18:3	g	0.030	0	0.024	0.026
18:4	g				
20:4	g	0.040	0	0.032	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	75	0	59	64
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.345	0	0.273	0.293
Threonine	g	1.257	0	0.993	1.068
Isoleucine	g	1.284	0	1.014	1.091
Leucine	g	2.217	0	1.751	1.884
Lysine	g	2.491	0	1.968	2.117
Methionine	g	0.725	0	0.573	0.616
Cystine	g	0.351	0	0.277	0.298
Phenylalanine	g	1.106	0	0.874	0.940
Tyrosine	g	0.953	0	0.753	0.810
Valine	g	1.500	0	1.185	1.275
Arginine	g	1.753	0	1.385	1.490
Histidine	g	1.087	0	0.859	0.924
Alanine	g	1.632	0	1.289	1.387
Aspartic acid	g	2.559	0	2.022	2.175
Glutamic acid	g	4.294	0	3.392	3.650
Glycine	g	1.429	0	1.129	1.215
Proline	g	1.177	0	0.930	1.000
Serine	g	1.149	0	0.908	0.977
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10063

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 71g	Measure 3*
Proximates:						
Water	g	58.35	0.421	15	49.60	41.43
Energy	kcal	229		0	195	163
Energy	kJ	958		0	814	680
Protein (N x 5.95)	g	29.96	0.193	15	25.47	21.27
Total lipid (fat)	g	11.23	0.398	15	9.55	7.97
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.14	0.026	15	0.97	0.81
Sugars, total	g					
Minerals:						
Calcium	mg	29	1.474	67	25	21
Iron	mg	0.79	0.027	84	0.67	0.56
Magnesium	mg	27	1.352	75	23	19
Phosphorus	mg	238	4.404	12	202	169
Potassium	mg	405	9.442	23	344	288
Sodium	mg	63	1.077	84	54	45
Zinc	mg	2.29	0.066	23	1.95	1.63
Copper	mg	0.069	0.004	84	0.059	0.049
Manganese	mg	0.003		1	0.003	0.002
Selenium	µg	45.2		0	38.4	32.1
Vitamins:						
Ascorbic acid	mg	0.3	0.046	4	0.3	0.2
Thiamin	mg	0.854	0.078	14	0.726	0.606
Riboflavin	mg	0.308	0.018	13	0.262	0.219
Niacin	mg	5.042	0.175	12	4.286	3.580
Pantothenic acid	mg	0.703	0.023	7	0.598	0.499
Vitamin B-6	mg	0.376	0.035	5	0.320	0.267
Folate	µg	8	0.000	2	7	6
Vitamin B-12	µg	0.69	0.029	13	0.59	0.49
Vitamin A	IU	6	0.000	2	5	4
Vitamin A, RE	µg	2		0	2	1
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	3.950		0	3.357	2.805
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010		49	0.009	0.007
12:0	g	0.010		49	0.009	0.007
14:0	g	0.140		49	0.119	0.099
15:0	g					
16:0	g	2.500		49	2.125	1.775
17:0	g					
18:0	g	1.230		49	1.045	0.873
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.170		0	4.394	3.671
14:1	g					
16:1	g	0.390		49	0.331	0.277
18:1	g	4.630		49	3.936	3.287
20:1	g	0.100		49	0.085	0.071
22:1	g					
Polyunsaturated, total	g	0.730		0	0.620	0.518
18:2	g	0.640		49	0.544	0.454
18:3	g	0.020		49	0.017	0.014
18:4	g					
20:4	g	0.050		49	0.043	0.036
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	81	1.600	15	69	58
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.381		0	0.324	0.271
Threonine	g	1.368		0	1.163	0.971
Isoleucine	g	1.403		0	1.193	0.996
Leucine	g	2.404		0	2.043	1.707
Lysine	g	2.694		0	2.290	1.913
Methionine	g	0.793		0	0.674	0.563
Cystine	g	0.382		0	0.325	0.271
Phenylalanine	g	1.196		0	1.017	0.849
Tyrosine	g	1.044		0	0.887	0.741
Valine	g	1.625		0	1.381	1.154
Arginine	g	1.862		0	1.583	1.322
Histidine	g	1.197		0	1.017	0.850
Alanine	g	1.745		0	1.483	1.239
Aspartic acid	g	2.779		0	2.362	1.973
Glutamic acid	g	4.690		0	3.987	3.330
Glycine	g	1.423		0	1.210	1.010
Proline	g	1.204		0	1.023	0.855
Serine	g	1.238		0	1.052	0.879
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 113 g; yields excluding refuse

NDB No. 10064

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 305g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	59.23	0.966	13	180.65	50.35
Energy	kcal	226		0	689	192
Energy	kJ	946		0	2885	804
Protein (N x 5.95)	g	28.81	0.398	13	87.87	24.49
Total lipid (fat)	g	11.43	0.884	13	34.86	9.72
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.09	0.022	13	3.32	0.93
Sugars, total	g					
Minerals:						
Calcium	mg	5	0.225	67	15	4
Iron	mg	0.80	0.078	72	2.44	0.68
Magnesium	mg	23	0.582	72	70	20
Phosphorus	mg	215	4.187	11	656	183
Potassium	mg	342	8.582	11	1043	291
Sodium	mg	44	0.936	72	134	37
Zinc	mg	2.21	0.198	11	6.74	1.88
Copper	mg	0.019	0.008	72	0.058	0.016
Manganese	mg	0.003		1	0.009	0.003
Selenium	µg	45.8		0	139.7	38.9
Vitamins:						
Ascorbic acid	mg	0.4	0.000	2	1.2	0.3
Thiamin	mg	0.614	0.002	3	1.873	0.522
Riboflavin	mg	0.296	0.000	2	0.903	0.252
Niacin	mg	5.129	0.000	2	15.643	4.360
Pantothenic acid	mg	0.545	0.000	2	1.662	0.463
Vitamin B-6	mg	0.373	0.000	2	1.138	0.317
Folate	µg	8	0.000	2	24	7
Vitamin B-12	µg	0.55	0.000	2	1.68	0.47
Vitamin A	IU	8	0.000	2	24	7
Vitamin A, RE	µg	3		0	9	3
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	4.170		0	12.718	3.544
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010		42	0.031	0.009
12:0	g	0.010		42	0.031	0.009
14:0	g	0.140		42	0.427	0.119
15:0	g					
16:0	g	2.620		42	7.991	2.227
17:0	g					
18:0	g	1.320		42	4.026	1.122
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.290		0	16.134	4.497
14:1	g					
16:1	g	0.420		42	1.281	0.357
18:1	g	4.720		42	14.396	4.012
20:1	g	0.100		42	0.305	0.085
22:1	g					
Polyunsaturated, total	g	0.790		0	2.410	0.672
18:2	g	0.680		42	2.074	0.578
18:3	g	0.020		42	0.061	0.017
18:4	g					
20:4	g	0.050		42	0.153	0.043
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	78	2.357	13	238	66
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.366		0	1.116	0.311
Threonine	g	1.316		0	4.014	1.119
Isoleucine	g	1.349		0	4.114	1.147
Leucine	g	2.312		0	7.052	1.965
Lysine	g	2.591		0	7.903	2.202
Methionine	g	0.763		0	2.327	0.649
Cystine	g	0.367		0	1.119	0.312
Phenylalanine	g	1.150		0	3.507	0.977
Tyrosine	g	1.004		0	3.062	0.853
Valine	g	1.563		0	4.767	1.329
Arginine	g	1.791		0	5.463	1.522
Histidine	g	1.151		0	3.511	0.978
Alanine	g	1.678		0	5.118	1.426
Aspartic acid	g	2.672		0	8.150	2.271
Glutamic acid	g	4.510		0	13.755	3.833
Glycine	g	1.368		0	4.172	1.163
Proline	g	1.157		0	3.529	0.983
Serine	g	1.190		0	3.629	1.011
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10065

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 454g	Measure 2* 93g	Measure 3*
Proximates:						
Water	g	71.82	0.182	15	325.78	66.79
Energy	kcal	141		0	640	131
Energy	kJ	590		0	2676	549
Protein (N x 5.95)	g	21.80	0.330	53	98.88	20.27
Total lipid (fat)	g	5.31	0.200	15	24.09	4.94
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	0.98	0.013	49	4.45	0.91
Sugars, total	g					
Minerals:						
Calcium	mg	21	0.924	5	95	20
Iron	mg	0.76	0.019	60	3.45	0.71
Magnesium	mg	23	0.786	26	104	21
Phosphorus	mg	215	0.705	5	975	200
Potassium	mg	421	2.539	146	1910	392
Sodium	mg	45	1.077	164	204	42
Zinc	mg	1.64	0.020	48	7.44	1.53
Copper	mg	0.058	0.002	60	0.263	0.054
Manganese	mg	0.010	0.003	2	0.045	0.009
Selenium	µg	32.5	2.811	10	147.4	30.2
Vitamins:						
Ascorbic acid	mg	0.3	0.211	3	1.4	0.3
Thiamin	mg	0.856	0.032	49	3.883	0.796
Riboflavin	mg	0.268	0.007	52	1.216	0.249
Niacin	mg	5.036	0.299	11	22.843	4.683
Pantothenic acid	mg	0.766	0.082	4	3.475	0.712
Vitamin B-6	mg	0.470	0.033	4	2.132	0.437
Folate	µg	7	1.450	4	32	7
Vitamin B-12	µg	0.53	0.044	11	2.40	0.49
Vitamin A	IU	6		1	27	6
Vitamin A, RE	µg	2		1	9	2
Vitamin E, α-TE	mg	0.290		0	1.315	0.270
Lipids:						
Saturated, total	g	1.830		0	8.301	1.702
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.000		73	0.000	0.000
12:0	g	0.010		75	0.045	0.009
14:0	g	0.070		378	0.318	0.065
15:0	g					
16:0	g	1.170		378	5.307	1.088
17:0	g					
18:0	g	0.570		378	2.586	0.530
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.400		0	10.886	2.232
14:1	g					
16:1	g	0.170		378	0.771	0.158
18:1	g	2.180		378	9.888	2.027
20:1	g	0.040		71	0.181	0.037
22:1	g					
Polyunsaturated, total	g	0.570		0	2.586	0.530
18:2	g	0.460		378	2.087	0.428
18:3	g	0.020		190	0.091	0.019
18:4	g					
20:4	g	0.060		315	0.272	0.056
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	55	1.054	58	249	51
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.277		0	1.256	0.258
Threonine	g	0.995		0	4.513	0.925
Isoleucine	g	1.021		0	4.631	0.950
Leucine	g	1.749		0	7.933	1.627
Lysine	g	1.960		0	8.891	1.823
Methionine	g	0.577		0	2.617	0.537
Cystine	g	0.278		0	1.261	0.259
Phenylalanine	g	0.870		0	3.946	0.809
Tyrosine	g	0.760		0	3.447	0.707
Valine	g	1.183		0	5.366	1.100
Arginine	g	1.355		0	6.146	1.260
Histidine	g	0.871		0	3.951	0.810
Alanine	g	1.270		0	5.761	1.181
Aspartic acid	g	2.022		0	9.172	1.880
Glutamic acid	g	3.413		0	15.481	3.174
Glycine	g	1.035		0	4.695	0.963
Proline	g	0.876		0	3.974	0.815
Serine	g	0.900		0	4.082	0.837
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb

Measure 2: 1 raw chop with refuse, 113 g; yields excluding refuse

NDB No. 10066

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 74g	Measure 3*
Proximates:						
Water	g	61.01	0	51.86	45.15	
Energy	kcal	202	0	172	149	
Energy	kJ	845	0	718	625	
Protein (N x 5.95)	g	29.07	0	24.71	21.51	
Total lipid (fat)	g	8.59	0	7.30	6.36	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.31	0	1.11	0.97	
Sugars, total	g					
Minerals:						
Calcium	mg	23	0	20	17	
Iron	mg	1.01	0	0.86	0.75	
Magnesium	mg	20	0	17	15	
Phosphorus	mg	186	0	158	138	
Potassium	mg	421	0	358	312	
Sodium	mg	42	0	36	31	
Zinc	mg	2.18	0	1.85	1.61	
Copper	mg	0.078	0	0.066	0.058	
Manganese	mg	0.011	0	0.009	0.008	
Selenium	µg	43.3	0	36.8	32.0	
Vitamins:						
Ascorbic acid	mg	0.3	0	0.3	0.2	
Thiamin	mg	0.571	0	0.485	0.423	
Riboflavin	mg	0.268	0	0.228	0.198	
Niacin	mg	4.700	0	3.995	3.478	
Pantothenic acid	mg	0.664	0	0.564	0.491	
Vitamin B-6	mg	0.345	0	0.293	0.255	
Folate	µg	5	0	4	4	
Vitamin B-12	µg	0.46	0	0.39	0.34	
Vitamin A	IU	6	0	5	4	
Vitamin A, RE	µg	2	0	2	1	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	3.130	0	2.661	2.316	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.009	0.007	
12:0	g	0.010	0	0.009	0.007	
14:0	g	0.110	0	0.094	0.081	
15:0	g					
16:0	g	1.960	0	1.666	1.450	
17:0	g					
18:0	g	0.990	0	0.842	0.733	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	3.970	0	3.374	2.938
14:1	g				
16:1	g	0.300	0	0.255	0.222
18:1	g	3.560	0	3.026	2.634
20:1	g	0.070	0	0.060	0.052
22:1	g				
Polyunsaturated, total	g	0.610	0	0.518	0.451
18:2	g	0.540	0	0.459	0.400
18:3	g	0.020	0	0.017	0.015
18:4	g				
20:4	g	0.030	0	0.026	0.022
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	73	0	62	54
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.369	0	0.314	0.273
Threonine	g	1.327	0	1.128	0.982
Isoleucine	g	1.361	0	1.157	1.007
Leucine	g	2.332	0	1.982	1.726
Lysine	g	2.614	0	2.222	1.934
Methionine	g	0.770	0	0.655	0.570
Cystine	g	0.371	0	0.315	0.275
Phenylalanine	g	1.160	0	0.986	0.858
Tyrosine	g	1.013	0	0.861	0.750
Valine	g	1.577	0	1.340	1.167
Arginine	g	1.807	0	1.536	1.337
Histidine	g	1.161	0	0.987	0.859
Alanine	g	1.693	0	1.439	1.253
Aspartic acid	g	2.696	0	2.292	1.995
Glutamic acid	g	4.550	0	3.868	3.367
Glycine	g	1.380	0	1.173	1.021
Proline	g	1.168	0	0.993	0.864
Serine	g	1.201	0	1.021	0.889
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 113 g; yields excluding refuse

NDB No. 10067

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 66g	Measure 3*
Proximates:						
Water	g	60.72	0.360	15	51.61	40.08
Energy	kcal	203		0	173	134
Energy	kJ	849		0	722	560
Protein (N x 5.95)	g	31.14	0.185	15	26.47	20.55
Total lipid (fat)	g	7.77	0.306	15	6.60	5.13
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.16	0.025	15	0.99	0.77
Sugars, total	g					
Minerals:						
Calcium	mg	31	1.585	5	26	20
Iron	mg	0.82	0.029	17	0.70	0.54
Magnesium	mg	28	1.453	8	24	18
Phosphorus	mg	245	4.537	6	208	162
Potassium	mg	420	9.962	17	357	277
Sodium	mg	65	1.154	17	55	43
Zinc	mg	2.38	0.070	17	2.02	1.57
Copper	mg	0.070	0.004	17	0.060	0.046
Manganese	mg	0.020	0.010	2	0.017	0.013
Selenium	µg	47.3	4.758	5	40.2	31.2
Vitamins:						
Ascorbic acid	mg	0.3	0.049	3	0.3	0.2
Thiamin	mg	0.894	0.084	12	0.760	0.590
Riboflavin	mg	0.323	0.019	12	0.275	0.213
Niacin	mg	5.231	0.188	11	4.446	3.452
Pantothenic acid	mg	0.746	0.025	6	0.634	0.492
Vitamin B-6	mg	0.400	0.038	4	0.340	0.264
Folate	µg	9		0	8	6
Vitamin B-12	µg	0.70	0.031	12	0.60	0.46
Vitamin A	IU	6		1	5	4
Vitamin A, RE	µg	2		1	2	1
Vitamin E, α-TE	mg	0.260		0	0.221	0.172
Lipids:						
Saturated, total	g	2.720		0	2.312	1.795
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		15	0.000	0.000
12:0	g	0.000		15	0.000	0.000
14:0	g	0.100		15	0.085	0.066
15:0	g					
16:0	g	1.720		15	1.462	1.135
17:0	g					
18:0	g	0.840		15	0.714	0.554
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	3.590		0	3.051	2.369
14:1	g					
16:1	g	0.270		15	0.230	0.178
18:1	g	3.220		15	2.737	2.125
20:1	g	0.070		15	0.060	0.046
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.490		0	0.417	0.323
18:2	g	0.420		15	0.357	0.277
18:3	g	0.010		15	0.009	0.007
18:4	g	0.000		0	0.000	0.000
20:4	g	0.030		15	0.026	0.020
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	80	1.864	15	68	53
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.396		0	0.337	0.261
Threonine	g	1.422		0	1.209	0.939
Isoleucine	g	1.458		0	1.239	0.962
Leucine	g	2.499		0	2.124	1.649
Lysine	g	2.800		0	2.380	1.848
Methionine	g	0.825		0	0.701	0.545
Cystine	g	0.397		0	0.337	0.262
Phenylalanine	g	1.243		0	1.057	0.820
Tyrosine	g	1.085		0	0.922	0.716
Valine	g	1.689		0	1.436	1.115
Arginine	g	1.936		0	1.646	1.278
Histidine	g	1.244		0	1.057	0.821
Alanine	g	1.814		0	1.542	1.197
Aspartic acid	g	2.888		0	2.455	1.906
Glutamic acid	g	4.875		0	4.144	3.217
Glycine	g	1.479		0	1.257	0.976
Proline	g	1.251		0	1.063	0.826
Serine	g	1.286		0	1.093	0.849
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 113 g; yields excluding refuse

NDB No. 10068

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 281g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	62.21	0.812	19	174.81	52.88
Energy	kcal	194		0	545	165
Energy	kJ	812		0	2282	690
Protein (N x 5.95)	g	30.24	0.380	19	84.97	25.70
Total lipid (fat)	g	7.21	0.607	21	20.26	6.13
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.11	0.024	13	3.12	0.94
Sugars, total	g					
Minerals:						
Calcium	mg	5	0.244	5	14	4
Iron	mg	1.06	0.098	11	2.98	0.90
Magnesium	mg	25	0.632	5	70	21
Phosphorus	mg	221	4.274	5	621	188
Potassium	mg	354	9.050	5	995	301
Sodium	mg	45	1.011	5	126	38
Zinc	mg	2.31	0.215	5	6.49	1.96
Copper	mg	0.016	0.008	5	0.045	0.014
Manganese	mg	0.011		0	0.031	0.009
Selenium	µg	48.2	5.130	5	135.4	41.0
Vitamins:						
Ascorbic acid	mg	0.4		0	1.1	0.3
Thiamin	mg	0.639		0	1.796	0.543
Riboflavin	mg	0.312		0	0.877	0.265
Niacin	mg	5.355		0	15.048	4.552
Pantothenic acid	mg	0.581		0	1.633	0.494
Vitamin B-6	mg	0.400		0	1.124	0.340
Folate	µg	9		0	25	8
Vitamin B-12	µg	0.55		0	1.55	0.47
Vitamin A	IU	8		0	22	7
Vitamin A, RE	µg	2		0	6	2
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	2.620		0	7.362	2.227
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010		13	0.028	0.009
12:0	g	0.010		19	0.028	0.009
14:0	g	0.090		19	0.253	0.077
15:0	g					
16:0	g	1.650		19	4.636	1.403
17:0	g					
18:0	g	0.820		19	2.304	0.697
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	3.360		0	9.442	2.856
14:1	g					
16:1	g	0.270		19	0.759	0.230
18:1	g	2.990		19	8.402	2.542
20:1	g	0.070		13	0.197	0.060
22:1	g					
Polyunsaturated, total	g	0.480		0	1.349	0.408
18:2	g	0.410		19	1.152	0.349
18:3	g	0.010		19	0.028	0.009
18:4	g					
20:4	g	0.030		19	0.084	0.026
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	78	2.497	13	219	66
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.384		0	1.079	0.326
Threonine	g	1.381		0	3.881	1.174
Isoleucine	g	1.416		0	3.979	1.204
Leucine	g	2.426		0	6.817	2.062
Lysine	g	2.719		0	7.640	2.311
Methionine	g	0.801		0	2.251	0.681
Cystine	g	0.386		0	1.085	0.328
Phenylalanine	g	1.207		0	3.392	1.026
Tyrosine	g	1.053		0	2.959	0.895
Valine	g	1.640		0	4.608	1.394
Arginine	g	1.880		0	5.283	1.598
Histidine	g	1.208		0	3.394	1.027
Alanine	g	1.761		0	4.948	1.497
Aspartic acid	g	2.804		0	7.879	2.383
Glutamic acid	g	4.733		0	13.300	4.023
Glycine	g	1.436		0	4.035	1.221
Proline	g	1.215		0	3.414	1.033
Serine	g	1.249		0	3.510	1.062
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10069

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	64.02	0	18.15	290.39	
Energy	kcal	236	0	67	1070	
Energy	kJ	987	0	280	4477	
Protein (N x 5.95)	g	17.18	0	4.87	77.93	
Total lipid (fat)	g	17.99	0	5.10	81.60	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	0.88	0	0.25	3.99	
Sugars, total	g					
Minerals:						
Calcium	mg	15	0	4	68	
Iron	mg	1.05	0	0.30	4.76	
Magnesium	mg	18	0	5	82	
Phosphorus	mg	182	0	52	826	
Potassium	mg	302	0	86	1370	
Sodium	mg	65	0	18	295	
Zinc	mg	2.70	0	0.77	12.25	
Copper	mg	0.084	0	0.024	0.381	
Manganese	mg	0.011	0	0.003	0.050	
Selenium	µg	25.5	0	7.2	115.7	
Vitamins:						
Ascorbic acid	mg	0.7	0	0.2	3.2	
Thiamin	mg	0.767	0	0.217	3.479	
Riboflavin	mg	0.275	0	0.078	1.247	
Niacin	mg	3.833	0	1.087	17.386	
Pantothenic acid	mg	0.719	0	0.204	3.261	
Vitamin B-6	mg	0.348	0	0.099	1.579	
Folate	µg	5	0	1	23	
Vitamin B-12	µg	0.74	0	0.21	3.36	
Vitamin A	IU	7	0	2	32	
Vitamin A, RE	µg	2	0	1	9	
Vitamin E, α-TE	mg	0.290	0	0.082	1.315	
Lipids:						
Saturated, total	g	6.240	0	1.769	28.305	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.003	0.045	
12:0	g	0.020	0	0.006	0.091	
14:0	g	0.220	0	0.062	0.998	
15:0	g					
16:0	g	3.880	0	1.100	17.600	
17:0	g					
18:0	g	2.040	0	0.578	9.253	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	8.010	0	2.271	36.333
14:1	g				
16:1	g	0.510	0	0.145	2.313
18:1	g	7.350	0	2.084	33.340
20:1	g	0.130	0	0.037	0.590
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.920	0	0.544	8.709
18:2	g	1.600	0	0.454	7.258
18:3	g	0.130	0	0.037	0.590
18:4	g	0.000	0	0.000	0.000
20:4	g	0.100	0	0.028	0.454
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	71	0	20	322
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.208	0	0.059	0.943
Threonine	g	0.768	0	0.218	3.484
Isoleucine	g	0.781	0	0.221	3.543
Leucine	g	1.360	0	0.386	6.169
Lysine	g	1.531	0	0.434	6.945
Methionine	g	0.441	0	0.125	2.000
Cystine	g	0.214	0	0.061	0.971
Phenylalanine	g	0.681	0	0.193	3.089
Tyrosine	g	0.579	0	0.164	2.626
Valine	g	0.921	0	0.261	4.178
Arginine	g	1.098	0	0.311	4.981
Histidine	g	0.656	0	0.186	2.976
Alanine	g	1.015	0	0.288	4.604
Aspartic acid	g	1.567	0	0.444	7.108
Glutamic acid	g	2.614	0	0.741	11.857
Glycine	g	0.952	0	0.270	4.318
Proline	g	0.765	0	0.217	3.470
Serine	g	0.709	0	0.201	3.216
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb

NDB No. 10070

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 135g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	54.80	0	73.98	46.58	
Energy	kcal	292	0	394	248	
Energy	kJ	1222	0	1650	1039	
Protein (N x 5.95)	g	23.28	0	31.43	19.79	
Total lipid (fat)	g	21.39	0	28.88	18.18	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.11	0	1.50	0.94	
Sugars, total	g					
Minerals:						
Calcium	mg	24	0	32	20	
Iron	mg	1.32	0	1.78	1.12	
Magnesium	mg	18	0	24	15	
Phosphorus	mg	212	0	286	180	
Potassium	mg	329	0	444	280	
Sodium	mg	68	0	92	58	
Zinc	mg	3.71	0	5.01	3.15	
Copper	mg	0.113	0	0.153	0.096	
Manganese	mg	0.022	0	0.030	0.019	
Selenium	µg	33.4	0	45.1	28.4	
Vitamins:						
Ascorbic acid	mg	0.5	0	0.7	0.4	
Thiamin	mg	0.581	0	0.784	0.494	
Riboflavin	mg	0.329	0	0.444	0.280	
Niacin	mg	3.991	0	5.388	3.392	
Pantothenic acid	mg	0.600	0	0.810	0.510	
Vitamin B-6	mg	0.288	0	0.389	0.245	
Folate	µg	5	0	7	4	
Vitamin B-12	µg	0.80	0	1.08	0.68	
Vitamin A	IU	8	0	11	7	
Vitamin A, RE	µg	2	0	3	2	
Vitamin E, α-TE	mg	0.260	0	0.351	0.221	
Lipids:						
Saturated, total	g	7.860	0	10.611	6.681	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.014	0.009	
12:0	g	0.010	0	0.014	0.009	
14:0	g	0.270	0	0.365	0.230	
15:0	g					
16:0	g	4.830	0	6.520	4.106	
17:0	g					
18:0	g	2.590	0	3.496	2.201	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	9.470	0	12.785	8.050
14:1	g				
16:1	g	0.580	0	0.783	0.493
18:1	g	8.620	0	11.637	7.327
20:1	g	0.190	0	0.257	0.161
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.050	0	2.768	1.742
18:2	g	1.820	0	2.457	1.547
18:3	g	0.070	0	0.095	0.060
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.095	0.060
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	90	0	122	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.278	0	0.375	0.236
Threonine	g	1.036	0	1.399	0.881
Isoleucine	g	1.051	0	1.419	0.893
Leucine	g	1.837	0	2.480	1.561
Lysine	g	2.071	0	2.796	1.760
Methionine	g	0.593	0	0.801	0.504
Cystine	g	0.288	0	0.389	0.245
Phenylalanine	g	0.921	0	1.243	0.783
Tyrosine	g	0.778	0	1.050	0.661
Valine	g	1.244	0	1.679	1.057
Arginine	g	1.498	0	2.022	1.273
Histidine	g	0.879	0	1.187	0.747
Alanine	g	1.380	0	1.863	1.173
Aspartic acid	g	2.114	0	2.854	1.797
Glutamic acid	g	3.518	0	4.749	2.990
Glycine	g	1.333	0	1.800	1.133
Proline	g	1.060	0	1.431	0.901
Serine	g	0.961	0	1.297	0.817
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, diced
- Measure 2: 3 oz

NDB No. 10071

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	72.63	0	20.59	329.45	
Energy	kcal	148	0	42	671	
Energy	kJ	619	0	175	2808	
Protein (N x 5.95)	g	19.55	0	5.54	88.68	
Total lipid (fat)	g	7.14	0	2.02	32.39	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.02	0	0.29	4.63	
Sugars, total	g					
Minerals:						
Calcium	mg	14	0	4	64	
Iron	mg	1.22	0	0.35	5.53	
Magnesium	mg	21	0	6	95	
Phosphorus	mg	202	0	57	916	
Potassium	mg	341	0	97	1547	
Sodium	mg	76	0	22	345	
Zinc	mg	3.14	0	0.89	14.24	
Copper	mg	0.097	0	0.027	0.440	
Manganese	mg	0.012	0	0.003	0.054	
Selenium	µg	29.5	0	8.4	133.8	
Vitamins:						
Ascorbic acid	mg	0.8	0	0.2	3.6	
Thiamin	mg	0.884	0	0.251	4.010	
Riboflavin	mg	0.314	0	0.089	1.424	
Niacin	mg	4.275	0	1.212	19.391	
Pantothenic acid	mg	0.822	0	0.233	3.729	
Vitamin B-6	mg	0.415	0	0.118	1.882	
Folate	µg	5	0	1	23	
Vitamin B-12	µg	0.84	0	0.24	3.81	
Vitamin A	IU	6	0	2	27	
Vitamin A, RE	µg	2	0	1	9	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	2.470	0	0.700	11.204	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.003	0.045	
12:0	g	0.010	0	0.003	0.045	
14:0	g	0.090	0	0.026	0.408	
15:0	g					
16:0	g	1.570	0	0.445	7.122	
17:0	g					
18:0	g	0.770	0	0.218	3.493	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	3.230	0	0.916	14.651
14:1	g				
16:1	g	0.230	0	0.065	1.043
18:1	g	2.930	0	0.831	13.290
20:1	g	0.050	0	0.014	0.227
22:1	g				
Polyunsaturated, total	g	0.770	0	0.218	3.493
18:2	g	0.620	0	0.176	2.812
18:3	g	0.030	0	0.009	0.136
18:4	g				
20:4	g	0.090	0	0.026	0.408
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	67	0	19	304
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.248	0	0.070	1.125
Threonine	g	0.893	0	0.253	4.051
Isoleucine	g	0.915	0	0.259	4.150
Leucine	g	1.568	0	0.445	7.112
Lysine	g	1.758	0	0.498	7.974
Methionine	g	0.518	0	0.147	2.350
Cystine	g	0.249	0	0.071	1.129
Phenylalanine	g	0.780	0	0.221	3.538
Tyrosine	g	0.681	0	0.193	3.089
Valine	g	1.060	0	0.301	4.808
Arginine	g	1.215	0	0.344	5.511
Histidine	g	0.781	0	0.221	3.543
Alanine	g	1.139	0	0.323	5.167
Aspartic acid	g	1.813	0	0.514	8.224
Glutamic acid	g	3.060	0	0.868	13.880
Glycine	g	0.928	0	0.263	4.209
Proline	g	0.785	0	0.223	3.561
Serine	g	0.807	0	0.229	3.661
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb

NDB No. 10072

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 135g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	60.64	0	81.86	51.54	
Energy	kcal	230	0	311	196	
Energy	kJ	962	0	1299	818	
Protein (N x 5.95)	g	25.33	0	34.20	21.53	
Total lipid (fat)	g	13.54	0	18.28	11.51	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.18	0	1.59	1.00	
Sugars, total	g					
Minerals:						
Calcium	mg	18	0	24	15	
Iron	mg	1.50	0	2.02	1.27	
Magnesium	mg	20	0	27	17	
Phosphorus	mg	221	0	298	188	
Potassium	mg	346	0	467	294	
Sodium	mg	75	0	101	64	
Zinc	mg	4.16	0	5.62	3.54	
Copper	mg	0.124	0	0.167	0.105	
Manganese	mg	0.026	0	0.035	0.022	
Selenium	µg	37.4	0	50.5	31.8	
Vitamins:						
Ascorbic acid	mg	0.6	0	0.8	0.5	
Thiamin	mg	0.628	0	0.848	0.534	
Riboflavin	mg	0.370	0	0.500	0.315	
Niacin	mg	4.260	0	5.751	3.621	
Pantothenic acid	mg	0.651	0	0.879	0.553	
Vitamin B-6	mg	0.317	0	0.428	0.269	
Folate	µg	5	0	7	4	
Vitamin B-12	µg	0.86	0	1.16	0.73	
Vitamin A	IU	7	0	9	6	
Vitamin A, RE	µg	2	0	3	2	
Vitamin E, α-TE	mg	0.260	0	0.351	0.221	
Lipids:						
Saturated, total	g	4.790	0	6.466	4.071	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.014	0.009	
12:0	g	0.010	0	0.014	0.009	
14:0	g	0.160	0	0.216	0.136	
15:0	g					
16:0	g	2.960	0	3.996	2.516	
17:0	g					
18:0	g	1.560	0	2.106	1.326	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.170	0	8.330	5.245
14:1	g				
16:1	g	0.380	0	0.513	0.323
18:1	g	5.590	0	7.547	4.752
20:1	g	0.140	0	0.189	0.119
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.250	0	1.688	1.063
18:2	g	1.090	0	1.472	0.927
18:3	g	0.040	0	0.054	0.034
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.095	0.060
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	90	0	122	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.322	0	0.435	0.274
Threonine	g	1.157	0	1.562	0.983
Isoleucine	g	1.186	0	1.601	1.008
Leucine	g	2.032	0	2.743	1.727
Lysine	g	2.278	0	3.075	1.936
Methionine	g	0.671	0	0.906	0.570
Cystine	g	0.323	0	0.436	0.275
Phenylalanine	g	1.011	0	1.365	0.859
Tyrosine	g	0.883	0	1.192	0.751
Valine	g	1.374	0	1.855	1.168
Arginine	g	1.575	0	2.126	1.339
Histidine	g	1.012	0	1.366	0.860
Alanine	g	1.476	0	1.993	1.255
Aspartic acid	g	2.350	0	3.172	1.998
Glutamic acid	g	3.965	0	5.353	3.370
Glycine	g	1.203	0	1.624	1.023
Proline	g	1.018	0	1.374	0.865
Serine	g	1.046	0	1.412	0.889
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, diced
- Measure 2: 3 oz

NDB No. 10073

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	62.06	0	17.59	281.50	
Energy	kcal	253	0	72	1148	
Energy	kJ	1059	0	300	4804	
Protein (N x 5.95)	g	16.69	0	4.73	75.71	
Total lipid (fat)	g	20.19	0	5.72	91.58	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	0.84	0	0.24	3.81	
Sugars, total	g					
Minerals:						
Calcium	mg	5	0	1	23	
Iron	mg	0.99	0	0.28	4.49	
Magnesium	mg	17	0	5	77	
Phosphorus	mg	189	0	54	857	
Potassium	mg	291	0	82	1320	
Sodium	mg	68	0	19	308	
Zinc	mg	2.37	0	0.67	10.75	
Copper	mg	0.081	0	0.023	0.367	
Manganese	mg	0.011	0	0.003	0.050	
Selenium	µg	24.4	0	6.9	110.7	
Vitamins:						
Ascorbic acid	mg	0.7	0	0.2	3.2	
Thiamin	mg	0.727	0	0.206	3.298	
Riboflavin	mg	0.259	0	0.073	1.175	
Niacin	mg	3.983	0	1.129	18.067	
Pantothenic acid	mg	0.656	0	0.186	2.976	
Vitamin B-6	mg	0.387	0	0.110	1.755	
Folate	µg	4	0	1	18	
Vitamin B-12	µg	0.64	0	0.18	2.90	
Vitamin A	IU	6	0	2	27	
Vitamin A, RE	µg	2	0	1	9	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	7.000	0	1.985	31.752	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.003	0.045	
12:0	g	0.020	0	0.006	0.091	
14:0	g	0.250	0	0.071	1.134	
15:0	g					
16:0	g	4.340	0	1.230	19.686	
17:0	g					
18:0	g	2.310	0	0.655	10.478	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	8.970	0	2.543	40.688
14:1	g				
16:1	g	0.560	0	0.159	2.540
18:1	g	8.250	0	2.339	37.422
20:1	g	0.150	0	0.043	0.680
22:1	g				
Polyunsaturated, total	g	2.160	0	0.612	9.798
18:2	g	1.810	0	0.513	8.210
18:3	g	0.150	0	0.043	0.680
18:4	g				
20:4	g	0.100	0	0.028	0.454
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	71	0	20	322
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.198	0	0.056	0.898
Threonine	g	0.741	0	0.210	3.361
Isoleucine	g	0.752	0	0.213	3.411
Leucine	g	1.315	0	0.373	5.965
Lysine	g	1.484	0	0.421	6.731
Methionine	g	0.424	0	0.120	1.923
Cystine	g	0.206	0	0.058	0.934
Phenylalanine	g	0.660	0	0.187	2.994
Tyrosine	g	0.556	0	0.158	2.522
Valine	g	0.891	0	0.253	4.042
Arginine	g	1.076	0	0.305	4.881
Histidine	g	0.628	0	0.178	2.849
Alanine	g	0.990	0	0.281	4.491
Aspartic acid	g	1.514	0	0.429	6.868
Glutamic acid	g	2.516	0	0.713	11.413
Glycine	g	0.966	0	0.274	4.382
Proline	g	0.765	0	0.217	3.470
Serine	g	0.689	0	0.195	3.125
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb

NDB No. 10074

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 135g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	47.65	0	64.33	40.50	
Energy	kcal	329	0	444	280	
Energy	kJ	1377	0	1859	1170	
Protein (N x 5.95)	g	27.99	0	37.79	23.79	
Total lipid (fat)	g	23.22	0	31.35	19.74	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.16	0	1.57	0.99	
Sugars, total	g					
Minerals:						
Calcium	mg	18	0	24	15	
Iron	mg	1.61	0	2.17	1.37	
Magnesium	mg	19	0	26	16	
Phosphorus	mg	212	0	286	180	
Potassium	mg	369	0	498	314	
Sodium	mg	88	0	119	75	
Zinc	mg	4.18	0	5.64	3.55	
Copper	mg	0.138	0	0.186	0.117	
Manganese	mg	0.014	0	0.019	0.012	
Selenium	µg	32.6	0	44.0	27.7	
Vitamins:						
Ascorbic acid	mg	0.3	0	0.4	0.3	
Thiamin	mg	0.541	0	0.730	0.460	
Riboflavin	mg	0.307	0	0.414	0.261	
Niacin	mg	5.214	0	7.039	4.432	
Pantothenic acid	mg	0.595	0	0.803	0.506	
Vitamin B-6	mg	0.350	0	0.473	0.298	
Folate	µg	4	0	5	3	
Vitamin B-12	µg	0.65	0	0.88	0.55	
Vitamin A	IU	9	0	12	8	
Vitamin A, RE	µg	3	0	4	3	
Vitamin E, α-TE	mg	0.260	0	0.351	0.221	
Lipids:						
Saturated, total	g	8.490	0	11.462	7.216	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.014	0.009	
12:0	g	0.010	0	0.014	0.009	
14:0	g	0.290	0	0.391	0.247	
15:0	g					
16:0	g	5.240	0	7.074	4.454	
17:0	g					
18:0	g	2.780	0	3.753	2.363	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	10.380	0	14.013	8.823
14:1	g				
16:1	g	0.620	0	0.837	0.527
18:1	g	9.470	0	12.785	8.050
20:1	g	0.200	0	0.270	0.170
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.280	0	3.078	1.938
18:2	g	2.020	0	2.727	1.717
18:3	g	0.070	0	0.095	0.060
18:4	g	0.000	0	0.000	0.000
20:4	g	0.090	0	0.122	0.077
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	109	0	147	93
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.331	0	0.447	0.281
Threonine	g	1.240	0	1.674	1.054
Isoleucine	g	1.256	0	1.696	1.068
Leucine	g	2.203	0	2.974	1.873
Lysine	g	2.485	0	3.355	2.112
Methionine	g	0.708	0	0.956	0.602
Cystine	g	0.345	0	0.466	0.293
Phenylalanine	g	1.105	0	1.492	0.939
Tyrosine	g	0.929	0	1.254	0.790
Valine	g	1.492	0	2.014	1.268
Arginine	g	1.809	0	2.442	1.538
Histidine	g	1.048	0	1.415	0.891
Alanine	g	1.662	0	2.244	1.413
Aspartic acid	g	2.534	0	3.421	2.154
Glutamic acid	g	4.207	0	5.679	3.576
Glycine	g	1.640	0	2.214	1.394
Proline	g	1.295	0	1.748	1.101
Serine	g	1.156	0	1.561	0.983
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, diced
- Measure 2: 3 oz

NDB No. 10075

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 135g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	52.04	0	70.25	44.23	
Energy	kcal	317	0	428	269	
Energy	kJ	1326	0	1790	1127	
Protein (N x 5.95)	g	23.47	0	31.68	19.95	
Total lipid (fat)	g	24.01	0	32.41	20.41	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	0.99	0	1.34	0.84	
Sugars, total	g					
Minerals:						
Calcium	mg	19	0	26	16	
Iron	mg	1.18	0	1.59	1.00	
Magnesium	mg	17	0	23	14	
Phosphorus	mg	228	0	308	194	
Potassium	mg	325	0	439	276	
Sodium	mg	70	0	95	60	
Zinc	mg	3.45	0	4.66	2.93	
Copper	mg	0.111	0	0.150	0.094	
Manganese	mg	0.033	0	0.045	0.028	
Selenium	µg	33.6	0	45.4	28.6	
Vitamins:						
Ascorbic acid	mg	0.2	0	0.3	0.2	
Thiamin	mg	0.522	0	0.705	0.444	
Riboflavin	mg	0.302	0	0.408	0.257	
Niacin	mg	3.918	0	5.289	3.330	
Pantothenic acid	mg	0.532	0	0.718	0.452	
Vitamin B-6	mg	0.348	0	0.470	0.296	
Folate	µg	4	0	5	3	
Vitamin B-12	µg	0.71	0	0.96	0.60	
Vitamin A	IU	8	0	11	7	
Vitamin A, RE	µg	2	0	3	2	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	8.780	0	11.853	7.463	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.020	0	0.027	0.017	
12:0	g	0.010	0	0.014	0.009	
14:0	g	0.300	0	0.405	0.255	
15:0	g					
16:0	g	5.420	0	7.317	4.607	
17:0	g					
18:0	g	2.870	0	3.874	2.440	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	10.720	0	14.472	9.112
14:1	g				
16:1	g	0.640	0	0.864	0.544
18:1	g	9.780	0	13.203	8.313
20:1	g	0.200	0	0.270	0.170
22:1	g				
Polyunsaturated, total	g	2.350	0	3.172	1.998
18:2	g	2.090	0	2.821	1.776
18:3	g	0.070	0	0.095	0.060
18:4	g				
20:4	g	0.090	0	0.122	0.077
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	94	0	127	80
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.273	0	0.369	0.232
Threonine	g	1.032	0	1.393	0.877
Isoleucine	g	1.042	0	1.407	0.886
Leucine	g	1.838	0	2.481	1.562
Lysine	g	2.077	0	2.804	1.765
Methionine	g	0.587	0	0.792	0.499
Cystine	g	0.286	0	0.386	0.243
Phenylalanine	g	0.924	0	1.247	0.785
Tyrosine	g	0.770	0	1.040	0.655
Valine	g	1.246	0	1.682	1.059
Arginine	g	1.531	0	2.067	1.301
Histidine	g	0.864	0	1.166	0.734
Alanine	g	1.400	0	1.890	1.190
Aspartic acid	g	2.112	0	2.851	1.795
Glutamic acid	g	3.492	0	4.714	2.968
Glycine	g	1.439	0	1.943	1.223
Proline	g	1.120	0	1.512	0.952
Serine	g	0.969	0	1.308	0.824
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup, diced
- Measure 2: 3 oz

NDB No. 10076

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	73.13	0.167	40	20.73	331.72
Energy	kcal	140		0	40	635
Energy	kJ	586		0	166	2658
Protein (N x 5.95)	g	19.75	0.146	40	5.60	89.59
Total lipid (fat)	g	6.16	0.236	40	1.75	27.94
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.01	0.016	24	0.29	4.58
Sugars, total	g					
Minerals:						
Calcium	mg	6	0.304	12	2	27
Iron	mg	1.19	0.040	23	0.34	5.40
Magnesium	mg	21	0.777	12	6	95
Phosphorus	mg	218		0	62	989
Potassium	mg	341	5.414	11	97	1547
Sodium	mg	82	2.088	23	23	372
Zinc	mg	2.86	0.071	11	0.81	12.97
Copper	mg	0.097	0.005	23	0.027	0.440
Manganese	mg	0.013		0	0.004	0.059
Selenium	µg	30.2		0	8.6	137.0
Vitamins:						
Ascorbic acid	mg	0.9		0	0.3	4.1
Thiamin	mg	0.874	0.049	23	0.248	3.964
Riboflavin	mg	0.306	0.015	23	0.087	1.388
Niacin	mg	4.628	0.265	11	1.312	20.993
Pantothenic acid	mg	0.776		0	0.220	3.520
Vitamin B-6	mg	0.490		0	0.139	2.223
Folate	µg	4		0	1	18
Vitamin B-12	µg	0.73	0.057	12	0.21	3.31
Vitamin A	IU	5		0	1	23
Vitamin A, RE	µg	2		0	1	9
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	2.130		0	0.604	9.662
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010		73	0.003	0.045
12:0	g	0.010		75	0.003	0.045
14:0	g	0.080		378	0.023	0.363
15:0	g					
16:0	g	1.360		378	0.386	6.169
17:0	g					
18:0	g	0.670		378	0.190	3.039
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.780		0	0.788	12.610
14:1	g					
16:1	g	0.190		378	0.054	0.862
18:1	g	2.530		378	0.717	11.476
20:1	g	0.040		71	0.011	0.181
22:1	g					
Polyunsaturated, total	g	0.660		0	0.187	2.994
18:2	g	0.530		378	0.150	2.404
18:3	g	0.030		190	0.009	0.136
18:4	g					
20:4	g	0.070		315	0.020	0.318
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	65	1.004	11	18	295
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.251		0	0.071	1.139
Threonine	g	0.902		0	0.256	4.091
Isoleucine	g	0.925		0	0.262	4.196
Leucine	g	1.585		0	0.449	7.190
Lysine	g	1.776		0	0.503	8.056
Methionine	g	0.523		0	0.148	2.372
Cystine	g	0.252		0	0.071	1.143
Phenylalanine	g	0.788		0	0.223	3.574
Tyrosine	g	0.688		0	0.195	3.121
Valine	g	1.071		0	0.304	4.858
Arginine	g	1.228		0	0.348	5.570
Histidine	g	0.789		0	0.224	3.579
Alanine	g	1.151		0	0.326	5.221
Aspartic acid	g	1.832		0	0.519	8.310
Glutamic acid	g	3.092		0	0.877	14.025
Glycine	g	0.938		0	0.266	4.255
Proline	g	0.793		0	0.225	3.597
Serine	g	0.816		0	0.231	3.701
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb

NDB No. 10077

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 198g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	54.26	0	107.43	46.12	
Energy	kcal	248	0	491	211	
Energy	kJ	1038	0	2055	882	
Protein (N x 5.95)	g	32.26	0	63.87	27.42	
Total lipid (fat)	g	12.21	0	24.18	10.38	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.27	0	2.51	1.08	
Sugars, total	g					
Minerals:						
Calcium	mg	8	0	16	7	
Iron	mg	1.95	0	3.86	1.66	
Magnesium	mg	22	0	44	19	
Phosphorus	mg	226	0	447	192	
Potassium	mg	405	0	802	344	
Sodium	mg	102	0	202	87	
Zinc	mg	4.97	0	9.84	4.22	
Copper	mg	0.161	0	0.319	0.137	
Manganese	mg	0.017	0	0.034	0.014	
Selenium	µg	37.0	0	73.3	31.4	
Vitamins:						
Ascorbic acid	mg	0.4	0	0.8	0.3	
Thiamin	mg	0.600	0	1.188	0.510	
Riboflavin	mg	0.360	0	0.713	0.306	
Niacin	mg	5.940	0	11.761	5.049	
Pantothenic acid	mg	0.670	0	1.327	0.570	
Vitamin B-6	mg	0.410	0	0.812	0.349	
Folate	µg	5	0	10	4	
Vitamin B-12	µg	0.71	0	1.41	0.60	
Vitamin A	IU	8	0	16	7	
Vitamin A, RE	µg	2	0	4	2	
Vitamin E, α-TE	mg	0.260	0	0.515	0.221	
Lipids:						
Saturated, total	g	4.160	0	8.237	3.536	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	11	0.000	0.000	
12:0	g	0.000	11	0.000	0.000	
14:0	g	0.130	11	0.257	0.111	
15:0	g					
16:0	g	2.610	11	5.168	2.219	
17:0	g					
18:0	g	1.320	11	2.614	1.122	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.780	0	11.444	4.913
14:1	g				
16:1	g	0.340	11	0.673	0.289
18:1	g	5.260	11	10.415	4.471
20:1	g	0.130	11	0.257	0.111
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.160	0	2.297	0.986
18:2	g	1.010	11	2.000	0.859
18:3	g	0.030	11	0.059	0.026
18:4	g	0.000	0	0.000	0.000
20:4	g	0.080	11	0.158	0.068
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	114	1	226	97
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.410	0	0.812	0.349
Threonine	g	1.473	0	2.917	1.252
Isoleucine	g	1.511	0	2.992	1.284
Leucine	g	2.588	0	5.124	2.200
Lysine	g	2.901	0	5.744	2.466
Methionine	g	0.854	0	1.691	0.726
Cystine	g	0.411	0	0.814	0.349
Phenylalanine	g	1.288	0	2.550	1.095
Tyrosine	g	1.124	0	2.226	0.955
Valine	g	1.750	0	3.465	1.488
Arginine	g	2.005	0	3.970	1.704
Histidine	g	1.289	0	2.552	1.096
Alanine	g	1.879	0	3.720	1.597
Aspartic acid	g	2.992	0	5.924	2.543
Glutamic acid	g	5.050	0	9.999	4.293
Glycine	g	1.532	0	3.033	1.302
Proline	g	1.296	0	2.566	1.102
Serine	g	1.333	0	2.639	1.133
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10078

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 191g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	60.27	0.872	12	115.12	51.23
Energy	kcal	228		0	435	194
Energy	kJ	954		0	1822	811
Protein (N x 5.95)	g	26.68	0.675	12	50.96	22.68
Total lipid (fat)	g	12.62	0.851	12	24.10	10.73
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.06	0.023	12	2.02	0.90
Sugars, total	g					
Minerals:						
Calcium	mg	9		1	17	8
Iron	mg	1.42	0.051	12	2.71	1.21
Magnesium	mg	20		1	38	17
Phosphorus	mg	247		1	472	210
Potassium	mg	351	9.259	12	670	298
Sodium	mg	80	2.216	12	153	68
Zinc	mg	4.07	0.159	12	7.77	3.46
Copper	mg	0.128	0.008	12	0.244	0.109
Manganese	mg	0.041		1	0.078	0.035
Selenium	µg	38.5		0	73.5	32.7
Vitamins:						
Ascorbic acid	mg	0.3		0	0.6	0.3
Thiamin	mg	0.578	0.049	12	1.104	0.491
Riboflavin	mg	0.357	0.013	12	0.682	0.303
Niacin	mg	4.314	0.135	12	8.240	3.667
Pantothenic acid	mg	0.592		0	1.131	0.503
Vitamin B-6	mg	0.410		0	0.783	0.349
Folate	µg	5		0	10	4
Vitamin B-12	µg	0.78	0.066	12	1.49	0.66
Vitamin A	IU	7		0	13	6
Vitamin A, RE	µg	2		0	4	2
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	4.300		0	8.213	3.655
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.000		11	0.000	0.000
12:0	g	0.000		11	0.000	0.000
14:0	g	0.140		11	0.267	0.119
15:0	g					
16:0	g	2.700		11	5.157	2.295
17:0	g					
18:0	g	1.360		11	2.598	1.156
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.980		0	11.422	5.083
14:1	g					
16:1	g	0.350		11	0.669	0.298
18:1	g	5.440		11	10.390	4.624
20:1	g	0.130		11	0.248	0.111
22:1	g					
Polyunsaturated, total	g	1.200		0	2.292	1.020
18:2	g	1.040		11	1.986	0.884
18:3	g	0.030		11	0.057	0.026
18:4	g					
20:4	g	0.080		11	0.153	0.068
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	95	3.596	11	181	81
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.339		0	0.647	0.288
Threonine	g	1.218		0	2.326	1.035
Isoleucine	g	1.249		0	2.386	1.062
Leucine	g	2.141		0	4.089	1.820
Lysine	g	2.399		0	4.582	2.039
Methionine	g	0.706		0	1.348	0.600
Cystine	g	0.340		0	0.649	0.289
Phenylalanine	g	1.065		0	2.034	0.905
Tyrosine	g	0.930		0	1.776	0.791
Valine	g	1.447		0	2.764	1.230
Arginine	g	1.659		0	3.169	1.410
Histidine	g	1.066		0	2.036	0.906
Alanine	g	1.554		0	2.968	1.321
Aspartic acid	g	2.475		0	4.727	2.104
Glutamic acid	g	4.176		0	7.976	3.550
Glycine	g	1.267		0	2.420	1.077
Proline	g	1.072		0	2.048	0.911
Serine	g	1.102		0	2.105	0.937
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10079

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 454g	Measure 2* 228g	Measure 3*
Proximates:						
Water	g	65.96	0	299.19	150.39	
Energy	kcal	218	0	989	497	
Energy	kJ	912	0	4137	2079	
Protein (N x 5.95)	g	17.66	0	80.11	40.26	
Total lipid (fat)	g	15.82	0	71.76	36.07	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	0.92	0	4.17	2.10	
Sugars, total	g					
Minerals:						
Calcium	mg	25	0	113	57	
Iron	mg	1.12	0	5.08	2.55	
Magnesium	mg	18	0	82	41	
Phosphorus	mg	175	0	794	399	
Potassium	mg	313	0	1420	714	
Sodium	mg	63	0	286	144	
Zinc	mg	3.03	0	13.74	6.91	
Copper	mg	0.088	0	0.399	0.201	
Manganese	mg	0.011	0	0.050	0.025	
Selenium	µg	25.9	0	117.5	59.1	
Vitamins:						
Ascorbic acid	mg	0.7	0	3.2	1.6	
Thiamin	mg	0.806	0	3.656	1.838	
Riboflavin	mg	0.291	0	1.320	0.663	
Niacin	mg	3.684	0	16.711	8.400	
Pantothenic acid	mg	0.781	0	3.543	1.781	
Vitamin B-6	mg	0.309	0	1.402	0.705	
Folate	µg	6	0	27	14	
Vitamin B-12	µg	0.85	0	3.86	1.94	
Vitamin A	IU	7	0	32	16	
Vitamin A, RE	µg	2	0	9	5	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	5.480	0	24.857	12.494	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.045	0.023	
12:0	g	0.020	0	0.091	0.046	
14:0	g	0.200	0	0.907	0.456	
15:0	g					
16:0	g	3.420	0	15.513	7.798	
17:0	g					
18:0	g	1.780	0	8.074	4.058	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	7.060	0	32.024	16.097
14:1	g				
16:1	g	0.460	0	2.087	1.049
18:1	g	6.470	0	29.348	14.752
20:1	g	0.120	0	0.544	0.274
22:1	g				
Polyunsaturated, total	g	1.690	0	7.666	3.853
18:2	g	1.400	0	6.350	3.192
18:3	g	0.110	0	0.499	0.251
18:4	g				
20:4	g	0.110	0	0.499	0.251
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	71	0	322	162
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.217	0	0.984	0.495
Threonine	g	0.795	0	3.606	1.813
Isoleucine	g	0.810	0	3.674	1.847
Leucine	g	1.404	0	6.369	3.201
Lysine	g	1.578	0	7.158	3.598
Methionine	g	0.457	0	2.073	1.042
Cystine	g	0.221	0	1.002	0.504
Phenylalanine	g	0.701	0	3.180	1.598
Tyrosine	g	0.601	0	2.726	1.370
Valine	g	0.950	0	4.309	2.166
Arginine	g	1.120	0	5.080	2.554
Histidine	g	0.683	0	3.098	1.557
Alanine	g	1.039	0	4.713	2.369
Aspartic acid	g	1.619	0	7.344	3.691
Glutamic acid	g	2.710	0	12.293	6.179
Glycine	g	0.938	0	4.255	2.139
Proline	g	0.764	0	3.466	1.742
Serine	g	0.729	0	3.307	1.662
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb
- Measure 2: 1 raw steak with refuse, 300 g; yields excluding refuse

NDB No. 10080

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1 [*] 85g	Measure 2 [*] 140g	Measure 3 [*]
Proximates:						
Water	g	48.35	0	41.10	67.69	
Energy	kcal	319	0	271	447	
Energy	kJ	1335	0	1135	1869	
Protein (N x 5.95)	g	28.67	0	24.37	40.14	
Total lipid (fat)	g	21.74	0	18.48	30.44	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.19	0	1.01	1.67	
Sugars, total	g					
Minerals:						
Calcium	mg	32	0	27	45	
Iron	mg	1.83	0	1.56	2.56	
Magnesium	mg	18	0	15	25	
Phosphorus	mg	179	0	152	251	
Potassium	mg	389	0	331	545	
Sodium	mg	70	0	60	98	
Zinc	mg	5.02	0	4.27	7.03	
Copper	mg	0.151	0	0.128	0.211	
Manganese	mg	0.014	0	0.012	0.020	
Selenium	µg	42.7	0	36.3	59.8	
Vitamins:						
Ascorbic acid	mg	0.3	0	0.3	0.4	
Thiamin	mg	0.668	0	0.568	0.935	
Riboflavin	mg	0.361	0	0.307	0.505	
Niacin	mg	4.056	0	3.448	5.678	
Pantothenic acid	mg	0.782	0	0.665	1.095	
Vitamin B-6	mg	0.270	0	0.230	0.378	
Folate	µg	2	0	2	3	
Vitamin B-12	µg	0.91	0	0.77	1.27	
Vitamin A	IU	10	0	9	14	
Vitamin A, RE	µg	3	0	3	4	
Vitamin E, α-TE	mg	0.260	0	0.221	0.364	
Lipids:						
Saturated, total	g	7.940	0	6.749	11.116	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.020	0	0.017	0.028	
12:0	g	0.010	0	0.009	0.014	
14:0	g	0.270	0	0.230	0.378	
15:0	g					
16:0	g	4.860	0	4.131	6.804	
17:0	g					
18:0	g	2.630	0	2.236	3.682	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	9.600	0	8.160	13.440
14:1	g				
16:1	g	0.610	0	0.518	0.854
18:1	g	8.670	0	7.370	12.138
20:1	g	0.220	0	0.187	0.308
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.980	0	1.683	2.772
18:2	g	1.740	0	1.479	2.436
18:3	g	0.070	0	0.060	0.098
18:4	g	0.000	0	0.000	0.000
20:4	g	0.080	0	0.068	0.112
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	113	0	96	158
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.350	0	0.298	0.490
Threonine	g	1.287	0	1.094	1.802
Isoleucine	g	1.310	0	1.114	1.834
Leucine	g	2.275	0	1.934	3.185
Lysine	g	2.560	0	2.176	3.584
Methionine	g	0.740	0	0.629	1.036
Cystine	g	0.358	0	0.304	0.501
Phenylalanine	g	1.137	0	0.966	1.592
Tyrosine	g	0.972	0	0.826	1.361
Valine	g	1.540	0	1.309	2.156
Arginine	g	1.824	0	1.550	2.554
Histidine	g	1.103	0	0.938	1.544
Alanine	g	1.689	0	1.436	2.365
Aspartic acid	g	2.622	0	2.229	3.671
Glutamic acid	g	4.384	0	3.726	6.138
Glycine	g	1.549	0	1.317	2.169
Proline	g	1.254	0	1.066	1.756
Serine	g	1.184	0	1.006	1.658
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 300 g; yields excluding refuse

NDB No. 10081

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 169g	Measure 3*
Proximates:						
Water	g	57.25	0.875	13	48.66	96.75
Energy	kcal	259		0	220	438
Energy	kJ	1084		0	921	1832
Protein (N x 5.95)	g	25.58	0.312	13	21.74	43.23
Total lipid (fat)	g	16.61	0.747	13	14.12	28.07
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.08	0.028	13	0.92	1.83
Sugars, total	g					
Minerals:						
Calcium	mg	36		0	31	61
Iron	mg	1.40		0	1.19	2.37
Magnesium	mg	21		0	18	35
Phosphorus	mg	210		0	179	355
Potassium	mg	326		0	277	551
Sodium	mg	69		0	59	117
Zinc	mg	4.51		0	3.83	7.62
Copper	mg	0.058		0	0.049	0.098
Manganese	mg	0.003		0	0.003	0.005
Selenium	µg	36.3		0	30.9	61.3
Vitamins:						
Ascorbic acid	mg	0.3		0	0.3	0.5
Thiamin	mg	0.695		0	0.591	1.175
Riboflavin	mg	0.397		0	0.337	0.671
Niacin	mg	4.070		0	3.460	6.878
Pantothenic acid	mg	0.727		0	0.618	1.229
Vitamin B-6	mg	0.277		0	0.235	0.468
Folate	µg	4		0	3	7
Vitamin B-12	µg	1.06		0	0.90	1.79
Vitamin A	IU	9		0	8	15
Vitamin A, RE	µg	3		0	3	5
Vitamin E, α-TE	mg	0.260		0	0.221	0.439
Lipids:						
Saturated, total	g	5.950		0	5.058	10.056
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.010		0	0.009	0.017
12:0	g	0.010		0	0.009	0.017
14:0	g	0.200		0	0.170	0.338
15:0	g					
16:0	g	3.650		0	3.103	6.168
17:0	g					
18:0	g	1.970		0	1.674	3.329
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	7.420		0	6.307	12.540
14:1	g					
16:1	g	0.480		0	0.408	0.811
18:1	g	6.670		0	5.670	11.272
20:1	g	0.180		0	0.153	0.304
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.460		0	1.241	2.467
18:2	g	1.260		0	1.071	2.129
18:3	g	0.050		0	0.043	0.085
18:4	g	0.000		0	0.000	0.000
20:4	g	0.070		0	0.060	0.118
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	95	2.322	13	81	161
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.325		0	0.276	0.549
Threonine	g	1.168		0	0.993	1.974
Isoleucine	g	1.198		0	1.018	2.025
Leucine	g	2.052		0	1.744	3.468
Lysine	g	2.300		0	1.955	3.887
Methionine	g	0.677		0	0.575	1.144
Cystine	g	0.326		0	0.277	0.551
Phenylalanine	g	1.021		0	0.868	1.725
Tyrosine	g	0.891		0	0.757	1.506
Valine	g	1.388		0	1.180	2.346
Arginine	g	1.590		0	1.352	2.687
Histidine	g	1.022		0	0.869	1.727
Alanine	g	1.490		0	1.266	2.518
Aspartic acid	g	2.373		0	2.017	4.010
Glutamic acid	g	4.004		0	3.403	6.767
Glycine	g	1.215		0	1.033	2.053
Proline	g	1.028		0	0.874	1.737
Serine	g	1.057		0	0.898	1.786
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 300 g; yields excluding refuse

NDB No. 10082

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 262g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	57.47	0	150.57	48.85	
Energy	kcal	269	0	705	229	
Energy	kJ	1125	0	2948	956	
Protein (N x 5.95)	g	23.11	0	60.55	19.64	
Total lipid (fat)	g	18.86	0	49.41	16.03	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.23	0	3.22	1.05	
Sugars, total	g					
Minerals:						
Calcium	mg	28	0	73	24	
Iron	mg	1.45	0	3.80	1.23	
Magnesium	mg	18	0	47	15	
Phosphorus	mg	197	0	516	167	
Potassium	mg	332	0	870	282	
Sodium	mg	67	0	176	57	
Zinc	mg	3.96	0	10.38	3.37	
Copper	mg	0.114	0	0.299	0.097	
Manganese	mg	0.012	0	0.031	0.010	
Selenium	µg	34.3	0	89.9	29.2	
Vitamins:						
Ascorbic acid	mg	0.7	0	1.8	0.6	
Thiamin	mg	0.638	0	1.672	0.542	
Riboflavin	mg	0.355	0	0.930	0.302	
Niacin	mg	4.061	0	10.640	3.452	
Pantothenic acid	mg	0.665	0	1.742	0.565	
Vitamin B-6	mg	0.230	0	0.603	0.196	
Folate	µg	5	0	13	4	
Vitamin B-12	µg	0.88	0	2.31	0.75	
Vitamin A	IU	7	0	18	6	
Vitamin A, RE	µg	2	0	5	2	
Vitamin E, α-TE	mg	0.260	0	0.681	0.221	
Lipids:						
Saturated, total	g	6.970	0	18.261	5.924	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.026	0.009	
12:0	g	0.010	0	0.026	0.009	
14:0	g	0.230	0	0.603	0.196	
15:0	g					
16:0	g	4.260	0	11.161	3.621	
17:0	g					
18:0	g	2.310	0	6.052	1.964	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	8.270	0	21.667	7.029
14:1	g				
16:1	g	0.520	0	1.362	0.442
18:1	g	7.490	0	19.624	6.366
20:1	g	0.170	0	0.445	0.145
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.760	0	4.611	1.496
18:2	g	1.550	0	4.061	1.317
18:3	g	0.060	0	0.157	0.051
18:4	g	0.000	0	0.000	0.000
20:4	g	0.060	0	0.157	0.051
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	86	0	225	73
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.283	0	0.741	0.241
Threonine	g	1.039	0	2.722	0.883
Isoleucine	g	1.059	0	2.775	0.900
Leucine	g	1.836	0	4.810	1.561
Lysine	g	2.064	0	5.408	1.754
Methionine	g	0.598	0	1.567	0.508
Cystine	g	0.289	0	0.757	0.246
Phenylalanine	g	0.917	0	2.403	0.779
Tyrosine	g	0.785	0	2.057	0.667
Valine	g	1.242	0	3.254	1.056
Arginine	g	1.467	0	3.844	1.247
Histidine	g	0.893	0	2.340	0.759
Alanine	g	1.360	0	3.563	1.156
Aspartic acid	g	2.117	0	5.547	1.799
Glutamic acid	g	3.542	0	9.280	3.011
Glycine	g	1.232	0	3.228	1.047
Proline	g	1.002	0	2.625	0.852
Serine	g	0.954	0	2.499	0.811
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10083

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 10084 Pork, fresh, shoulder, blade, boston (roasts or steaks), separable lean only, raw

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	Samples	Measure 1* 454g	Measure 2* 198g	Measure 3*
Proximates:						
Water	g	72.19	0.272	21	327.45	142.94
Energy	kcal	155		0	703	307
Energy	kJ	649		0	2944	1285
Protein (N x 5.95)	g	19.37	0.176	23	87.86	38.35
Total lipid (fat)	g	8.00	0.357	21	36.29	15.84
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.02	0.011	23	4.63	2.02
Sugars, total	g					
Minerals:						
Calcium	mg	22	1.182	5	100	44
Iron	mg	1.25	0.041	19	5.67	2.48
Magnesium	mg	21	0.577	8	95	42
Phosphorus	mg	188	7.619	5	853	372
Potassium	mg	342	7.951	16	1551	677
Sodium	mg	70	1.819	20	318	139
Zinc	mg	3.38	0.104	16	15.33	6.69
Copper	mg	0.096	0.002	20	0.435	0.190
Manganese	mg	0.012		0	0.054	0.024
Selenium	µg	28.9	4.723	5	131.1	57.2
Vitamins:						
Ascorbic acid	mg	0.8		0	3.6	1.6
Thiamin	mg	0.892	0.047	24	4.046	1.766
Riboflavin	mg	0.320	0.011	26	1.452	0.634
Niacin	mg	3.968	0.202	16	17.999	7.857
Pantothenic acid	mg	0.861	0.037	8	3.905	1.705
Vitamin B-6	mg	0.350	0.021	8	1.588	0.693
Folate	µg	6	1.710	7	27	12
Vitamin B-12	µg	0.93	0.062	19	4.22	1.84
Vitamin A	IU	7		0	32	14
Vitamin A, RE	µg	2		0	9	4
Vitamin E, α-TE	mg	0.290		0	1.315	0.574
Lipids:						
Saturated, total	g	2.760		0	12.519	5.465
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.010		73	0.045	0.020
12:0	g	0.010		75	0.045	0.020
14:0	g	0.100		378	0.454	0.198
15:0	g					
16:0	g	1.760		378	7.983	3.485
17:0	g					
18:0	g	0.860		378	3.901	1.703
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	3.610	0	16.375	7.148
14:1	g				
16:1	g	0.250	378	1.134	0.495
18:1	g	3.280	378	14.878	6.494
20:1	g	0.060	71	0.272	0.119
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.860	0	3.901	1.703
18:2	g	0.690	378	3.130	1.366
18:3	g	0.030	190	0.136	0.059
18:4	g	0.000	0	0.000	0.000
20:4	g	0.100	315	0.454	0.198
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	68	0.948	15	308
Phytosterols	mg				135
Amino acids:					
Tryptophan	g	0.246	0	1.116	0.487
Threonine	g	0.885	0	4.014	1.752
Isoleucine	g	0.907	0	4.114	1.796
Leucine	g	1.554	0	7.049	3.077
Lysine	g	1.742	0	7.902	3.449
Methionine	g	0.513	0	2.327	1.016
Cystine	g	0.247	0	1.120	0.489
Phenylalanine	g	0.773	0	3.506	1.531
Tyrosine	g	0.675	0	3.062	1.337
Valine	g	1.051	0	4.767	2.081
Arginine	g	1.204	0	5.461	2.384
Histidine	g	0.774	0	3.511	1.533
Alanine	g	1.129	0	5.121	2.235
Aspartic acid	g	1.797	0	8.151	3.558
Glutamic acid	g	3.032	0	13.753	6.003
Glycine	g	0.920	0	4.173	1.822
Proline	g	0.778	0	3.529	1.540
Serine	g	0.800	0	3.629	1.584
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb
- Measure 2: 1 raw steak with refuse, 300 g; yields excluding refuse

NDB No. 10084

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 122g	Measure 3*
Proximates:						
Water	g	52.04	1.118	19	44.23	63.49
Energy	kcal	273		0	232	333
Energy	kJ	1142		0	971	1393
Protein (N x 5.95)	g	31.09	0.351	19	26.43	37.93
Total lipid (fat)	g	15.55	1.111	19	13.22	18.97
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.25	0.024	19	1.06	1.52
Sugars, total	g					
Minerals:						
Calcium	mg	29		0	25	35
Iron	mg	2.05	0.044	11	1.74	2.50
Magnesium	mg	20		0	17	24
Phosphorus	mg	182		0	155	222
Potassium	mg	412	10.489	11	350	503
Sodium	mg	75	1.844	11	64	92
Zinc	mg	5.57	0.152	11	4.73	6.80
Copper	mg	0.165	0.006	11	0.140	0.201
Manganese	mg	0.016		0	0.014	0.020
Selenium	µg	46.6		0	39.6	56.9
Vitamins:						
Ascorbic acid	mg	0.4		0	0.3	0.5
Thiamin	mg	0.718	0.059	19	0.610	0.876
Riboflavin	mg	0.398	0.012	19	0.338	0.486
Niacin	mg	4.280	0.127	15	3.638	5.222
Pantothenic acid	mg	0.850	0.050	9	0.723	1.037
Vitamin B-6	mg	0.290	0.013	8	0.247	0.354
Folate	µg	2	0.476	7	2	2
Vitamin B-12	µg	0.98	0.080	18	0.83	1.20
Vitamin A	IU	9		0	8	11
Vitamin A, RE	µg	3		0	3	4
Vitamin E, α-TE	mg	0.260		0	0.221	0.317
Lipids:						
Saturated, total	g	5.510		0	4.683	6.722
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.010		19	0.009	0.012
12:0	g	0.010		19	0.009	0.012
14:0	g	0.180		30	0.153	0.220
15:0	g					
16:0	g	3.380		30	2.873	4.124
17:0	g					
18:0	g	1.820		30	1.547	2.220
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.990		0	5.941	8.528
14:1	g					
16:1	g	0.460		30	0.391	0.561
18:1	g	6.270		30	5.329	7.649
20:1	g	0.180		13	0.153	0.220
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.330		0	1.131	1.623
18:2	g	1.140		30	0.969	1.391
18:3	g	0.050		30	0.043	0.061
18:4	g	0.000		0	0.000	0.000
20:4	g	0.070		30	0.060	0.085
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	116	3.195	11	99	142
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.395		0	0.336	0.482
Threonine	g	1.420		0	1.207	1.732
Isoleucine	g	1.456		0	1.238	1.776
Leucine	g	2.495		0	2.121	3.044
Lysine	g	2.796		0	2.377	3.411
Methionine	g	0.823		0	0.700	1.004
Cystine	g	0.397		0	0.337	0.484
Phenylalanine	g	1.241		0	1.055	1.514
Tyrosine	g	1.083		0	0.921	1.321
Valine	g	1.687		0	1.434	2.058
Arginine	g	1.933		0	1.643	2.358
Histidine	g	1.242		0	1.056	1.515
Alanine	g	1.811		0	1.539	2.209
Aspartic acid	g	2.884		0	2.451	3.518
Glutamic acid	g	4.867		0	4.137	5.938
Glycine	g	1.476		0	1.255	1.801
Proline	g	1.249		0	1.062	1.524
Serine	g	1.284		0	1.091	1.566
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 300 g; yields excluding refuse

NDB No. 10085

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 147g	Measure 3*
Proximates:						
Water	g	60.07	0.910	13	51.06	88.30
Energy	kcal	227		0	193	334
Energy	kJ	950		0	808	1397
Protein (N x 5.95)	g	26.74	0.326	13	22.73	39.31
Total lipid (fat)	g	12.54	0.696	13	10.66	18.43
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.10	0.029	13	0.94	1.62
Sugars, total	g					
Minerals:						
Calcium	mg	33	2.647	5	28	49
Iron	mg	1.56	0.051	5	1.33	2.29
Magnesium	mg	24	0.502	5	20	35
Phosphorus	mg	220	4.546	5	187	323
Potassium	mg	343	10.614	5	292	504
Sodium	mg	74	1.935	5	63	109
Zinc	mg	5.02	0.374	5	4.27	7.38
Copper	mg	0.059	0.020	5	0.050	0.087
Manganese	mg	0.009		0	0.008	0.013
Selenium	µg	39.3	5.881	5	33.4	57.8
Vitamins:						
Ascorbic acid	mg	0.3		0	0.3	0.4
Thiamin	mg	0.750		0	0.637	1.103
Riboflavin	mg	0.440		0	0.374	0.647
Niacin	mg	4.300		0	3.655	6.321
Pantothenic acid	mg	0.816		0	0.694	1.200
Vitamin B-6	mg	0.310		0	0.264	0.456
Folate	µg	5		0	4	7
Vitamin B-12	µg	1.13		0	0.96	1.66
Vitamin A	IU	8		0	7	12
Vitamin A, RE	µg	2		0	2	3
Vitamin E, α-TE	mg	0.260		0	0.221	0.382
Lipids:						
Saturated, total	g	4.450		0	3.783	6.542
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.010		19	0.009	0.015
12:0	g	0.010		19	0.009	0.015
14:0	g	0.140		30	0.119	0.206
15:0	g					
16:0	g	2.730		30	2.321	4.013
17:0	g					
18:0	g	1.470		30	1.250	2.161
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.640		0	4.794	8.291
14:1	g					
16:1	g	0.370		30	0.315	0.544
18:1	g	5.060		30	4.301	7.438
20:1	g	0.150		13	0.128	0.221
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.080		0	0.918	1.588
18:2	g	0.920		30	0.782	1.352
18:3	g	0.040		30	0.034	0.059
18:4	g	0.000		0	0.000	0.000
20:4	g	0.060		30	0.051	0.088
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	94	2.049	13	80	138
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.340		0	0.289	0.500
Threonine	g	1.221		0	1.038	1.795
Isoleucine	g	1.252		0	1.064	1.840
Leucine	g	2.145		0	1.823	3.153
Lysine	g	2.405		0	2.044	3.535
Methionine	g	0.708		0	0.602	1.041
Cystine	g	0.341		0	0.290	0.501
Phenylalanine	g	1.067		0	0.907	1.568
Tyrosine	g	0.932		0	0.792	1.370
Valine	g	1.451		0	1.233	2.133
Arginine	g	1.662		0	1.413	2.443
Histidine	g	1.068		0	0.908	1.570
Alanine	g	1.558		0	1.324	2.290
Aspartic acid	g	2.480		0	2.108	3.646
Glutamic acid	g	4.186		0	3.558	6.153
Glycine	g	1.270		0	1.080	1.867
Proline	g	1.074		0	0.913	1.579
Serine	g	1.105		0	0.939	1.624
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 300 g; yields excluding refuse

NDB No. 10086

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 238g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	60.94	0	145.04	51.80	
Energy	kcal	232	0	552	197	
Energy	kJ	971	0	2311	825	
Protein (N x 5.95)	g	24.21	0	57.62	20.58	
Total lipid (fat)	g	14.30	0	34.03	12.15	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.27	0	3.02	1.08	
Sugars, total	g					
Minerals:						
Calcium	mg	27	0	64	23	
Iron	mg	1.56	0	3.71	1.33	
Magnesium	mg	26	0	62	22	
Phosphorus	mg	235	0	559	200	
Potassium	mg	427	0	1016	363	
Sodium	mg	88	0	209	75	
Zinc	mg	4.23	0	10.07	3.60	
Copper	mg	0.121	0	0.288	0.103	
Manganese	mg	0.015	0	0.036	0.013	
Selenium	µg	36.1	0	85.9	30.7	
Vitamins:						
Ascorbic acid	mg	1.0	0	2.4	0.9	
Thiamin	mg	1.116	0	2.656	0.949	
Riboflavin	mg	0.400	0	0.952	0.340	
Niacin	mg	4.960	0	11.805	4.216	
Pantothenic acid	mg	1.077	0	2.563	0.915	
Vitamin B-6	mg	0.437	0	1.040	0.371	
Folate	µg	8	0	19	7	
Vitamin B-12	µg	1.16	0	2.76	0.99	
Vitamin A	IU	9	0	21	8	
Vitamin A, RE	µg	3	0	7	3	
Vitamin E, α-TE	mg	0.260	0	0.619	0.221	
Lipids:						
Saturated, total	g	5.190	0	12.352	4.412	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.024	0.009	
12:0	g	0.010	0	0.024	0.009	
14:0	g	0.170	0	0.405	0.145	
15:0	g					
16:0	g	3.180	0	7.568	2.703	
17:0	g					
18:0	g	1.720	0	4.094	1.462	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.340	0	15.089	5.389
14:1	g				
16:1	g	0.410	0	0.976	0.349
18:1	g	5.720	0	13.614	4.862
20:1	g	0.150	0	0.357	0.128
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.290	0	3.070	1.097
18:2	g	1.120	0	2.666	0.952
18:3	g	0.050	0	0.119	0.043
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.119	0.043
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	85	0	202	72
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.308	0	0.733	0.262
Threonine	g	1.106	0	2.632	0.940
Isoleucine	g	1.134	0	2.699	0.964
Leucine	g	1.943	0	4.624	1.652
Lysine	g	2.178	0	5.184	1.851
Methionine	g	0.641	0	1.526	0.545
Cystine	g	0.309	0	0.735	0.263
Phenylalanine	g	0.967	0	2.301	0.822
Tyrosine	g	0.844	0	2.009	0.717
Valine	g	1.314	0	3.127	1.117
Arginine	g	1.505	0	3.582	1.279
Histidine	g	0.967	0	2.301	0.822
Alanine	g	1.411	0	3.358	1.199
Aspartic acid	g	2.246	0	5.345	1.909
Glutamic acid	g	3.791	0	9.023	3.222
Glycine	g	1.150	0	2.737	0.977
Proline	g	0.973	0	2.316	0.827
Serine	g	1.000	0	2.380	0.850
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10087

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	56.88	2.665	6	16.13	258.01
Energy	kcal	286		0	81	1297
Energy	kJ	1197		0	339	5430
Protein (N x 5.95)	g	17.09	0.859	6	4.85	77.52
Total lipid (fat)	g	23.60	3.946	6	6.69	107.05
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	0.91	0.060	6	0.26	4.13
Sugars, total	g					
Minerals:						
Calcium	mg	31		0	9	141
Iron	mg	0.99	0.050	4	0.28	4.49
Magnesium	mg	22		0	6	100
Phosphorus	mg	239		0	68	1084
Potassium	mg	259	14.884	6	73	1175
Sodium	mg	76	8.425	6	22	345
Zinc	mg	2.70	0.115	5	0.77	12.25
Copper	mg	0.085	0.004	5	0.024	0.386
Manganese	mg	0.010		0	0.003	0.045
Selenium	µg	27.3		0	7.7	123.8
Vitamins:						
Ascorbic acid	mg	0.0		0	0.0	0.0
Thiamin	mg	0.619	0.024	10	0.175	2.808
Riboflavin	mg	0.273	0.008	10	0.077	1.238
Niacin	mg	4.860	0.196	6	1.378	22.045
Pantothenic acid	mg	0.793	0.072	3	0.225	3.597
Vitamin B-6	mg	0.420		0	0.119	1.905
Folate	µg	4		0	1	18
Vitamin B-12	µg	0.87	0.091	6	0.25	3.95
Vitamin A	IU	11	5.750	2	3	50
Vitamin A, RE	µg	3	1.725	2	1	14
Vitamin E, α-TE	mg	0.290		0	0.082	1.315
Lipids:						
Saturated, total	g	8.930		0	2.532	40.506
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.010		6	0.003	0.045
12:0	g	0.010		6	0.003	0.045
14:0	g	0.280		6	0.079	1.270
15:0	g					
16:0	g	5.470		6	1.551	24.812
17:0	g					
18:0	g	3.080		6	0.873	13.971
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	10.210		0	2.895	46.313
14:1	g					
16:1	g	0.560		6	0.159	2.540
18:1	g	9.460		6	2.682	42.911
20:1	g	0.180		0	0.051	0.816
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.150		0	0.610	9.752
18:2	g	1.970		6	0.558	8.936
18:3	g	0.090		6	0.026	0.408
18:4	g	0.000		0	0.000	0.000
20:4	g	0.090		6	0.026	0.408
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	78	1.684	6	22	354
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.217		0	0.062	0.984
Threonine	g	0.780		0	0.221	3.538
Isoleucine	g	0.800		0	0.227	3.629
Leucine	g	1.371		0	0.389	6.219
Lysine	g	1.537		0	0.436	6.972
Methionine	g	0.452		0	0.128	2.050
Cystine	g	0.218		0	0.062	0.989
Phenylalanine	g	0.682		0	0.193	3.094
Tyrosine	g	0.595		0	0.169	2.699
Valine	g	0.927		0	0.263	4.205
Arginine	g	1.062		0	0.301	4.817
Histidine	g	0.683		0	0.194	3.098
Alanine	g	0.996		0	0.282	4.518
Aspartic acid	g	1.585		0	0.449	7.190
Glutamic acid	g	2.675		0	0.758	12.134
Glycine	g	0.811		0	0.230	3.679
Proline	g	0.687		0	0.195	3.116
Serine	g	0.706		0	0.200	3.202
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb

NDB No. 10088

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 177g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	40.42	1.364	6	71.54	34.36
Energy	kcal	397		0	703	337
Energy	kJ	1661		0	2940	1412
Protein (N x 5.95)	g	29.06	1.920	6	51.44	24.70
Total lipid (fat)	g	30.30	3.181	6	53.63	25.75
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.12	0.068	6	1.98	0.95
Sugars, total	g					
Minerals:						
Calcium	mg	47	7.992	2	83	40
Iron	mg	1.85	0.154	5	3.27	1.57
Magnesium	mg	24	2.576	2	42	20
Phosphorus	mg	261		0	462	222
Potassium	mg	320	11.313	6	566	272
Sodium	mg	93	8.412	5	165	79
Zinc	mg	4.60	0.228	6	8.14	3.91
Copper	mg	0.142	0.008	6	0.251	0.121
Manganese	mg	0.014	0.003	2	0.025	0.012
Selenium	µg	37.4		0	66.2	31.8
Vitamins:						
Ascorbic acid	mg	0.0		0	0.0	0.0
Thiamin	mg	0.408	0.035	6	0.722	0.347
Riboflavin	mg	0.382	0.015	6	0.676	0.325
Niacin	mg	5.475	0.359	6	9.691	4.654
Pantothenic acid	mg	0.750	0.087	3	1.327	0.637
Vitamin B-6	mg	0.350		0	0.619	0.298
Folate	µg	4		0	7	3
Vitamin B-12	µg	1.08	0.078	6	1.91	0.92
Vitamin A	IU	10	2.050	2	18	9
Vitamin A, RE	µg	3	0.615	2	5	3
Vitamin E, α-TE	mg	0.260		0	0.460	0.221
Lipids:						
Saturated, total	g	11.120		0	19.682	9.452
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.010		6	0.018	0.009
12:0	g	0.010		6	0.018	0.009
14:0	g	0.360		6	0.637	0.306
15.0	g					
16:0	g	6.800		6	12.036	5.780
17:0	g					
18:0	g	3.820		6	6.761	3.247
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	13.480		0	23.860	11.458
14:1	g					
16:1	g	0.720		6	1.274	0.612
18:1	g	12.520		6	22.160	10.642
20:1	g	0.240		6	0.425	0.204
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.730		0	4.832	2.321
18:2	g	2.510		6	4.443	2.133
18:3	g	0.110		6	0.195	0.094
18:4	g	0.000		0	0.000	0.000
20:4	g	0.110		6	0.195	0.094
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	121	3.643	6	214	103
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.369		0	0.653	0.314
Threonine	g	1.327		0	2.349	1.128
Isoleucine	g	1.361		0	2.409	1.157
Leucine	g	2.332		0	4.128	1.982
Lysine	g	2.613		0	4.625	2.221
Methionine	g	0.769		0	1.361	0.654
Cystine	g	0.371		0	0.657	0.315
Phenylalanine	g	1.160		0	2.053	0.986
Tyrosine	g	1.013		0	1.793	0.861
Valine	g	1.577		0	2.791	1.340
Arginine	g	1.806		0	3.197	1.535
Histidine	g	1.161		0	2.055	0.987
Alanine	g	1.693		0	2.997	1.439
Aspartic acid	g	2.695		0	4.770	2.291
Glutamic acid	g	4.549		0	8.052	3.867
Glycine	g	1.380		0	2.443	1.173
Proline	g	1.167		0	2.066	0.992
Serine	g	1.200		0	2.124	1.020
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10089

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 231g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	60.31	0	139.32	51.26	
Energy	kcal	212	0	490	180	
Energy	kJ	887	0	2049	754	
Protein (N x 5.95)	g	29.27	0	67.61	24.88	
Total lipid (fat)	g	9.66	0	22.31	8.21	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.18	0	2.73	1.00	
Sugars, total	g					
Minerals:						
Calcium	mg	21	0	49	18	
Iron	mg	1.10	0	2.54	0.94	
Magnesium	mg	26	0	60	22	
Phosphorus	mg	237	0	547	201	
Potassium	mg	375	0	866	319	
Sodium	mg	59	0	136	50	
Zinc	mg	2.97	0	6.86	2.52	
Copper	mg	0.061	0	0.141	0.052	
Manganese	mg	0.018	0	0.042	0.015	
Selenium	µg	45.0	0	104.0	38.3	
Vitamins:						
Ascorbic acid	mg	0.3	0	0.7	0.3	
Thiamin	mg	0.846	0	1.954	0.719	
Riboflavin	mg	0.345	0	0.797	0.293	
Niacin	mg	5.172	0	11.947	4.396	
Pantothenic acid	mg	0.684	0	1.580	0.581	
Vitamin B-6	mg	0.434	0	1.003	0.369	
Folate	µg	6	0	14	5	
Vitamin B-12	µg	0.75	0	1.73	0.64	
Vitamin A	IU	7	0	16	6	
Vitamin A, RE	µg	2	0	5	2	
Vitamin E, α-TE	mg	0.260	0	0.601	0.221	
Lipids:						
Saturated, total	g	3.410	0	7.877	2.899	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.023	0.009	
12:0	g	0.010	0	0.023	0.009	
14:0	g	0.120	0	0.277	0.102	
15:0	g					
16:0	g	2.110	0	4.874	1.793	
17:0	g					
18:0	g	1.090	0	2.518	0.927	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.350	0	10.048	3.697
14:1	g				
16:1	g	0.310	0	0.716	0.264
18:1	g	3.910	0	9.032	3.324
20:1	g	0.090	0	0.208	0.077
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.750	0	1.733	0.637
18:2	g	0.650	0	1.502	0.553
18:3	g	0.020	0	0.046	0.017
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.116	0.043
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	86	0	199	73
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.372	0	0.859	0.316
Threonine	g	1.337	0	3.088	1.136
Isoleucine	g	1.371	0	3.167	1.165
Leucine	g	2.348	0	5.424	1.996
Lysine	g	2.632	0	6.080	2.237
Methionine	g	0.775	0	1.790	0.659
Cystine	g	0.373	0	0.862	0.317
Phenylalanine	g	1.168	0	2.698	0.993
Tyrosine	g	1.020	0	2.356	0.867
Valine	g	1.588	0	3.668	1.350
Arginine	g	1.819	0	4.202	1.546
Histidine	g	1.169	0	2.700	0.994
Alanine	g	1.705	0	3.939	1.449
Aspartic acid	g	2.715	0	6.272	2.308
Glutamic acid	g	4.582	0	10.584	3.895
Glycine	g	1.390	0	3.211	1.182
Proline	g	1.176	0	2.717	1.000
Serine	g	1.209	0	2.793	1.028
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10093

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:						
Water	g	78.36	0.152	9	22.22	88.55
Energy	kcal	127		0	36	144
Energy	kJ	531		0	151	600
Protein (N x 5.95)	g	10.28	0.005	13	2.91	11.62
Total lipid (fat)	g	9.21	0.206	8	2.61	10.41
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.13	0.178	5	0.32	1.28
Sugars, total	g					
Minerals:						
Calcium	mg	10	1.445	3	3	11
Iron	mg	1.60	0.131	5	0.45	1.81
Magnesium	mg	14	1.350	3	4	16
Phosphorus	mg	282	15.567	3	80	319
Potassium	mg	258	28.903	6	73	292
Sodium	mg	120	12.242	5	34	136
Zinc	mg	1.27		0	0.36	1.44
Copper	mg	0.240	0.060	2	0.068	0.271
Manganese	mg	0.094	0.005	16	0.027	0.106
Selenium	µg	15.9		0	4.5	18.0
Vitamins:						
Ascorbic acid	mg	13.5	0.805	5	3.8	15.3
Thiamin	mg	0.155	0.005	2	0.044	0.175
Riboflavin	mg	0.275	0.005	2	0.078	0.311
Niacin	mg	4.275	0.105	2	1.212	4.831
Pantothenic acid	mg	2.800	0.340	2	0.794	3.164
Vitamin B-6	mg	0.190		1	0.054	0.215
Folate	µg	6		0	2	7
Vitamin B-12	µg	2.19	0.407	3	0.62	2.47
Vitamin A	IU	0		3	0	0
Vitamin A, RE	µg	0		3	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	2.079		0	0.589	2.349
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.040		2	0.011	0.045
15:0	g					
16:0	g	1.029		2	0.292	1.163
17:0	g					
18:0	g	0.999		4	0.283	1.129
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.659		0	0.470	1.875
14:1	g					
16:1	g	0.120		4	0.034	0.136
18:1	g	1.069		4	0.303	1.208
20:1	g					
22:1	g					
Polyunsaturated, total	g	1.429		0	0.405	1.615
18:2	g	0.090		4	0.026	0.102
18:3	g	0.120		2	0.034	0.136
18:4	g					
20:4	g	0.470		4	0.133	0.531
20:5	g					
22:5	g	0.220		1	0.062	0.249
22:6	g	0.450		1	0.128	0.509
Cholesterol	mg	2195	249.128	27	622	2480
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.132		3	0.037	0.149
Threonine	g	0.480		4	0.136	0.542
Isoleucine	g	0.475		4	0.135	0.537
Leucine	g	0.896		4	0.254	1.012
Lysine	g	0.808		4	0.229	0.913
Methionine	g	0.204		4	0.058	0.231
Cystine	g					
Phenylalanine	g	0.523		4	0.148	0.591
Tyrosine	g	0.431		1	0.122	0.487
Valine	g	0.586		4	0.166	0.662
Arginine	g	0.538		3	0.153	0.608
Histidine	g	0.276		3	0.078	0.312
Alanine	g					
Aspartic acid	g	1.028		1	0.291	1.162
Glutamic acid	g	1.202		1	0.341	1.358
Glycine	g	0.493		1	0.140	0.557
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 4 oz

NDB No. 10096

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 382g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	75.88	0.442	4	289.86	64.50
Energy	kcal	138		0	527	117
Energy	kJ	577		0	2204	490
Protein (N x 5.95)	g	12.14	0.103	4	46.37	10.32
Total lipid (fat)	g	9.51	0.821	4	36.33	8.08
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.40	0.023	3	5.35	1.19
Sugars, total	g					
Minerals:						
Calcium	mg	9		0	34	8
Iron	mg	1.82		0	6.95	1.55
Magnesium	mg	12		0	46	10
Phosphorus	mg	220		0	840	187
Potassium	mg	195		0	745	166
Sodium	mg	91		0	348	77
Zinc	mg	1.48		0	5.65	1.26
Copper	mg	0.263		0	1.005	0.224
Manganese	mg	0.085		0	0.325	0.072
Selenium	µg	18.5		0	70.7	15.7
Vitamins:						
Ascorbic acid	mg	14.0		0	53.5	11.9
Thiamin	mg	0.078		0	0.298	0.066
Riboflavin	mg	0.223		0	0.852	0.190
Niacin	mg	3.330		0	12.721	2.831
Pantothenic acid	mg	1.823		0	6.964	1.550
Vitamin B-6	mg	0.140		0	0.535	0.119
Folate	µg	4		0	15	3
Vitamin B-12	µg	1.42		0	5.42	1.21
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	2.150		0	8.213	1.827
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.040		0	0.153	0.034
15:0	g					
16:0	g	1.060		0	4.049	0.901
17:0	g					
18:0	g	1.030		0	3.935	0.876
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.720	0	6.570	1.462
14:1	g				
16:1	g	0.130	0	0.497	0.111
18:1	g	1.100	0	4.202	0.935
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.470	0	5.615	1.250
18:2	g	0.090	0	0.344	0.077
18:3	g	0.120	0	0.458	0.102
18:4	g	0.000	0	0.000	0.000
20:4	g	0.490	0	1.872	0.417
20:5	g				
22:5	g	0.220	0	0.840	0.187
22:6	g	0.460	0	1.757	0.391
Cholesterol	mg	2552	0	9749	2169
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.155	0	0.592	0.132
Threonine	g	0.567	0	2.166	0.482
Isoleucine	g	0.561	0	2.143	0.477
Leucine	g	1.058	0	4.042	0.899
Lysine	g	0.954	0	3.644	0.811
Methionine	g	0.241	0	0.921	0.205
Cystine	g	0.214	0	0.817	0.182
Phenylalanine	g	0.618	0	2.361	0.525
Tyrosine	g	0.509	0	1.944	0.433
Valine	g	0.691	0	2.640	0.587
Arginine	g	0.635	0	2.426	0.540
Histidine	g	0.326	0	1.245	0.277
Alanine	g	0.660	0	2.521	0.561
Aspartic acid	g	1.214	0	4.637	1.032
Glutamic acid	g	1.420	0	5.424	1.207
Glycine	g	0.583	0	2.227	0.496
Proline	g	0.660	0	2.521	0.561
Serine	g	0.641	0	2.449	0.545
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 lb raw yields
 Measure 2: 3 oz

NDB No. 10097

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 362g	Measure 3*
Proximates:						
Water	g	66.25	1.875	6	18.78	239.82
Energy	kcal	252		0	71	912
Energy	kJ	1054		0	299	3815
Protein (N x 5.95)	g	10.05	0.764	6	2.85	36.38
Total lipid (fat)	g	23.05	1.832	6	6.53	83.44
Carbohydrate, by difference	g	0.33		0	0.09	1.19
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	0.33	0.075	4	0.09	1.19
Sugars, total	g					
Minerals:						
Calcium	mg	20		1	6	72
Iron	mg	1.92	0.217	6	0.54	6.95
Magnesium	mg	6		1	2	22
Phosphorus	mg	29		1	8	105
Potassium	mg	116	53.367	3	33	420
Sodium	mg	35	15.050	2	10	127
Zinc	mg	2.09		1	0.59	7.57
Copper	mg	0.166		1	0.047	0.601
Manganese	mg	0.007		0	0.002	0.025
Selenium	µg	28.4		0	8.1	102.8
Vitamins:						
Ascorbic acid	mg	4.4	1.321	8	1.2	15.9
Thiamin	mg	0.010		1	0.003	0.036
Riboflavin	mg	0.070		1	0.020	0.253
Niacin	mg	0.080		1	0.023	0.290
Pantothenic acid	mg	0.197		0	0.056	0.713
Vitamin B-6	mg	0.010	0.000	2	0.003	0.036
Folate	µg	2		0	1	7
Vitamin B-12	µg	0.81	0.030	2	0.23	2.93
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	7.930		0	2.248	28.707
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.010		1	0.003	0.036
14:0	g	0.250		1	0.071	0.905
15:0	g					
16:0	g	4.420		1	1.253	16.000
17:0	g					
18:0	g	3.240		1	0.919	11.729
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	7.860		0	2.228	28.453
14:1	g					
16:1	g	0.670		0	0.190	2.425
18:1	g	0.720		0	0.204	2.606
20:1	g					
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	5.870		0	1.664	21.249
18:2	g	2.640		1	0.748	9.557
18:3	g	0.150		0	0.043	0.543
18:4	g	0.000		0	0.000	0.000
20:4	g	1.520		0	0.431	5.502
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	159	1.000	2	45	576
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.090		1	0.026	0.326
Threonine	g	0.421		1	0.119	1.524
Isoleucine	g	0.391		1	0.111	1.415
Leucine	g	0.764		1	0.217	2.766
Lysine	g	0.643		1	0.182	2.328
Methionine	g	0.170		1	0.048	0.615
Cystine	g	0.088		0	0.025	0.319
Phenylalanine	g	0.371		1	0.105	1.343
Tyrosine	g	0.322		1	0.091	1.166
Valine	g	0.471		1	0.134	1.705
Arginine	g	0.804		1	0.228	2.910
Histidine	g	0.201		1	0.057	0.728
Alanine	g	0.743		1	0.211	2.690
Aspartic acid	g	0.944		1	0.268	3.417
Glutamic acid	g	1.346		1	0.382	4.873
Glycine	g	1.185		1	0.336	4.290
Proline	g	0.753		1	0.213	2.726
Serine	g	0.471		1	0.134	1.705
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb raw with refuse, yields, excluding refuse

NDB No. 10098

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 171g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	62.40	1	106.70	53.04	
Energy	kcal	303	0	518	258	
Energy	kJ	1268	0	2168	1078	
Protein (N x 5.95)	g	10.25	1.050	2	17.53	8.71
Total lipid (fat)	g	28.75	0.650	2	49.16	24.44
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	0.30		1	0.51	0.26
Sugars, total	g					
Minerals:						
Calcium	mg	27		1	46	23
Iron	mg	3.70		1	6.33	3.15
Magnesium	mg	10		1	17	9
Phosphorus	mg	47		1	80	40
Potassium	mg	8		1	14	7
Sodium	mg	39		1	67	33
Zinc	mg	5.06		0	8.65	4.30
Copper	mg	0.233		0	0.398	0.198
Manganese	mg	0.012		0	0.021	0.010
Selenium	µg	38.9		0	66.5	33.1
Vitamins:						
Ascorbic acid	mg	0.0		1	0.0	0.0
Thiamin	mg	0.000		1	0.000	0.000
Riboflavin	mg	0.080		1	0.137	0.068
Niacin	mg	0.100		1	0.171	0.085
Pantothenic acid	mg	0.222		0	0.380	0.189
Vitamin B-6	mg	0.010		0	0.017	0.009
Folate	µg	3		0	5	3
Vitamin B-12	µg	1.03		0	1.76	0.88
Vitamin A	IU	0		1	0	0
Vitamin A, RE	µg	0		1	0	0
Vitamin E, α-TE	mg	0.260		0	0.445	0.221
Lipids:						
Saturated, total	g	10.100		0	17.271	8.585
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.050		1	0.086	0.043
14:0	g	0.330		1	0.564	0.281
15:0	g					
16:0	g	5.800		1	9.918	4.930
17:0	g					
18:0	g	3.920		1	6.703	3.332
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	9.680	0	16.553	8.228
14:1	g				
16:1	g	0.820	0	1.402	0.697
18:1	g	8.860	0	15.151	7.531
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	7.220	0	12.346	6.137
18:2	g	2.660	1	4.549	2.261
18:3	g	0.190	0	0.325	0.161
18:4	g	0.000	0	0.000	0.000
20:4	g	1.860	0	3.181	1.581
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	143	1	245	122
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.061	1	0.104	0.052
Threonine	g	0.451	1	0.771	0.383
Isoleucine	g	0.420	1	0.718	0.357
Leucine	g	0.809	1	1.383	0.688
Lysine	g	0.656	1	1.122	0.558
Methionine	g	0.194	1	0.332	0.165
Cystine	g	0.090	0	0.154	0.077
Phenylalanine	g	0.410	1	0.701	0.349
Tyrosine	g	0.379	1	0.648	0.322
Valine	g	0.502	1	0.858	0.427
Arginine	g	0.840	1	1.436	0.714
Histidine	g	0.215	1	0.368	0.183
Alanine	g	0.727	1	1.243	0.618
Aspartic acid	g	0.963	1	1.647	0.819
Glutamic acid	g	1.322	1	2.261	1.124
Glycine	g	1.096	1	1.874	0.932
Proline	g	0.717	1	1.226	0.609
Serine	g	0.492	1	0.841	0.418
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 lb raw yields
 Measure 2: 3 oz

NDB No. 10099

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:						
Water	g	61.25	1.150	2	17.36	69.21
Energy	kcal	234		0	66	264
Energy	kJ	979		0	278	1106
Protein (N x 5.95)	g	22.45	0.150	2	6.36	25.37
Total lipid (fat)	g	15.10	1.100	2	4.28	17.06
Carbohydrate, by difference	g	0.60		0	0.17	0.68
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	0.60		1	0.17	0.68
Sugars, total	g					
Minerals:						
Calcium	mg	21		1	6	24
Iron	mg	2.40		1	0.68	2.71
Magnesium	mg	7		1	2	8
Phosphorus	mg	41		1	12	46
Potassium	mg	55		1	16	62
Sodium	mg	191		1	54	216
Zinc	mg	0.19		0	0.05	0.21
Copper	mg	0.006		0	0.002	0.007
Manganese	mg	0.012		0	0.003	0.014
Selenium	µg	4.3		0	1.2	4.9
Vitamins:						
Ascorbic acid	mg	0.0		1	0.0	0.0
Thiamin	mg	0.080		1	0.023	0.090
Riboflavin	mg	0.110		1	0.031	0.124
Niacin	mg	0.780		1	0.221	0.881
Pantothenic acid	mg	0.068		0	0.019	0.077
Vitamin B-6	mg	0.020		0	0.006	0.023
Folate	µg	0		0	0	0
Vitamin B-12	µg	0.07		0	0.02	0.08
Vitamin A	IU	0		1	0	0
Vitamin A, RE	µg	0		1	0	0
Vitamin E, α-TE	mg	0.290		0	0.082	0.328
Lipids:						
Saturated, total	g	5.390		0	1.528	6.091
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.010		0	0.003	0.011
14:0	g	0.200		0	0.057	0.226
15:0	g					
16:0	g	3.380		0	0.958	3.819
17:0	g					
18:0	g	1.800		0	0.510	2.034
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.860	0	1.945	7.752
14:1	g				
16:1	g	0.430	0	0.122	0.486
18:1	g	6.430	0	1.823	7.266
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.610	0	0.456	1.819
18:2	g	1.410	0	0.400	1.593
18:3	g	0.130	0	0.037	0.147
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.020	0.079
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	82	1	23	93
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.043	1	0.012	0.049
Threonine	g	0.629	1	0.178	0.711
Isoleucine	g	0.492	1	0.139	0.556
Leucine	g	1.167	1	0.331	1.319
Lysine	g	1.052	1	0.298	1.189
Methionine	g	0.133	1	0.038	0.150
Cystine	g	0.200	0	0.057	0.226
Phenylalanine	g	0.718	1	0.204	0.811
Tyrosine	g	0.402	1	0.114	0.454
Valine	g	0.830	1	0.235	0.938
Arginine	g	1.861	1	0.528	2.103
Histidine	g	0.269	1	0.076	0.304
Alanine	g	2.220	1	0.629	2.509
Aspartic acid	g	1.660	1	0.471	1.876
Glutamic acid	g	2.805	1	0.795	3.170
Glycine	g	4.400	1	1.247	4.972
Proline	g	2.848	1	0.807	3.218
Serine	g	0.941	1	0.267	1.063
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 ear

NDB No. 10100

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 111g	Measure 2* 422g	Measure 3*
Proximates:						
Water	g	72.65	2.950	2	80.64	306.58
Energy	kcal	166		0	184	701
Energy	kJ	695		0	771	2933
Protein (N x 5.95)	g	15.95	0.450	2	17.70	67.31
Total lipid (fat)	g	10.80	2.700	2	11.99	45.58
Carbohydrate, by difference	g	0.20		0	0.22	0.84
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	0.40		1	0.44	1.69
Sugars, total	g					
Minerals:						
Calcium	mg	18		1	20	76
Iron	mg	1.50		1	1.67	6.33
Magnesium	mg	7		1	8	30
Phosphorus	mg	24		1	27	101
Potassium	mg	40		1	44	169
Sodium	mg	167		1	185	705
Zinc	mg	0.20		0	0.22	0.84
Copper	mg	0.006		0	0.007	0.025
Manganese	mg	0.010		0	0.011	0.042
Selenium	µg	4.4		0	4.9	18.6
Vitamins:						
Ascorbic acid	mg	0.0		1	0.0	0.0
Thiamin	mg	0.020		1	0.022	0.084
Riboflavin	mg	0.070		1	0.078	0.295
Niacin	mg	0.560		1	0.622	2.363
Pantothenic acid	mg	0.037		0	0.041	0.156
Vitamin B-6	mg	0.010		0	0.011	0.042
Folate	µg	0		0	0	0
Vitamin B-12	µg	0.04		0	0.04	0.17
Vitamin A	IU	0		1	0	0
Vitamin A, RE	µg	0		1	0	0
Vitamin E, α-TE	mg	0.260		0	0.289	1.097
Lipids:						
Saturated, total	g	3.860		0	4.285	16.289
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.010		0	0.011	0.042
14:0	g	0.140		0	0.155	0.591
15:0	g					
16:0	g	2.420		0	2.686	10.212
17:0	g					
18:0	g	1.290		0	1.432	5.444
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.910	0	5.450	20.720
14:1	g				
16:1	g	0.310	0	0.344	1.308
18:1	g	4.600	0	5.106	19.412
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.150	0	1.276	4.853
18:2	g	1.010	0	1.121	4.262
18:3	g	0.090	0	0.100	0.380
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.056	0.211
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	90	1	100	380
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.031	1	0.034	0.131
Threonine	g	0.477	1	0.529	2.013
Isoleucine	g	0.365	1	0.405	1.540
Leucine	g	0.875	1	0.971	3.692
Lysine	g	0.732	1	0.813	3.089
Methionine	g	0.128	1	0.142	0.540
Cystine	g	0.142	0	0.158	0.599
Phenylalanine	g	0.510	1	0.566	2.152
Tyrosine	g	0.319	1	0.354	1.346
Valine	g	0.638	1	0.708	2.692
Arginine	g	1.276	1	1.416	5.385
Histidine	g	0.191	1	0.212	0.806
Alanine	g	1.531	1	1.699	6.461
Aspartic acid	g	1.179	1	1.309	4.975
Glutamic acid	g	2.008	1	2.229	8.474
Glycine	g	3.142	1	3.488	13.259
Proline	g	1.914	1	2.125	8.077
Serine	g	0.684	1	0.759	2.886
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 ear (yield after cooking)
- Measure 2: 1 lb raw yields

NDB No. 10101

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 95g	Measure 3*
Proximates:						
Water	g	58.30	1.539	3	16.53	55.38
Energy	kcal	264		0	75	251
Energy	kJ	1105		0	313	1050
Protein (N x 5.95)	g	22.07	0.636	3	6.26	20.97
Total lipid (fat)	g	18.83	2.902	3	5.34	17.89
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	0.75	0.071	2	0.21	0.71
Sugars, total	g					
Minerals:						
Calcium	mg	59		1	17	56
Iron	mg	0.50		0	0.14	0.48
Magnesium	mg	7		1	2	7
Phosphorus	mg	55		1	16	52
Potassium	mg	274		1	78	260
Sodium	mg	62		1	18	59
Zinc	mg	1.29		0	0.37	1.23
Copper	mg	0.047		0	0.013	0.045
Manganese	mg	0.006		0	0.002	0.006
Selenium	µg	4.3		0	1.2	4.1
Vitamins:						
Ascorbic acid	mg	0.0		1	0.0	0.0
Thiamin	mg	0.040		1	0.011	0.038
Riboflavin	mg	0.100		1	0.028	0.095
Niacin	mg	1.110		1	0.315	1.054
Pantothenic acid	mg	0.360		0	0.102	0.342
Vitamin B-6	mg	0.120		0	0.034	0.114
Folate	µg	2		0	1	2
Vitamin B-12	µg	0.27		0	0.08	0.26
Vitamin A	IU	0		1	0	0
Vitamin A, RE	µg	0		1	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	6.500		0	1.843	6.175
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.290		0	0.082	0.275
15:0	g					
16:0	g	4.250		0	1.205	4.037
17:0	g					
18:0	g	1.960		0	0.556	1.862
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	8.830	0	2.503	8.389
14:1	g				
16:1	g	0.680	0	0.193	0.646
18:1	g	8.150	0	2.311	7.742
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.050	0	0.581	1.947
18:2	g	1.780	0	0.505	1.691
18:3	g	0.160	0	0.045	0.152
18:4	g	0.000	0	0.000	0.000
20:4	g	0.110	0	0.031	0.105
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	106	1	30	101
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.044	1	0.012	0.042
Threonine	g	0.574	1	0.163	0.545
Isoleucine	g	0.353	1	0.100	0.335
Leucine	g	0.927	1	0.263	0.881
Lysine	g	0.949	1	0.269	0.902
Methionine	g	0.221	1	0.063	0.210
Cystine	g	0.194	0	0.055	0.184
Phenylalanine	g	0.596	1	0.169	0.566
Tyrosine	g	0.331	1	0.094	0.314
Valine	g	0.508	1	0.144	0.483
Arginine	g	1.677	1	0.475	1.593
Histidine	g	0.265	1	0.075	0.252
Alanine	g	1.854	1	0.526	1.761
Aspartic acid	g	1.545	1	0.438	1.468
Glutamic acid	g	2.406	1	0.682	2.286
Glycine	g	3.663	1	1.038	3.480
Proline	g	2.428	1	0.688	2.307
Serine	g	0.883	1	0.250	0.839
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1/2 foot

NDB No. 10102

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 226g	Measure 3*
Proximates:						
Water	g	76.21	0.265	30	21.61	172.23
Energy	kcal	118		0	33	267
Energy	kJ	494		0	140	1116
Protein (N x 5.95)	g	17.27	0.118	23	4.90	39.03
Total lipid (fat)	g	4.36	0.250	35	1.24	9.85
Carbohydrate, by difference	g	1.33		0	0.38	3.01
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	0.84	0.045	7	0.24	1.90
Sugars, total	g					
Minerals:						
Calcium	mg	5	0.163	8	1	11
Iron	mg	4.68	0.345	10	1.33	10.58
Magnesium	mg	19	1.211	10	5	43
Phosphorus	mg	169	12.008	7	48	382
Potassium	mg	294	8.883	9	83	664
Sodium	mg	56	2.517	3	16	127
Zinc	mg	2.80	0.256	10	0.79	6.33
Copper	mg	0.408	0.042	7	0.116	0.922
Manganese	mg	0.063	0.003	4	0.018	0.142
Selenium	µg	10.4		0	2.9	23.5
Vitamins:						
Ascorbic acid	mg	5.3	0.650	10	1.5	12.0
Thiamin	mg	0.613	0.069	17	0.174	1.385
Riboflavin	mg	1.185	0.076	15	0.336	2.678
Niacin	mg	6.765	0.439	6	1.918	15.289
Pantothenic acid	mg	2.515	0.125	2	0.713	5.684
Vitamin B-6	mg	0.390	0.015	3	0.111	0.881
Folate	µg	4	1.100	4	1	9
Vitamin B-12	µg	3.79	0.265	3	1.07	8.57
Vitamin A	IU	25	13.229	3	7	57
Vitamin A, RE	µg	8	3.969	3	2	18
Vitamin E, α-TE	mg	0.630		0	0.179	1.424
Lipids:						
Saturated, total	g	1.160		0	0.329	2.622
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000	0.001	2	0.000	0.000
12:0	g	0.010	0.004	2	0.003	0.023
14:0	g	0.080	0.047	4	0.023	0.181
15:0	g					
16:0	g	0.590	0.100	5	0.167	1.333
17:0	g					
18:0	g	0.450	0.080	5	0.128	1.017
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.020		0	0.289	2.305
14:1	g					
16:1	g	0.100	0.031	5	0.028	0.226
18:1	g	0.900	0.227	5	0.255	2.034
20:1	g	0.018	0.011	2	0.005	0.041
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.120		0	0.318	2.531
18:2	g	0.770	0.205	5	0.218	1.740
18:3	g	0.080	0.084	3	0.023	0.181
18:4	g	0.000		0	0.000	0.000
20:4	g	0.270	0.091	4	0.077	0.610
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	131	12.852	32	37	296
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.199		4	0.056	0.450
Threonine	g	0.757		11	0.215	1.711
Isoleucine	g	0.831		9	0.236	1.878
Leucine	g	1.558		9	0.442	3.521
Lysine	g	1.428		9	0.405	3.227
Methionine	g	0.442		9	0.125	0.999
Cystine	g	0.309		0	0.088	0.698
Phenylalanine	g	0.762		9	0.216	1.722
Tyrosine	g	0.591		5	0.168	1.336
Valine	g	0.914		9	0.259	2.066
Arginine	g	1.160		9	0.329	2.622
Histidine	g	0.439		9	0.124	0.992
Alanine	g	1.108		5	0.314	2.504
Aspartic acid	g	1.563		6	0.443	3.532
Glutamic acid	g	2.770		6	0.785	6.260
Glycine	g	0.939		6	0.266	2.122
Proline	g	0.795		5	0.225	1.797
Serine	g	0.812		5	0.230	1.835
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 oz
Measure 2: 1 heart

NDB No. 10103

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 145g	Measure 2* 129g	Measure 3*
Proximates:						
Water	g	68.08	0.693	8	98.72	87.82
Energy	kcal	148		0	215	191
Energy	kJ	619		0	898	799
Protein (N x 5.95)	g	23.60	0.462	3	34.22	30.44
Total lipid (fat)	g	5.05	0.208	8	7.32	6.51
Carbohydrate, by difference	g	0.40		0	0.58	0.52
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.00	0.000	3	1.45	1.29
Sugars, total	g					
Minerals:						
Calcium	mg	7		0	10	9
Iron	mg	5.83		0	8.45	7.52
Magnesium	mg	24		0	35	31
Phosphorus	mg	178		0	258	230
Potassium	mg	206		0	299	266
Sodium	mg	35		0	51	45
Zinc	mg	3.09		0	4.48	3.99
Copper	mg	0.508		0	0.737	0.655
Manganese	mg	0.073		0	0.106	0.094
Selenium	µg	18.3		0	26.5	23.6
Vitamins:						
Ascorbic acid	mg	2.0		0	2.9	2.6
Thiamin	mg	0.555	0.039	5	0.805	0.716
Riboflavin	mg	1.702	0.093	5	2.468	2.196
Niacin	mg	6.050		0	8.773	7.804
Pantothenic acid	mg	2.470		0	3.582	3.186
Vitamin B-6	mg	0.390		0	0.566	0.503
Folate	µg	4		0	6	5
Vitamin B-12	µg	3.79		0	5.50	4.89
Vitamin A	IU	22		0	32	28
Vitamin A, RE	µg	7		0	10	9
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	1.340		0	1.943	1.729
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.010		0	0.015	0.013
14:0	g	0.100		0	0.145	0.129
15:0	g					
16:0	g	0.690		0	1.000	0.890
17:0	g					
18:0	g	0.520		0	0.754	0.671
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.180	0	1.711	1.522
14:1	g				
16:1	g	0.110	0	0.160	0.142
18:1	g	1.050	0	1.523	1.355
20:1	g	0.020	0	0.029	0.026
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.300	0	1.885	1.677
18:2	g	0.890	0	1.291	1.148
18:3	g	0.100	0	0.145	0.129
18:4	g	0.000	0	0.000	0.000
20:4	g	0.310	0	0.450	0.400
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	221	0	320	285
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.272	4	0.394	0.351
Threonine	g	1.035	11	1.501	1.335
Isoleucine	g	1.137	9	1.649	1.467
Leucine	g	2.130	9	3.088	2.748
Lysine	g	1.952	9	2.830	2.518
Methionine	g	0.604	9	0.876	0.779
Cystine	g	0.423	1	0.613	0.546
Phenylalanine	g	1.042	9	1.511	1.344
Tyrosine	g	0.808	5	1.172	1.042
Valine	g	1.250	9	1.813	1.613
Arginine	g	1.586	9	2.300	2.046
Histidine	g	0.600	9	0.870	0.774
Alanine	g	1.514	5	2.195	1.953
Aspartic acid	g	2.137	6	3.099	2.757
Glutamic acid	g	3.787	6	5.491	4.885
Glycine	g	1.284	6	1.862	1.656
Proline	g	1.087	5	1.576	1.402
Serine	g	1.110	5	1.610	1.432
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup
 Measure 2: 1 heart

NDB No. 10104

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:						
Water	g	22.19	1.004	8	6.29	25.07
Energy	kcal	655		0	186	740
Energy	kJ	2741		0	777	3097
Protein (N x 5.95)	g	6.38	0.479	8	1.81	7.21
Total lipid (fat)	g	69.61	1.951	8	19.73	78.66
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	0.32	0.022	8	0.09	0.36
Sugars, total	g					
Minerals:						
Calcium	mg	4		0	1	5
Iron	mg	0.42		0	0.12	0.47
Magnesium	mg	3		0	1	3
Phosphorus	mg	86		0	24	97
Potassium	mg	148		0	42	167
Sodium	mg	25		0	7	28
Zinc	mg	0.84		0	0.24	0.95
Copper	mg	0.040		0	0.011	0.045
Manganese	mg	0.005		0	0.001	0.006
Selenium	µg	1.5		0	0.4	1.7
Vitamins:						
Ascorbic acid	mg	0.0		0	0.0	0.0
Thiamin	mg	0.386		0	0.109	0.436
Riboflavin	mg	0.236		0	0.067	0.267
Niacin	mg	4.535		0	1.286	5.125
Pantothenic acid	mg	0.250		0	0.071	0.282
Vitamin B-6	mg	0.090		0	0.026	0.102
Folate	µg	1		0	0	1
Vitamin B-12	µg	0.82		0	0.23	0.93
Vitamin A	IU	9		0	3	10
Vitamin A, RE	µg	3		0	1	3
Vitamin E, α-TE	mg	0.290		0	0.082	0.328
Lipids:						
Saturated, total	g	25.260		0	7.161	28.544
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.050		0	0.014	0.057
12:0	g	0.150		0	0.043	0.170
14:0	g	0.880		0	0.249	0.994
15:0	g					
16:0	g	15.240		0	4.321	17.221
17:0	g					
18:0	g	8.940		0	2.534	10.102
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	32.890	0	9.324	37.166
14:1	g				
16:1	g	2.160	0	0.612	2.441
18:1	g	30.170	0	8.553	34.092
20:1	g	0.560	0	0.159	0.633
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	8.110	0	2.299	9.164
18:2	g	7.450	0	2.112	8.418
18:3	g	0.580	0	0.164	0.655
18:4	g	0.000	0	0.000	0.000
20:4	g	0.080	0	0.023	0.090
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	90	0	26	102
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.021	0	0.006	0.024
Threonine	g	0.210	0	0.060	0.237
Isoleucine	g	0.168	0	0.048	0.190
Leucine	g	0.446	0	0.126	0.504
Lysine	g	0.528	0	0.150	0.597
Methionine	g	0.095	0	0.027	0.107
Cystine	g	0.056	0	0.016	0.063
Phenylalanine	g	0.239	0	0.068	0.270
Tyrosine	g	0.104	0	0.029	0.118
Valine	g	0.305	0	0.086	0.345
Arginine	g	0.659	0	0.187	0.745
Histidine	g	0.072	0	0.020	0.081
Alanine	g	0.378	0	0.107	0.427
Aspartic acid	g	0.592	0	0.168	0.669
Glutamic acid	g	0.991	0	0.281	1.120
Glycine	g	0.291	0	0.082	0.329
Proline	g	0.242	0	0.069	0.273
Serine	g	0.262	0	0.074	0.296
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 4 oz

NDB No. 10105

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 233g	Measure 3*
Proximates:						
Water	g	80.06	0.181	87	22.70	186.54
Energy	kcal	100		0	28	233
Energy	kJ	418		0	119	974
Protein (N x 5.95)	g	16.46	0.372	9	4.67	38.35
Total lipid (fat)	g	3.25	0.298	10	0.92	7.57
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.17	0.029	10	0.33	2.73
Sugars, total	g					
Minerals:						
Calcium	mg	9	0.552	12	3	21
Iron	mg	4.89	0.184	83	1.39	11.39
Magnesium	mg	17	0.213	11	5	40
Phosphorus	mg	204	7.975	8	58	475
Potassium	mg	229	8.971	12	65	534
Sodium	mg	121	12.756	4	34	282
Zinc	mg	2.75	0.076	52	0.78	6.41
Copper	mg	0.622	0.014	447	0.176	1.449
Manganese	mg	0.123	0.014	3	0.035	0.287
Selenium	µg	190.0		1	53.9	442.7
Vitamins:						
Ascorbic acid	mg	13.3	1.750	9	3.8	31.0
Thiamin	mg	0.340	0.033	9	0.096	0.792
Riboflavin	mg	1.697	0.159	8	0.481	3.954
Niacin	mg	8.207	0.281	12	2.327	19.122
Pantothenic acid	mg	3.130	0.010	2	0.887	7.293
Vitamin B-6	mg	0.440	0.036	5	0.125	1.025
Folate	µg	42		1	12	98
Vitamin B-12	µg	8.49	1.858	3	2.41	19.78
Vitamin A	IU	198	56.500	4	56	461
Vitamin A, RE	µg	59	17.000	4	17	137
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	1.040		0	0.295	2.423
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		1	0.000	0.000
12:0	g	0.010	0.002	2	0.003	0.023
14:0	g	0.040	0.008	2	0.011	0.093
15:0	g					
16:0	g	0.580	0.134	2	0.164	1.351
17:0	g					
18:0	g	0.410	0.100	2	0.116	0.955
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.070		0	0.303	2.493
14:1	g					
16:1	g	0.090	0.056	2	0.026	0.210
18:1	g	0.970	0.206	2	0.275	2.260
20:1	g	0.020		1	0.006	0.047
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.260		0	0.074	0.606
18:2	g	0.170	0.044	2	0.048	0.396
18:3	g	0.010		1	0.003	0.023
18:4	g	0.000		0	0.000	0.000
20:4	g	0.080		1	0.023	0.186
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	319	18.568	30	90	743
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.213		5	0.060	0.496
Threonine	g	0.682		8	0.193	1.589
Isoleucine	g	0.879		6	0.249	2.048
Leucine	g	1.477		6	0.419	3.441
Lysine	g	1.185		6	0.336	2.761
Methionine	g	0.353		6	0.100	0.822
Cystine	g	0.361		1	0.102	0.841
Phenylalanine	g	0.777		6	0.220	1.810
Tyrosine	g	0.592		2	0.168	1.379
Valine	g	0.948		6	0.269	2.209
Arginine	g	1.011		5	0.287	2.356
Histidine	g	0.395		5	0.112	0.920
Alanine	g	1.035		1	0.293	2.412
Aspartic acid	g	1.546		2	0.438	3.602
Glutamic acid	g	1.964		2	0.557	4.576
Glycine	g	1.043		2	0.296	2.430
Proline	g	1.019		1	0.289	2.374
Serine	g	0.872		1	0.247	2.032
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 oz
 Measure 2: 1 kidney

NDB No. 10106

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 140g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	68.70	0.231	3	96.18	58.40
Energy	kcal	151		0	211	128
Energy	kJ	632		0	885	537
Protein (N x 5.95)	g	25.40	0.173	3	35.56	21.59
Total lipid (fat)	g	4.70	0.289	3	6.58	4.00
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.30	0.023	3	1.82	1.10
Sugars, total	g					
Minerals:						
Calcium	mg	13		0	18	11
Iron	mg	5.29		0	7.41	4.50
Magnesium	mg	18		0	25	15
Phosphorus	mg	240		0	336	204
Potassium	mg	143		0	200	122
Sodium	mg	80		0	112	68
Zinc	mg	4.15		0	5.81	3.53
Copper	mg	0.683		0	0.956	0.581
Manganese	mg	0.149		0	0.209	0.127
Selenium	µg	311.5		0	436.1	264.8
Vitamins:						
Ascorbic acid	mg	10.6		0	14.8	9.0
Thiamin	mg	0.396		0	0.554	0.337
Riboflavin	mg	1.586		0	2.220	1.348
Niacin	mg	5.785		0	8.099	4.917
Pantothenic acid	mg	2.873		0	4.022	2.442
Vitamin B-6	mg	0.460		0	0.644	0.391
Folate	µg	41		0	57	35
Vitamin B-12	µg	7.79		0	10.91	6.62
Vitamin A	IU	260		0	364	221
Vitamin A, RE	µg	78		0	109	66
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	1.510		0	2.114	1.283
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.010		0	0.014	0.009
14:0	g	0.050		0	0.070	0.043
15:0	g					
16:0	g	0.850		0	1.190	0.723
17:0	g					
18:0	g	0.600		0	0.840	0.510
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.550	0	2.170	1.317
14:1	g				
16:1	g	0.120	0	0.168	0.102
18:1	g	1.400	0	1.960	1.190
20:1	g	0.020	0	0.028	0.017
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.380	0	0.532	0.323
18:2	g	0.250	0	0.350	0.213
18:3	g	0.010	0	0.014	0.009
18:4	g	0.000	0	0.000	0.000
20:4	g	0.120	0	0.168	0.102
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	480	0	672	408
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.329	0	0.461	0.280
Threonine	g	1.053	0	1.474	0.895
Isoleucine	g	1.357	0	1.900	1.153
Leucine	g	2.280	0	3.192	1.938
Lysine	g	1.829	0	2.561	1.555
Methionine	g	0.545	0	0.763	0.463
Cystine	g	0.557	0	0.780	0.473
Phenylalanine	g	1.199	0	1.679	1.019
Tyrosine	g	0.914	0	1.280	0.777
Valine	g	1.463	0	2.048	1.244
Arginine	g	1.561	0	2.185	1.327
Histidine	g	0.610	0	0.854	0.518
Alanine	g	1.597	0	2.236	1.357
Aspartic acid	g	2.386	0	3.340	2.028
Glutamic acid	g	3.032	0	4.245	2.577
Glycine	g	1.609	0	2.253	1.368
Proline	g	1.573	0	2.202	1.337
Serine	g	1.345	0	1.883	1.143
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 3 oz

NDB No. 10107

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:						
Water g	4.09	0.192	24	1.16	4.62	
Energy kcal	857		0	243	968	
Energy kj	3586		0	1017	4052	
Protein (N x 5.95) g	1.76	0.112	24	0.50	1.99	
Total lipid (fat) g	94.16	0.298	24	26.69	106.40	
Carbohydrate, by difference g	0.00		0	0.00	0.00	
Fiber, total dietary g	0.0		0	0.0	0.0	
Ash g	0.10		0	0.03	0.11	
Sugars, total g						
Minerals:						
Calcium mg	1		0	0	1	
Iron mg	0.09		0	0.03	0.10	
Magnesium mg	1		0	0	1	
Phosphorus mg	19		0	5	21	
Potassium mg	31		0	9	35	
Sodium mg	5		0	1	6	
Zinc mg	0.18		0	0.05	0.20	
Copper mg	0.009		0	0.003	0.010	
Manganese mg	0.001		0	0.000	0.001	
Selenium µg	8.0		0	2.3	9.0	
Vitamins:						
Ascorbic acid mg	0.0		0	0.0	0.0	
Thiamin mg	0.106		0	0.030	0.120	
Riboflavin mg	0.065		0	0.018	0.073	
Niacin mg	1.249		0	0.354	1.411	
Pantothenic acid mg	0.000		0	0.000	0.000	
Vitamin B-6 mg	0.030		0	0.009	0.034	
Folate µg	0		0	0	0	
Vitamin B-12 µg	0.23		0	0.07	0.26	
Vitamin A IU	0		0	0	0	
Vitamin A, RE µg	0		0	0	0	
Vitamin E, α-TE mg						
Lipids:						
Saturated, total g	45.230		0	12.823	51.110	
4:0 g	0.000		0	0.000	0.000	
6:0 g	0.000		0	0.000	0.000	
8:0 g	0.000		0	0.000	0.000	
10:0 g	0.000		0	0.000	0.000	
12:0 g	0.000		0	0.000	0.000	
14:0 g	1.370	0.037	21	0.388	1.548	
15:0 g						
16:0 g	26.770	0.371	22	7.589	30.250	
17:0 g						
18:0 g	17.090	0.375	22	4.845	19.312	
20:0 g						
22:0 g						
24:0 g						

Monounsaturated, total	g	37.220		0	10.552	42.059
14:1	g					
16:1	g	1.970	0.116	22	0.558	2.226
18:1	g	35.250	0.301	22	9.993	39.833
20:1	g	0.000		0	0.000	0.000
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	7.280		0	2.064	8.226
18:2	g	6.340	0.269	22	1.797	7.164
18:3	g	0.940	0.029	21	0.266	1.062
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	110		0	31	124
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.006		1	0.002	0.007
Threonine	g	0.058		1	0.016	0.066
Isoleucine	g	0.046		1	0.013	0.052
Leucine	g	0.123		1	0.035	0.139
Lysine	g	0.146		1	0.041	0.165
Methionine	g	0.026		1	0.007	0.029
Cystine	g	0.015		1	0.004	0.017
Phenylalanine	g	0.066		1	0.019	0.075
Tyrosine	g	0.029		1	0.008	0.033
Valine	g	0.084		1	0.024	0.095
Arginine	g	0.182		1	0.052	0.206
Histidine	g	0.020		1	0.006	0.023
Alanine	g	0.104		0	0.029	0.118
Aspartic acid	g	0.163		0	0.046	0.184
Glutamic acid	g	0.273		0	0.077	0.308
Glycine	g	0.080		0	0.023	0.090
Proline	g	0.067		0	0.019	0.076
Serine	g	0.072		0	0.020	0.081
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 4 oz

NDB No. 10109

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:						
Water	g	71.06	0.451	42	20.15	80.30
Energy	kcal	134		0	38	151
Energy	kJ	561		0	159	634
Protein (N x 5.95)	g	21.39	0.304	8	6.06	24.17
Total lipid (fat)	g	3.65	0.177	30	1.03	4.12
Carbohydrate, by difference	g	2.47		0	0.70	2.79
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.44	0.028	6	0.41	1.63
Sugars, total	g					
Minerals:						
Calcium	mg	9	0.800	10	3	10
Iron	mg	23.30	1.553	30	6.61	26.33
Magnesium	mg	18	0.601	11	5	20
Phosphorus	mg	288	21.397	8	82	325
Potassium	mg	273	10.980	11	77	308
Sodium	mg	87	15.502	3	25	98
Zinc	mg	5.76	0.269	22	1.63	6.51
Copper	mg	0.677	0.026	446	0.192	0.765
Manganese	mg	0.344	0.015	6	0.098	0.389
Selenium	µg	52.7		0	14.9	59.6
Vitamins:						
Ascorbic acid	mg	25.3	1.743	14	7.2	28.6
Thiamin	mg	0.283	0.014	24	0.080	0.320
Riboflavin	mg	3.005	0.102	26	0.852	3.396
Niacin	mg	15.301	0.467	31	4.338	17.290
Pantothenic acid	mg	6.650	0.198	6	1.885	7.515
Vitamin B-6	mg	0.690	0.031	8	0.196	0.780
Folate	µg	212	36.770	7	60	240
Vitamin B-12	µg	26.00	2.881	5	7.37	29.38
Vitamin A	IU	21650	3334.623	13	6138	24465
Vitamin A, RE	µg	6495	1000.387	13	1841	7339
Vitamin E, α-TE	mg	0.470		0	0.133	0.531
Lipids:						
Saturated, total	g	1.170		0	0.332	1.322
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		1	0.000	0.000
12:0	g	0.000		1	0.000	0.000
14:0	g	0.020	0.003	42	0.006	0.023
15:0	g					
16:0	g	0.440	0.017	59	0.125	0.497
17:0	g					
18:0	g	0.700	0.026	59	0.198	0.791
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.520		0		0.147	0.588
14:1	g						
16:1	g	0.030	0.002	43		0.009	0.034
18:1	g	0.460	0.021	59		0.130	0.520
20:1	g	0.000		1		0.000	0.000
22:1	g	0.000		0		0.000	0.000
Polyunsaturated, total	g	0.870		0		0.247	0.983
18:2	g	0.350	0.013	59		0.099	0.395
18:3	g	0.030	0.043	2		0.009	0.034
18:4	g	0.000		0		0.000	0.000
20:4	g	0.440	0.021	57		0.125	0.497
20:5	g	0.000		0		0.000	0.000
22:5	g	0.030		1		0.009	0.034
22:6	g	0.020		1		0.006	0.023
Cholesterol	mg	301	5.687	109		85	340
Phytosterols	mg	0		0		0	0
Amino acids:							
Tryptophan	g	0.301		7		0.085	0.340
Threonine	g	0.910		15		0.258	1.028
Isoleucine	g	1.085		13		0.308	1.226
Leucine	g	1.906		13		0.540	2.154
Lysine	g	1.649		13		0.467	1.863
Methionine	g	0.530		14		0.150	0.599
Cystine	g	0.404		1		0.115	0.457
Phenylalanine	g	1.047		13		0.297	1.183
Tyrosine	g	0.729		6		0.207	0.824
Valine	g	1.321		13		0.375	1.493
Arginine	g	1.317		13		0.373	1.488
Histidine	g	0.582		13		0.165	0.658
Alanine	g	1.276		6		0.362	1.442
Aspartic acid	g	1.937		8		0.549	2.189
Glutamic acid	g	2.782		8		0.789	3.144
Glycine	g	1.239		8		0.351	1.400
Proline	g	1.146		6		0.325	1.295
Serine	g	1.157		6		0.328	1.307
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 4 oz

NDB No. 10110

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 354g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	64.32	0	227.69	54.67	
Energy	kcal	165	0	584	140	
Energy	kJ	690	0	2443	587	
Protein (N x 5.95)	g	26.02	0	92.11	22.12	
Total lipid (fat)	g	4.40	0	15.58	3.74	
Carbohydrate, by difference	g	3.76	0	13.31	3.20	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.50	0	5.31	1.27	
Sugars, total	g					
Minerals:						
Calcium	mg	10	0	35	9	
Iron	mg	17.92	0	63.44	15.23	
Magnesium	mg	14	0	50	12	
Phosphorus	mg	241	0	853	205	
Potassium	mg	150	0	531	128	
Sodium	mg	49	0	173	42	
Zinc	mg	6.72	0	23.79	5.71	
Copper	mg	0.634	0	2.244	0.539	
Manganese	mg	0.300	0	1.062	0.255	
Selenium	µg	67.5	0	238.9	57.4	
Vitamins:						
Ascorbic acid	mg	23.6	2.916	6	83.5	20.1
Thiamin	mg	0.258		0	0.913	0.219
Riboflavin	mg	2.196		0	7.774	1.867
Niacin	mg	8.435		0	29.860	7.170
Pantothenic acid	mg	4.774		0	16.900	4.058
Vitamin B-6	mg	0.570		0	2.018	0.484
Folate	µg	163		0	577	139
Vitamin B-12	µg	18.67		0	66.09	15.87
Vitamin A	IU	17997	2883.188	6	63709	15297
Vitamin A, RE	µg	5399	864.956	6	19112	4589
Vitamin E, α-TE	mg	0.470		0	1.664	0.400
Lipids:						
Saturated, total	g	1.410	0	4.991	1.198	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.020	0	0.071	0.017	
15:0	g					
16:0	g	0.530	0	1.876	0.451	
17:0	g					
18:0	g	0.840	0	2.974	0.714	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.630	0	2.230	0.536
14:1	g				
16:1	g	0.030	0	0.106	0.026
18:1	g	0.560	0	1.982	0.476
20:1	g	0.000	0	0.000	0.000
22:1	g	0.040	0	0.142	0.034
Polyunsaturated, total	g	1.050	0	3.717	0.893
18:2	g	0.420	0	1.487	0.357
18:3	g	0.040	0	0.142	0.034
18:4	g	0.000	0	0.000	0.000
20:4	g	0.530	0	1.876	0.451
20:5	g	0.000	0	0.000	0.000
22:5	g	0.040	0	0.142	0.034
22:6	g	0.030	0	0.106	0.026
Cholesterol	mg	355	0	1257	302
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.366	7	1.296	0.311
Threonine	g	1.107	15	3.919	0.941
Isoleucine	g	1.320	13	4.673	1.122
Leucine	g	2.319	13	8.209	1.971
Lysine	g	2.007	13	7.105	1.706
Methionine	g	0.645	14	2.283	0.548
Cystine	g	0.491	1	1.738	0.417
Phenylalanine	g	1.274	13	4.510	1.083
Tyrosine	g	0.887	6	3.140	0.754
Valine	g	1.607	13	5.689	1.366
Arginine	g	1.603	13	5.675	1.363
Histidine	g	0.708	13	2.506	0.602
Alanine	g	1.553	6	5.498	1.320
Aspartic acid	g	2.356	8	8.340	2.003
Glutamic acid	g	3.385	8	11.983	2.877
Glycine	g	1.507	8	5.335	1.281
Proline	g	1.395	6	4.938	1.186
Serine	g	1.407	6	4.981	1.196
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 lb raw yields
 Measure 2: 3 oz

NDB No. 10111

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	79.52	0.600	19	22.54	360.70
Energy	kcal	85		0	24	386
Energy	kJ	356		0	101	1615
Protein (N x 5.95)	g	14.08	0.623	5	3.99	63.87
Total lipid (fat)	g	2.72	0.350	6	0.77	12.34
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	0.80	0.000	3	0.23	3.63
Sugars, total	g					
Minerals:						
Calcium	mg	7	0.374	14	2	32
Iron	mg	18.90	0.115	3	5.36	85.73
Magnesium	mg	14	0.638	13	4	64
Phosphorus	mg	196	8.579	14	56	889
Potassium	mg	303	16.281	16	86	1374
Sodium	mg	153	9.373	15	43	694
Zinc	mg	2.03	0.025	2	0.58	9.21
Copper	mg	0.083		0	0.024	0.376
Manganese	mg	0.017		0	0.005	0.077
Selenium	µg	17.8		0	5.0	80.7
Vitamins:						
Ascorbic acid	mg	12.3	0.956	6	3.5	55.8
Thiamin	mg	0.085	0.015	2	0.024	0.386
Riboflavin	mg	0.430	0.046	7	0.122	1.950
Niacin	mg	3.345	0.125	2	0.948	15.173
Pantothenic acid	mg	0.900	0.000	2	0.255	4.082
Vitamin B-6	mg	0.100	0.029	4	0.028	0.454
Folate	µg	3		0	1	14
Vitamin B-12	µg	2.75	0.550	2	0.78	12.47
Vitamin A	IU	0		3	0	0
Vitamin A, RE	µg	0		3	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.960		0	0.272	4.355
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000	0.001	3	0.000	0.000
12:0	g	0.000	0.001	3	0.000	0.000
14:0	g	0.020	0.005	4	0.006	0.091
15:0	g					
16:0	g	0.630	0.100	4	0.179	2.858
17:0	g					
18:0	g	0.290	0.046	4	0.082	1.315
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.610		0	0.173	2.767
14:1	g					
16:1	g	0.050	0.009	4	0.014	0.227
18:1	g	0.560	0.090	4	0.159	2.540
20:1	g	0.010	0.001	4	0.003	0.045
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.340		0	0.096	1.542
18:2	g	0.120	0.018	4	0.034	0.544
18:3	g	0.000	0.001	4	0.000	0.000
18:4	g	0.000		0	0.000	0.000
20:4	g	0.180	0.032	4	0.051	0.816
20:5	g	0.010		1	0.003	0.045
22:5	g	0.030		1	0.009	0.136
22:6	g	0.010		1	0.003	0.045
Cholesterol	mg	320	20.546	28	91	1452
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.124		2	0.035	0.562
Threonine	g	0.496		3	0.141	2.250
Isoleucine	g	0.563		3	0.160	2.554
Leucine	g	1.093		3	0.310	4.958
Lysine	g	1.027		3	0.291	4.658
Methionine	g	0.228		3	0.065	1.034
Cystine	g	0.221		0	0.063	1.002
Phenylalanine	g	0.586		3	0.166	2.658
Tyrosine	g	0.398		0	0.113	1.805
Valine	g	0.838		3	0.238	3.801
Arginine	g	0.732		3	0.208	3.320
Histidine	g	0.356		3	0.101	1.615
Alanine	g	0.890		0	0.252	4.037
Aspartic acid	g	1.266		1	0.359	5.743
Glutamic acid	g	1.464		1	0.415	6.641
Glycine	g	1.027		1	0.291	4.658
Proline	g	0.901		0	0.255	4.087
Serine	g	0.621		0	0.176	2.817
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb

NDB No. 10112

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 300g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	80.00	0.635	3	240.00	68.00
Energy	kcal	99		0	297	84
Energy	kJ	414		0	1242	352
Protein (N x 5.95)	g	16.60	0.577	3	49.80	14.11
Total lipid (fat)	g	3.10	0.173	3	9.30	2.63
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	0.90	0.023	3	2.70	0.77
Sugars, total	g					
Minerals:						
Calcium	mg	8		0	24	7
Iron	mg	16.41		0	49.23	13.95
Magnesium	mg	12		0	36	10
Phosphorus	mg	186		0	558	158
Potassium	mg	151		0	453	128
Sodium	mg	81		0	243	69
Zinc	mg	2.45		0	7.35	2.08
Copper	mg	0.080		0	0.240	0.068
Manganese	mg	0.015		0	0.045	0.013
Selenium	µg	23.4		0	70.2	19.9
Vitamins:						
Ascorbic acid	mg	7.9		0	23.7	6.7
Thiamin	mg	0.079		0	0.237	0.067
Riboflavin	mg	0.322		0	0.966	0.274
Niacin	mg	1.364		0	4.092	1.159
Pantothenic acid	mg	0.663		0	1.989	0.564
Vitamin B-6	mg	0.080		0	0.240	0.068
Folate	µg	2		0	6	2
Vitamin B-12	µg	2.03		0	6.09	1.73
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.260		0	0.780	0.221
Lipids:						
Saturated, total	g	1.090		0	3.270	0.927
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.030		0	0.090	0.026
15:0	g					
16:0	g	0.720		0	2.160	0.612
17:0	g					
18:0	g	0.330		0	0.990	0.281
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.700	0	2.100	0.595
14:1	g				
16:1	g	0.060	0	0.180	0.051
18:1	g	0.630	0	1.890	0.536
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.380	0	1.140	0.323
18:2	g	0.130	0	0.390	0.111
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.200	0	0.600	0.170
20:5	g	0.010	0	0.030	0.009
22:5	g	0.030	0	0.090	0.026
22:6	g	0.010	0	0.030	0.009
Cholesterol	mg	387	0	1161	329
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.146	2	0.438	0.124
Threonine	g	0.584	3	1.752	0.496
Isoleucine	g	0.664	3	1.992	0.564
Leucine	g	1.288	3	3.864	1.095
Lysine	g	1.211	3	3.633	1.029
Methionine	g	0.268	3	0.804	0.228
Cystine	g	0.261	0	0.783	0.222
Phenylalanine	g	0.691	3	2.073	0.587
Tyrosine	g	0.470	0	1.410	0.400
Valine	g	0.988	3	2.964	0.840
Arginine	g	0.863	3	2.589	0.734
Histidine	g	0.420	3	1.260	0.357
Alanine	g	1.049	0	3.147	0.892
Aspartic acid	g	1.493	1	4.479	1.269
Glutamic acid	g	1.726	1	5.178	1.467
Glycine	g	1.211	1	3.633	1.029
Proline	g	1.062	0	3.186	0.903
Serine	g	0.732	0	2.196	0.622
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 lb raw yields
 Measure 2: 3 oz

NDB No. 10113

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	56.87	0.943	9	16.12	257.96
Energy	kcal	304		0	86	1379
Energy	kJ	1272		0	361	5770
Protein (N x 5.95)	g	15.03	0.284	9	4.26	68.18
Total lipid (fat)	g	26.54	0.637	16	7.52	120.39
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.56	0.112	9	0.44	7.08
Sugars, total	g					
Minerals:						
Calcium	mg	315	22.889	23	89	1429
Iron	mg	4.25	0.350	2	1.20	19.28
Magnesium	mg	16		0	5	73
Phosphorus	mg	200		1	57	907
Potassium	mg	298		0	84	1352
Sodium	mg	50		0	14	227
Zinc	mg	2.44	0.073	7	0.69	11.07
Copper	mg	0.082	0.000	8	0.023	0.372
Manganese	mg	0.011		0	0.003	0.050
Selenium	µg	32.9		0	9.3	149.2
Vitamins:						
Ascorbic acid	mg	0.7		0	0.2	3.2
Thiamin	mg	0.697		0	0.198	3.162
Riboflavin	mg	0.201		0	0.057	0.912
Niacin	mg	3.171		0	0.899	14.384
Pantothenic acid	mg	0.590		0	0.167	2.676
Vitamin B-6	mg	0.370		0	0.105	1.678
Folate	µg	3		0	1	14
Vitamin B-12	µg	0.58		0	0.16	2.63
Vitamin A	IU	10		0	3	45
Vitamin A, RE	µg	3		0	1	14
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	9.820		0	2.784	44.544
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.220	0.100	2	0.062	0.998
15:0	g					
16:0	g	6.130	0.147	2	1.738	27.806
17:0	g					
18:0	g	3.370	0.130	2	0.955	15.286
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	12.260		0	3.476	55.611
14:1	g					
16:1	g	0.440	0.031	2	0.125	1.996
18:1	g	11.410	0.288	2	3.235	51.756
20:1	g	0.320		1	0.091	1.452
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.440		0	0.692	11.068
18:2	g	2.140	0.210	2	0.607	9.707
18:3	g	0.160	0.107	2	0.045	0.726
18:4	g	0.000		0	0.000	0.000
20:4	g	0.050		1	0.014	0.227
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	77	11.227	6	22	349
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.202		0	0.057	0.916
Threonine	g	0.617		0	0.175	2.799
Isoleucine	g	0.689		0	0.195	3.125
Leucine	g	1.099		0	0.312	4.985
Lysine	g	1.180		0	0.335	5.352
Methionine	g	0.313		0	0.089	1.420
Cystine	g	0.169		0	0.048	0.767
Phenylalanine	g	0.648		0	0.184	2.939
Tyrosine	g	0.518		0	0.147	2.350
Valine	g	0.913		0	0.259	4.141
Arginine	g	1.074		0	0.304	4.872
Histidine	g	0.540		0	0.153	2.449
Alanine	g	0.874		0	0.248	3.964
Aspartic acid	g	1.152		0	0.327	5.225
Glutamic acid	g	1.983		0	0.562	8.995
Glycine	g	0.862		0	0.244	3.910
Proline	g	0.718		0	0.204	3.257
Serine	g	0.600		0	0.170	2.722
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb

NDB No. 10114

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:						
Water	g	67.18	0.831	5	19.05	75.91
Energy	kcal	199		0	56	225
Energy	kJ	833		0	236	941
Protein (N x 5.95)	g	18.56	1.008	5	5.26	20.97
Total lipid (fat)	g	13.24	1.007	5	3.75	14.96
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.12	0.091	3	0.32	1.27
Sugars, total	g					
Minerals:						
Calcium	mg	11		1	3	12
Iron	mg	2.13	0.384	4	0.60	2.41
Magnesium	mg	17		1	5	19
Phosphorus	mg	234		1	66	264
Potassium	mg	197	3.000	2	56	223
Sodium	mg	44	12.997	2	12	50
Zinc	mg	2.62	0.156	26	0.74	2.96
Copper	mg	0.090		1	0.026	0.102
Manganese	mg	0.157	0.006	5	0.045	0.177
Selenium	µg	40.8		0	11.6	46.1
Vitamins:						
Ascorbic acid	mg	15.3	0.671	5	4.3	17.3
Thiamin	mg	0.105	0.005	2	0.030	0.119
Riboflavin	mg	0.460	0.010	2	0.130	0.520
Niacin	mg	3.450	0.720	2	0.978	3.899
Pantothenic acid	mg	4.555	0.125	2	1.291	5.147
Vitamin B-6	mg	0.460		0	0.130	0.520
Folate	µg	3		0	1	3
Vitamin B-12	µg	16.40	3.200	2	4.65	18.53
Vitamin A	IU	0		3	0	0
Vitamin A, RE	µg	0		3	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	4.580		0	1.298	5.175
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.110		0	0.031	0.124
15:0	g					
16:0	g	2.450		0	0.695	2.769
17:0	g					
18:0	g	1.720		0	0.488	1.944
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.600		0	1.304	5.198
14:1	g					
16:1	g	0.790		0	0.224	0.893
18:1	g	3.810		0	1.080	4.305
20:1	g	0.000		0	0.000	0.000
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.480		0	0.703	2.802
18:2	g	1.450		0	0.411	1.638
18:3	g	0.090		0	0.026	0.102
18:4	g	0.000		0	0.000	0.000
20:4	g	0.570		0	0.162	0.644
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	193	10.043	6	55	218
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.407		2	0.115	0.460
Threonine	g	0.835		4	0.237	0.944
Isoleucine	g	0.974		4	0.276	1.101
Leucine	g	1.387		4	0.393	1.567
Lysine	g	1.280		4	0.363	1.446
Methionine	g	0.306		3	0.087	0.346
Cystine	g	0.238		0	0.067	0.269
Phenylalanine	g	0.796		4	0.226	0.899
Tyrosine	g	0.778		1	0.221	0.879
Valine	g	1.001		4	0.284	1.131
Arginine	g	1.069		4	0.303	1.208
Histidine	g	0.359		4	0.102	0.406
Alanine	g	0.950		0	0.269	1.073
Aspartic acid	g	1.782		1	0.505	2.014
Glutamic acid	g	1.530		2	0.434	1.729
Glycine	g	1.132		1	0.321	1.279
Proline	g	0.950		0	0.269	1.073
Serine	g	0.742		0	0.210	0.838
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 4 oz

NDB No. 10115

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 245g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	60.30	1.212	3	147.74	51.26
Energy	kcal	219		0	537	186
Energy	kJ	916		0	2244	779
Protein (N x 5.95)	g	28.50	0.693	3	69.83	24.23
Total lipid (fat)	g	10.80	0.635	3	26.46	9.18
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.20	0.023	3	2.94	1.02
Sugars, total	g					
Minerals:						
Calcium	mg	16		0	39	14
Iron	mg	2.69		0	6.59	2.29
Magnesium	mg	23		0	56	20
Phosphorus	mg	291		0	713	247
Potassium	mg	168		0	412	143
Sodium	mg	42		0	103	36
Zinc	mg	4.29		0	10.51	3.65
Copper	mg	0.110		0	0.270	0.094
Manganese	mg	0.198		0	0.485	0.168
Selenium	µg	72.8		0	178.4	61.9
Vitamins:						
Ascorbic acid	mg	5.7		0	14.0	4.8
Thiamin	mg	0.092		0	0.225	0.078
Riboflavin	mg	0.658		0	1.612	0.559
Niacin	mg	3.206		0	7.855	2.725
Pantothenic acid	mg	4.741		0	11.615	4.030
Vitamin B-6	mg	0.440		0	1.078	0.374
Folate	µg	5		0	12	4
Vitamin B-12	µg	17.07		0	41.82	14.51
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	3.730		0	9.139	3.171
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.090		0	0.221	0.077
15:0	g					
16:0	g	2.000		0	4.900	1.700
17:0	g					
18:0	g	1.400		0	3.430	1.190
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	3.750	0	9.188	3.188
14:1	g				
16:1	g	0.650	0	1.593	0.553
18:1	g	3.110	0	7.619	2.643
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.030	0	4.973	1.725
18:2	g	1.180	0	2.891	1.003
18:3	g	0.080	0	0.196	0.068
18:4	g	0.000	0	0.000	0.000
20:4	g	0.470	0	1.151	0.400
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	315	0	772	268
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.625	0	1.531	0.531
Threonine	g	1.281	0	3.138	1.089
Isoleucine	g	1.496	0	3.665	1.272
Leucine	g	2.130	0	5.219	1.810
Lysine	g	1.965	0	4.814	1.670
Methionine	g	0.470	0	1.151	0.400
Cystine	g	0.365	0	0.894	0.310
Phenylalanine	g	1.222	0	2.994	1.039
Tyrosine	g	1.195	0	2.928	1.016
Valine	g	1.537	0	3.766	1.306
Arginine	g	1.642	0	4.023	1.396
Histidine	g	0.552	0	1.352	0.469
Alanine	g	1.459	0	3.575	1.240
Aspartic acid	g	2.736	0	6.703	2.326
Glutamic acid	g	2.348	0	5.753	1.996
Glycine	g	1.737	0	4.256	1.476
Proline	g	1.459	0	3.575	1.240
Serine	g	1.140	0	2.793	0.969
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 lb raw yields
 Measure 2: 3 oz

NDB No. 10116

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:						
Water	g	78.43	0.182	16	22.23	88.63
Energy	kcal	100		0	28	113
Energy	kJ	418		0	119	472
Protein (N x 5.95)	g	17.86	0.166	15	5.06	20.18
Total lipid (fat)	g	2.59	0.160	14	0.73	2.93
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.53	0.073	13	0.43	1.73
Sugars, total	g					
Minerals:						
Calcium	mg	10		1	3	11
Iron	mg	22.32	1.919	17	6.33	25.22
Magnesium	mg	13		0	4	15
Phosphorus	mg	260	3.083	10	74	294
Potassium	mg	396	46.000	2	112	447
Sodium	mg	98		0	28	111
Zinc	mg	2.54	0.085	8	0.72	2.87
Copper	mg	0.131	0.006	15	0.037	0.148
Manganese	mg	0.072	0.008	16	0.020	0.081
Selenium	µg	32.8		0	9.3	37.1
Vitamins:						
Ascorbic acid	mg	28.5	1.753	8	8.1	32.2
Thiamin	mg	0.130	0.000	2	0.037	0.147
Riboflavin	mg	0.300	0.020	2	0.085	0.339
Niacin	mg	5.867	1.567	3	1.663	6.630
Pantothenic acid	mg	1.055	0.115	2	0.299	1.192
Vitamin B-6	mg	0.060		1	0.017	0.068
Folate	µg	4		0	1	5
Vitamin B-12	µg	3.26	1.156	3	0.92	3.68
Vitamin A	IU	0		3	0	0
Vitamin A, RE	µg	0		3	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	0.860		0	0.244	0.972
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.010		1	0.003	0.011
14:0	g	0.060		1	0.017	0.068
15:0	g					
16:0	g	0.460		1	0.130	0.520
17:0	g					
18:0	g	0.330		1	0.094	0.373
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.690		0	0.196	0.780
14:1	g					
16:1	g	0.100		1	0.028	0.113
18:1	g	0.590		1	0.167	0.667
20:1	g	0.000		0	0.000	0.000
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.190		0	0.054	0.215
18:2	g	0.190		1	0.054	0.215
18:3	g	0.000		0	0.000	0.000
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	363	32.912	8	103	410
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.183		3	0.052	0.207
Threonine	g	0.714		4	0.202	0.807
Isoleucine	g	0.797		4	0.226	0.901
Leucine	g	1.460		4	0.414	1.650
Lysine	g	1.334		4	0.378	1.507
Methionine	g	0.331		4	0.094	0.374
Cystine	g	0.229		0	0.065	0.259
Phenylalanine	g	0.763		4	0.216	0.862
Tyrosine	g	0.500		1	0.142	0.565
Valine	g	0.971		4	0.275	1.097
Arginine	g	0.974		3	0.276	1.101
Histidine	g	0.426		3	0.121	0.481
Alanine	g	1.154		0	0.327	1.304
Aspartic acid	g	1.571		1	0.445	1.775
Glutamic acid	g	2.051		1	0.581	2.318
Glycine	g	1.143		1	0.324	1.292
Proline	g	0.995		0	0.282	1.124
Serine	g	0.780		0	0.221	0.881
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 4 oz

NDB No. 10117

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 299g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	66.70	0.981	3	199.43	56.70
Energy	kcal	149		0	446	127
Energy	kJ	623		0	1863	530
Protein (N x 5.95)	g	28.20	0.981	3	84.32	23.97
Total lipid (fat)	g	3.20	0.058	3	9.57	2.72
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.70	0.023	3	5.08	1.45
Sugars, total	g					
Minerals:						
Calcium	mg	13		0	39	11
Iron	mg	22.23		0	66.47	18.90
Magnesium	mg	15		0	45	13
Phosphorus	mg	283		0	846	241
Potassium	mg	227		0	679	193
Sodium	mg	107		0	320	91
Zinc	mg	3.54		0	10.58	3.01
Copper	mg	0.133		0	0.398	0.113
Manganese	mg	0.045		0	0.135	0.038
Selenium	µg	49.6		0	148.3	42.2
Vitamins:						
Ascorbic acid	mg	11.6		0	34.7	9.9
Thiamin	mg	0.139		0	0.416	0.118
Riboflavin	mg	0.258		0	0.771	0.219
Niacin	mg	5.938		0	17.755	5.047
Pantothenic acid	mg	0.892		0	2.667	0.758
Vitamin B-6	mg	0.060		0	0.179	0.051
Folate	µg	4		0	12	3
Vitamin B-12	µg	2.76		0	8.25	2.35
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	1.060		0	3.169	0.901
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.010		0	0.030	0.009
14:0	g	0.070		0	0.209	0.060
15:0	g					
16:0	g	0.570		0	1.704	0.484
17:0	g					
18:0	g	0.400		0	1.196	0.340
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.860	0	2.571	0.731
14:1	g				
16:1	g	0.120	0	0.359	0.102
18:1	g	0.730	0	2.183	0.620
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.230	0	0.688	0.196
18:2	g	0.230	0	0.688	0.196
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	504	0	1507	428
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.289	0	0.864	0.246
Threonine	g	1.128	0	3.373	0.959
Isoleucine	g	1.259	0	3.764	1.070
Leucine	g	2.306	0	6.895	1.960
Lysine	g	2.107	0	6.300	1.791
Methionine	g	0.523	0	1.564	0.445
Cystine	g	0.361	0	1.079	0.307
Phenylalanine	g	1.205	0	3.603	1.024
Tyrosine	g	0.790	0	2.362	0.672
Valine	g	1.534	0	4.587	1.304
Arginine	g	1.539	0	4.602	1.308
Histidine	g	0.672	0	2.009	0.571
Alanine	g	1.822	0	5.448	1.549
Aspartic acid	g	2.482	0	7.421	2.110
Glutamic acid	g	3.240	0	9.688	2.754
Glycine	g	1.805	0	5.397	1.534
Proline	g	1.571	0	4.697	1.335
Serine	g	1.232	0	3.684	1.047
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 lb raw yields
 Measure 2: 3 oz

NDB No. 10118

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:						
Water	g	73.60	0.399	2	20.87	83.17
Energy	kcal	157		0	45	177
Energy	kJ	657		0	186	742
Protein (N x 5.95)	g	16.50		1	4.68	18.64
Total lipid (fat)	g	9.55	0.550	2	2.71	10.79
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	0.57		0	0.16	0.64
Sugars, total	g					
Minerals:						
Calcium	mg	10		1	3	11
Iron	mg	2.18	0.937	3	0.62	2.46
Magnesium	mg	9		0	3	10
Phosphorus	mg	155	37.003	2	44	175
Potassium	mg	201	23.999	2	57	227
Sodium	mg	52		1	15	59
Zinc	mg	2.01	0.063	9	0.57	2.27
Copper	mg	0.365	0.009	9	0.103	0.412
Manganese	mg	0.011		0	0.003	0.012
Selenium	µg	25.6		0	7.3	28.9
Vitamins:						
Ascorbic acid	mg	0.0		0	0.0	0.0
Thiamin	mg	0.085	0.035	2	0.024	0.096
Riboflavin	mg	0.115	0.065	2	0.033	0.130
Niacin	mg	4.450	1.950	2	1.262	5.029
Pantothenic acid	mg	0.640		0	0.181	0.723
Vitamin B-6	mg	0.040		1	0.011	0.045
Folate	µg	2		0	1	2
Vitamin B-12	µg	0.99		1	0.28	1.12
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.290		0	0.082	0.328
Lipids:						
Saturated, total	g	3.400		0	0.964	3.842
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.120		0	0.034	0.136
15:0	g					
16:0	g	2.140		0	0.607	2.418
17:0	g					
18:0	g	1.140		0	0.323	1.288
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.350		0	1.233	4.916
14:1	g					
16:1	g	0.280		0	0.079	0.316
18:1	g	4.070		0	1.154	4.599
20:1	g	0.000		0	0.000	0.000
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.010		0	0.286	1.141
18:2	g	0.890		0	0.252	1.006
18:3	g	0.080		0	0.023	0.090
18:4	g	0.000		0	0.000	0.000
20:4	g	0.040		0	0.011	0.045
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	193	18.694	6	55	218
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.098		1	0.028	0.111
Threonine	g	0.510		2	0.145	0.576
Isoleucine	g	0.560		2	0.159	0.633
Leucine	g	0.990		2	0.281	1.119
Lysine	g	0.874		2	0.248	0.988
Methionine	g	0.288		2	0.082	0.325
Cystine	g					
Phenylalanine	g	0.525		2	0.149	0.593
Tyrosine	g	0.412		1	0.117	0.466
Valine	g	0.692		2	0.196	0.782
Arginine	g	0.924		1	0.262	1.044
Histidine	g	0.246		1	0.070	0.278
Alanine	g					
Aspartic acid	g	1.418		1	0.402	1.602
Glutamic acid	g	1.830		1	0.519	2.068
Glycine	g	1.732		1	0.491	1.957
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 4 oz

NDB No. 10119

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 10120 Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried

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

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 63g	Measure 3*
Proximates:						
Water	g	59.31	0	50.41	37.37	
Energy	kcal	241	0	205	152	
Energy	kJ	1008	0	857	635	
Protein (N x 5.95)	g	24.74	0	21.03	15.59	
Total lipid (fat)	g	15.08	0	12.82	9.50	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.28	0	1.09	0.81	
Sugars, total	g					
Minerals:						
Calcium	mg	22	0	19	14	
Iron	mg	1.07	0	0.91	0.67	
Magnesium	mg	26	0	22	16	
Phosphorus	mg	221	0	188	139	
Potassium	mg	365	0	310	230	
Sodium	mg	78	0	66	49	
Zinc	mg	3.87	0	3.29	2.44	
Copper	mg	0.090	0	0.077	0.057	
Manganese	mg	0.009	0	0.008	0.006	
Selenium	µg	42.3	0	36.0	26.6	
Vitamins:						
Ascorbic acid	mg	0.8	0	0.7	0.5	
Thiamin	mg	0.726	0	0.617	0.457	
Riboflavin	mg	0.358	0	0.304	0.226	
Niacin	mg	4.441	0	3.775	2.798	
Pantothenic acid	mg	0.778	0	0.661	0.490	
Vitamin B-6	mg	0.409	0	0.348	0.258	
Folate	µg	4	0	3	3	
Vitamin B-12	µg	0.97	0	0.82	0.61	
Vitamin A	IU	7	0	6	4	
Vitamin A, RE	µg	2	0	2	1	
Vitamin E, α-TE	mg	0.260	0	0.221	0.164	
Lipids:						
Saturated, total	g	5.160	0	4.386	3.251	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.009	0.006	
12:0	g	0.010	0	0.009	0.006	
14:0	g	0.180	0	0.153	0.113	
15:0	g					
16:0	g	3.150	0	2.678	1.985	
17:0	g					
18:0	g	1.710	0	1.454	1.077	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.250	0	5.313	3.938
14:1	g				
16:1	g	0.390	0	0.331	0.246
18:1	g	5.670	0	4.819	3.572
20:1	g	0.120	0	0.102	0.076
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.950	0	1.658	1.228
18:2	g	1.720	0	1.462	1.084
18:3	g	0.130	0	0.111	0.082
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.034	0.025
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	82	0	70	52
Phytosterols	mg	4	0	3	3
Amino acids:					
Tryptophan	g	0.314	0	0.267	0.198
Threonine	g	1.130	0	0.961	0.712
Isoleucine	g	1.158	0	0.984	0.730
Leucine	g	1.985	0	1.687	1.251
Lysine	g	2.225	0	1.891	1.402
Methionine	g	0.655	0	0.557	0.413
Cystine	g	0.316	0	0.269	0.199
Phenylalanine	g	0.988	0	0.840	0.622
Tyrosine	g	0.862	0	0.733	0.543
Valine	g	1.342	0	1.141	0.845
Arginine	g	1.538	0	1.307	0.969
Histidine	g	0.988	0	0.840	0.622
Alanine	g	1.441	0	1.225	0.908
Aspartic acid	g	2.295	0	1.951	1.446
Glutamic acid	g	3.873	0	3.292	2.440
Glycine	g	1.175	0	0.999	0.740
Proline	g	0.994	0	0.845	0.626
Serine	g	1.022	0	0.869	0.644
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10120

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:						
Water	g	65.90	0.462	3	18.68	74.47
Energy	kcal	225		0	64	254
Energy	kJ	941		0	267	1063
Protein (N x 5.95)	g	16.30	0.115	3	4.62	18.42
Total lipid (fat)	g	17.20	0.462	3	4.88	19.44
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	0.90		1	0.26	1.02
Sugars, total	g					
Minerals:						
Calcium	mg	16	3.184	6	5	18
Iron	mg	3.35	0.569	4	0.95	3.79
Magnesium	mg	18	0.156	2	5	20
Phosphorus	mg	193	6.500	2	55	218
Potassium	mg	243	20.138	5	69	275
Sodium	mg	110	17.603	3	31	124
Zinc	mg	3.01	0.035	2	0.85	3.40
Copper	mg	0.070		0	0.020	0.079
Manganese	mg	0.011		0	0.003	0.012
Selenium	µg	10.4		0	2.9	11.8
Vitamins:						
Ascorbic acid	mg	4.4	0.313	5	1.2	5.0
Thiamin	mg	0.490	0.167	4	0.139	0.554
Riboflavin	mg	0.485	0.051	2	0.137	0.548
Niacin	mg	5.300	0.409	3	1.503	5.989
Pantothenic acid	mg	0.641		0	0.182	0.724
Vitamin B-6	mg	0.240	0.047	3	0.068	0.271
Folate	µg	4		0	1	5
Vitamin B-12	µg	2.84		1	0.81	3.21
Vitamin A	IU	0		5	0	0
Vitamin A, RE	µg	0		5	0	0
Vitamin E, α-TE	mg	0.290		0	0.082	0.328
Lipids:						
Saturated, total	g	5.960		0	1.690	6.735
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.020		1	0.006	0.023
12:0	g	0.090	0.048	3	0.026	0.102
14:0	g	0.310	0.077	3	0.088	0.350
15:0	g					
16:0	g	3.820	0.150	3	1.083	4.317
17:0	g					
18:0	g	1.730	0.523	3	0.490	1.955
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	8.130		0	2.305	9.187
14:1	g					
16:1	g	0.640	0.113	3	0.181	0.723
18:1	g	7.300	0.316	3	2.070	8.249
20:1	g	0.000		0	0.000	0.000
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.780		0	0.505	2.011
18:2	g	1.700	0.277	3	0.482	1.921
18:3	g	0.080	0.023	2	0.023	0.090
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	101		1	29	114
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.188		1	0.053	0.212
Threonine	g	0.689		2	0.195	0.779
Isoleucine	g	0.743		2	0.211	0.840
Leucine	g	1.307		2	0.371	1.477
Lysine	g	1.333		2	0.378	1.506
Methionine	g	0.365		2	0.103	0.412
Cystine	g	0.235		0	0.067	0.266
Phenylalanine	g	0.675		2	0.191	0.763
Tyrosine	g	0.496		0	0.141	0.560
Valine	g	0.848		2	0.240	0.958
Arginine	g	1.007		2	0.285	1.138
Histidine	g	0.409		2	0.116	0.462
Alanine	g	0.861		0	0.244	0.973
Aspartic acid	g	1.515		1	0.430	1.712
Glutamic acid	g	2.052		1	0.582	2.319
Glycine	g	1.205		1	0.342	1.362
Proline	g	0.861		0	0.244	0.973
Serine	g	0.678		0	0.192	0.766
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 4 oz

NDB No. 10121

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 231g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	56.90	1.039	3	131.44	48.37
Energy	kcal	271		0	626	230
Energy	kJ	1134		0	2620	964
Protein (N x 5.95)	g	24.10	0.289	3	55.67	20.48
Total lipid (fat)	g	18.60	1.270	3	42.97	15.81
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	0.80	0.023	3	1.85	0.68
Sugars, total	g					
Minerals:						
Calcium	mg	19		0	44	16
Iron	mg	4.99		0	11.53	4.24
Magnesium	mg	20		0	46	17
Phosphorus	mg	174		0	402	148
Potassium	mg	237		0	547	201
Sodium	mg	109		0	252	93
Zinc	mg	4.53		0	10.46	3.85
Copper	mg	0.110		0	0.254	0.094
Manganese	mg	0.010		0	0.023	0.009
Selenium	µg	15.5		0	35.8	13.2
Vitamins:						
Ascorbic acid	mg	1.7		0	3.9	1.4
Thiamin	mg	0.317		0	0.732	0.269
Riboflavin	mg	0.510		0	1.178	0.434
Niacin	mg	5.340		0	12.335	4.539
Pantothenic acid	mg	0.507		0	1.171	0.431
Vitamin B-6	mg	0.230		0	0.531	0.196
Folate	µg	4		0	9	3
Vitamin B-12	µg	2.39		0	5.52	2.03
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	6.449		0	14.897	5.482
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.020		0	0.046	0.017
12:0	g	0.090		0	0.208	0.077
14:0	g	0.340		0	0.785	0.289
15:0	g					
16:0	g	4.129		0	9.538	3.510
17:0	g					
18:0	g	1.870		0	4.320	1.590
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	8.759	0	20.233	7.445
14:1	g				
16:1	g	0.700	0	1.617	0.595
18:1	g	7.889	0	18.224	6.706
20:1	g	0.170	0	0.393	0.145
22:1	g				
Polyunsaturated, total	g	1.930	0	4.458	1.640
18:2	g	1.840	0	4.250	1.564
18:3	g	0.090	0	0.208	0.077
18:4	g				
20:4	g				
20:5	g	0.000	0	0.000	0.000
22:5	g				
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	146	0	337	124
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.278	0	0.642	0.236
Threonine	g	1.018	0	2.352	0.865
Isoleucine	g	1.099	0	2.539	0.934
Leucine	g	1.932	0	4.463	1.642
Lysine	g	1.970	0	4.551	1.674
Methionine	g	0.540	0	1.247	0.459
Cystine	g				
Phenylalanine	g	0.999	0	2.308	0.849
Tyrosine	g				
Valine	g	1.253	0	2.894	1.065
Arginine	g	1.488	0	3.437	1.265
Histidine	g	0.605	0	1.398	0.514
Alanine	g				
Aspartic acid	g	2.240	0	5.174	1.904
Glutamic acid	g	3.035	0	7.011	2.580
Glycine	g	1.781	0	4.114	1.514
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10122

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 38g	Measure 2* 68g	Measure 3*
Proximates:						
Water	g	31.58	0.335	251	12.00	21.47
Energy	kcal	556		0	211	378
Energy	kJ	2326		0	884	1582
Protein (N x 5.95)	g	8.66	0.105	321	3.29	5.89
Total lipid (fat)	g	57.54	0.437	202	21.87	39.13
Carbohydrate, by difference	g	0.09		0	0.03	0.06
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	2.13	0.057	50	0.81	1.45
Sugars, total	g					
Minerals:						
Calcium	mg	7	0.600	2	3	5
Iron	mg	0.60	0.057	20	0.23	0.41
Magnesium	mg	9	0.540	20	3	6
Phosphorus	mg	142	11.022	20	54	97
Potassium	mg	153	9.401	15	58	104
Sodium	mg	730	38.012	20	277	496
Zinc	mg	1.15	0.077	19	0.44	0.78
Copper	mg	0.064	0.008	18	0.024	0.044
Manganese	mg	0.007	0.002	18	0.003	0.005
Selenium	µg	25.0	2.138	14	9.5	17.0
Vitamins:						
Ascorbic acid	mg	0.0		0	0.0	0.0
Thiamin	mg	0.368	0.022	18	0.140	0.250
Riboflavin	mg	0.104	0.004	18	0.040	0.071
Niacin	mg	2.776	0.156	18	1.055	1.888
Pantothenic acid	mg	0.352	0.062	6	0.134	0.239
Vitamin B-6	mg	0.140	0.009	18	0.053	0.095
Folate	µg	2	0.240	7	1	1
Vitamin B-12	µg	0.93	0.054	15	0.35	0.63
Vitamin A	IU	0		4	0	0
Vitamin A, RE	µg	0		4	0	0
Vitamin E, α-TE	mg	0.490		0	0.186	0.333
Lipids:						
Saturated, total	g	21.260		0	8.079	14.457
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.230	0.098	14	0.087	0.156
12:0	g	0.220	0.109	14	0.084	0.150
14:0	g	0.880	0.024	74	0.334	0.598
15:0	g					
16:0	g	13.230	0.212	74	5.027	8.996
17:0	g					
18:0	g	6.700	0.132	74	2.546	4.556
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	26.330		0	10.005	17.904
14:1	g					
16:1	g	1.810	0.047	74	0.688	1.231
18:1	g	24.510	0.358	74	9.314	16.667
20:1	g	0.000		0	0.000	0.000
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	6.750		0	2.565	4.590
18:2	g	6.000	0.141	74	2.280	4.080
18:3	g	0.750	0.036	74	0.285	0.510
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	67	2.957	16	25	46
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.083		4	0.032	0.056
Threonine	g	0.332		10	0.126	0.226
Isoleucine	g	0.352		10	0.134	0.239
Leucine	g	0.602		10	0.229	0.409
Lysine	g	0.643		10	0.244	0.437
Methionine	g	0.191		10	0.073	0.130
Cystine	g	0.089		4	0.034	0.061
Phenylalanine	g	0.334		10	0.127	0.227
Tyrosine	g	0.252		10	0.096	0.171
Valine	g	0.417		10	0.158	0.284
Arginine	g	0.529		9	0.201	0.360
Histidine	g	0.249		10	0.095	0.169
Alanine	g	0.485		9	0.184	0.330
Aspartic acid	g	0.715		10	0.272	0.486
Glutamic acid	g	1.188		10	0.451	0.808
Glycine	g	0.619		10	0.235	0.421
Proline	g	0.460		10	0.175	0.313
Serine	g	0.325		10	0.124	0.221
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 thick slice, packed 12/lb
- Measure 2: 3 medium slices, packed 20/lb

NDB No. 10123

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 127g	Measure 2* 19g	Measure 3*
Proximates:						
Water	g	12.94	0.389	97	16.43	2.46
Energy	kcal	576		0	732	109
Energy	kJ	2410		0	3061	458
Protein (N x 5.95)	g	30.45	0.500	81	38.67	5.79
Total lipid (fat)	g	49.24	0.646	81	62.53	9.36
Carbohydrate, by difference	g	0.59		0	0.75	0.11
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	6.78	0.120	81	8.61	1.29
Sugars, total	g					
Minerals:						
Calcium	mg	12	0.447	35	15	2
Iron	mg	1.61	0.102	46	2.04	0.31
Magnesium	mg	24	0.466	41	30	5
Phosphorus	mg	336	17.997	26	427	64
Potassium	mg	486	13.174	37	617	92
Sodium	mg	1596	56.171	58	2027	303
Zinc	mg	3.26	0.079	46	4.14	0.62
Copper	mg	0.170	0.012	46	0.216	0.032
Manganese	mg	0.041	0.004	39	0.052	0.008
Selenium	µg	24.7	2.075	42	31.4	4.7
Vitamins:						
Ascorbic acid	mg	0.0		0	0.0	0.0
Thiamin	mg	0.692	0.019	29	0.879	0.131
Riboflavin	mg	0.285	0.008	29	0.362	0.054
Niacin	mg	7.322	0.345	29	9.299	1.391
Pantothenic acid	mg	1.055	0.091	10	1.340	0.200
Vitamin B-6	mg	0.270	0.015	25	0.343	0.051
Folate	µg	5		0	6	1
Vitamin B-12	µg	1.75	0.144	24	2.22	0.33
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.540		0	0.686	0.103
Lipids:						
Saturated, total	g	17.420		0	22.123	3.310
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.080	0.016	19	0.102	0.015
12:0	g	0.070	0.017	19	0.089	0.013
14:0	g	0.620	0.021	31	0.787	0.118
15:0	g					
16:0	g	10.980	0.260	31	13.945	2.086
17:0	g					
18:0	g	5.670	0.141	31	7.201	1.077
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	23.690		0	30.086	4.501
14:1	g					
16:1	g	1.730	0.098	31	2.197	0.329
18:1	g	21.960	0.522	31	27.889	4.172
20:1	g	0.000		0	0.000	0.000
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	5.810		0	7.379	1.104
18:2	g	4.890	0.157	31	6.210	0.929
18:3	g	0.790	0.090	19	1.003	0.150
18:4	g	0.000		0	0.000	0.000
20:4	g	0.130	0.007	12	0.165	0.025
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	85	4.681	16	108	16
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.292		4	0.371	0.055
Threonine	g	1.169		10	1.485	0.222
Isoleucine	g	1.237		10	1.571	0.235
Leucine	g	2.119		10	2.691	0.403
Lysine	g	2.261		10	2.871	0.430
Methionine	g	0.672		10	0.853	0.128
Cystine	g	0.312		4	0.396	0.059
Phenylalanine	g	1.174		10	1.491	0.223
Tyrosine	g	0.887		10	1.126	0.169
Valine	g	1.466		10	1.862	0.279
Arginine	g	1.861		9	2.363	0.354
Histidine	g	0.877		10	1.114	0.167
Alanine	g	1.705		9	2.165	0.324
Aspartic acid	g	2.514		10	3.193	0.478
Glutamic acid	g	4.180		10	5.309	0.794
Glycine	g	2.178		10	2.766	0.414
Proline	g	1.618		10	2.055	0.307
Serine	g	1.145		10	1.454	0.218
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw yields
- Measure 2: 3 medium slices packed 20/lb raw, after cooking

NDB No. 10124

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 340g	Measure 2* 68g	Measure 3*
Proximates:						
Water	g	47.41	0.422	38	161.19	32.24
Energy	kcal	388		0	1319	264
Energy	kJ	1623		0	5518	1104
Protein (N x 5.95)	g	11.74	0.157	38	39.92	7.98
Total lipid (fat)	g	37.16	0.626	40	126.34	25.27
Carbohydrate, by difference	g	0.70		0	2.38	0.48
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	3.00	0.052	6	10.20	2.04
Sugars, total	g					
Minerals:						
Calcium	mg	8	1.528	3	27	5
Iron	mg	0.94	0.056	6	3.20	0.64
Magnesium	mg	12	0.476	6	41	8
Phosphorus	mg	137	17.192	6	466	93
Potassium	mg	204	11.965	6	694	139
Sodium	mg	987	40.062	6	3356	671
Zinc	mg	1.66	0.076	6	5.64	1.13
Copper	mg	0.063	0.008	6	0.214	0.043
Manganese	mg	0.030	0.002	3	0.102	0.020
Selenium	µg	25.0		0	85.0	17.0
Vitamins:						
Ascorbic acid	mg	27.2	3.399	5	92.5	18.5
Thiamin	mg	0.475	0.026	6	1.615	0.323
Riboflavin	mg	0.180	0.021	6	0.612	0.122
Niacin	mg	3.650	0.214	6	12.410	2.482
Pantothenic acid	mg	0.476		0	1.618	0.324
Vitamin B-6	mg	0.210	0.013	5	0.714	0.143
Folate	µg	3		0	10	2
Vitamin B-12	µg	0.99	0.015	6	3.37	0.67
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	12.910		0	43.894	8.779
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.210	0.084	4	0.714	0.143
12:0	g	0.210	0.095	4	0.714	0.143
14:0	g	0.720	0.118	4	2.448	0.490
15:0	g					
16:0	g	7.520	0.280	4	25.568	5.114
17:0	g					
18:0	g	4.270	0.291	4	14.518	2.904
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	16.790		0	57.086	11.417
14:1	g					
16:1	g	1.840	0.095	4	6.256	1.251
18:1	g	14.950	0.724	4	50.830	10.166
20:1	g	0.000		0	0.000	0.000
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	5.550		0	18.870	3.774
18:2	g	4.660	0.460	4	15.844	3.169
18:3	g	0.900	0.258	4	3.060	0.612
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	69	2.250	4	235	47
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.113		0	0.384	0.077
Threonine	g	0.451		0	1.533	0.307
Isoleucine	g	0.477		0	1.622	0.324
Leucine	g	0.817		0	2.778	0.556
Lysine	g	0.871		0	2.961	0.592
Methionine	g	0.259		0	0.881	0.176
Cystine	g	0.120		0	0.408	0.082
Phenylalanine	g	0.453		0	1.540	0.308
Tyrosine	g	0.342		0	1.163	0.233
Valine	g	0.565		0	1.921	0.384
Arginine	g	0.717		0	2.438	0.488
Histidine	g	0.338		0	1.149	0.230
Alanine	g	0.657		0	2.234	0.447
Aspartic acid	g	0.969		0	3.295	0.659
Glutamic acid	g	1.611		0	5.477	1.095
Glycine	g	0.839		0	2.853	0.571
Proline	g	0.623		0	2.118	0.424
Serine	g	0.441		0	1.499	0.300
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (12 oz)
- Measure 2: 3 slices

NDB No. 10128

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 170g	Measure 2* 34g	Measure 3*
Proximates:						
Water	g	26.93	1.982	6	45.78	9.16
Energy	kcal	459		0	780	156
Energy	kJ	1920		0	3264	653
Protein (N x 5.95)	g	28.95	1.933	6	49.22	9.84
Total lipid (fat)	g	36.70	0.975	6	62.39	12.48
Carbohydrate, by difference	g	1.05		0	1.78	0.36
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	6.37	0.400	6	10.83	2.17
Sugars, total	g					
Minerals:						
Calcium	mg	14	1.961	6	24	5
Iron	mg	1.97	0.097	6	3.35	0.67
Magnesium	mg	26	2.302	6	44	9
Phosphorus	mg	265	27.269	6	451	90
Potassium	mg	466	38.945	6	792	158
Sodium	mg	2099	197.512	5	3568	714
Zinc	mg	3.68	0.280	6	6.26	1.25
Copper	mg	0.153	0.029	6	0.260	0.052
Manganese	mg	0.044	0.008	4	0.075	0.015
Selenium	µg	24.7		0	42.0	8.4
Vitamins:						
Ascorbic acid	mg	0.0		0	0.0	0.0
Thiamin	mg	0.737	0.040	6	1.253	0.251
Riboflavin	mg	0.368	0.046	6	0.626	0.125
Niacin	mg	7.592	0.559	6	12.906	2.581
Pantothenic acid	mg	0.922		0	1.567	0.313
Vitamin B-6	mg	0.340	0.027	5	0.578	0.116
Folate	µg	4		0	7	1
Vitamin B-12	µg	1.77	0.048	6	3.01	0.60
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.306		0	0.520	0.104
Lipids:						
Saturated, total	g	12.770		0	21.709	4.342
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.100	0.032	4	0.170	0.034
12:0	g	0.080	0.027	4	0.136	0.027
14:0	g	0.630	0.087	4	1.071	0.214
15:0	g					
16:0	g	7.390	0.435	4	12.563	2.513
17:0	g					
18:0	g	4.560	0.288	4	7.752	1.550
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	16.400		0	27.880	5.576
14:1	g					
16:1	g	1.670	0.163	4	2.839	0.568
18:1	g	14.730	0.902	4	25.041	5.008
20:1	g	0.000		0	0.000	0.000
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	5.650		0	9.605	1.921
18:2	g	4.860	0.608	4	8.262	1.652
18:3	g	0.790	0.157	4	1.343	0.269
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	105	4.245	4	179	36
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.278		0	0.473	0.095
Threonine	g	1.112		0	1.890	0.378
Isoleucine	g	1.177		0	2.001	0.400
Leucine	g	2.015		0	3.426	0.685
Lysine	g	2.149		0	3.653	0.731
Methionine	g	0.639		0	1.086	0.217
Cystine	g	0.296		0	0.503	0.101
Phenylalanine	g	1.116		0	1.897	0.379
Tyrosine	g	0.843		0	1.433	0.287
Valine	g	1.394		0	2.370	0.474
Arginine	g	1.769		0	3.007	0.601
Histidine	g	0.834		0	1.418	0.284
Alanine	g	1.621		0	2.756	0.551
Aspartic acid	g	2.390		0	4.063	0.813
Glutamic acid	g	3.974		0	6.756	1.351
Glycine	g	2.071		0	3.521	0.704
Proline	g	1.538		0	2.615	0.523
Serine	g	1.089		0	1.851	0.370
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (12 oz)
- Measure 2: 3 slices packed 15/12-oz bag, after cooking

NDB No. 10129

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 170g	Measure 2* 57g	Measure 3*
Proximates:						
Water	g	66.93	0.725	28	113.78	37.95
Energy	kcal	157		0	267	89
Energy	kJ	657		0	1117	373
Protein (N x 5.95)	g	20.64	0.496	27	35.09	11.70
Total lipid (fat)	g	6.97	0.578	14	11.85	3.95
Carbohydrate, by difference	g	1.68		0	2.86	0.95
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	3.79	0.285	14	6.44	2.15
Sugars, total	g					
Minerals:						
Calcium	mg	8	0.864	11	14	5
Iron	mg	0.68	0.080	15	1.16	0.39
Magnesium	mg	17	0.712	13	29	10
Phosphorus	mg	243	8.243	33	413	138
Potassium	mg	344	16.441	14	585	195
Sodium	mg	1409	104.412	13	2395	799
Zinc	mg	1.39	0.134	10	2.36	0.79
Copper	mg	0.045	0.012	10	0.077	0.026
Manganese	mg	0.023	0.001	4	0.039	0.013
Selenium	µg	25.0		2	42.5	14.2
Vitamins:						
Ascorbic acid	mg	0.0		0	0.0	0.0
Thiamin	mg	0.751	0.036	14	1.277	0.426
Riboflavin	mg	0.172	0.008	18	0.292	0.098
Niacin	mg	6.231	0.316	14	10.593	3.533
Pantothenic acid	mg	0.520	0.120	4	0.884	0.295
Vitamin B-6	mg	0.390	0.034	15	0.663	0.221
Folate	µg	4		0	7	2
Vitamin B-12	µg	0.67	0.066	10	1.14	0.38
Vitamin A	IU	0		1	0	0
Vitamin A, RE	µg	0		1	0	0
Vitamin E, α-TE	mg	0.260		0	0.442	0.147
Lipids:						
Saturated, total	g	2.220		0	3.774	1.259
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.020	0.008	10	0.034	0.011
12:0	g	0.020	0.007	10	0.034	0.011
14:0	g	0.100	0.008	10	0.170	0.057
15.0	g					
16:0	g	1.400	0.115	10	2.380	0.794
17:0	g					
18:0	g	0.680	0.059	10	1.156	0.386
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	3.150		0	5.355	1.786
14:1	g					
16:1	g	0.300	0.021	10	0.510	0.170
18:1	g	2.850	0.215	10	4.845	1.616
20:1	g	0.000		0	0.000	0.000
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.630		0	1.071	0.357
18:2	g	0.540	0.061	10	0.918	0.306
18:3	g	0.090	0.016	10	0.153	0.051
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	50	5.873	9	85	28
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.205		1	0.349	0.116
Threonine	g	0.829		1	1.409	0.470
Isoleucine	g	0.779		1	1.324	0.442
Leucine	g	1.453		1	2.470	0.824
Lysine	g	1.625		1	2.763	0.921
Methionine	g	0.561		1	0.954	0.318
Cystine	g	0.258		1	0.439	0.146
Phenylalanine	g	0.670		1	1.139	0.380
Tyrosine	g	0.624		1	1.061	0.354
Valine	g	0.822		1	1.397	0.466
Arginine	g	1.126		1	1.914	0.638
Histidine	g	0.750		1	1.275	0.425
Alanine	g	1.050		1	1.785	0.595
Aspartic acid	g	1.720		1	2.924	0.975
Glutamic acid	g	2.856		1	4.855	1.619
Glycine	g	0.888		1	1.510	0.503
Proline	g	0.773		1	1.314	0.438
Serine	g	0.783		1	1.331	0.444
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package, (net weight, 6 oz)
- Measure 2: 2 slices (6 per 6-oz pkg.)

NDB No. 10130

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 139g	Measure 2* 47g	Measure 3*
Proximates:						
Water	g	61.70	0	85.76	28.69	
Energy	kcal	185	0	257	86	
Energy	kJ	774	0	1076	360	
Protein (N x 5.95)	g	24.24	0	33.69	11.27	
Total lipid (fat)	g	8.44	0	11.73	3.92	
Carbohydrate, by difference	g	1.35	0	1.88	0.63	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	4.27	0	5.94	1.99	
Sugars, total	g					
Minerals:						
Calcium	mg	10	0	14	5	
Iron	mg	0.82	0	1.14	0.38	
Magnesium	mg	21	0	29	10	
Phosphorus	mg	296	0	411	138	
Potassium	mg	390	0	542	181	
Sodium	mg	1546	0	2149	719	
Zinc	mg	1.70	0	2.36	0.79	
Copper	mg	0.054	0	0.075	0.025	
Manganese	mg	0.027	0	0.038	0.013	
Selenium	µg	24.7	0	34.3	11.5	
Vitamins:						
Ascorbic acid	mg	0.0	0	0.0	0.0	
Thiamin	mg	0.824	0	1.145	0.383	
Riboflavin	mg	0.197	0	0.274	0.092	
Niacin	mg	6.915	0	9.612	3.215	
Pantothenic acid	mg	0.520	0	0.723	0.242	
Vitamin B-6	mg	0.450	0	0.626	0.209	
Folate	µg	4	0	6	2	
Vitamin B-12	µg	0.78	0	1.08	0.36	
Vitamin A	IU	0	0	0	0	
Vitamin A, RE	µg	0	0	0	0	
Vitamin E, α-TE	mg	0.260	0	0.361	0.121	
Lipids:						
Saturated, total	g	2.840	0	3.948	1.321	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.030	0	0.042	0.014	
12:0	g	0.020	0	0.028	0.009	
14:0	g	0.130	0	0.181	0.060	
15:0	g					
16:0	g	1.790	0	2.488	0.832	
17:0	g					
18:0	g	0.880	0	1.223	0.409	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.040	0	5.616	1.879
14:1	g				
16:1	g	0.380	0	0.528	0.177
18:1	g	3.650	0	5.073	1.697
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.810	0	1.126	0.377
18:2	g	0.690	0	0.959	0.321
18:3	g	0.120	0	0.167	0.056
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	58	0	81	27
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.240	0	0.334	0.112
Threonine	g	0.973	0	1.352	0.452
Isoleucine	g	0.915	0	1.272	0.425
Leucine	g	1.706	0	2.371	0.793
Lysine	g	1.908	0	2.652	0.887
Methionine	g	0.659	0	0.916	0.306
Cystine	g	0.302	0	0.420	0.140
Phenylalanine	g	0.787	0	1.094	0.366
Tyrosine	g	0.733	0	1.019	0.341
Valine	g	0.966	0	1.343	0.449
Arginine	g	1.322	0	1.838	0.615
Histidine	g	0.880	0	1.223	0.409
Alanine	g	1.233	0	1.714	0.573
Aspartic acid	g	2.020	0	2.808	0.939
Glutamic acid	g	3.354	0	4.662	1.560
Glycine	g	1.043	0	1.450	0.485
Proline	g	0.907	0	1.261	0.422
Serine	g	0.919	0	1.277	0.427
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 package (6 oz) yields
- Measure 2: 2 slices (6 per 6-oz pkg.)

NDB No. 10131

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	68.62	1	19.45	311.26	
Energy	kcal	203	0	58	921	
Energy	kJ	849	0	241	3851	
Protein (N x 5.95)	g	13.52	1	3.83	61.33	
Total lipid (fat)	g	16.14	1	4.58	73.21	
Carbohydrate, by difference	g	0.02	0	0.01	0.09	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.70	1	0.48	7.71	
Sugars, total	g					
Minerals:						
Calcium	mg	32	0	9	145	
Iron	mg	0.62	0	0.18	2.81	
Magnesium	mg	4	0	1	18	
Phosphorus	mg	34	0	10	154	
Potassium	mg	235	0	67	1066	
Sodium	mg	923	0	262	4187	
Zinc	mg	1.24	0	0.35	5.62	
Copper	mg	0.050	0	0.014	0.227	
Manganese	mg	0.017	0	0.005	0.077	
Selenium	µg	7.7	0	2.2	34.9	
Vitamins:						
Ascorbic acid	mg	0.0	0	0.0	0.0	
Thiamin	mg	0.007	0	0.002	0.032	
Riboflavin	mg	0.042	0	0.012	0.191	
Niacin	mg	0.366	0	0.104	1.660	
Pantothenic acid	mg	0.314	0	0.089	1.424	
Vitamin B-6	mg	0.380	0	0.108	1.724	
Folate	µg	4	0	1	18	
Vitamin B-12	µg	0.62	0	0.18	2.81	
Vitamin A	IU	0	0	0	0	
Vitamin A, RE	µg	0	0	0	0	
Vitamin E, α-TE	mg	0.260	0	0.074	1.179	
Lipids:						
Saturated, total	g	5.570	0	1.579	25.266	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.250	0	0.071	1.134	
15:0	g					
16:0	g	3.640	0	1.032	16.511	
17:0	g					
18:0	g	1.680	0	0.476	7.620	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	7.570	0	2.146	34.338
14:1	g				
16:1	g	0.590	0	0.167	2.676
18:1	g	6.980	0	1.979	31.661
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.750	0	0.496	7.938
18:2	g	1.520	0	0.431	6.895
18:3	g	0.140	0	0.040	0.635
18:4	g	0.000	0	0.000	0.000
20:4	g	0.090	0	0.026	0.408
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	92	0	26	417
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.027	0	0.008	0.122
Threonine	g	0.365	0	0.103	1.656
Isoleucine	g	0.230	0	0.065	1.043
Leucine	g	0.595	0	0.169	2.699
Lysine	g	0.582	0	0.165	2.640
Methionine	g	0.149	0	0.042	0.676
Cystine	g	0.119	0	0.034	0.540
Phenylalanine	g	0.392	0	0.111	1.778
Tyrosine	g	0.216	0	0.061	0.980
Valine	g	0.338	0	0.096	1.533
Arginine	g	1.014	0	0.287	4.600
Histidine	g	0.149	0	0.042	0.676
Alanine	g	1.108	0	0.314	5.026
Aspartic acid	g	0.973	0	0.276	4.414
Glutamic acid	g	1.487	0	0.422	6.745
Glycine	g	2.366	0	0.671	10.732
Proline	g	1.419	0	0.402	6.437
Serine	g	0.541	0	0.153	2.454
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb

NDB No. 10132

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 140g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	67.67	0	94.74	57.52	
Energy	kcal	145	0	203	123	
Energy	kJ	607	0	850	516	
Protein (N x 5.95)	g	20.93	0	29.30	17.79	
Total lipid (fat)	g	5.53	0	7.74	4.70	
Carbohydrate, by difference	g	1.50	0	2.10	1.27	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	4.37	0	6.12	3.71	
Sugars, total	g					
Minerals:						
Calcium	mg	8	0	11	7	
Iron	mg	1.48	0.200	2	2.07	1.26
Magnesium	mg	14	0	20	12	
Phosphorus	mg	196	0	274	167	
Potassium	mg	287	0	402	244	
Sodium	mg	1203	0	1684	1023	
Zinc	mg	2.88	0.650	2	4.03	2.45
Copper	mg	0.079	0	0.111	0.067	
Manganese	mg	0.054	0.007	2	0.076	0.046
Selenium	µg	19.5	0	27.3	16.6	
Vitamins:						
Ascorbic acid	mg	0.0	0	0.0	0.0	
Thiamin	mg	0.754	0	1.056	0.641	
Riboflavin	mg	0.202	0	0.283	0.172	
Niacin	mg	4.023	0	5.632	3.420	
Pantothenic acid	mg	0.403	0	0.564	0.343	
Vitamin B-6	mg	0.400	0	0.560	0.340	
Folate	µg	3	0	4	3	
Vitamin B-12	µg	0.65	0	0.91	0.55	
Vitamin A	IU	0	0	0	0	
Vitamin A, RE	µg	0	0	0	0	
Vitamin E, α-TE	mg	0.260	0	0.364	0.221	
Lipids:						
Saturated, total	g	1.810	0	2.534	1.539	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.020	0	0.028	0.017	
12:0	g	0.020	0	0.028	0.017	
14:0	g	0.090	0	0.126	0.077	
15:0	g					
16:0	g	1.120	0	1.568	0.952	
17:0	g					
18:0	g	0.570	0	0.798	0.484	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.620	0	3.668	2.227
14:1	g				
16:1	g	0.240	0	0.336	0.204
18:1	g	2.380	0	3.332	2.023
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.540	0	0.756	0.459
18:2	g	0.480	0	0.672	0.408
18:3	g	0.060	0	0.084	0.051
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	53	0	74	45
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.251	0	0.351	0.213
Threonine	g	0.931	0	1.303	0.791
Isoleucine	g	0.918	0	1.285	0.780
Leucine	g	1.661	0	2.325	1.412
Lysine	g	1.775	0	2.485	1.509
Methionine	g	0.553	0	0.774	0.470
Cystine	g	0.315	0	0.441	0.268
Phenylalanine	g	0.904	0	1.266	0.768
Tyrosine	g	0.687	0	0.962	0.584
Valine	g	0.908	0	1.271	0.772
Arginine	g	1.360	0	1.904	1.156
Histidine	g	0.750	0	1.050	0.637
Alanine	g	1.236	0	1.730	1.051
Aspartic acid	g	1.983	0	2.776	1.686
Glutamic acid	g	3.413	0	4.778	2.901
Glycine	g	1.088	0	1.523	0.925
Proline	g	0.894	0	1.252	0.760
Serine	g	0.857	0	1.200	0.728
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 3 oz

NDB No. 10134

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 140g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	64.54	0.586	5	90.36	54.86
Energy	kcal	178		0	249	151
Energy	kJ	745		0	1043	633
Protein (N x 5.95)	g	22.62	0.669	5	31.67	19.23
Total lipid (fat)	g	9.02	0.619	5	12.63	7.67
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	3.96	0.234	5	5.54	3.37
Sugars, total	g					
Minerals:						
Calcium	mg	8	0.333	3	11	7
Iron	mg	1.34	0.093	5	1.88	1.14
Magnesium	mg	22	0.335	3	31	19
Phosphorus	mg	281	5.034	3	393	239
Potassium	mg	409	15.300	3	573	348
Sodium	mg	1500	86.297	3	2100	1275
Zinc	mg	2.47	0.197	5	3.46	2.10
Copper	mg	0.145	0.016	5	0.203	0.123
Manganese	mg	0.041	0.007	4	0.057	0.035
Selenium	µg	19.8		0	27.7	16.8
Vitamins:						
Ascorbic acid	mg	0.0		0	0.0	0.0
Thiamin	mg	0.730	0.046	3	1.022	0.620
Riboflavin	mg	0.330	0.035	3	0.462	0.281
Niacin	mg	6.150	1.126	3	8.610	5.228
Pantothenic acid	mg	0.720	0.057	2	1.008	0.612
Vitamin B-6	mg	0.310	0.052	3	0.434	0.264
Folate	µg	3		0	4	3
Vitamin B-12	µg	0.70	0.113	9	0.98	0.60
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.260		0	0.364	0.221
Lipids:						
Saturated, total	g	3.120		0	4.368	2.652
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.030	0.013	3	0.042	0.026
12:0	g	0.020	0.006	3	0.028	0.017
14:0	g	0.150	0.018	3	0.210	0.128
15:0	g					
16:0	g	1.860	0.114	3	2.604	1.581
17:0	g					
18:0	g	1.050	0.076	3	1.470	0.893
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.440		0	6.216	3.774
14:1	g					
16:1	g	0.450	0.057	3	0.630	0.383
18:1	g	4.000	0.234	3	5.600	3.400
20:1	g	0.000		0	0.000	0.000
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.410		0	1.974	1.198
18:2	g	1.170	0.076	3	1.638	0.995
18:3	g	0.240	0.082	3	0.336	0.204
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	59	3.383	3	83	50
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.238		2	0.333	0.202
Threonine	g	0.882		10	1.235	0.750
Isoleucine	g	0.870		10	1.218	0.740
Leucine	g	1.574		10	2.204	1.338
Lysine	g	1.682		10	2.355	1.430
Methionine	g	0.524		10	0.734	0.445
Cystine	g	0.298		2	0.417	0.253
Phenylalanine	g	0.857		10	1.200	0.728
Tyrosine	g	0.651		10	0.911	0.553
Valine	g	0.860		10	1.204	0.731
Arginine	g	1.289		10	1.805	1.096
Histidine	g	0.711		10	0.995	0.604
Alanine	g	1.171		10	1.639	0.995
Aspartic acid	g	1.879		10	2.631	1.597
Glutamic acid	g	3.234		10	4.528	2.749
Glycine	g	1.032		10	1.445	0.877
Proline	g	0.847		10	1.186	0.720
Serine	g	0.813		10	1.138	0.691
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 3 oz

NDB No. 10136

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 140g	Measure 2* 28g	Measure 3*
Proximates:						
Water	g	73.52	0.132	130	102.93	20.84
Energy	kcal	120		0	168	34
Energy	kJ	502		0	703	142
Protein (N x 5.95)	g	18.49	0.066	130	25.89	5.24
Total lipid (fat)	g	4.56	0.195	22	6.38	1.29
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	3.63	0.062	22	5.08	1.03
Sugars, total	g					
Minerals:						
Calcium	mg	6		1	8	2
Iron	mg	0.94	0.048	21	1.32	0.27
Magnesium	mg	17	0.405	21	24	5
Phosphorus	mg	224	9.122	21	314	64
Potassium	mg	364	6.582	17	510	103
Sodium	mg	1255	39.413	21	1757	356
Zinc	mg	1.93	0.052	21	2.70	0.55
Copper	mg	0.084	0.007	20	0.118	0.024
Manganese	mg	0.025	0.005	2	0.035	0.007
Selenium	µg	14.5		0	20.3	4.1
Vitamins:						
Ascorbic acid	mg	0.0		0	0.0	0.0
Thiamin	mg	0.836	0.026	21	1.170	0.237
Riboflavin	mg	0.230	0.004	21	0.322	0.065
Niacin	mg	5.302	0.227	21	7.423	1.503
Pantothenic acid	mg	0.492	0.092	6	0.689	0.139
Vitamin B-6	mg	0.450	0.035	21	0.630	0.128
Folate	µg	6		0	8	2
Vitamin B-12	µg	0.82	0.057	21	1.15	0.23
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.260		0	0.364	0.074
Lipids:						
Saturated, total	g	1.510		0	2.114	0.428
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.010	0.005	3	0.014	0.003
12:0	g	0.010	0.003	3	0.014	0.003
14:0	g	0.060	0.009	4	0.084	0.017
15:0	g					
16:0	g	0.960	0.050	4	1.344	0.272
17:0	g					
18:0	g	0.470	0.041	4	0.658	0.133
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.210		0	3.094	0.627
14:1	g					
16:1	g	0.170	0.019	4	0.238	0.048
18:1	g	2.040	0.120	4	2.856	0.578
20:1	g	0.000		0	0.000	0.000
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.390		0	0.546	0.111
18:2	g	0.360	0.018	4	0.504	0.102
18:3	g	0.030	0.007	4	0.042	0.009
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	38	5.000	2	53	11
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.210		2	0.294	0.060
Threonine	g	0.826		2	1.156	0.234
Isoleucine	g	0.796		2	1.114	0.226
Leucine	g	1.438		2	2.013	0.408
Lysine	g	1.589		2	2.225	0.450
Methionine	g	0.482		2	0.675	0.137
Cystine	g	0.219		2	0.307	0.062
Phenylalanine	g	0.713		2	0.998	0.202
Tyrosine	g	0.607		2	0.850	0.172
Valine	g	0.829		2	1.161	0.235
Arginine	g	1.145		2	1.603	0.325
Histidine	g	0.731		2	1.023	0.207
Alanine	g	1.056		2	1.478	0.299
Aspartic acid	g	1.707		2	2.390	0.484
Glutamic acid	g	2.731		2	3.823	0.774
Glycine	g	0.905		2	1.267	0.257
Proline	g	0.787		2	1.102	0.223
Serine	g	0.719		2	1.007	0.204
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 oz

NDB No. 10137

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 140g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	69.45	0.463	4	97.23	59.03
Energy	kcal	136		0	190	116
Energy	kJ	569		0	797	484
Protein (N x 5.95)	g	21.16	0.192	4	29.62	17.99
Total lipid (fat)	g	4.88	0.475	4	6.83	4.15
Carbohydrate, by difference	g	0.52		0	0.73	0.44
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	4.00	0.122	4	5.60	3.40
Sugars, total	g					
Minerals:						
Calcium	mg	6		1	8	5
Iron	mg	0.92	0.131	4	1.29	0.78
Magnesium	mg	21	1.291	4	29	18
Phosphorus	mg	209	21.825	4	293	178
Potassium	mg	348	25.905	4	487	296
Sodium	mg	1135	100.706	4	1589	965
Zinc	mg	2.23	0.149	4	3.12	1.90
Copper	mg	0.050	0.004	4	0.070	0.043
Manganese	mg	0.024		1	0.034	0.020
Selenium	µg	17.4		0	24.4	14.8
Vitamins:						
Ascorbic acid	mg	0.0		0	0.0	0.0
Thiamin	mg	1.035	0.023	4	1.449	0.880
Riboflavin	mg	0.247	0.013	4	0.346	0.210
Niacin	mg	4.892	0.084	4	6.849	4.158
Pantothenic acid	mg	0.570		1	0.798	0.484
Vitamin B-6	mg	0.450	0.048	4	0.630	0.383
Folate	µg	5		0	7	4
Vitamin B-12	µg	0.71	0.013	4	0.99	0.60
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.260		0	0.364	0.221
Lipids:						
Saturated, total	g	1.600		0	2.240	1.360
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.050	0.004	2	0.070	0.043
15:0	g					
16:0	g	1.070	0.009	2	1.498	0.910
17:0	g					
18:0	g	0.480	0.009	2	0.672	0.408
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.490		0	3.486	2.117
14:1	g					
16:1	g	0.190	0.014	2	0.266	0.161
18:1	g	2.300	0.009	2	3.220	1.955
20:1	g	0.000		0	0.000	0.000
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.440		0	0.616	0.374
18:2	g	0.390	0.027	2	0.546	0.331
18:3	g	0.050	0.009	2	0.070	0.043
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	30	0.500	2	42	26
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.240		0	0.336	0.204
Threonine	g	0.944		0	1.322	0.802
Isoleucine	g	0.911		0	1.275	0.774
Leucine	g	1.645		0	2.303	1.398
Lysine	g	1.818		0	2.545	1.545
Methionine	g	0.552		0	0.773	0.469
Cystine	g	0.250		0	0.350	0.213
Phenylalanine	g	0.816		0	1.142	0.694
Tyrosine	g	0.694		0	0.972	0.590
Valine	g	0.948		0	1.327	0.806
Arginine	g	1.310		0	1.834	1.114
Histidine	g	0.836		0	1.170	0.711
Alanine	g	1.208		0	1.691	1.027
Aspartic acid	g	1.953		0	2.734	1.660
Glutamic acid	g	3.124		0	4.374	2.655
Glycine	g	1.036		0	1.450	0.881
Proline	g	0.900		0	1.260	0.765
Serine	g	0.823		0	1.152	0.700
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 3 oz

NDB No. 10138

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 140g	Measure 2* 28g	Measure 3*
Proximates:						
Water	g	66.54	0.550	23	93.16	18.86
Energy	kcal	190		0	266	54
Energy	kJ	795		0	1113	225
Protein (N x 5.95)	g	16.97	0.217	26	23.76	4.81
Total lipid (fat)	g	12.99	0.845	12	18.19	3.68
Carbohydrate, by difference	g	0.02		0	0.03	0.01
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	3.48	0.195	8	4.87	0.99
Sugars, total	g					
Minerals:						
Calcium	mg	6		2	8	2
Iron	mg	0.83	0.091	11	1.16	0.24
Magnesium	mg	14	0.573	11	20	4
Phosphorus	mg	175	7.913	11	245	50
Potassium	mg	316	12.002	4	442	90
Sodium	mg	1240	77.067	8	1736	352
Zinc	mg	1.66	0.075	11	2.32	0.47
Copper	mg	0.067	0.012	11	0.094	0.019
Manganese	mg	0.023		0	0.032	0.007
Selenium	µg	29.8		2	41.7	8.4
Vitamins:						
Ascorbic acid	mg	0.0		0	0.0	0.0
Thiamin	mg	0.963	0.123	11	1.348	0.273
Riboflavin	mg	0.231	0.011	11	0.323	0.065
Niacin	mg	3.218	0.088	11	4.505	0.912
Pantothenic acid	mg	0.394	0.074	8	0.552	0.112
Vitamin B-6	mg	0.480	0.088	11	0.672	0.136
Folate	µg	5	2.333	3	7	1
Vitamin B-12	µg	0.78	0.124	11	1.09	0.22
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.260		0	0.364	0.074
Lipids:						
Saturated, total	g	4.250		0	5.950	1.205
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.060		1	0.084	0.017
12:0	g	0.030	0.012	4	0.042	0.009
14:0	g	0.050	0.032	4	0.070	0.014
15:0	g					
16:0	g	2.810	0.282	4	3.934	0.797
17:0	g					
18:0	g	1.320	0.105	4	1.848	0.374
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.180		0	8.652	1.752
14:1	g					
16:1	g	0.540	0.107	4	0.756	0.153
18:1	g	5.640	0.466	4	7.896	1.599
20:1	g	0.000		0	0.000	0.000
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.470		0	2.058	0.417
18:2	g	1.290	0.151	4	1.806	0.366
18:3	g	0.170	0.032	4	0.238	0.048
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	39	4.910	3	55	11
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.193		2	0.270	0.055
Threonine	g	0.758		2	1.061	0.215
Isoleucine	g	0.731		2	1.023	0.207
Leucine	g	1.320		2	1.848	0.374
Lysine	g	1.458		2	2.041	0.413
Methionine	g	0.443		2	0.620	0.126
Cystine	g	0.201		2	0.281	0.057
Phenylalanine	g	0.655		2	0.917	0.186
Tyrosine	g	0.557		2	0.780	0.158
Valine	g	0.760		2	1.064	0.215
Arginine	g	1.051		2	1.471	0.298
Histidine	g	0.671		2	0.939	0.190
Alanine	g	0.970		2	1.358	0.275
Aspartic acid	g	1.567		2	2.194	0.444
Glutamic acid	g	2.507		2	3.510	0.711
Glycine	g	0.831		2	1.163	0.236
Proline	g	0.722		2	1.011	0.205
Serine	g	0.660		2	0.924	0.187
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 oz

NDB No. 10139

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 140g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	60.93	2.090	4	85.30	51.79
Energy	kcal	226		0	316	192
Energy	kJ	946		0	1324	804
Protein (N x 5.95)	g	20.53	0.500	4	28.74	17.45
Total lipid (fat)	g	15.20	2.595	4	21.28	12.92
Carbohydrate, by difference	g	0.42		0	0.59	0.36
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	2.93	0.120	4	4.10	2.49
Sugars, total	g					
Minerals:						
Calcium	mg	8	0.333	3	11	7
Iron	mg	1.37	0.130	4	1.92	1.16
Magnesium	mg	17	0.410	4	24	14
Phosphorus	mg	243	3.160	4	340	207
Potassium	mg	357	10.530	4	500	303
Sodium	mg	941	82.905	4	1317	800
Zinc	mg	2.50	0.090	4	3.50	2.13
Copper	mg	0.130	0.020	4	0.182	0.111
Manganese	mg	0.029	0.002	2	0.041	0.025
Selenium	µg	35.9		0	50.3	30.5
Vitamins:						
Ascorbic acid	mg	14.0	2.345	4	19.6	11.9
Thiamin	mg	0.820	0.045	4	1.148	0.697
Riboflavin	mg	0.260	0.015	4	0.364	0.221
Niacin	mg	5.300	0.885	4	7.420	4.505
Pantothenic acid	mg	0.730		1	1.022	0.620
Vitamin B-6	mg	0.300	0.025	4	0.420	0.255
Folate	µg	5		0	7	4
Vitamin B-12	µg	1.06	0.090	4	1.48	0.90
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	5.040		0	7.056	4.284
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.030	0.013	4	0.042	0.026
12:0	g	0.020	0.013	4	0.028	0.017
14:0	g	0.160	0.027	4	0.224	0.136
15:0	g					
16:0	g	3.190	0.590	4	4.466	2.711
17:0	g					
18:0	g	1.650	0.315	4	2.310	1.403
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	7.070		0	9.898	6.010
14:1	g					
16:1	g	0.470	0.073	4	0.658	0.400
18:1	g	6.610	1.116	4	9.254	5.619
20:1	g	0.000		0	0.000	0.000
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.780		0	2.492	1.513
18:2	g	1.620	0.279	4	2.268	1.377
18:3	g	0.160	0.068	4	0.224	0.136
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	62	13.570	4	87	53
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.233		0	0.326	0.198
Threonine	g	0.916		0	1.282	0.779
Isoleucine	g	0.883		0	1.236	0.751
Leucine	g	1.596		0	2.234	1.357
Lysine	g	1.764		0	2.470	1.499
Methionine	g	0.535		0	0.749	0.455
Cystine	g	0.243		0	0.340	0.207
Phenylalanine	g	0.791		0	1.107	0.672
Tyrosine	g	0.673		0	0.942	0.572
Valine	g	0.920		0	1.288	0.782
Arginine	g	1.271		0	1.779	1.080
Histidine	g	0.811		0	1.135	0.689
Alanine	g	1.172		0	1.641	0.996
Aspartic acid	g	1.895		0	2.653	1.611
Glutamic acid	g	3.031		0	4.243	2.576
Glycine	g	1.005		0	1.407	0.854
Proline	g	0.874		0	1.224	0.743
Serine	g	0.798		0	1.117	0.678
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 3 oz

NDB No. 10140

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:						
Water	g	55.93	0.365	10	15.86	63.20
Energy	kcal	195		0	55	220
Energy	kJ	816		0	231	922
Protein (N x 5.95)	g	27.80	1.028	6	7.88	31.41
Total lipid (fat)	g	8.32	0.697	6	2.36	9.40
Carbohydrate, by difference	g	0.30		0	0.09	0.34
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	7.65		0	2.17	8.64
Sugars, total	g					
Minerals:						
Calcium	mg	10		0	3	11
Iron	mg	1.11		0	0.31	1.25
Magnesium	mg	25		0	7	28
Phosphorus	mg	318		0	90	359
Potassium	mg	510		0	145	576
Sodium	mg	2695		0	764	3045
Zinc	mg	2.81		0	0.80	3.18
Copper	mg	0.108		0	0.031	0.122
Manganese	mg	0.048		0	0.014	0.054
Selenium	µg	25.8		0	7.3	29.2
Vitamins:						
Ascorbic acid	mg	0.0		0	0.0	0.0
Thiamin	mg	0.567		0	0.161	0.641
Riboflavin	mg	0.242		0	0.069	0.273
Niacin	mg	3.881		0	1.100	4.386
Pantothenic acid	mg	0.402		0	0.114	0.454
Vitamin B-6	mg	0.420		0	0.119	0.475
Folate	µg	5		0	1	6
Vitamin B-12	µg	0.88		0	0.25	0.99
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.260		0	0.074	0.294
Lipids:						
Saturated, total	g	2.780		0	0.788	3.141
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.030		0	0.009	0.034
12:0	g	0.020		0	0.006	0.023
14:0	g	0.110		0	0.031	0.124
15:0	g					
16:0	g	1.760		0	0.499	1.989
17:0	g					
18:0	g	0.860		0	0.244	0.972
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	3.821	0	1.083	4.318
14:1	g				
16:1	g	0.320	0	0.091	0.362
18:1	g	3.501	0	0.993	3.956
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.970	0	0.275	1.096
18:2	g	0.770	0	0.218	0.870
18:3	g	0.090	0	0.026	0.102
18:4	g	0.000	0	0.000	0.000
20:4	g	0.110	0	0.031	0.124
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	70	0	20	79
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.334	0	0.095	0.377
Threonine	g	1.237	0	0.351	1.398
Isoleucine	g	1.219	0	0.346	1.377
Leucine	g	2.206	0	0.625	2.493
Lysine	g	2.357	0	0.668	2.663
Methionine	g	0.734	0	0.208	0.829
Cystine	g	0.418	0	0.119	0.472
Phenylalanine	g	1.201	0	0.340	1.357
Tyrosine	g	0.912	0	0.259	1.031
Valine	g	1.205	0	0.342	1.362
Arginine	g	1.806	0	0.512	2.041
Histidine	g	0.996	0	0.282	1.125
Alanine	g	1.641	0	0.465	1.854
Aspartic acid	g	2.633	0	0.746	2.975
Glutamic acid	g	4.532	0	1.285	5.121
Glycine	g	1.446	0	0.410	1.634
Proline	g	1.188	0	0.337	1.342
Serine	g	1.139	0	0.323	1.287
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 4 oz

NDB No. 10141

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:						
Water	g	63.46	0	17.99	71.71	
Energy	kcal	203	0	58	229	
Energy	kJ	849	0	241	959	
Protein (N x 5.95)	g	20.17	0	5.72	22.79	
Total lipid (fat)	g	12.90	0	3.66	14.58	
Carbohydrate, by difference	g	0.05	0	0.01	0.06	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	3.42	0	0.97	3.86	
Sugars, total	g					
Minerals:						
Calcium	mg	7	0	2	8	
Iron	mg	0.75	0	0.21	0.85	
Magnesium	mg	16	0	5	18	
Phosphorus	mg	215	0	61	243	
Potassium	mg	337	0	96	381	
Sodium	mg	1386	0	393	1566	
Zinc	mg	1.88	0	0.53	2.12	
Copper	mg	0.074	0	0.021	0.084	
Manganese	mg	0.031	0	0.009	0.035	
Selenium	µg	22.6	0	6.4	25.5	
Vitamins:						
Ascorbic acid	mg	0.0	0	0.0	0.0	
Thiamin	mg	0.845	0	0.240	0.955	
Riboflavin	mg	0.205	0	0.058	0.232	
Niacin	mg	4.809	0	1.363	5.434	
Pantothenic acid	mg	0.498	0	0.141	0.563	
Vitamin B-6	mg	0.470	0	0.133	0.531	
Folate	µg	4	0	1	5	
Vitamin B-12	µg	0.80	0	0.23	0.90	
Vitamin A	IU	0	0	0	0	
Vitamin A, RE	µg	0	0	0	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	4.572	0	1.296	5.166	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.020	0	0.006	0.023	
12:0	g	0.030	0	0.009	0.034	
14:0	g	0.170	0	0.048	0.192	
15:0	g					
16:0	g	2.861	0	0.811	3.233	
17:0	g					
18:0	g	1.471	0	0.417	1.662	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.092	0	1.727	6.884
14:1	g				
16:1	g	0.420	0	0.119	0.475
18:1	g	5.612	0	1.591	6.342
20:1	g				
22:1	g				
Polyunsaturated, total	g	1.411	0	0.400	1.594
18:2	g	0.780	0	0.221	0.881
18:3	g	0.140	0	0.040	0.158
18:4	g				
20:4	g	0.080	0	0.023	0.090
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	54	0	15	61
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.242	0	0.069	0.273
Threonine	g	0.897	0	0.254	1.014
Isoleucine	g	0.884	0	0.251	0.999
Leucine	g	1.601	0	0.454	1.809
Lysine	g	1.710	0	0.485	1.932
Methionine	g	0.532	0	0.151	0.601
Cystine	g	0.303	0	0.086	0.342
Phenylalanine	g	0.871	0	0.247	0.984
Tyrosine	g	0.662	0	0.188	0.748
Valine	g	0.875	0	0.248	0.989
Arginine	g	1.310	0	0.371	1.480
Histidine	g	0.723	0	0.205	0.817
Alanine	g	1.191	0	0.338	1.346
Aspartic acid	g	1.910	0	0.541	2.158
Glutamic acid	g	3.289	0	0.932	3.717
Glycine	g	1.049	0	0.297	1.185
Proline	g	0.862	0	0.244	0.974
Serine	g	0.826	0	0.234	0.933
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 4 oz

NDB No. 10142

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 65g	Measure 3*
Proximates:						
Water	g	54.40	2.941	5	15.42	35.47
Energy	kcal	315		0	89	205
Energy	kJ	1318		0	374	859
Protein (N x 5.95)	g	12.78	0.542	5	3.62	8.33
Total lipid (fat)	g	28.19	3.269	5	7.99	18.38
Carbohydrate, by difference	g	1.69		0	0.48	1.10
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	2.93	0.141	5	0.83	1.91
Sugars, total	g					
Minerals:						
Calcium	mg	8	1.156	3	2	5
Iron	mg	1.05	0.238	4	0.30	0.68
Magnesium	mg	10	0.348	3	3	7
Phosphorus	mg	149	26.131	4	42	97
Potassium	mg	239	54.026	3	68	156
Sodium	mg	1088	60.742	4	308	709
Zinc	mg	1.57	0.177	3	0.45	1.02
Copper	mg	0.070		1	0.020	0.046
Manganese	mg	0.023		0	0.007	0.015
Selenium	µg	15.8		0	4.5	10.3
Vitamins:						
Ascorbic acid	mg	0.0		1	0.0	0.0
Thiamin	mg	0.460	0.052	5	0.130	0.300
Riboflavin	mg	0.154	0.026	5	0.044	0.100
Niacin	mg	3.014	0.258	5	0.854	1.965
Pantothenic acid	mg	0.302	0.020	2	0.086	0.197
Vitamin B-6	mg	0.160	0.006	3	0.045	0.104
Folate	µg	3		0	1	2
Vitamin B-12	µg	1.08	0.199	3	0.31	0.70
Vitamin A	IU	0		1	0	0
Vitamin A, RE	µg	0		1	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	10.130		0	2.872	6.605
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.020		0	0.006	0.013
12:0	g	0.060		0	0.017	0.039
14:0	g	0.370		0	0.105	0.241
15:0	g					
16:0	g	6.320		0	1.792	4.121
17:0	g					
18:0	g	3.310		0	0.938	2.158
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	13.260	0	3.759	8.646
14:1	g				
16:1	g	0.890	0	0.252	0.580
18:1	g	12.370	0	3.507	8.065
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.040	0	0.862	1.982
18:2	g	2.620	0	0.743	1.708
18:3	g	0.290	0	0.082	0.189
18:4	g	0.000	0	0.000	0.000
20:4	g	0.130	0	0.037	0.085
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	70	1	20	46
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.149	4	0.042	0.097
Threonine	g	0.569	12	0.161	0.371
Isoleucine	g	0.558	12	0.158	0.364
Leucine	g	1.010	12	0.286	0.659
Lysine	g	1.086	12	0.308	0.708
Methionine	g	0.337	12	0.096	0.220
Cystine	g	0.172	4	0.049	0.112
Phenylalanine	g	0.542	12	0.154	0.353
Tyrosine	g	0.419	12	0.119	0.273
Valine	g	0.556	12	0.158	0.363
Arginine	g	0.824	12	0.234	0.537
Histidine	g	0.466	12	0.132	0.304
Alanine	g	0.751	12	0.213	0.490
Aspartic acid	g	1.205	12	0.342	0.786
Glutamic acid	g	2.051	12	0.581	1.337
Glycine	g	0.658	12	0.187	0.429
Proline	g	0.546	12	0.155	0.356
Serine	g	0.519	12	0.147	0.338
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 oz
 Measure 2: 1 patty

NDB No. 10146

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 60g	Measure 2* 413g	Measure 3*
Proximates:						
Water	g	51.35	9.150	2	30.55	212.08
Energy	kcal	342		0	203	1412
Energy	kJ	1431		0	851	5910
Protein (N x 5.95)	g	13.30	0.000	2	7.91	54.93
Total lipid (fat)	g	30.85	8.850	2	18.36	127.41
Carbohydrate, by difference	g	1.70		0	1.01	7.02
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	2.80	0.200	2	1.67	11.56
Sugars, total	g					
Minerals:						
Calcium	mg	9	1.500	2	5	37
Iron	mg	1.61	0.510	2	0.96	6.65
Magnesium	mg	10		1	6	41
Phosphorus	mg	101		1	60	417
Potassium	mg	244	61.000	2	145	1008
Sodium	mg	1063		1	632	4390
Zinc	mg	1.90		1	1.13	7.85
Copper	mg	0.100		1	0.060	0.413
Manganese	mg	0.022		0	0.013	0.091
Selenium	µg	21.1		0	12.6	87.1
Vitamins:						
Ascorbic acid	mg	0.0		0	0.0	0.0
Thiamin	mg	0.350	0.020	2	0.208	1.445
Riboflavin	mg	0.185	0.025	2	0.110	0.764
Niacin	mg	3.245	0.045	2	1.931	13.402
Pantothenic acid	mg	0.262		0	0.156	1.082
Vitamin B-6	mg	0.160		1	0.095	0.661
Folate	µg	3		0	2	12
Vitamin B-12	µg	0.70		1	0.42	2.89
Vitamin A	IU	0		1	0	0
Vitamin A, RE	µg	0		1	0	0
Vitamin E, α-TE	mg	0.260		0	0.155	1.074
Lipids:						
Saturated, total	g	11.090		0	6.599	45.802
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.030		0	0.018	0.124
12:0	g	0.060		0	0.036	0.248
14:0	g	0.410		0	0.244	1.693
15:0	g					
16:0	g	6.920		0	4.117	28.580
17:0	g					
18:0	g	3.620		0	2.154	14.951
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	14.670	0	8.729	60.587
14:1	g				
16:1	g	0.970	0	0.577	4.006
18:1	g	13.540	0	8.056	55.920
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.330	0	1.981	13.753
18:2	g	2.860	0	1.702	11.812
18:3	g	0.320	0	0.190	1.322
18:4	g	0.000	0	0.000	0.000
20:4	g	0.140	0	0.083	0.578
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	72	0	43	297
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.155	0	0.092	0.640
Threonine	g	0.592	0	0.352	2.445
Isoleucine	g	0.581	0	0.346	2.400
Leucine	g	1.051	0	0.625	4.341
Lysine	g	1.130	0	0.672	4.667
Methionine	g	0.351	0	0.209	1.450
Cystine	g	0.179	0	0.107	0.739
Phenylalanine	g	0.564	0	0.336	2.329
Tyrosine	g	0.436	0	0.259	1.801
Valine	g	0.579	0	0.345	2.391
Arginine	g	0.858	0	0.511	3.544
Histidine	g	0.485	0	0.289	2.003
Alanine	g	0.781	0	0.465	3.226
Aspartic acid	g	1.253	0	0.746	5.175
Glutamic acid	g	2.134	0	1.270	8.813
Glycine	g	0.685	0	0.408	2.829
Proline	g	0.568	0	0.338	2.346
Serine	g	0.541	0	0.322	2.234
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

- * **Common Measures:**
 Measure 1: 1 patty, cooked
 Measure 2: 1 lb raw yields

NDB No. 10147

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:						
Water	g	72.24	0.093	53	20.48	40.96
Energy	kcal	122		0	35	69
Energy	kJ	510		0	145	289
Protein (N x 5.95)	g	19.56	0.088	53	5.55	11.09
Total lipid (fat)	g	4.25	0.095	53	1.20	2.41
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	3.95	0.041	53	1.12	2.24
Sugars, total	g					
Minerals:						
Calcium	mg	4	0.203	20	1	2
Iron	mg	1.00	0.029	46	0.28	0.57
Magnesium	mg	19	0.363	46	5	11
Phosphorus	mg	260	4.127	46	74	147
Potassium	mg	325	4.696	53	92	184
Sodium	mg	1269	18.483	52	360	720
Zinc	mg	2.02	0.037	46	0.57	1.15
Copper	mg	0.080	0.006	46	0.023	0.045
Manganese	mg	0.037	0.005	11	0.010	0.021
Selenium	µg	15.5		0	4.4	8.8
Vitamins:						
Ascorbic acid	mg	32.3	0.815	47	9.2	18.3
Thiamin	mg	0.800	0.015	46	0.227	0.454
Riboflavin	mg	0.200	0.004	46	0.057	0.113
Niacin	mg	5.080	0.093	46	1.440	2.880
Pantothenic acid	mg	0.620		1	0.176	0.352
Vitamin B-6	mg	0.370	0.010	46	0.105	0.210
Folate	µg	4		0	1	2
Vitamin B-12	µg	0.79	0.031	46	0.22	0.45
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	1.440		0	0.408	0.816
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.020	0.006	11	0.006	0.011
12:0	g	0.020	0.006	11	0.006	0.011
14:0	g	0.080	0.006	11	0.023	0.045
15:0	g					
16:0	g	0.840	0.038	11	0.238	0.476
17:0	g					
18:0	g	0.470	0.024	11	0.133	0.266
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.960		0	0.556	1.111
14:1	g					
16:1	g	0.190	0.012	11	0.054	0.108
18:1	g	1.770	0.074	11	0.502	1.004
20:1	g	0.000		0	0.000	0.000
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.470		0	0.133	0.266
18:2	g	0.430	0.030	11	0.122	0.244
18:3	g	0.040	0.009	11	0.011	0.023
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	45	2.222	11	13	26
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.235		2	0.067	0.133
Threonine	g	0.870		10	0.247	0.493
Isoleucine	g	0.858		10	0.243	0.486
Leucine	g	1.552		10	0.440	0.880
Lysine	g	1.658		10	0.470	0.940
Methionine	g	0.516		10	0.146	0.293
Cystine	g	0.295		2	0.084	0.167
Phenylalanine	g	0.845		10	0.240	0.479
Tyrosine	g	0.641		10	0.182	0.363
Valine	g	0.848		10	0.240	0.481
Arginine	g	1.270		10	0.360	0.720
Histidine	g	0.701		10	0.199	0.397
Alanine	g	1.154		10	0.327	0.654
Aspartic acid	g	1.852		10	0.525	1.050
Glutamic acid	g	3.189		10	0.904	1.808
Glycine	g	1.017		10	0.288	0.577
Proline	g	0.836		10	0.237	0.474
Serine	g	0.801		10	0.227	0.454
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 oz
Measure 2: 1 slice

NDB No. 10149

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 140g	Measure 2* 28g	Measure 3*
Proximates:						
Water	g	59.71	0	83.59	16.93	
Energy	kcal	246	0	344	70	
Energy	kJ	1029	0	1441	292	
Protein (N x 5.95)	g	18.49	0	25.89	5.24	
Total lipid (fat)	g	18.52	0	25.93	5.25	
Carbohydrate, by difference	g	0.06	0	0.08	0.02	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	3.23	0	4.52	0.92	
Sugars, total	g					
Minerals:						
Calcium	mg	7	0	10	2	
Iron	mg	0.71	0	0.99	0.20	
Magnesium	mg	15	0	21	4	
Phosphorus	mg	201	0	281	57	
Potassium	mg	310	0	434	88	
Sodium	mg	1284	0	1798	364	
Zinc	mg	1.76	0	2.46	0.50	
Copper	mg	0.071	0	0.099	0.020	
Manganese	mg	0.028	0	0.039	0.008	
Selenium	µg	15.3	0	21.4	4.3	
Vitamins:						
Ascorbic acid	mg					
Thiamin	mg	0.777	0	1.088	0.220	
Riboflavin	mg	0.189	0	0.265	0.054	
Niacin	mg	4.463	0	6.248	1.265	
Pantothenic acid	mg	0.467	0	0.654	0.132	
Vitamin B-6	mg	0.410	0	0.574	0.116	
Folate	µg	4	0	6	1	
Vitamin B-12	µg	0.74	0	1.04	0.21	
Vitamin A	IU	0	0	0	0	
Vitamin A, RE	µg	0	0	0	0	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	6.620	0	9.268	1.877	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.020	0	0.028	0.006	
12:0	g	0.040	0	0.056	0.011	
14:0	g	0.240	0	0.336	0.068	
15:0	g					
16:0	g	4.150	0	5.810	1.177	
17:0	g					
18:0	g	2.170	0	3.038	0.615	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	8.700	0	12.180	2.466
14:1	g				
16:1	g	0.580	0	0.812	0.164
18:1	g	8.120	0	11.368	2.302
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.640	0	2.296	0.465
18:2	g	1.360	0	1.904	0.386
18:3	g	0.190	0	0.266	0.054
18:4	g	0.000	0	0.000	0.000
20:4	g	0.090	0	0.126	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	56	0	78	16
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.210	0	0.294	0.060
Threonine	g	0.806	0	1.128	0.229
Isoleucine	g	0.787	0	1.102	0.223
Leucine	g	1.455	0	2.037	0.412
Lysine	g	1.565	0	2.191	0.444
Methionine	g	0.473	0	0.662	0.134
Cystine	g	0.270	0	0.378	0.077
Phenylalanine	g	0.791	0	1.107	0.224
Tyrosine	g	0.584	0	0.818	0.166
Valine	g	0.807	0	1.130	0.229
Arginine	g	1.250	0	1.750	0.354
Histidine	g	0.630	0	0.882	0.179
Alanine	g	1.014	0	1.420	0.287
Aspartic acid	g	1.627	0	2.278	0.461
Glutamic acid	g	2.801	0	3.921	0.794
Glycine	g	0.893	0	1.250	0.253
Proline	g	0.733	0	1.026	0.208
Serine	g	0.703	0	0.984	0.199
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 oz

NDB No. 10150

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 140g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	58.40	0	81.76	49.64	
Energy	kcal	243	0	340	207	
Energy	kJ	1017	0	1424	864	
Protein (N x 5.95)	g	21.57	0	30.20	18.33	
Total lipid (fat)	g	16.77	0	23.48	14.25	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	3.33	0	4.66	2.83	
Sugars, total	g					
Minerals:						
Calcium	mg	7	0	10	6	
Iron	mg	0.87	0	1.22	0.74	
Magnesium	mg	19	0	27	16	
Phosphorus	mg	214	0	300	182	
Potassium	mg	286	0	400	243	
Sodium	mg	1187	0	1662	1009	
Zinc	mg	2.32	0	3.25	1.97	
Copper	mg	0.083	0	0.116	0.071	
Manganese	mg	0.014	0	0.020	0.012	
Selenium	µg	22.7	0	31.8	19.3	
Vitamins:						
Ascorbic acid	mg	0.0	0	0.0	0.0	
Thiamin	mg	0.601	0	0.841	0.511	
Riboflavin	mg	0.221	0	0.309	0.188	
Niacin	mg	4.461	0	6.245	3.792	
Pantothenic acid	mg	0.457	0	0.640	0.388	
Vitamin B-6	mg	0.380	0	0.532	0.323	
Folate	µg	3	0	4	3	
Vitamin B-12	µg	0.64	0	0.90	0.54	
Vitamin A	IU	0	0	0	0	
Vitamin A, RE	µg	0	0	0	0	
Vitamin E, α-TE	mg	0.260	0	0.364	0.221	
Lipids:						
Saturated, total	g	5.980	0	8.372	5.083	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.020	0	0.028	0.017	
12:0	g	0.030	0	0.042	0.026	
14:0	g	0.220	0	0.308	0.187	
15:0	g					
16:0	g	3.750	0	5.250	3.188	
17:0	g					
18:0	g	1.960	0	2.744	1.666	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	7.880	0	11.032	6.698
14:1	g				
16:1	g	0.530	0	0.742	0.451
18:1	g	7.350	0	10.290	6.247
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.810	0	2.534	1.539
18:2	g	1.550	0	2.170	1.317
18:3	g	0.170	0	0.238	0.145
18:4	g	0.000	0	0.000	0.000
20:4	g	0.080	0	0.112	0.068
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	62	0	87	53
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.245	0	0.343	0.208
Threonine	g	0.941	0	1.317	0.800
Isoleucine	g	0.918	0	1.285	0.780
Leucine	g	1.697	0	2.376	1.442
Lysine	g	1.825	0	2.555	1.551
Methionine	g	0.551	0	0.771	0.468
Cystine	g	0.315	0	0.441	0.268
Phenylalanine	g	0.922	0	1.291	0.784
Tyrosine	g	0.682	0	0.955	0.580
Valine	g	0.941	0	1.317	0.800
Arginine	g	1.459	0	2.043	1.240
Histidine	g	0.735	0	1.029	0.625
Alanine	g	1.183	0	1.656	1.006
Aspartic acid	g	1.897	0	2.656	1.612
Glutamic acid	g	3.267	0	4.574	2.777
Glycine	g	1.041	0	1.457	0.885
Proline	g	0.856	0	1.198	0.728
Serine	g	0.820	0	1.148	0.697
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 3 oz

NDB No. 10151

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 140g	Measure 2* 28g	Measure 3*
Proximates:						
Water	g	68.26	0.277	24	95.56	19.35
Energy	kcal	147		0	206	42
Energy	kJ	615		0	861	174
Protein (N x 5.95)	g	22.32	0.305	24	31.25	6.33
Total lipid (fat)	g	5.71	0.261	24	7.99	1.62
Carbohydrate, by difference	g	0.05		0	0.07	0.01
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	3.66	0.141	24	5.12	1.04
Sugars, total	g					
Minerals:						
Calcium	mg	7		0	10	2
Iron	mg	0.81		0	1.13	0.23
Magnesium	mg	18		0	25	5
Phosphorus	mg	232		0	325	66
Potassium	mg	371		0	519	105
Sodium	mg	1516		0	2122	430
Zinc	mg	2.04		0	2.86	0.58
Copper	mg	0.079		0	0.111	0.022
Manganese	mg	0.035		0	0.049	0.010
Selenium	µg	18.8		0	26.3	5.3
Vitamins:						
Ascorbic acid	mg	0.0		0	0.0	0.0
Thiamin	mg	0.932		0	1.305	0.264
Riboflavin	mg	0.226		0	0.316	0.064
Niacin	mg	5.252		0	7.353	1.489
Pantothenic acid	mg	0.538		0	0.753	0.153
Vitamin B-6	mg	0.530		0	0.742	0.150
Folate	µg	4		0	6	1
Vitamin B-12	µg	0.87		0	1.22	0.25
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.260		0	0.364	0.074
Lipids:						
Saturated, total	g	1.920		0	2.688	0.544
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.020	0.004	30	0.028	0.006
12:0	g	0.020	0.003	28	0.028	0.006
14:0	g	0.070	0.002	109	0.098	0.020
15:0	g					
16:0	g	1.210	0.027	109	1.694	0.343
17:0	g					
18:0	g	0.590	0.014	109	0.826	0.167
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.620		0	3.668	0.743
14:1	g					
16:1	g	0.220	0.007	109	0.308	0.062
18:1	g	2.400	0.054	109	3.360	0.680
20:1	g	0.000		0	0.000	0.000
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.660		0	0.924	0.187
18:2	g	0.520	0.001	109	0.728	0.147
18:3	g	0.060	0.006	36	0.084	0.017
18:4	g	0.000		0	0.000	0.000
20:4	g	0.070	0.004	25	0.098	0.020
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	52		0	73	15
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.268		2	0.375	0.076
Threonine	g	0.992		10	1.389	0.281
Isoleucine	g	0.978		10	1.369	0.277
Leucine	g	1.771		10	2.479	0.502
Lysine	g	1.892		10	2.649	0.536
Methionine	g	0.589		10	0.825	0.167
Cystine	g	0.336		2	0.470	0.095
Phenylalanine	g	0.964		10	1.350	0.273
Tyrosine	g	0.732		10	1.025	0.208
Valine	g	0.967		10	1.354	0.274
Arginine	g	1.449		10	2.029	0.411
Histidine	g	0.800		10	1.120	0.227
Alanine	g	1.317		10	1.844	0.373
Aspartic acid	g	2.113		10	2.958	0.599
Glutamic acid	g	3.638		10	5.093	1.031
Glycine	g	1.160		10	1.624	0.329
Proline	g	0.953		10	1.334	0.270
Serine	g	0.914		10	1.280	0.259
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 oz

NDB No. 10152

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 140g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	65.78	0.293	45	92.09	55.91
Energy	kcal	157		0	220	133
Energy	kJ	657		0	920	558
Protein (N x 5.95)	g	25.05	0.254	29	35.07	21.29
Total lipid (fat)	g	5.50	0.177	25	7.70	4.67
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	3.74	0.152	12	5.24	3.18
Sugars, total	g					
Minerals:						
Calcium	mg	7	0.298	21	10	6
Iron	mg	0.94	0.023	21	1.32	0.80
Magnesium	mg	22	0.850	21	31	19
Phosphorus	mg	227		0	318	193
Potassium	mg	316	8.674	21	442	269
Sodium	mg	1327	80.771	21	1858	1128
Zinc	mg	2.57	0.051	21	3.60	2.18
Copper	mg	0.087	0.003	21	0.122	0.074
Manganese	mg	0.016	0.001	21	0.022	0.014
Selenium	µg	25.4	1.499	28	35.6	21.6
Vitamins:						
Ascorbic acid	mg	0.0		0	0.0	0.0
Thiamin	mg	0.680	0.072	5	0.952	0.578
Riboflavin	mg	0.254	0.020	5	0.356	0.216
Niacin	mg	5.020	0.200	5	7.028	4.267
Pantothenic acid	mg	0.498		0	0.697	0.423
Vitamin B-6	mg	0.470		0	0.658	0.400
Folate	µg	4		0	6	3
Vitamin B-12	µg	0.70	0.031	5	0.98	0.60
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.260		0	0.364	0.221
Lipids:						
Saturated, total	g	1.840		0	2.576	1.564
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.020	0.004	30	0.028	0.017
12:0	g	0.020	0.003	28	0.028	0.017
14:0	g	0.070	0.002	109	0.098	0.060
15:0	g					
16:0	g	1.170	0.020	109	1.638	0.995
17:0	g					
18:0	g	0.560	0.010	109	0.784	0.476
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.530		0	3.542	2.150
14:1	g					
16:1	g	0.210	0.006	109	0.294	0.179
18:1	g	2.320	0.039	109	3.248	1.972
20:1	g	0.000		0	0.000	0.000
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.630		0	0.882	0.536
18:2	g	0.500	0.014	109	0.700	0.425
18:3	g	0.060	0.006	36	0.084	0.051
18:4	g	0.000		0	0.000	0.000
20:4	g	0.070	0.004	25	0.098	0.060
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	55		0	77	47
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.300		2	0.420	0.255
Threonine	g	1.114		10	1.560	0.947
Isoleucine	g	1.098		10	1.537	0.933
Leucine	g	1.988		10	2.783	1.690
Lysine	g	2.124		10	2.974	1.805
Methionine	g	0.661		10	0.925	0.562
Cystine	g	0.377		2	0.528	0.320
Phenylalanine	g	1.082		10	1.515	0.920
Tyrosine	g	0.822		10	1.151	0.699
Valine	g	1.086		10	1.520	0.923
Arginine	g	1.627		10	2.278	1.383
Histidine	g	0.898		10	1.257	0.763
Alanine	g	1.479		10	2.071	1.257
Aspartic acid	g	2.372		10	3.321	2.016
Glutamic acid	g	4.084		10	5.718	3.471
Glycine	g	1.302		10	1.823	1.107
Proline	g	1.070		10	1.498	0.910
Serine	g	1.026		10	1.436	0.872
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 3 oz

NDB No. 10153

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 227g	Measure 3*
Proximates:						
Water	g	11.00	2.994	2	3.12	24.97
Energy	kcal	748		0	212	1698
Energy	kJ	3130		0	887	7105
Protein (N x 5.95)	g	5.05	1.150	2	1.43	11.46
Total lipid (fat)	g	80.50	4.500	2	22.82	182.74
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	3.65	0.150	2	1.03	8.29
Sugars, total	g					
Minerals:						
Calcium	mg	6		0	2	14
Iron	mg	0.44		0	0.12	1.00
Magnesium	mg	7		0	2	16
Phosphorus	mg	52		0	15	118
Potassium	mg	66	9.504	2	19	150
Sodium	mg	1424	400.681	3	404	3232
Zinc	mg	0.90		0	0.26	2.04
Copper	mg	0.050		0	0.014	0.114
Manganese	mg	0.005		0	0.001	0.011
Selenium	µg	5.8		0	1.6	13.2
Vitamins:						
Ascorbic acid	mg	0.0		0	0.0	0.0
Thiamin	mg	0.215		0	0.061	0.488
Riboflavin	mg	0.061		0	0.017	0.138
Niacin	mg	1.620		0	0.459	3.677
Pantothenic acid	mg	0.205		0	0.058	0.465
Vitamin B-6	mg	0.080		0	0.023	0.182
Folate	µg	1		0	0	2
Vitamin B-12	µg	0.29		0	0.08	0.66
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.490		0	0.139	1.112
Lipids:						
Saturated, total	g	29.380		0	8.329	66.693
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.160		0	0.045	0.363
14:0	g	1.050		0	0.298	2.384
15:0	g					
16:0	g	17.670		0	5.009	40.111
17:0	g					
18:0	g	10.330		0	2.929	23.449
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	37.940	0	10.756	86.124
14:1	g				
16:1	g	2.500	0	0.709	5.675
18:1	g	34.930	0	9.903	79.291
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	9.400	0	2.665	21.338
18:2	g	8.630	0	2.447	19.590
18:3	g	0.650	0	0.184	1.476
18:4	g	0.000	0	0.000	0.000
20:4	g	0.080	0	0.023	0.182
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	86	0	24	195
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.017	0	0.005	0.039
Threonine	g	0.166	0	0.047	0.377
Isoleucine	g	0.133	0	0.038	0.302
Leucine	g	0.353	0	0.100	0.801
Lysine	g	0.419	0	0.119	0.951
Methionine	g	0.075	0	0.021	0.170
Cystine	g	0.044	0	0.012	0.100
Phenylalanine	g	0.189	0	0.054	0.429
Tyrosine	g	0.082	0	0.023	0.186
Valine	g	0.242	0	0.069	0.549
Arginine	g	0.522	0	0.148	1.185
Histidine	g	0.057	0	0.016	0.129
Alanine	g	0.283	0	0.080	0.642
Aspartic acid	g	0.417	0	0.118	0.947
Glutamic acid	g	0.693	0	0.196	1.573
Glycine	g	0.361	0	0.102	0.819
Proline	g	0.268	0	0.076	0.608
Serine	g	0.190	0	0.054	0.431
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 8 oz

NDB No. 10165

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	31.06	0.594	96	8.81	26.40
Energy	kcal	579		0	164	492
Energy	kJ	2423		0	687	2060
Protein (N x 5.95)	g	5.68	0.099	106	1.61	4.83
Total lipid (fat)	g	61.41	0.674	97	17.41	52.20
Carbohydrate, by difference	g	0.09		0	0.03	0.08
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.77	0.055	96	0.50	1.50
Sugars, total	g					
Minerals:						
Calcium	mg	5		0	1	4
Iron	mg	0.39		0	0.11	0.33
Magnesium	mg	6		0	2	5
Phosphorus	mg	98		0	28	83
Potassium	mg	105		0	30	89
Sodium	mg	505		0	143	429
Zinc	mg	0.80		0	0.23	0.68
Copper	mg	0.044		0	0.012	0.037
Manganese	mg	0.005		0	0.001	0.004
Selenium	µg	4.7		0	1.3	4.0
Vitamins:						
Ascorbic acid	mg	0.0		0	0.0	0.0
Thiamin	mg	0.241		0	0.068	0.205
Riboflavin	mg	0.068		0	0.019	0.058
Niacin	mg	1.820		0	0.516	1.547
Pantothenic acid	mg	0.230		0	0.065	0.196
Vitamin B-6	mg	0.030		0	0.009	0.026
Folate	µg	1		0	0	1
Vitamin B-12	µg	0.33		0	0.09	0.28
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.300		0	0.085	0.255
Lipids:						
Saturated, total	g	22.520		0	6.384	19.142
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.110		0	0.031	0.094
14:0	g	0.820		0	0.232	0.697
15:0	g					
16:0	g	13.990		0	3.966	11.892
17:0	g					
18:0	g	7.470		0	2.118	6.349
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	29.470	0	8.355	25.049
14:1	g				
16:1	g	1.810	0	0.513	1.539
18:1	g	27.260	0	7.728	23.171
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	6.530	0	1.851	5.551
18:2	g	5.730	0	1.624	4.870
18:3	g	0.630	0	0.179	0.536
18:4	g	0.000	0	0.000	0.000
20:4	g	0.130	0	0.037	0.111
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	68	0	19	58
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.018	0	0.005	0.015
Threonine	g	0.187	0	0.053	0.159
Isoleucine	g	0.150	0	0.043	0.128
Leucine	g	0.396	0	0.112	0.337
Lysine	g	0.470	0	0.133	0.400
Methionine	g	0.084	0	0.024	0.071
Cystine	g	0.050	0	0.014	0.043
Phenylalanine	g	0.212	0	0.060	0.180
Tyrosine	g	0.092	0	0.026	0.078
Valine	g	0.271	0	0.077	0.230
Arginine	g	0.586	0	0.166	0.498
Histidine	g	0.064	0	0.018	0.054
Alanine	g	0.318	0	0.090	0.270
Aspartic acid	g	0.469	0	0.133	0.399
Glutamic acid	g	0.780	0	0.221	0.663
Glycine	g	0.406	0	0.115	0.345
Proline	g	0.302	0	0.086	0.257
Serine	g	0.214	0	0.061	0.182
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 3 oz

NDB No. 10166

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	28.89	0.793	63	8.19	24.56
Energy	kcal	591		0	168	502
Energy	kJ	2473		0	701	2102
Protein (N x 5.95)	g	7.64	0.167	63	2.17	6.49
Total lipid (fat)	g	61.86	0.902	63	17.54	52.58
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.68	0.054	48	0.48	1.43
Sugars, total	g					
Minerals:						
Calcium	mg	8		0	2	7
Iron	mg	0.61		0	0.17	0.52
Magnesium	mg	9		0	3	8
Phosphorus	mg	160		0	45	136
Potassium	mg	164		0	46	139
Sodium	mg	624		0	177	530
Zinc	mg	1.31		0	0.37	1.11
Copper	mg	0.069		0	0.020	0.059
Manganese	mg	0.007		0	0.002	0.006
Selenium	µg	11.7		0	3.3	9.9
Vitamins:						
Ascorbic acid	mg	0.0		0	0.0	0.0
Thiamin	mg	0.287		0	0.081	0.244
Riboflavin	mg	0.091		0	0.026	0.077
Niacin	mg	2.228		0	0.632	1.894
Pantothenic acid	mg	0.293		0	0.083	0.249
Vitamin B-6	mg	0.030		0	0.009	0.026
Folate	µg	2		0	1	2
Vitamin B-12	µg	0.42		0	0.12	0.36
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	22.690		0	6.433	19.287
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.110		0	0.031	0.094
14:0	g	0.820		0	0.232	0.697
15:0	g					
16:0	g	14.090		0	3.995	11.977
17:0	g					
18:0	g	7.520		0	2.132	6.392
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	29.690	0	8.417	25.236
14:1	g				
16:1	g	1.830	0	0.519	1.556
18:1	g	27.460	0	7.785	23.341
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	6.580	0	1.865	5.593
18:2	g	5.770	0	1.636	4.904
18:3	g	0.640	0	0.181	0.544
18:4	g	0.000	0	0.000	0.000
20:4	g	0.140	0	0.040	0.119
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	86	0	24	73
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.025	0	0.007	0.021
Threonine	g	0.251	0	0.071	0.213
Isoleucine	g	0.201	0	0.057	0.171
Leucine	g	0.534	0	0.151	0.454
Lysine	g	0.633	0	0.179	0.538
Methionine	g	0.113	0	0.032	0.096
Cystine	g	0.067	0	0.019	0.057
Phenylalanine	g	0.286	0	0.081	0.243
Tyrosine	g	0.124	0	0.035	0.105
Valine	g	0.365	0	0.103	0.310
Arginine	g	0.789	0	0.224	0.671
Histidine	g	0.086	0	0.024	0.073
Alanine	g	0.428	0	0.121	0.364
Aspartic acid	g	0.631	0	0.179	0.536
Glutamic acid	g	1.049	0	0.297	0.892
Glycine	g	0.546	0	0.155	0.464
Proline	g	0.406	0	0.115	0.345
Serine	g	0.287	0	0.081	0.244
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 3 oz

NDB No. 10167

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 140g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	54.73	0	76.62	46.52	
Energy	kcal	280	0	392	238	
Energy	kJ	1172	0	1641	996	
Protein (N x 5.95)	g	20.43	0	28.60	17.37	
Total lipid (fat)	g	21.35	0	29.89	18.15	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	3.51	0	4.91	2.98	
Sugars, total	g					
Minerals:						
Calcium	mg	10	0	14	9	
Iron	mg	0.95	0	1.33	0.81	
Magnesium	mg	14	0	20	12	
Phosphorus	mg	221	0	309	188	
Potassium	mg	258	0	361	219	
Sodium	mg	1072	0	1501	911	
Zinc	mg	2.51	0	3.51	2.13	
Copper	mg	0.113	0	0.158	0.096	
Manganese	mg	0.024	0	0.034	0.020	
Selenium	µg	33.6	0	47.0	28.6	
Vitamins:						
Ascorbic acid	mg	0.0	0	0.0	0.0	
Thiamin	mg	0.612	0	0.857	0.520	
Riboflavin	mg	0.190	0	0.266	0.161	
Niacin	mg	4.127	0	5.778	3.508	
Pantothenic acid	mg	0.559	0	0.783	0.475	
Vitamin B-6	mg	0.280	0	0.392	0.238	
Folate	µg	3	0	4	3	
Vitamin B-12	µg	0.93	0	1.30	0.79	
Vitamin A	IU	0	0	0	0	
Vitamin A, RE	µg	0	0	0	0	
Vitamin E, α-TE	mg	0.260	0	0.364	0.221	
Lipids:						
Saturated, total	g	7.670	0	10.738	6.520	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.030	0	0.042	0.026	
12:0	g	0.050	0	0.070	0.043	
14:0	g	0.280	0	0.392	0.238	
15:0	g					
16:0	g	4.780	0	6.692	4.063	
17:0	g					
18:0	g	2.500	0	3.500	2.125	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	10.140	0	14.196	8.619
14:1	g				
16:1	g	0.670	0	0.938	0.570
18:1	g	9.350	0	13.090	7.947
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.320	0	3.248	1.972
18:2	g	1.980	0	2.772	1.683
18:3	g	0.220	0	0.308	0.187
18:4	g	0.000	0	0.000	0.000
20:4	g	0.100	0	0.140	0.085
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	58	0	81	49
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.227	0	0.318	0.193
Threonine	g	0.885	0	1.239	0.752
Isoleucine	g	0.861	0	1.205	0.732
Leucine	g	1.602	0	2.243	1.362
Lysine	g	1.728	0	2.419	1.469
Methionine	g	0.516	0	0.722	0.439
Cystine	g	0.294	0	0.412	0.250
Phenylalanine	g	0.871	0	1.219	0.740
Tyrosine	g	0.637	0	0.892	0.541
Valine	g	0.894	0	1.252	0.760
Arginine	g	1.403	0	1.964	1.193
Histidine	g	0.683	0	0.956	0.581
Alanine	g	1.088	0	1.523	0.925
Aspartic acid	g	1.746	0	2.444	1.484
Glutamic acid	g	3.005	0	4.207	2.554
Glycine	g	0.958	0	1.341	0.814
Proline	g	0.787	0	1.102	0.669
Serine	g	0.755	0	1.057	0.642
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 3 oz

NDB No. 10168

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 140g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	63.86	0.647	9	89.40	54.28
Energy	kcal	170		0	238	145
Energy	kJ	711		0	995	604
Protein (N x 5.95)	g	24.94	0.356	9	34.92	21.20
Total lipid (fat)	g	7.04	0.297	9	9.86	5.98
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	4.16		0	5.82	3.54
Sugars, total	g					
Minerals:						
Calcium	mg	11		0	15	9
Iron	mg	1.08		0	1.51	0.92
Magnesium	mg	16		0	22	14
Phosphorus	mg	243		0	340	207
Potassium	mg	292		0	409	248
Sodium	mg	1231		0	1723	1046
Zinc	mg	2.94		0	4.12	2.50
Copper	mg	0.128		0	0.179	0.109
Manganese	mg	0.030		0	0.042	0.026
Selenium	µg	41.3		0	57.8	35.1
Vitamins:						
Ascorbic acid	mg	0.0		0	0.0	0.0
Thiamin	mg	0.727		0	1.018	0.618
Riboflavin	mg	0.226		0	0.316	0.192
Niacin	mg	4.798		0	6.717	4.078
Pantothenic acid	mg	0.654		0	0.916	0.556
Vitamin B-6	mg	0.370		0	0.518	0.315
Folate	µg	4		0	6	3
Vitamin B-12	µg	1.11		0	1.55	0.94
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.260		0	0.364	0.221
Lipids:						
Saturated, total	g	2.360		0	3.304	2.006
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.030	0.005	30	0.042	0.026
12:0	g	0.020	0.003	28	0.028	0.017
14:0	g	0.090	0.002	109	0.126	0.077
15:0	g					
16:0	g	1.490	0.021	109	2.086	1.266
17:0	g					
18:0	g	0.720	0.011	109	1.008	0.612
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	3.230		0	4.522	2.746
14:1	g					
16:1	g	0.270	0.007	109	0.378	0.230
18:1	g	2.960	0.042	109	4.144	2.516
20:1	g	0.000		0	0.000	0.000
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.810		0	1.134	0.689
18:2	g	0.640	0.016	109	0.896	0.544
18:3	g	0.080	0.007	36	0.112	0.068
18:4	g	0.000		0	0.000	0.000
20:4	g	0.090	0.004	25	0.126	0.077
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	48		0	67	41
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.299		2	0.419	0.254
Threonine	g	1.109		10	1.553	0.943
Isoleucine	g	1.094		10	1.532	0.930
Leucine	g	1.980		10	2.772	1.683
Lysine	g	2.115		10	2.961	1.798
Methionine	g	0.659		10	0.923	0.560
Cystine	g	0.375		2	0.525	0.319
Phenylalanine	g	1.078		10	1.509	0.916
Tyrosine	g	0.818		10	1.145	0.695
Valine	g	1.082		10	1.515	0.920
Arginine	g	1.620		10	2.268	1.377
Histidine	g	0.894		10	1.252	0.760
Alanine	g	1.473		10	2.062	1.252
Aspartic acid	g	2.363		10	3.308	2.009
Glutamic acid	g	4.067		10	5.694	3.457
Glycine	g	1.297		10	1.816	1.102
Proline	g	1.066		10	1.492	0.906
Serine	g	1.022		10	1.431	0.869
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 3 oz

NDB No. 10169

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:						
Water	g	59.13	0.837	26	16.76	66.82
Energy	kcal	269		0	76	304
Energy	kJ	1125		0	319	1271
Protein (N x 5.95)	g	16.47	0.484	26	4.67	18.61
Total lipid (fat)	g	21.98	1.610	6	6.23	24.84
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	3.85	0.410	6	1.09	4.35
Sugars, total	g					
Minerals:						
Calcium	mg	7		0	2	8
Iron	mg	0.82	0.105	4	0.23	0.93
Magnesium	mg	13	0.410	4	4	15
Phosphorus	mg	199	6.056	8	56	225
Potassium	mg	295	31.145	6	84	333
Sodium	mg	1250	190.854	6	354	1413
Zinc	mg	2.35	0.095	4	0.67	2.66
Copper	mg	0.090	0.005	4	0.026	0.102
Manganese	mg	0.033		1	0.009	0.037
Selenium	µg	22.0		0	6.2	24.9
Vitamins:						
Ascorbic acid	mg	0.3	0.250	4	0.1	0.3
Thiamin	mg	0.540	0.050	4	0.153	0.610
Riboflavin	mg	0.220	0.010	4	0.062	0.249
Niacin	mg	2.720	0.150	4	0.771	3.074
Pantothenic acid	mg	0.710	0.078	2	0.201	0.802
Vitamin B-6	mg	0.260	0.020	4	0.074	0.294
Folate	µg	3		1	1	3
Vitamin B-12	µg	1.30	0.185	4	0.37	1.47
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	7.939		0	2.251	8.971
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.040		4	0.011	0.045
12:0	g	0.030		4	0.009	0.034
14:0	g	0.269		4	0.076	0.304
15:0	g					
16:0	g	4.748		4	1.346	5.365
17:0	g					
18:0	g	2.853		4	0.809	3.224
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	9.755		0	2.766	11.023
14:1	g					
16:1	g	0.728		4	0.206	0.823
18:1	g	9.026		4	2.559	10.199
20:1	g					
22:1	g					
Polyunsaturated, total	g	2.334		0	0.662	2.637
18:2	g	2.015		4	0.571	2.277
18:3	g	0.319		4	0.090	0.360
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	53	4.205	4	15	60
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.198		0	0.056	0.224
Threonine	g	0.733		0	0.208	0.828
Isoleucine	g	0.722		0	0.205	0.816
Leucine	g	1.307		0	0.371	1.477
Lysine	g	1.397		0	0.396	1.579
Methionine	g	0.435		0	0.123	0.492
Cystine	g	0.248		0	0.070	0.280
Phenylalanine	g	0.712		0	0.202	0.805
Tyrosine	g	0.540		0	0.153	0.610
Valine	g	0.714		0	0.202	0.807
Arginine	g	1.070		0	0.303	1.209
Histidine	g	0.590		0	0.167	0.667
Alanine	g	0.972		0	0.276	1.098
Aspartic acid	g	1.560		0	0.442	1.763
Glutamic acid	g	2.685		0	0.761	3.034
Glycine	g	0.856		0	0.243	0.967
Proline	g	0.704		0	0.200	0.796
Serine	g	0.675		0	0.191	0.763
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 4 oz

NDB No. 10170

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 376g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	56.18	1.026	4	211.24	47.75
Energy	kcal	287		0	1079	244
Energy	kJ	1201		0	4516	1021
Protein (N x 5.95)	g	17.28	0.435	4	64.97	14.69
Total lipid (fat)	g	23.48	1.223	4	88.28	19.96
Carbohydrate, by difference	g	0.37		0	1.39	0.31
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	2.70	0.147	4	10.15	2.30
Sugars, total	g					
Minerals:						
Calcium	mg	7		1	26	6
Iron	mg	0.89	0.075	4	3.35	0.76
Magnesium	mg	13	0.854	4	49	11
Phosphorus	mg	156	22.754	4	587	133
Potassium	mg	194	9.077	4	729	165
Sodium	mg	973	30.346	4	3658	827
Zinc	mg	2.45	0.119	4	9.21	2.08
Copper	mg	0.076	0.012	4	0.286	0.065
Manganese	mg	0.023	0.002	2	0.086	0.020
Selenium	µg	28.6		0	107.5	24.3
Vitamins:						
Ascorbic acid	mg	3.2	0.872	6	12.0	2.7
Thiamin	mg	0.460	0.016	4	1.730	0.391
Riboflavin	mg	0.285	0.027	4	1.072	0.242
Niacin	mg	2.377	0.143	4	8.938	2.020
Pantothenic acid	mg	0.770		1	2.895	0.655
Vitamin B-6	mg	0.210	0.006	4	0.790	0.179
Folate	µg	3		0	11	3
Vitamin B-12	µg	1.05	0.182	4	3.95	0.89
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.260		0	0.978	0.221
Lipids:						
Saturated, total	g	8.380		0	31.509	7.123
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.050	0.009	4	0.188	0.043
12:0	g	0.040	0.004	4	0.150	0.034
14:0	g	0.250	0.034	4	0.940	0.213
15:0	g					
16:0	g	5.120	0.348	4	19.251	4.352
17:0	g					
18:0	g	2.930	0.180	4	11.017	2.490
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	11.030		0	41.473	9.375
14:1	g					
16:1	g	0.880	0.065	4	3.309	0.748
18:1	g	10.150	0.748	4	38.164	8.627
20:1	g	0.000		0	0.000	0.000
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.510		0	9.438	2.133
18:2	g	2.150	0.217	4	8.084	1.827
18:3	g	0.360	0.069	4	1.354	0.306
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	67	2.561	4	252	57
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.207		0	0.778	0.176
Threonine	g	0.768		0	2.888	0.653
Isoleucine	g	0.757		0	2.846	0.643
Leucine	g	1.371		0	5.155	1.165
Lysine	g	1.465		0	5.508	1.245
Methionine	g	0.456		0	1.715	0.388
Cystine	g	0.260		0	0.978	0.221
Phenylalanine	g	0.746		0	2.805	0.634
Tyrosine	g	0.567		0	2.132	0.482
Valine	g	0.749		0	2.816	0.637
Arginine	g	1.122		0	4.219	0.954
Histidine	g	0.619		0	2.327	0.526
Alanine	g	1.020		0	3.835	0.867
Aspartic acid	g	1.636		0	6.151	1.391
Glutamic acid	g	2.817		0	10.592	2.394
Glycine	g	0.898		0	3.376	0.763
Proline	g	0.738		0	2.775	0.627
Serine	g	0.708		0	2.662	0.602
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb unheated product, after cooking
- Measure 2: 3 oz

NDB No. 10171

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 142g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	66.00	1	93.72	56.10	
Energy	kcal	194	0	275	165	
Energy	kJ	812	0	1153	690	
Protein (N x 5.95)	g	19.20	1	27.26	16.32	
Total lipid (fat)	g	12.40	1	17.61	10.54	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	0.50	1	0.71	0.43	
Sugars, total	g					
Minerals:						
Calcium	mg	45	1	64	38	
Iron	mg	0.47	0	0.67	0.40	
Magnesium	mg	5	1	7	4	
Phosphorus	mg	48	1	68	41	
Potassium	mg	146	0	207	124	
Sodium	mg	30	0	43	26	
Zinc	mg	1.08	0	1.53	0.92	
Copper	mg	0.044	0	0.062	0.037	
Manganese	mg	0.005	0	0.007	0.004	
Selenium	µg	4.7	0	6.7	4.0	
Vitamins:						
Ascorbic acid	mg	0.0	1	0.0	0.0	
Thiamin	mg	0.010	1	0.014	0.009	
Riboflavin	mg	0.060	1	0.085	0.051	
Niacin	mg	0.520	1	0.738	0.442	
Pantothenic acid	mg	0.240	0	0.341	0.204	
Vitamin B-6	mg	0.090	0	0.128	0.077	
Folate	µg	1	0	1	1	
Vitamin B-12	µg	0.18	0	0.26	0.15	
Vitamin A	IU	0	1	0	0	
Vitamin A, RE	µg	0	1	0	0	
Vitamin E, α-TE	mg	0.260	0	0.369	0.221	
Lipids:						
Saturated, total	g	4.280	0	6.078	3.638	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.190	0	0.270	0.161	
15:0	g					
16:0	g	2.800	0	3.976	2.380	
17:0	g					
18:0	g	1.290	0	1.832	1.097	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.810	0	8.250	4.938
14:1	g				
16:1	g	0.450	0	0.639	0.383
18:1	g	5.360	0	7.611	4.556
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.350	0	1.917	1.148
18:2	g	1.170	0	1.661	0.995
18:3	g	0.110	0	0.156	0.094
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.099	0.060
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	100	1	142	85
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.038	1	0.054	0.032
Threonine	g	0.518	1	0.736	0.440
Isoleucine	g	0.326	1	0.463	0.277
Leucine	g	0.845	1	1.200	0.718
Lysine	g	0.826	1	1.173	0.702
Methionine	g	0.211	1	0.300	0.179
Cystine	g	0.169	0	0.240	0.144
Phenylalanine	g	0.557	1	0.791	0.473
Tyrosine	g	0.307	1	0.436	0.261
Valine	g	0.480	1	0.682	0.408
Arginine	g	1.440	1	2.045	1.224
Histidine	g	0.211	1	0.300	0.179
Alanine	g	1.574	1	2.235	1.338
Aspartic acid	g	1.382	1	1.962	1.175
Glutamic acid	g	2.112	1	2.999	1.795
Glycine	g	3.360	1	4.771	2.856
Proline	g	2.016	1	2.863	1.714
Serine	g	0.768	1	1.091	0.653
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10173

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:						
Water	g	46.05	3.650	2	13.06	52.04
Energy	kcal	378		0	107	427
Energy	kJ	1582		0	448	1788
Protein (N x 5.95)	g	17.75	1.450	2	5.03	20.06
Total lipid (fat)	g	33.50	3.400	2	9.50	37.85
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	0.50		1	0.14	0.56
Sugars, total	g					
Minerals:						
Calcium	mg	18		1	5	20
Iron	mg	0.99		0	0.28	1.12
Magnesium	mg	8		1	2	9
Phosphorus	mg	50		1	14	57
Potassium	mg	349		0	99	394
Sodium	mg	63		0	18	71
Zinc	mg	2.31		0	0.65	2.61
Copper	mg	0.084		0	0.024	0.095
Manganese	mg	0.011		0	0.003	0.012
Selenium	µg	2.7		0	0.8	3.1
Vitamins:						
Ascorbic acid	mg	0.0		1	0.0	0.0
Thiamin	mg	0.210		1	0.060	0.237
Riboflavin	mg	0.110		1	0.031	0.124
Niacin	mg	2.060		1	0.584	2.328
Pantothenic acid	mg	0.673		0	0.191	0.760
Vitamin B-6	mg	0.370		0	0.105	0.418
Folate	µg	5		0	1	6
Vitamin B-12	µg	0.88		0	0.25	0.99
Vitamin A	IU	0		1	0	0
Vitamin A, RE	µg	0		1	0	0
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	11.640		0	3.300	13.153
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.530		0	0.150	0.599
15:0	g					
16:0	g	7.600		0	2.155	8.588
17:0	g					
18:0	g	3.510		0	0.995	3.966
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	15.800	0	4.479	17.854
14:1	g				
16:1	g	1.220	0	0.346	1.379
18:1	g	14.580	0	4.133	16.475
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.680	0	1.043	4.158
18:2	g	3.190	0	0.904	3.605
18:3	g	0.280	0	0.079	0.316
18:4	g	0.000	0	0.000	0.000
20:4	g	0.210	0	0.060	0.237
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	97	1	27	110
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.089	1	0.025	0.101
Threonine	g	0.550	1	0.156	0.622
Isoleucine	g	0.408	1	0.116	0.461
Leucine	g	0.905	1	0.257	1.023
Lysine	g	1.012	1	0.287	1.144
Methionine	g	0.320	1	0.091	0.362
Cystine	g	0.230	0	0.065	0.260
Phenylalanine	g	0.479	1	0.136	0.541
Tyrosine	g	0.320	1	0.091	0.362
Valine	g	0.515	1	0.146	0.582
Arginine	g	1.189	1	0.337	1.344
Histidine	g	0.302	1	0.086	0.341
Alanine	g	1.278	1	0.362	1.444
Aspartic acid	g	1.384	1	0.392	1.564
Glutamic acid	g	2.130	1	0.604	2.407
Glycine	g	2.361	1	0.669	2.668
Proline	g	1.509	1	0.428	1.705
Serine	g	0.692	1	0.196	0.782
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 4 oz

NDB No. 10174

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 275g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	46.70	1	128.43	39.70	
Energy	kcal	396	0	1089	337	
Energy	kJ	1657	0	4557	1408	
Protein (N x 5.95)	g	17.00	1	46.75	14.45	
Total lipid (fat)	g	35.80	1	98.45	30.43	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	0.40	1	1.10	0.34	
Sugars, total	g					
Minerals:						
Calcium	mg	14	1	39	12	
Iron	mg	0.79	0	2.17	0.67	
Magnesium	mg	7	1	19	6	
Phosphorus	mg	47	1	129	40	
Potassium	mg	157	0	432	133	
Sodium	mg	25	0	69	21	
Zinc	mg	1.64	0	4.51	1.39	
Copper	mg	0.067	0	0.184	0.057	
Manganese	mg	0.006	0	0.017	0.005	
Selenium	µg	3.1	0	8.5	2.6	
Vitamins:						
Ascorbic acid	mg	0.0	1	0.0	0.0	
Thiamin	mg	0.070	1	0.193	0.060	
Riboflavin	mg	0.070	1	0.193	0.060	
Niacin	mg	1.120	1	3.080	0.952	
Pantothenic acid	mg	0.423	0	1.163	0.360	
Vitamin B-6	mg	0.270	0	0.743	0.230	
Folate	µg	4	0	11	3	
Vitamin B-12	µg	0.55	0	1.51	0.47	
Vitamin A	IU	0	1	0	0	
Vitamin A, RE	µg	0	1	0	0	
Vitamin E, α-TE	mg	0.260	0	0.715	0.221	
Lipids:						
Saturated, total	g	12.450	0	34.237	10.582	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.570	0	1.567	0.484	
15:0	g					
16:0	g	8.130	0	22.358	6.911	
17:0	g					
18:0	g	3.750	0	10.313	3.188	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	16.890	0	46.447	14.357
14:1	g				
16:1	g	1.310	0	3.603	1.114
18:1	g	15.580	0	42.845	13.243
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.940	0	10.835	3.349
18:2	g	3.410	0	9.377	2.899
18:3	g	0.300	0	0.825	0.255
18:4	g	0.000	0	0.000	0.000
20:4	g	0.230	0	0.632	0.196
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	129	1	355	110
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.102	1	0.280	0.087
Threonine	g	0.595	1	1.636	0.506
Isoleucine	g	0.391	1	1.075	0.332
Leucine	g	0.952	1	2.618	0.809
Lysine	g	1.020	1	2.805	0.867
Methionine	g	0.306	1	0.841	0.260
Cystine	g	0.220	0	0.605	0.187
Phenylalanine	g	0.510	1	1.403	0.434
Tyrosine	g	0.340	1	0.935	0.289
Valine	g	0.510	1	1.403	0.434
Arginine	g	1.173	1	3.226	0.997
Histidine	g	0.306	1	0.841	0.260
Alanine	g	1.258	1	3.459	1.069
Aspartic acid	g	1.428	1	3.927	1.214
Glutamic acid	g	2.193	1	6.031	1.864
Glycine	g	2.261	1	6.218	1.922
Proline	g	1.428	1	3.927	1.214
Serine	g	0.731	1	2.010	0.621
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10175

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 69g	Measure 3*
Proximates:						
Water	g	56.81	0	48.29	39.20	
Energy	kcal	232	0	197	160	
Energy	kJ	971	0	825	670	
Protein (N x 5.95)	g	32.18	0	27.35	22.20	
Total lipid (fat)	g	10.47	0	8.90	7.22	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.61	0	1.37	1.11	
Sugars, total	g					
Minerals:						
Calcium	mg	23	0	20	16	
Iron	mg	0.98	0	0.83	0.68	
Magnesium	mg	32	0	27	22	
Phosphorus	mg	271	0	230	187	
Potassium	mg	449	0	382	310	
Sodium	mg	86	0	73	59	
Zinc	mg	2.44	0	2.07	1.68	
Copper	mg	0.078	0	0.066	0.054	
Manganese	mg	0.012	0	0.010	0.008	
Selenium	µg	47.8	0	40.6	33.0	
Vitamins:						
Ascorbic acid	mg	1.2	0	1.0	0.8	
Thiamin	mg	1.243	0	1.057	0.858	
Riboflavin	mg	0.327	0	0.278	0.226	
Niacin	mg	5.997	0	5.097	4.138	
Pantothenic acid	mg	0.998	0	0.848	0.689	
Vitamin B-6	mg	0.513	0	0.436	0.354	
Folate	µg	6	0	5	4	
Vitamin B-12	µg	0.76	0	0.65	0.52	
Vitamin A	IU	8	0	7	6	
Vitamin A, RE	µg	2	0	2	1	
Vitamin E, α-TE	mg	0.260	0	0.221	0.179	
Lipids:						
Saturated, total	g	3.640	0	3.094	2.512	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.009	0.007	
12:0	g	0.010	0	0.009	0.007	
14:0	g	0.130	0	0.111	0.090	
15:0	g					
16:0	g	2.260	0	1.921	1.559	
17:0	g					
18:0	g	1.160	0	0.986	0.800	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.450	0	3.783	3.071
14:1	g				
16:1	g	0.320	0	0.272	0.221
18:1	g	3.990	0	3.392	2.753
20:1	g	0.090	0	0.077	0.062
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.340	0	1.139	0.925
18:2	g	1.170	0	0.995	0.807
18:3	g	0.090	0	0.077	0.062
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.034	0.028
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	92	0	78	63
Phytosterols	mg	3	0	3	2
Amino acids:					
Tryptophan	g	0.409	0	0.348	0.282
Threonine	g	1.470	0	1.250	1.014
Isoleucine	g	1.507	0	1.281	1.040
Leucine	g	2.582	0	2.195	1.782
Lysine	g	2.894	0	2.460	1.997
Methionine	g	0.852	0	0.724	0.588
Cystine	g	0.411	0	0.349	0.284
Phenylalanine	g	1.285	0	1.092	0.887
Tyrosine	g	1.121	0	0.953	0.773
Valine	g	1.746	0	1.484	1.205
Arginine	g	2.001	0	1.701	1.381
Histidine	g	1.286	0	1.093	0.887
Alanine	g	1.875	0	1.594	1.294
Aspartic acid	g	2.985	0	2.537	2.060
Glutamic acid	g	5.038	0	4.282	3.476
Glycine	g	1.528	0	1.299	1.054
Proline	g	1.293	0	1.099	0.892
Serine	g	1.329	0	1.130	0.917
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10176

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 64g	Measure 3*
Proximates:						
Water	g	59.69	0	50.74	38.20	
Energy	kcal	218	0	185	140	
Energy	kJ	912	0	775	584	
Protein (N x 5.95)	g	28.11	0	23.89	17.99	
Total lipid (fat)	g	10.87	0	9.24	6.96	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.27	0	1.08	0.81	
Sugars, total	g					
Minerals:						
Calcium	mg	20	0	17	13	
Iron	mg	0.77	0	0.65	0.49	
Magnesium	mg	27	0	23	17	
Phosphorus	mg	246	0	209	157	
Potassium	mg	455	0	387	291	
Sodium	mg	52	0	44	33	
Zinc	mg	2.08	0	1.77	1.33	
Copper	mg	0.070	0	0.060	0.045	
Manganese	mg	0.007	0	0.006	0.004	
Selenium	µg	43.1	0	36.6	27.6	
Vitamins:						
Ascorbic acid	mg	0.3	0	0.3	0.2	
Thiamin	mg	0.866	0	0.736	0.554	
Riboflavin	mg	0.326	0	0.277	0.209	
Niacin	mg	5.915	0	5.028	3.786	
Pantothenic acid	mg	0.654	0	0.556	0.419	
Vitamin B-6	mg	0.394	0	0.335	0.252	
Folate	µg	3	0	3	2	
Vitamin B-12	µg	0.75	0	0.64	0.48	
Vitamin A	IU	6	0	5	4	
Vitamin A, RE	µg	2	0	2	1	
Vitamin E, α-TE	mg	0.260	0	0.221	0.166	
Lipids:						
Saturated, total	g	3.980	0	3.383	2.547	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.009	0.006	
12:0	g	0.010	0	0.009	0.006	
14:0	g	0.140	0	0.119	0.090	
15:0	g					
16:0	g	2.480	0	2.108	1.587	
17:0	g					
18:0	g	1.290	0	1.097	0.826	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.910	0	4.174	3.142
14:1	g				
16:1	g	0.350	0	0.298	0.224
18:1	g	4.460	0	3.791	2.854
20:1	g	0.090	0	0.077	0.058
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.340	0	1.139	0.858
18:2	g	1.200	0	1.020	0.768
18:3	g	0.090	0	0.077	0.058
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.034	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	70	0	60	45
Phytosterols	mg	3	0	3	2
Amino acids:					
Tryptophan	g	0.357	0	0.303	0.228
Threonine	g	1.284	0	1.091	0.822
Isoleucine	g	1.316	0	1.119	0.842
Leucine	g	2.256	0	1.918	1.444
Lysine	g	2.528	0	2.149	1.618
Methionine	g	0.744	0	0.632	0.476
Cystine	g	0.359	0	0.305	0.230
Phenylalanine	g	1.122	0	0.954	0.718
Tyrosine	g	0.979	0	0.832	0.627
Valine	g	1.525	0	1.296	0.976
Arginine	g	1.748	0	1.486	1.119
Histidine	g	1.123	0	0.955	0.719
Alanine	g	1.638	0	1.392	1.048
Aspartic acid	g	2.607	0	2.216	1.668
Glutamic acid	g	4.401	0	3.741	2.817
Glycine	g	1.335	0	1.135	0.854
Proline	g	1.129	0	0.960	0.723
Serine	g	1.161	0	0.987	0.743
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10177

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 83g	Measure 3*
Proximates:						
Water	g	49.95	0	42.46	41.46	
Energy	kcal	342	0	291	284	
Energy	kJ	1431	0	1216	1188	
Protein (N x 5.95)	g	21.49	0	18.27	17.84	
Total lipid (fat)	g	27.74	0	23.58	23.02	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.14	0	0.97	0.95	
Sugars, total	g					
Minerals:						
Calcium	mg	30	0	26	25	
Iron	mg	0.88	0	0.75	0.73	
Magnesium	mg	21	0	18	17	
Phosphorus	mg	206	0	175	171	
Potassium	mg	332	0	282	276	
Sodium	mg	67	0	57	56	
Zinc	mg	3.19	0	2.71	2.65	
Copper	mg	0.080	0	0.068	0.066	
Manganese	mg	0.008	0	0.007	0.007	
Selenium	µg	34.9	0	29.7	29.0	
Vitamins:						
Ascorbic acid	mg	0.6	0	0.5	0.5	
Thiamin	mg	0.622	0	0.529	0.516	
Riboflavin	mg	0.294	0	0.250	0.244	
Niacin	mg	3.946	0	3.354	3.275	
Pantothenic acid	mg	0.659	0	0.560	0.547	
Vitamin B-6	mg	0.337	0	0.286	0.280	
Folate	µg	4	0	3	3	
Vitamin B-12	µg	0.84	0	0.71	0.70	
Vitamin A	IU	8	0	7	7	
Vitamin A, RE	µg	3	0	3	2	
Vitamin E, α-TE	mg	0.260	0	0.221	0.216	
Lipids:						
Saturated, total	g	10.170	0	8.645	8.441	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.020	0	0.017	0.017	
12:0	g	0.020	0	0.017	0.017	
14:0	g	0.350	0	0.298	0.290	
15:0	g					
16:0	g	6.200	0	5.270	5.146	
17:0	g					
18:0	g	3.390	0	2.882	2.814	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	11.720	0	9.962	9.728
14:1	g				
16:1	g	0.720	0	0.612	0.598
18:1	g	10.690	0	9.086	8.873
20:1	g	0.210	0	0.179	0.174
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.100	0	2.635	2.573
18:2	g	2.770	0	2.354	2.299
18:3	g	0.150	0	0.128	0.125
18:4	g	0.000	0	0.000	0.000
20:4	g	0.060	0	0.051	0.050
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	85	0	72	71
Phytosterols	mg	3	0	3	2
Amino acids:					
Tryptophan	g	0.243	0	0.207	0.202
Threonine	g	0.935	0	0.795	0.776
Isoleucine	g	0.940	0	0.799	0.780
Leucine	g	1.672	0	1.421	1.388
Lysine	g	1.894	0	1.610	1.572
Methionine	g	0.529	0	0.450	0.439
Cystine	g	0.259	0	0.220	0.215
Phenylalanine	g	0.843	0	0.717	0.700
Tyrosine	g	0.693	0	0.589	0.575
Valine	g	1.134	0	0.964	0.941
Arginine	g	1.421	0	1.208	1.179
Histidine	g	0.773	0	0.657	0.642
Alanine	g	1.290	0	1.097	1.071
Aspartic acid	g	1.918	0	1.630	1.592
Glutamic acid	g	3.152	0	2.679	2.616
Glycine	g	1.400	0	1.190	1.162
Proline	g	1.071	0	0.910	0.889
Serine	g	0.887	0	0.754	0.736
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10178

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1 [*] 85g	Measure 2 [*] 78g	Measure 3 [*]
Proximates:						
Water	g	52.98	0	45.03	41.32	
Energy	kcal	277	0	235	216	
Energy	kJ	1159	0	985	904	
Protein (N x 5.95)	g	29.91	0	25.42	23.33	
Total lipid (fat)	g	16.56	0	14.08	12.92	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.51	0	1.28	1.18	
Sugars, total	g					
Minerals:						
Calcium	mg	27	0	23	21	
Iron	mg	0.91	0	0.77	0.71	
Magnesium	mg	29	0	25	23	
Phosphorus	mg	259	0	220	202	
Potassium	mg	425	0	361	332	
Sodium	mg	80	0	68	62	
Zinc	mg	2.31	0	1.96	1.80	
Copper	mg	0.075	0	0.064	0.059	
Manganese	mg	0.011	0	0.009	0.009	
Selenium	µg	39.0	0	33.1	30.4	
Vitamins:						
Ascorbic acid	mg	1.0	0	0.9	0.8	
Thiamin	mg	1.138	0	0.967	0.888	
Riboflavin	mg	0.302	0	0.257	0.236	
Niacin	mg	5.601	0	4.761	4.369	
Pantothenic acid	mg	0.920	0	0.782	0.718	
Vitamin B-6	mg	0.469	0	0.399	0.366	
Folate	µg	6	0	5	5	
Vitamin B-12	µg	0.73	0	0.62	0.57	
Vitamin A	IU	8	0	7	6	
Vitamin A, RE	µg	2	0	2	2	
Vitamin E, α-TE	mg	0.260	0	0.221	0.203	
Lipids:						
Saturated, total	g	6.010	0	5.108	4.688	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.009	0.008	
12:0	g	0.010	0	0.009	0.008	
14:0	g	0.210	0	0.179	0.164	
15:0	g					
16:0	g	3.700	0	3.145	2.886	
17:0	g					
18:0	g	1.960	0	1.666	1.529	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	7.060	0	6.001	5.507
14:1	g				
16:1	g	0.480	0	0.408	0.374
18:1	g	6.380	0	5.423	4.976
20:1	g	0.130	0	0.111	0.101
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.910	0	1.623	1.490
18:2	g	1.690	0	1.437	1.318
18:3	g	0.110	0	0.094	0.086
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.043	0.039
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	92	0	78	72
Phytosterols	mg	2	0	2	2
Amino acids:					
Tryptophan	g	0.367	0	0.312	0.286
Threonine	g	1.345	0	1.143	1.049
Isoleucine	g	1.371	0	1.165	1.069
Leucine	g	2.377	0	2.020	1.854
Lysine	g	2.672	0	2.271	2.084
Methionine	g	0.774	0	0.658	0.604
Cystine	g	0.375	0	0.319	0.293
Phenylalanine	g	1.187	0	1.009	0.926
Tyrosine	g	1.018	0	0.865	0.794
Valine	g	1.608	0	1.367	1.254
Arginine	g	1.896	0	1.612	1.479
Histidine	g	1.157	0	0.983	0.902
Alanine	g	1.759	0	1.495	1.372
Aspartic acid	g	2.741	0	2.330	2.138
Glutamic acid	g	4.588	0	3.900	3.579
Glycine	g	1.587	0	1.349	1.238
Proline	g	1.293	0	1.099	1.009
Serine	g	1.235	0	1.050	0.963
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10179

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 73g	Measure 3*
Proximates:						
Water	g	55.50	0	47.17	40.52	
Energy	kcal	265	0	225	193	
Energy	kJ	1109	0	943	810	
Protein (N x 5.95)	g	26.28	0	22.34	19.18	
Total lipid (fat)	g	16.97	0	14.42	12.39	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.21	0	1.03	0.88	
Sugars, total	g					
Minerals:						
Calcium	mg	24	0	20	18	
Iron	mg	0.72	0	0.61	0.53	
Magnesium	mg	25	0	21	18	
Phosphorus	mg	236	0	201	172	
Potassium	mg	430	0	366	314	
Sodium	mg	50	0	43	37	
Zinc	mg	1.99	0	1.69	1.45	
Copper	mg	0.068	0	0.058	0.050	
Manganese	mg	0.007	0	0.006	0.005	
Selenium	µg	41.0	0	34.9	29.9	
Vitamins:						
Ascorbic acid	mg	0.3	0	0.3	0.2	
Thiamin	mg	0.804	0	0.683	0.587	
Riboflavin	mg	0.301	0	0.256	0.220	
Niacin	mg	5.525	0	4.696	4.033	
Pantothenic acid	mg	0.616	0	0.524	0.450	
Vitamin B-6	mg	0.364	0	0.309	0.266	
Folate	µg	3	0	3	2	
Vitamin B-12	µg	0.71	0	0.60	0.52	
Vitamin A	IU	7	0	6	5	
Vitamin A, RE	µg	2	0	2	1	
Vitamin E, α-TE	mg	0.260	0	0.221	0.190	
Lipids:						
Saturated, total	g	6.340	0	5.389	4.628	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.009	0.007	
12:0	g	0.010	0	0.009	0.007	
14:0	g	0.220	0	0.187	0.161	
15:0	g					
16:0	g	3.910	0	3.324	2.854	
17:0	g					
18:0	g	2.080	0	1.768	1.518	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	7.490	0	6.366	5.468
14:1	g				
16:1	g	0.500	0	0.425	0.365
18:1	g	6.830	0	5.805	4.986
20:1	g	0.130	0	0.111	0.095
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.920	0	1.632	1.402
18:2	g	1.730	0	1.471	1.263
18:3	g	0.110	0	0.094	0.080
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.043	0.037
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	73	0	62	53
Phytosterols	mg	2	0	2	1
Amino acids:					
Tryptophan	g	0.321	0	0.273	0.234
Threonine	g	1.180	0	1.003	0.861
Isoleucine	g	1.201	0	1.021	0.877
Leucine	g	2.086	0	1.773	1.523
Lysine	g	2.346	0	1.994	1.713
Methionine	g	0.678	0	0.576	0.495
Cystine	g	0.329	0	0.280	0.240
Phenylalanine	g	1.043	0	0.887	0.761
Tyrosine	g	0.891	0	0.757	0.650
Valine	g	1.412	0	1.200	1.031
Arginine	g	1.671	0	1.420	1.220
Histidine	g	1.012	0	0.860	0.739
Alanine	g	1.548	0	1.316	1.130
Aspartic acid	g	2.404	0	2.043	1.755
Glutamic acid	g	4.020	0	3.417	2.935
Glycine	g	1.416	0	1.204	1.034
Proline	g	1.148	0	0.976	0.838
Serine	g	1.085	0	0.922	0.792
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 151 g; yields excluding refuse

NDB No. 10180

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 63g	Measure 3*
Proximates:						
Water	g	57.62	0	48.98	36.30	
Energy	kcal	225	0	191	142	
Energy	kJ	941	0	800	593	
Protein (N x 5.95)	g	30.48	0	25.91	19.20	
Total lipid (fat)	g	10.50	0	8.93	6.62	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.37	0	1.16	0.86	
Sugars, total	g					
Minerals:						
Calcium	mg	22	0	19	14	
Iron	mg	0.85	0	0.72	0.54	
Magnesium	mg	30	0	26	19	
Phosphorus	mg	271	0	230	171	
Potassium	mg	500	0	425	315	
Sodium	mg	57	0	48	36	
Zinc	mg	2.29	0	1.95	1.44	
Copper	mg	0.077	0	0.065	0.049	
Manganese	mg	0.008	0	0.007	0.005	
Selenium	µg	45.8	0	38.9	28.9	
Vitamins:						
Ascorbic acid	mg	0.3	0	0.3	0.2	
Thiamin	mg	0.838	0	0.712	0.528	
Riboflavin	mg	0.375	0	0.319	0.236	
Niacin	mg	5.633	0	4.788	3.549	
Pantothenic acid	mg	0.857	0	0.728	0.540	
Vitamin B-6	mg	0.427	0	0.363	0.269	
Folate	µg	8	0	7	5	
Vitamin B-12	µg	0.67	0	0.57	0.42	
Vitamin A	IU	6	0	5	4	
Vitamin A, RE	µg	2	0	2	1	
Vitamin E, α-TE	mg	0.260	0	0.221	0.164	
Lipids:						
Saturated, total	g	3.600	0	3.060	2.268	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.009	0.006	
12:0	g	0.010	0	0.009	0.006	
14:0	g	0.120	0	0.102	0.076	
15:0	g					
16:0	g	2.270	0	1.930	1.430	
17:0	g					
18:0	g	1.130	0	0.961	0.712	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.600	0	3.910	2.898
14:1	g				
16:1	g	0.330	0	0.281	0.208
18:1	g	4.150	0	3.528	2.615
20:1	g	0.080	0	0.068	0.050
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.290	0	1.097	0.813
18:2	g	1.130	0	0.961	0.712
18:3	g	0.090	0	0.077	0.057
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.034	0.025
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	77	0	65	49
Phytosterols	mg	3	0	3	2
Amino acids:					
Tryptophan	g	0.387	0	0.329	0.244
Threonine	g	1.392	0	1.183	0.877
Isoleucine	g	1.427	0	1.213	0.899
Leucine	g	2.445	0	2.078	1.540
Lysine	g	2.741	0	2.330	1.727
Methionine	g	0.807	0	0.686	0.508
Cystine	g	0.389	0	0.331	0.245
Phenylalanine	g	1.217	0	1.034	0.767
Tyrosine	g	1.062	0	0.903	0.669
Valine	g	1.653	0	1.405	1.041
Arginine	g	1.895	0	1.611	1.194
Histidine	g	1.218	0	1.035	0.767
Alanine	g	1.776	0	1.510	1.119
Aspartic acid	g	2.827	0	2.403	1.781
Glutamic acid	g	4.771	0	4.055	3.006
Glycine	g	1.447	0	1.230	0.912
Proline	g	1.224	0	1.040	0.771
Serine	g	1.259	0	1.070	0.793
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 113 g; yields excluding refuse

NDB No. 10181

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 140g	Measure 2* 28g	Measure 3*
Proximates:						
Water	g	66.92	0.297	147	93.69	18.97
Energy	kcal	162		0	227	46
Energy	kJ	678		0	949	192
Protein (N x 5.95)	g	18.26	0.157	147	25.56	5.18
Total lipid (fat)	g	8.39	0.339	42	11.75	2.38
Carbohydrate, by difference	g	2.28		0	3.19	0.65
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	4.15	0.102	30	5.81	1.18
Sugars, total	g					
Minerals:						
Calcium	mg	7	1.850	6	10	2
Iron	mg	0.90	0.067	28	1.26	0.26
Magnesium	mg	18	0.755	28	25	5
Phosphorus	mg	236	7.327	31	330	67
Potassium	mg	297	6.227	70	416	84
Sodium	mg	1278	31.577	74	1789	362
Zinc	mg	2.05	0.070	27	2.87	0.58
Copper	mg	0.089	0.006	26	0.125	0.025
Manganese	mg	0.032	0.002	9	0.045	0.009
Selenium	µg	16.3		0	22.8	4.6
Vitamins:						
Ascorbic acid	mg	0.0		0	0.0	0.0
Thiamin	mg	0.889	0.033	28	1.245	0.252
Riboflavin	mg	0.240	0.009	27	0.336	0.068
Niacin	mg	5.090	0.178	27	7.126	1.443
Pantothenic acid	mg	0.454	0.071	10	0.636	0.129
Vitamin B-6	mg	0.380	0.023	27	0.532	0.108
Folate	µg	3		0	4	1
Vitamin B-12	µg	0.80	0.054	26	1.12	0.23
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.260		0	0.364	0.074
Lipids:						
Saturated, total	g	2.700		0	3.780	0.765
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.020	0.004	20	0.028	0.006
12:0	g	0.020	0.003	18	0.028	0.006
14:0	g	0.120	0.008	22	0.168	0.034
15:0	g					
16:0	g	1.700	0.107	22	2.380	0.482
17:0	g					
18:0	g	0.860	0.051	22	1.204	0.244
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	3.940		0	5.516	1.117
14:1	g					
16:1	g	0.340	0.016	22	0.476	0.096
18:1	g	3.600	0.238	22	5.040	1.021
20:1	g	0.000		0	0.000	0.000
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.930		0	1.302	0.264
18:2	g	0.810	0.048	22	1.134	0.230
18:3	g	0.120	0.016	22	0.168	0.034
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	53	2.497	19	74	15
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.219		2	0.307	0.062
Threonine	g	0.811		10	1.135	0.230
Isoleucine	g	0.800		10	1.120	0.227
Leucine	g	1.448		10	2.027	0.411
Lysine	g	1.547		10	2.166	0.439
Methionine	g	0.482		10	0.675	0.137
Cystine	g	0.274		2	0.384	0.078
Phenylalanine	g	0.788		10	1.103	0.223
Tyrosine	g	0.598		10	0.837	0.170
Valine	g	0.791		10	1.107	0.224
Arginine	g	1.186		10	1.660	0.336
Histidine	g	0.653		10	0.914	0.185
Alanine	g	1.077		10	1.508	0.305
Aspartic acid	g	1.729		10	2.421	0.490
Glutamic acid	g	2.975		10	4.165	0.843
Glycine	g	0.949		10	1.329	0.269
Proline	g	0.779		10	1.091	0.221
Serine	g	0.747		10	1.046	0.212
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 slice (6-1/4" x 4" x 1/16") (1 oz)

NDB No. 10182

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 140g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	65.75	0	92.05	55.89	
Energy	kcal	165	0	231	140	
Energy	kJ	690	0	966	587	
Protein (N x 5.95)	g	21.97	0	30.76	18.67	
Total lipid (fat)	g	7.66	0	10.72	6.51	
Carbohydrate, by difference	g	0.50	0	0.70	0.43	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	4.11	0	5.75	3.49	
Sugars, total	g					
Minerals:						
Calcium	mg	8	0	11	7	
Iron	mg	1.40	0.096	1.96	1.19	
Magnesium	mg	19	0	27	16	
Phosphorus	mg	248	0	347	211	
Potassium	mg	362	0	507	308	
Sodium	mg	1385	0	1939	1177	
Zinc	mg	2.63	0.280	3.68	2.24	
Copper	mg	0.119	0	0.167	0.101	
Manganese	mg	0.046	0.005	0.064	0.039	
Selenium	µg	19.5	0	27.3	16.6	
Vitamins:						
Ascorbic acid	mg	0.0	0	0.0	0.0	
Thiamin	mg	0.739	0	1.035	0.628	
Riboflavin	mg	0.280	0	0.392	0.238	
Niacin	mg	5.324	0	7.454	4.525	
Pantothenic acid	mg	0.597	0	0.836	0.507	
Vitamin B-6	mg	0.350	0	0.490	0.298	
Folate	µg	3	0	4	3	
Vitamin B-12	µg	0.68	0	0.95	0.58	
Vitamin A	IU	0	0	0	0	
Vitamin A, RE	µg	0	0	0	0	
Vitamin E, α-TE	mg	0.260	0	0.364	0.221	
Lipids:						
Saturated, total	g	2.610	0	3.654	2.219	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.030	0	0.042	0.026	
12:0	g	0.020	0	0.028	0.017	
14:0	g	0.130	0	0.182	0.111	
15:0	g					
16:0	g	1.570	0	2.198	1.335	
17:0	g					
18:0	g	0.860	0	1.204	0.731	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	3.740	0	5.236	3.179
14:1	g				
16:1	g	0.370	0	0.518	0.315
18:1	g	3.370	0	4.718	2.865
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.070	0	1.498	0.910
18:2	g	0.900	0	1.260	0.765
18:3	g	0.170	0	0.238	0.145
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	57	0	80	48
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.243	0	0.340	0.207
Threonine	g	0.901	0	1.261	0.766
Isoleucine	g	0.888	0	1.243	0.755
Leucine	g	1.607	0	2.250	1.366
Lysine	g	1.718	0	2.405	1.460
Methionine	g	0.535	0	0.749	0.455
Cystine	g	0.304	0	0.426	0.258
Phenylalanine	g	0.875	0	1.225	0.744
Tyrosine	g	0.664	0	0.930	0.564
Valine	g	0.878	0	1.229	0.746
Arginine	g	1.316	0	1.842	1.119
Histidine	g	0.726	0	1.016	0.617
Alanine	g	1.196	0	1.674	1.017
Aspartic acid	g	1.919	0	2.687	1.631
Glutamic acid	g	3.303	0	4.624	2.808
Glycine	g	1.053	0	1.474	0.895
Proline	g	0.865	0	1.211	0.735
Serine	g	0.830	0	1.162	0.706
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 3 oz

NDB No. 10183

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 140g	Measure 2* 28g	Measure 3*
Proximates:						
Water	g	71.12	0.208	153	99.57	20.16
Energy	kcal	144		0	202	41
Energy	kJ	602		0	843	171
Protein (N x 5.95)	g	17.97	0.086	156	25.16	5.09
Total lipid (fat)	g	7.46	0.318	34	10.44	2.11
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	3.57	0.079	30	5.00	1.01
Sugars, total	g					
Minerals:						
Calcium	mg	6		3	8	2
Iron	mg	0.90	0.044	32	1.26	0.26
Magnesium	mg	16	0.331	32	22	5
Phosphorus	mg	207	6.574	32	290	59
Potassium	mg	334	4.817	28	468	95
Sodium	mg	1276	32.532	36	1786	362
Zinc	mg	1.84	0.043	32	2.58	0.52
Copper	mg	0.078	0.006	31	0.109	0.022
Manganese	mg	0.024		0	0.034	0.007
Selenium	µg	22.1		0	30.9	6.3
Vitamins:						
Ascorbic acid	mg	0.0		0	0.0	0.0
Thiamin	mg	0.879	0.046	32	1.231	0.249
Riboflavin	mg	0.230	0.005	32	0.322	0.065
Niacin	mg	4.585	0.152	32	6.419	1.300
Pantothenic acid	mg	0.458	0.066	14	0.641	0.130
Vitamin B-6	mg	0.460	0.038	32	0.644	0.130
Folate	µg	6		0	8	2
Vitamin B-12	µg	0.80	0.057	32	1.12	0.23
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.260		0	0.364	0.074
Lipids:						
Saturated, total	g	2.450		0	3.430	0.695
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.020		4	0.028	0.006
12:0	g	0.010	0.005	7	0.014	0.003
14:0	g	0.050	0.012	8	0.070	0.014
15:0	g					
16:0	g	1.600	0.102	8	2.240	0.454
17:0	g					
18:0	g	0.760	0.045	8	1.064	0.215
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	3.570		0	4.998	1.012
14:1	g					
16:1	g	0.290	0.039	8	0.406	0.082
18:1	g	3.280	0.179	8	4.592	0.930
20:1	g	0.000		0	0.000	0.000
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.760		0	1.064	0.215
18:2	g	0.680	0.053	8	0.952	0.193
18:3	g	0.080	0.012	8	0.112	0.023
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	38	3.689	5	53	11
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.204		2	0.286	0.058
Threonine	g	0.802		2	1.123	0.227
Isoleucine	g	0.773		2	1.082	0.219
Leucine	g	1.397		2	1.956	0.396
Lysine	g	1.543		2	2.160	0.437
Methionine	g	0.468		2	0.655	0.133
Cystine	g	0.212		2	0.297	0.060
Phenylalanine	g	0.693		2	0.970	0.196
Tyrosine	g	0.589		2	0.825	0.167
Valine	g	0.805		2	1.127	0.228
Arginine	g	1.112		2	1.557	0.315
Histidine	g	0.710		2	0.994	0.201
Alanine	g	1.026		2	1.436	0.291
Aspartic acid	g	1.658		2	2.321	0.470
Glutamic acid	g	2.653		2	3.714	0.752
Glycine	g	0.879		2	1.231	0.249
Proline	g	0.764		2	1.070	0.217
Serine	g	0.698		2	0.977	0.198
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 oz

NDB No. 10184

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 140g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	66.52	0.780	8	93.13	56.54
Energy	kcal	167		0	234	142
Energy	kJ	699		0	979	594
Protein (N x 5.95)	g	20.94	0.213	8	29.32	17.80
Total lipid (fat)	g	8.43	0.946	8	11.80	7.17
Carbohydrate, by difference	g	0.49		0	0.69	0.42
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	3.63	0.090	8	5.08	3.09
Sugars, total	g					
Minerals:						
Calcium	mg	7		4	10	6
Iron	mg	1.07	0.097	8	1.50	0.91
Magnesium	mg	20	0.859	8	28	17
Phosphorus	mg	221	14.358	8	309	188
Potassium	mg	351	17.375	8	491	298
Sodium	mg	1068	71.956	8	1495	908
Zinc	mg	2.32	0.103	8	3.25	1.97
Copper	mg	0.078	0.007	8	0.109	0.066
Manganese	mg	0.026		3	0.036	0.022
Selenium	µg	26.6		0	37.2	22.6
Vitamins:						
Ascorbic acid	mg	0.0		0	0.0	0.0
Thiamin	mg	0.961	0.022	8	1.345	0.817
Riboflavin	mg	0.251	0.010	8	0.351	0.213
Niacin	mg	5.032	0.309	8	7.045	4.277
Pantothenic acid	mg	0.625		2	0.875	0.531
Vitamin B-6	mg	0.400	0.033	8	0.560	0.340
Folate	µg	5		2	7	4
Vitamin B-12	µg	0.83	0.032	8	1.16	0.71
Vitamin A	IU	0		0	0	0
Vitamin A, RE	µg	0		0	0	0
Vitamin E, α-TE	mg	0.260		0	0.364	0.221
Lipids:						
Saturated, total	g	2.810		0	3.934	2.389
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.030	0.013	4	0.042	0.026
12:0	g	0.020	0.013	4	0.028	0.017
14:0	g	0.090	0.010	6	0.126	0.077
15:0	g					
16:0	g	1.800	0.203	6	2.520	1.530
17:0	g					
18:0	g	0.880	0.109	6	1.232	0.748
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.060		0	5.684	3.451
14:1	g					
16:1	g	0.280	0.027	6	0.392	0.238
18:1	g	3.780	0.384	6	5.292	3.213
20:1	g	0.000		0	0.000	0.000
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.900		0	1.260	0.765
18:2	g	0.810	0.098	6	1.134	0.689
18:3	g	0.090	0.024	6	0.126	0.077
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	41	4.680	6	57	35
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.237		0	0.332	0.201
Threonine	g	0.934		0	1.308	0.794
Isoleucine	g	0.901		0	1.261	0.766
Leucine	g	1.628		0	2.279	1.384
Lysine	g	1.799		0	2.519	1.529
Methionine	g	0.546		0	0.764	0.464
Cystine	g	0.247		0	0.346	0.210
Phenylalanine	g	0.807		0	1.130	0.686
Tyrosine	g	0.686		0	0.960	0.583
Valine	g	0.938		0	1.313	0.797
Arginine	g	1.296		0	1.814	1.102
Histidine	g	0.827		0	1.158	0.703
Alanine	g	1.195		0	1.673	1.016
Aspartic acid	g	1.933		0	2.706	1.643
Glutamic acid	g	3.092		0	4.329	2.628
Glycine	g	1.025		0	1.435	0.871
Proline	g	0.891		0	1.247	0.757
Serine	g	0.814		0	1.140	0.692
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 3 oz

NDB No. 10185

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 69g	Measure 3*
Proximates:						
Water	g	54.84	0	46.61	37.84	
Energy	kcal	257	0	218	177	
Energy	kJ	1075	0	914	742	
Protein (N x 5.95)	g	29.00	0	24.65	20.01	
Total lipid (fat)	g	14.83	0	12.61	10.23	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.32	0	1.12	0.91	
Sugars, total	g					
Minerals:						
Calcium	mg	21	0	18	14	
Iron	mg	0.81	0	0.69	0.56	
Magnesium	mg	28	0	24	19	
Phosphorus	mg	262	0	223	181	
Potassium	mg	479	0	407	331	
Sodium	mg	55	0	47	38	
Zinc	mg	2.20	0	1.87	1.52	
Copper	mg	0.075	0	0.064	0.052	
Manganese	mg	0.007	0	0.006	0.005	
Selenium	µg	45.9	0	39.0	31.7	
Vitamins:						
Ascorbic acid	mg	0.3	0	0.3	0.2	
Thiamin	mg	0.796	0	0.677	0.549	
Riboflavin	mg	0.353	0	0.300	0.244	
Niacin	mg	5.381	0	4.574	3.713	
Pantothenic acid	mg	0.813	0	0.691	0.561	
Vitamin B-6	mg	0.403	0	0.343	0.278	
Folate	µg	8	0	7	6	
Vitamin B-12	µg	0.65	0	0.55	0.45	
Vitamin A	IU	7	0	6	5	
Vitamin A, RE	µg	2	0	2	1	
Vitamin E, α-TE	mg	0.260	0	0.221	0.179	
Lipids:						
Saturated, total	g	5.300	0	4.505	3.657	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.009	0.007	
12:0	g	0.010	0	0.009	0.007	
14:0	g	0.180	0	0.153	0.124	
15:0	g					
16:0	g	3.300	0	2.805	2.277	
17:0	g					
18:0	g	1.700	0	1.445	1.173	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.450	0	5.482	4.450
14:1	g				
16:1	g	0.430	0	0.366	0.297
18:1	g	5.840	0	4.964	4.030
20:1	g	0.110	0	0.094	0.076
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.700	0	1.445	1.173
18:2	g	1.510	0	1.283	1.042
18:3	g	0.100	0	0.085	0.069
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.034	0.028
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	78	0	66	54
Phytosterols	mg	2	0	2	1
Amino acids:					
Tryptophan	g	0.359	0	0.305	0.248
Threonine	g	1.310	0	1.114	0.904
Isoleucine	g	1.337	0	1.136	0.923
Leucine	g	2.310	0	1.964	1.594
Lysine	g	2.596	0	2.207	1.791
Methionine	g	0.755	0	0.642	0.521
Cystine	g	0.365	0	0.310	0.252
Phenylalanine	g	1.153	0	0.980	0.796
Tyrosine	g	0.993	0	0.844	0.685
Valine	g	1.563	0	1.329	1.078
Arginine	g	1.829	0	1.555	1.262
Histidine	g	1.132	0	0.962	0.781
Alanine	g	1.701	0	1.446	1.174
Aspartic acid	g	2.666	0	2.266	1.840
Glutamic acid	g	4.473	0	3.802	3.086
Glycine	g	1.495	0	1.271	1.032
Proline	g	1.230	0	1.045	0.849
Serine	g	1.198	0	1.018	0.827
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 113 g; yields excluding refuse

NDB No. 10186

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	65.11	0	18.46	295.34	
Energy	kcal	216	0	61	980	
Energy	kJ	904	0	256	4101	
Protein (N x 5.95)	g	18.95	0	5.37	85.96	
Total lipid (fat)	g	14.95	0	4.24	67.81	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	0.94	0	0.27	4.26	
Sugars, total	g					
Minerals:						
Calcium	mg	19	0	5	86	
Iron	mg	0.86	0	0.24	3.90	
Magnesium	mg	21	0	6	95	
Phosphorus	mg	200	0	57	907	
Potassium	mg	335	0	95	1520	
Sodium	mg	55	0	16	249	
Zinc	mg	2.01	0	0.57	9.12	
Copper	mg	0.064	0	0.018	0.290	
Manganese	mg	0.011	0	0.003	0.050	
Selenium	µg	28.4	0	8.1	128.8	
Vitamins:						
Ascorbic acid	mg	0.5	0	0.1	2.3	
Thiamin	mg	0.841	0	0.238	3.815	
Riboflavin	mg	0.254	0	0.072	1.152	
Niacin	mg	4.504	0	1.277	20.430	
Pantothenic acid	mg	0.730	0	0.207	3.311	
Vitamin B-6	mg	0.445	0	0.126	2.019	
Folate	µg	5	0	1	23	
Vitamin B-12	µg	0.66	0	0.19	2.99	
Vitamin A	IU	7	0	2	32	
Vitamin A, RE	µg	2	0	1	9	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	5.280	0	1.497	23.950	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.003	0.045	
12:0	g	0.010	0	0.003	0.045	
14:0	g	0.180	0	0.051	0.816	
15:0	g					
16:0	g	3.280	0	0.930	14.878	
17:0	g					
18:0	g	1.740	0	0.493	7.893	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.630	0	1.880	30.074
14:1	g				
16:1	g	0.410	0	0.116	1.860
18:1	g	6.090	0	1.727	27.624
20:1	g	0.110	0	0.031	0.499
22:1	g				
Polyunsaturated, total	g	1.550	0	0.439	7.031
18:2	g	1.310	0	0.371	5.942
18:3	g	0.090	0	0.026	0.408
18:4	g				
20:4	g	0.080	0	0.023	0.363
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	67	0	19	304
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.234	0	0.066	1.061
Threonine	g	0.855	0	0.242	3.878
Isoleucine	g	0.873	0	0.247	3.960
Leucine	g	1.509	0	0.428	6.845
Lysine	g	1.696	0	0.481	7.693
Methionine	g	0.493	0	0.140	2.236
Cystine	g	0.238	0	0.067	1.080
Phenylalanine	g	0.753	0	0.213	3.416
Tyrosine	g	0.648	0	0.184	2.939
Valine	g	1.021	0	0.289	4.631
Arginine	g	1.197	0	0.339	5.430
Histidine	g	0.738	0	0.209	3.348
Alanine	g	1.112	0	0.315	5.044
Aspartic acid	g	1.741	0	0.494	7.897
Glutamic acid	g	2.921	0	0.828	13.250
Glycine	g	0.983	0	0.279	4.459
Proline	g	0.807	0	0.229	3.661
Serine	g	0.783	0	0.222	3.552
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb

NDB No. 10187

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 247g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	54.55	0	134.74	46.37	
Energy	kcal	273	0	674	232	
Energy	kJ	1142	0	2821	971	
Protein (N x 5.95)	g	27.57	0	68.10	23.43	
Total lipid (fat)	g	17.18	0	42.43	14.60	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.13	0	2.79	0.96	
Sugars, total	g					
Minerals:						
Calcium	mg	25	0	62	21	
Iron	mg	1.10	0	2.72	0.94	
Magnesium	mg	24	0	59	20	
Phosphorus	mg	232	0	573	197	
Potassium	mg	354	0	874	301	
Sodium	mg	62	0	153	53	
Zinc	mg	2.90	0	7.16	2.46	
Copper	mg	0.067	0	0.165	0.057	
Manganese	mg	0.010	0	0.025	0.009	
Selenium	µg	40.6	0	100.3	34.5	
Vitamins:						
Ascorbic acid	mg	0.3	0	0.7	0.3	
Thiamin	mg	0.770	0	1.902	0.655	
Riboflavin	mg	0.328	0	0.810	0.279	
Niacin	mg	4.926	0	12.167	4.187	
Pantothenic acid	mg	0.665	0	1.643	0.565	
Vitamin B-6	mg	0.394	0	0.973	0.335	
Folate	µg	6	0	15	5	
Vitamin B-12	µg	0.77	0	1.90	0.65	
Vitamin A	IU	8	0	20	7	
Vitamin A, RE	µg	2	0	5	2	
Vitamin E, α-TE	mg	0.260	0	0.642	0.221	
Lipids:						
Saturated, total	g	6.220	0	15.363	5.287	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.025	0.009	
12:0	g	0.010	0	0.025	0.009	
14:0	g	0.210	0	0.519	0.179	
15:0	g					
16:0	g	3.830	0	9.460	3.256	
17:0	g					
18:0	g	2.040	0	5.039	1.734	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	7.640	0	18.871	6.494
14:1	g				
16:1	g	0.510	0	1.260	0.434
18:1	g	6.920	0	17.092	5.882
20:1	g	0.150	0	0.371	0.128
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.450	0	3.581	1.232
18:2	g	1.280	0	3.162	1.088
18:3	g	0.050	0	0.124	0.043
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.173	0.060
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	91	0	225	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.346	0	0.855	0.294
Threonine	g	1.253	0	3.095	1.065
Isoleucine	g	1.283	0	3.169	1.091
Leucine	g	2.206	0	5.449	1.875
Lysine	g	2.475	0	6.113	2.104
Methionine	g	0.725	0	1.791	0.616
Cystine	g	0.350	0	0.865	0.298
Phenylalanine	g	1.099	0	2.715	0.934
Tyrosine	g	0.954	0	2.356	0.811
Valine	g	1.492	0	3.685	1.268
Arginine	g	1.725	0	4.261	1.466
Histidine	g	1.091	0	2.695	0.927
Alanine	g	1.611	0	3.979	1.369
Aspartic acid	g	2.548	0	6.294	2.166
Glutamic acid	g	4.289	0	10.594	3.646
Glycine	g	1.357	0	3.352	1.153
Proline	g	1.134	0	2.801	0.964
Serine	g	1.139	0	2.813	0.968
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10188

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	59.39	0.886	12	16.84	269.39
Energy	kcal	282		0	80	1279
Energy	kJ	1180		0	335	5352
Protein (N x 5.95)	g	16.12		0	4.57	73.12
Total lipid (fat)	g	23.58	0.950	12	6.68	106.96
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	0.91		0	0.26	4.13
Sugars, total	g					
Minerals:						
Calcium	mg	32	3.696	5	9	145
Iron	mg	0.91	0.050	5	0.26	4.13
Magnesium	mg	16	0.421	5	5	73
Phosphorus	mg	143	2.294	5	41	649
Potassium	mg	233	8.513	5	66	1057
Sodium	mg	75	2.024	5	21	340
Zinc	mg	2.31	0.095	5	0.65	10.48
Copper	mg	0.062	0.004	5	0.018	0.281
Manganese	mg	0.007		0	0.002	0.032
Selenium	µg	24.0	3.591	5	6.8	108.9
Vitamins:						
Ascorbic acid	mg	0.2		0	0.1	0.9
Thiamin	mg	0.584		0	0.166	2.649
Riboflavin	mg	0.258		0	0.073	1.170
Niacin	mg	4.570		0	1.296	20.730
Pantothenic acid	mg	0.745		0	0.211	3.379
Vitamin B-6	mg	0.395		0	0.112	1.792
Folate	µg	4		0	1	18
Vitamin B-12	µg	0.82		0	0.23	3.72
Vitamin A	IU	10		0	3	45
Vitamin A, RE	µg	3		0	1	14
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	8.730		0	2.475	39.599
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010		0	0.003	0.045
12:0	g	0.010		0	0.003	0.045
14:0	g	0.300		0	0.085	1.361
15:0	g					
16:0	g	5.340		0	1.514	24.222
17:0	g					
18:0	g	2.920		0	0.828	13.245
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	10.650	0	3.019	48.308
14:1	g				
16:1	g	0.720	0	0.204	3.266
18:1	g	9.660	0	2.739	43.818
20:1	g	0.180	0	0.051	0.816
22:1	g				
Polyunsaturated, total	g	1.960	0	0.556	8.891
18:2	g	1.730	0	0.490	7.847
18:3	g	0.080	0	0.023	0.363
18:4	g				
20:4	g	0.070	0	0.020	0.318
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	81	0	23	367
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.205	0	0.058	0.930
Threonine	g	0.736	0	0.209	3.338
Isoleucine	g	0.755	0	0.214	3.425
Leucine	g	1.293	0	0.367	5.865
Lysine	g	1.450	0	0.411	6.577
Methionine	g	0.427	0	0.121	1.937
Cystine	g	0.206	0	0.058	0.934
Phenylalanine	g	0.643	0	0.182	2.917
Tyrosine	g	0.562	0	0.159	2.549
Valine	g	0.875	0	0.248	3.969
Arginine	g	1.002	0	0.284	4.545
Histidine	g	0.644	0	0.183	2.921
Alanine	g	0.939	0	0.266	4.259
Aspartic acid	g	1.495	0	0.424	6.781
Glutamic acid	g	2.523	0	0.715	11.444
Glycine	g	0.765	0	0.217	3.470
Proline	g	0.648	0	0.184	2.939
Serine	g	0.666	0	0.189	3.021
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb

NDB No. 10192

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 219g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	45.44	0.742	12	99.51	38.62
Energy	kcal	370		0	810	315
Energy	kJ	1548		0	3390	1316
Protein (N x 5.95)	g	24.26	0.691	12	53.13	20.62
Total lipid (fat)	g	29.58	0.726	12	64.78	25.14
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.09	0.025	12	2.39	0.93
Sugars, total	g					
Minerals:						
Calcium	mg	45	2.798	5	99	38
Iron	mg	1.38	0.070	5	3.02	1.17
Magnesium	mg	21	0.527	5	46	18
Phosphorus	mg	195	3.235	5	427	166
Potassium	mg	315	9.428	5	690	268
Sodium	mg	101	1.631	5	221	86
Zinc	mg	3.37	0.167	5	7.38	2.86
Copper	mg	0.081	0.007	5	0.177	0.069
Manganese	mg	0.009		0	0.020	0.008
Selenium	µg	39.3	5.881	5	86.1	33.4
Vitamins:						
Ascorbic acid	mg	0.3		0	0.7	0.3
Thiamin	mg	0.427		0	0.935	0.363
Riboflavin	mg	0.200		0	0.438	0.170
Niacin	mg	3.550		0	7.774	3.018
Pantothenic acid	mg	0.580		0	1.270	0.493
Vitamin B-6	mg	0.307		0	0.672	0.261
Folate	µg	3		0	7	3
Vitamin B-12	µg	0.64		0	1.40	0.54
Vitamin A	IU	9		0	20	8
Vitamin A, RE	µg	3		0	7	3
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	10.990		0	24.068	9.341
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010		12	0.022	0.009
12:0	g	0.010		12	0.022	0.009
14:0	g	0.390		12	0.854	0.331
15.0	g					
16:0	g	6.750		12	14.783	5.737
17:0	g					
18:0	g	3.650		12	7.994	3.103
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	13.460		0	29.477	11.441
14:1	g					
16:1	g	1.000		12	2.190	0.850
18:1	g	12.120		12	26.543	10.302
20:1	g	0.230		12	0.504	0.196
22:1	g					
Polyunsaturated, total	g	2.320		0	5.081	1.972
18:2	g	2.050		12	4.489	1.742
18:3	g	0.090		12	0.197	0.077
18:4	g					
20:4	g	0.080		12	0.175	0.068
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	118	4.937	12	258	100
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.308		0	0.675	0.262
Threonine	g	1.108		0	2.427	0.942
Isoleucine	g	1.136		0	2.488	0.966
Leucine	g	1.947		0	4.264	1.655
Lysine	g	2.182		0	4.779	1.855
Methionine	g	0.642		0	1.406	0.546
Cystine	g	0.309		0	0.677	0.263
Phenylalanine	g	0.968		0	2.120	0.823
Tyrosine	g	0.845		0	1.851	0.718
Valine	g	1.316		0	2.882	1.119
Arginine	g	1.508		0	3.303	1.282
Histidine	g	0.969		0	2.122	0.824
Alanine	g	1.413		0	3.094	1.201
Aspartic acid	g	2.250		0	4.928	1.913
Glutamic acid	g	3.798		0	8.318	3.228
Glycine	g	1.152		0	2.523	0.979
Proline	g	0.975		0	2.135	0.829
Serine	g	1.002		0	2.194	0.852
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10193

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1 [*] 454g	Measure 2 [*] 101g	Measure 3 [*]
Proximates:						
Water	g	66.15	0	300.06	66.81	
Energy	kcal	211	0	957	213	
Energy	kj	883	0	4005	892	
Protein (N x 5.95)	g	19.90	0	90.27	20.10	
Total lipid (fat)	g	14.01	0	63.55	14.15	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	0.89	0	4.04	0.90	
Sugars, total	g					
Minerals:						
Calcium	mg	5	0	23	5	
Iron	mg	0.71	0	3.22	0.72	
Magnesium	mg	20	0	91	20	
Phosphorus	mg	193	0	875	195	
Potassium	mg	384	0	1742	388	
Sodium	mg	42	0	191	42	
Zinc	mg	1.57	0	7.12	1.59	
Copper	mg	0.054	0	0.245	0.055	
Manganese	mg	0.009	0	0.041	0.009	
Selenium	µg	32.0	0	145.2	32.3	
Vitamins:						
Ascorbic acid	mg	0.3	0	1.4	0.3	
Thiamin	mg	0.779	0	3.534	0.787	
Riboflavin	mg	0.247	0	1.120	0.249	
Niacin	mg	4.638	0	21.038	4.684	
Pantothenic acid	mg	0.703	0	3.189	0.710	
Vitamin B-6	mg	0.417	0	1.892	0.421	
Folate	µg	6	0	27	6	
Vitamin B-12	µg	0.50	0	2.27	0.51	
Vitamin A	IU	6	0	27	6	
Vitamin A, RE	µg	2	0	9	2	
Vitamin E, α-TE	mg	0.290	0	1.315	0.293	
Lipids:						
Saturated, total	g	4.860	0	22.045	4.909	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.045	0.010	
12:0	g	0.020	0	0.091	0.020	
14:0	g	0.170	0	0.771	0.172	
15:0	g					
16:0	g	3.030	0	13.744	3.060	
17:0	g					
18:0	g	1.580	0	7.167	1.596	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.250	0	28.350	6.313
14:1	g				
16:1	g	0.400	0	1.814	0.404
18:1	g	5.730	0	25.991	5.787
20:1	g	0.100	0	0.454	0.101
22:1	g				
Polyunsaturated, total	g	1.500	0	6.804	1.515
18:2	g	1.250	0	5.670	1.262
18:3	g	0.100	0	0.454	0.101
18:4	g				
20:4	g	0.090	0	0.408	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	60	0	272	61
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.245	0	1.111	0.247
Threonine	g	0.897	0	4.069	0.906
Isoleucine	g	0.916	0	4.155	0.925
Leucine	g	1.584	0	7.185	1.600
Lysine	g	1.780	0	8.074	1.798
Methionine	g	0.517	0	2.345	0.522
Cystine	g	0.250	0	1.134	0.253
Phenylalanine	g	0.791	0	3.588	0.799
Tyrosine	g	0.680	0	3.084	0.687
Valine	g	1.072	0	4.863	1.083
Arginine	g	1.258	0	5.706	1.271
Histidine	g	0.774	0	3.511	0.782
Alanine	g	1.169	0	5.303	1.181
Aspartic acid	g	1.827	0	8.287	1.845
Glutamic acid	g	3.063	0	13.894	3.094
Glycine	g	1.038	0	4.708	1.048
Proline	g	0.850	0	3.856	0.859
Serine	g	0.822	0	3.729	0.830
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb

Measure 2: 1 raw chop with refuse, 113 g; yields excluding refuse

NDB No. 10194

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1 [*] 85g	Measure 2 [*] 81g	Measure 3 [*]
Proximates:						
Water	g	58.15	0	49.43	47.10	
Energy	kcal	255	0	217	207	
Energy	kJ	1067	0	907	864	
Protein (N x 5.95)	g	26.29	0	22.35	21.29	
Total lipid (fat)	g	15.79	0	13.42	12.79	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.20	0	1.02	0.97	
Sugars, total	g					
Minerals:						
Calcium	mg	5	0	4	4	
Iron	mg	0.92	0	0.78	0.75	
Magnesium	mg	17	0	14	14	
Phosphorus	mg	172	0	146	139	
Potassium	mg	387	0	329	313	
Sodium	mg	40	0	34	32	
Zinc	mg	2.07	0	1.76	1.68	
Copper	mg	0.071	0	0.060	0.058	
Manganese	mg	0.009	0	0.008	0.007	
Selenium	µg	33.4	0	28.4	27.1	
Vitamins:						
Ascorbic acid	mg	0.3	0	0.3	0.2	
Thiamin	mg	0.525	0	0.446	0.425	
Riboflavin	mg	0.242	0	0.206	0.196	
Niacin	mg	4.311	0	3.664	3.492	
Pantothenic acid	mg	0.605	0	0.514	0.490	
Vitamin B-6	mg	0.310	0	0.264	0.251	
Folate	µg	4	0	3	3	
Vitamin B-12	µg	0.44	0	0.37	0.36	
Vitamin A	IU	7	0	6	6	
Vitamin A, RE	µg	2	0	2	2	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	6.120	0	5.202	4.957	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.009	0.008	
12:0	g	0.010	0	0.009	0.008	
14:0	g	0.210	0	0.179	0.170	
15:0	g					
16:0	g	3.760	0	3.196	3.046	
17:0	g					
18:0	g	2.010	0	1.708	1.628	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	7.210	0	6.128	5.840
14:1	g				
16:1	g	0.500	0	0.425	0.405
18:1	g	6.550	0	5.567	5.305
20:1	g	0.130	0	0.111	0.105
22:1	g				
Polyunsaturated, total	g	1.320	0	1.122	1.069
18:2	g	1.200	0	1.020	0.972
18:3	g	0.040	0	0.034	0.032
18:4	g				
20:4	g	0.050	0	0.043	0.041
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	73	0	62	59
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.322	0	0.274	0.261
Threonine	g	1.182	0	1.005	0.957
Isoleucine	g	1.205	0	1.024	0.976
Leucine	g	2.089	0	1.776	1.692
Lysine	g	2.349	0	1.997	1.903
Methionine	g	0.680	0	0.578	0.551
Cystine	g	0.329	0	0.280	0.266
Phenylalanine	g	1.044	0	0.887	0.846
Tyrosine	g	0.894	0	0.760	0.724
Valine	g	1.414	0	1.202	1.145
Arginine	g	1.669	0	1.419	1.352
Histidine	g	1.016	0	0.864	0.823
Alanine	g	1.547	0	1.315	1.253
Aspartic acid	g	2.408	0	2.047	1.950
Glutamic acid	g	4.030	0	3.426	3.264
Glycine	g	1.402	0	1.192	1.136
Proline	g	1.140	0	0.969	0.923
Serine	g	1.086	0	0.923	0.880
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 113 g; yields excluding refuse

NDB No. 10195

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 80g	Measure 3*
Proximates:						
Water	g	53.37	0	45.36	42.70	
Energy	kcal	260	0	221	208	
Energy	kJ	1088	0	925	870	
Protein (N x 5.95)	g	27.63	0	23.49	22.10	
Total lipid (fat)	g	15.76	0	13.40	12.61	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.12	0	0.95	0.90	
Sugars, total	g					
Minerals:						
Calcium	mg	28	0	24	22	
Iron	mg	0.77	0	0.65	0.62	
Magnesium	mg	26	0	22	21	
Phosphorus	mg	237	0	201	190	
Potassium	mg	401	0	341	321	
Sodium	mg	62	0	53	50	
Zinc	mg	2.26	0	1.92	1.81	
Copper	mg	0.068	0	0.058	0.054	
Manganese	mg	0.018	0	0.015	0.014	
Selenium	µg	44.0	0	37.4	35.2	
Vitamins:						
Ascorbic acid	mg	0.3	0	0.3	0.2	
Thiamin	mg	0.834	0	0.709	0.667	
Riboflavin	mg	0.300	0	0.255	0.240	
Niacin	mg	4.945	0	4.203	3.956	
Pantothenic acid	mg	0.701	0	0.596	0.561	
Vitamin B-6	mg	0.371	0	0.315	0.297	
Folate	µg	8	0	7	6	
Vitamin B-12	µg	0.67	0	0.57	0.54	
Vitamin A	IU	7	0	6	6	
Vitamin A, RE	µg	2	0	2	2	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	5.790	0	4.922	4.632	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.009	0.008	
12:0	g	0.010	0	0.009	0.008	
14:0	g	0.200	0	0.170	0.160	
15:0	g					
16:0	g	3.580	0	3.043	2.864	
17:0	g					
18:0	g	1.880	0	1.598	1.504	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	7.010	0	5.958	5.608
14:1	g				
16:1	g	0.490	0	0.417	0.392
18:1	g	6.330	0	5.380	5.064
20:1	g	0.120	0	0.102	0.096
22:1	g				
Polyunsaturated, total	g	1.240	0	1.054	0.992
18:2	g	1.100	0	0.935	0.880
18:3	g	0.040	0	0.034	0.032
18:4	g				
20:4	g	0.050	0	0.043	0.040
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	82	0	70	66
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.339	0	0.288	0.271
Threonine	g	1.243	0	1.057	0.994
Isoleucine	g	1.267	0	1.077	1.014
Leucine	g	2.196	0	1.867	1.757
Lysine	g	2.469	0	2.099	1.975
Methionine	g	0.715	0	0.608	0.572
Cystine	g	0.346	0	0.294	0.277
Phenylalanine	g	1.097	0	0.932	0.878
Tyrosine	g	0.940	0	0.799	0.752
Valine	g	1.486	0	1.263	1.189
Arginine	g	1.752	0	1.489	1.402
Histidine	g	1.069	0	0.909	0.855
Alanine	g	1.625	0	1.381	1.300
Aspartic acid	g	2.532	0	2.152	2.026
Glutamic acid	g	4.239	0	3.603	3.391
Glycine	g	1.467	0	1.247	1.174
Proline	g	1.195	0	1.016	0.956
Serine	g	1.141	0	0.970	0.913
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 113 g; yields excluding refuse

NDB No. 10196

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 75g	Measure 3*
Proximates:						
Water	g	60.86	0	51.73	45.65	
Energy	kcal	224	0	190	168	
Energy	kJ	937	0	796	703	
Protein (N x 5.95)	g	27.68	0	23.53	20.76	
Total lipid (fat)	g	11.80	0	10.03	8.85	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.24	0	1.05	0.93	
Sugars, total	g					
Minerals:						
Calcium	mg	5	0	4	4	
Iron	mg	0.78	0	0.66	0.59	
Magnesium	mg	27	0	23	20	
Phosphorus	mg	237	0	201	178	
Potassium	mg	454	0	386	341	
Sodium	mg	52	0	44	39	
Zinc	mg	2.14	0	1.82	1.61	
Copper	mg	0.069	0	0.059	0.052	
Manganese	mg	0.007	0	0.006	0.005	
Selenium	µg	41.9	0	35.6	31.4	
Vitamins:						
Ascorbic acid	mg	0.3	0	0.3	0.2	
Thiamin	mg	0.761	0	0.647	0.571	
Riboflavin	mg	0.340	0	0.289	0.255	
Niacin	mg	5.115	0	4.348	3.836	
Pantothenic acid	mg	0.778	0	0.661	0.584	
Vitamin B-6	mg	0.388	0	0.330	0.291	
Folate	µg	8	0	7	6	
Vitamin B-12	µg	0.61	0	0.52	0.46	
Vitamin A	IU	6	0	5	5	
Vitamin A, RE	µg	2	0	2	2	
Vitamin E, α-TE	mg	0.260	0	0.221	0.195	
Lipids:						
Saturated, total	g	4.300	0	3.655	3.225	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.009	0.008	
12:0	g	0.010	0	0.009	0.008	
14:0	g	0.150	0	0.128	0.113	
15:0	g					
16:0	g	2.680	0	2.278	2.010	
17:0	g					
18:0	g	1.390	0	1.182	1.042	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.310	0	4.513	3.982
14:1	g				
16:1	g	0.370	0	0.315	0.278
18:1	g	4.830	0	4.106	3.623
20:1	g	0.100	0	0.085	0.075
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.490	0	1.266	1.117
18:2	g	1.340	0	1.139	1.005
18:3	g	0.110	0	0.094	0.083
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.034	0.030
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	70	0	60	53
Phytosterols	mg	3	0	3	2
Amino acids:					
Tryptophan	g	0.352	0	0.299	0.264
Threonine	g	1.264	0	1.074	0.948
Isoleucine	g	1.296	0	1.102	0.972
Leucine	g	2.221	0	1.888	1.666
Lysine	g	2.489	0	2.116	1.867
Methionine	g	0.733	0	0.623	0.550
Cystine	g	0.353	0	0.300	0.265
Phenylalanine	g	1.105	0	0.939	0.829
Tyrosine	g	0.964	0	0.819	0.723
Valine	g	1.502	0	1.277	1.127
Arginine	g	1.721	0	1.463	1.291
Histidine	g	1.106	0	0.940	0.830
Alanine	g	1.612	0	1.370	1.209
Aspartic acid	g	2.567	0	2.182	1.925
Glutamic acid	g	4.333	0	3.683	3.250
Glycine	g	1.314	0	1.117	0.986
Proline	g	1.112	0	0.945	0.834
Serine	g	1.143	0	0.972	0.857
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 113 g; yields excluding refuse

NDB No. 10197

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 317g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	57.33	0.865	15	181.74	48.73
Energy	kcal	252		0	799	214
Energy	kJ	1054		0	3341	896
Protein (N x 5.95)	g	26.99	0.395	15	85.56	22.94
Total lipid (fat)	g	15.15	0.884	15	48.03	12.88
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.11	0.028	15	3.52	0.94
Sugars, total	g					
Minerals:						
Calcium	mg	6		0	19	5
Iron	mg	0.93		0	2.95	0.79
Magnesium	mg	22		0	70	19
Phosphorus	mg	214		0	678	182
Potassium	mg	346		0	1097	294
Sodium	mg	48		0	152	41
Zinc	mg	2.64		0	8.37	2.24
Copper	mg	0.016		0	0.051	0.014
Manganese	mg	0.010		0	0.032	0.009
Selenium	µg	40.3		0	127.8	34.3
Vitamins:						
Ascorbic acid	mg	0.4		0	1.3	0.3
Thiamin	mg	0.604		0	1.915	0.513
Riboflavin	mg	0.290		0	0.919	0.247
Niacin	mg	5.044		0	15.989	4.287
Pantothenic acid	mg	0.531		0	1.683	0.451
Vitamin B-6	mg	0.363		0	1.151	0.309
Folate	µg	8		0	25	7
Vitamin B-12	µg	0.56		0	1.78	0.48
Vitamin A	IU	9		0	29	8
Vitamin A, RE	µg	3		0	10	3
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	5.350		0	16.959	4.547
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010		0	0.032	0.009
12:0	g	0.010		0	0.032	0.009
14:0	g	0.180		0	0.571	0.153
15:0	g					
16:0	g	3.320		0	10.524	2.822
17:0	g					
18:0	g	1.700		0	5.389	1.445
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.680		0	21.176	5.678
14:1	g					
16:1	g	0.480		0	1.522	0.408
18:1	g	6.000		0	19.020	5.100
20:1	g	0.130		0	0.412	0.111
22:1	g					
Polyunsaturated, total	g	1.300		0	4.121	1.105
18:2	g	1.120		0	3.550	0.952
18:3	g	0.030		0	0.095	0.026
18:4	g					
20:4	g	0.080		0	0.254	0.068
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	81	2.486	15	257	69
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.343		0	1.087	0.292
Threonine	g	1.232		0	3.905	1.047
Isoleucine	g	1.264		0	4.007	1.074
Leucine	g	2.166		0	6.866	1.841
Lysine	g	2.427		0	7.694	2.063
Methionine	g	0.715		0	2.267	0.608
Cystine	g	0.344		0	1.090	0.292
Phenylalanine	g	1.077		0	3.414	0.915
Tyrosine	g	0.940		0	2.980	0.799
Valine	g	1.464		0	4.641	1.244
Arginine	g	1.678		0	5.319	1.426
Histidine	g	1.078		0	3.417	0.916
Alanine	g	1.572		0	4.983	1.336
Aspartic acid	g	2.503		0	7.935	2.128
Glutamic acid	g	4.225		0	13.393	3.591
Glycine	g	1.282		0	4.064	1.090
Proline	g	1.084		0	3.436	0.921
Serine	g	1.115		0	3.535	0.948
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10198

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 454g	Measure 2* 88g	Measure 3*
Proximates:						
Water	g	71.98	0.198	15	326.50	63.34
Energy	kcal	152		0	689	134
Energy	kJ	636		0	2885	560
Protein (N x 5.95)	g	21.80	0.330	53	98.88	19.18
Total lipid (fat)	g	6.48	0.335	15	29.39	5.70
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	0.98	0.013	49	4.45	0.86
Sugars, total	g					
Minerals:						
Calcium	mg	5	0.159	5	23	4
Iron	mg	0.77	0.019	60	3.49	0.68
Magnesium	mg	22	0.759	26	100	19
Phosphorus	mg	207	1.242	5	939	182
Potassium	mg	421	2.549	146	1910	370
Sodium	mg	45	1.072	164	204	40
Zinc	mg	1.69	0.035	48	7.67	1.49
Copper	mg	0.058	0.002	60	0.263	0.051
Manganese	mg	0.010	0.003	2	0.045	0.009
Selenium	µg	35.4	3.605	5	160.6	31.2
Vitamins:						
Ascorbic acid	mg	0.3	0.211	3	1.4	0.3
Thiamin	mg	0.856	0.032	49	3.883	0.753
Riboflavin	mg	0.268	0.007	52	1.216	0.236
Niacin	mg	5.036	0.299	11	22.843	4.432
Pantothenic acid	mg	0.766	0.082	4	3.475	0.674
Vitamin B-6	mg	0.470	0.033	4	2.132	0.414
Folate	µg	7	1.450	4	32	6
Vitamin B-12	µg	0.53	0.044	11	2.40	0.47
Vitamin A	IU	6		1	27	5
Vitamin A, RE	µg	2		1	9	2
Vitamin E, α-TE	mg	0.290		0	1.315	0.255
Lipids:						
Saturated, total	g	2.240		0	10.161	1.971
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010		73	0.045	0.009
12:0	g	0.010		75	0.045	0.009
14:0	g	0.080		378	0.363	0.070
15:0	g					
16:0	g	1.430		378	6.486	1.258
17:0	g					
18:0	g	0.700		378	3.175	0.616
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.930		0	13.290	2.578
14:1	g					
16:1	g	0.200		378	0.907	0.176
18:1	g	2.660		378	12.066	2.341
20:1	g	0.050		71	0.227	0.044
22:1	g					
Polyunsaturated, total	g	0.700		0	3.175	0.616
18:2	g	0.560		378	2.540	0.493
18:3	g	0.030		190	0.136	0.026
18:4	g					
20:4	g	0.080		315	0.363	0.070
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	55	1.054	58	249	48
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.277		0	1.256	0.244
Threonine	g	0.995		0	4.513	0.876
Isoleucine	g	1.021		0	4.631	0.898
Leucine	g	1.749		0	7.933	1.539
Lysine	g	1.960		0	8.891	1.725
Methionine	g	0.577		0	2.617	0.508
Cystine	g	0.278		0	1.261	0.245
Phenylalanine	g	0.870		0	3.946	0.766
Tyrosine	g	0.760		0	3.447	0.669
Valine	g	1.183		0	5.366	1.041
Arginine	g	1.355		0	6.146	1.192
Histidine	g	0.871		0	3.951	0.766
Alanine	g	1.270		0	5.761	1.118
Aspartic acid	g	2.022		0	9.172	1.779
Glutamic acid	g	3.413		0	15.481	3.003
Glycine	g	1.035		0	4.695	0.911
Proline	g	0.876		0	3.974	0.771
Serine	g	0.900		0	4.082	0.792
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb

Measure 2: 1 raw chop with refuse, 113 g; yields excluding refuse

NDB No. 10199

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 72g	Measure 3*
Proximates:						
Water	g	62.25	0	52.91	44.82	
Energy	kcal	211	0	179	152	
Energy	kJ	883	0	751	636	
Protein (N x 5.95)	g	27.95	0	23.76	20.12	
Total lipid (fat)	g	10.14	0	8.62	7.30	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.26	0	1.07	0.91	
Sugars, total	g					
Minerals:						
Calcium	mg	5	0	4	4	
Iron	mg	0.99	0	0.84	0.71	
Magnesium	mg	19	0	16	14	
Phosphorus	mg	173	0	147	125	
Potassium	mg	405	0	344	292	
Sodium	mg	41	0	35	30	
Zinc	mg	2.16	0	1.84	1.56	
Copper	mg	0.074	0	0.063	0.053	
Manganese	mg	0.010	0	0.009	0.007	
Selenium	µg	45.4	0	38.6	32.7	
Vitamins:						
Ascorbic acid	mg	0.3	0	0.3	0.2	
Thiamin	mg	0.549	0	0.467	0.395	
Riboflavin	mg	0.258	0	0.219	0.186	
Niacin	mg	4.519	0	3.841	3.254	
Pantothenic acid	mg	0.638	0	0.542	0.459	
Vitamin B-6	mg	0.331	0	0.281	0.238	
Folate	µg	4	0	3	3	
Vitamin B-12	µg	0.44	0	0.37	0.32	
Vitamin A	IU	6	0	5	4	
Vitamin A, RE	µg	2	0	2	1	
Vitamin E, α-TE	mg	0.260	0	0.221	0.187	
Lipids:						
Saturated, total	g	3.960	0	3.366	2.851	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.009	0.007	
12:0	g	0.010	0	0.009	0.007	
14:0	g	0.140	0	0.119	0.101	
15:0	g					
16:0	g	2.450	0	2.083	1.764	
17:0	g					
18:0	g	1.290	0	1.097	0.929	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.850	0	4.122	3.492
14:1	g				
16:1	g	0.360	0	0.306	0.259
18:1	g	4.390	0	3.731	3.161
20:1	g	0.090	0	0.077	0.065
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.730	0	0.620	0.526
18:2	g	0.660	0	0.561	0.475
18:3	g	0.020	0	0.017	0.014
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.034	0.029
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	71	0	60	51
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.355	0	0.302	0.256
Threonine	g	1.276	0	1.085	0.919
Isoleucine	g	1.309	0	1.113	0.942
Leucine	g	2.242	0	1.906	1.614
Lysine	g	2.513	0	2.136	1.809
Methionine	g	0.740	0	0.629	0.533
Cystine	g	0.356	0	0.303	0.256
Phenylalanine	g	1.116	0	0.949	0.804
Tyrosine	g	0.974	0	0.828	0.701
Valine	g	1.516	0	1.289	1.092
Arginine	g	1.737	0	1.476	1.251
Histidine	g	1.116	0	0.949	0.804
Alanine	g	1.628	0	1.384	1.172
Aspartic acid	g	2.592	0	2.203	1.866
Glutamic acid	g	4.375	0	3.719	3.150
Glycine	g	1.327	0	1.128	0.955
Proline	g	1.123	0	0.955	0.809
Serine	g	1.154	0	0.981	0.831
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 113 g; yields excluding refuse

NDB No. 10200

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 71g	Measure 3*
Proximates:						
Water	g	56.95	3.547	15	48.41	40.43
Energy	kcal	216		0	184	153
Energy	kJ	904		0	768	642
Protein (N x 5.95)	g	29.46	0.261	15	25.04	20.92
Total lipid (fat)	g	10.05	0.453	15	8.54	7.14
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.16	0.022	15	0.99	0.82
Sugars, total	g					
Minerals:						
Calcium	mg	31	1.585	5	26	22
Iron	mg	0.82	0.029	17	0.70	0.58
Magnesium	mg	28	1.453	8	24	20
Phosphorus	mg	245	4.537	6	208	174
Potassium	mg	420	9.962	17	357	298
Sodium	mg	65	1.154	17	55	46
Zinc	mg	2.38	0.070	17	2.02	1.69
Copper	mg	0.070	0.004	17	0.060	0.050
Manganese	mg	0.020	0.010	2	0.017	0.014
Selenium	µg	47.3	4.758	5	40.2	33.6
Vitamins:						
Ascorbic acid	mg	0.3	0.049	3	0.3	0.2
Thiamin	mg	0.894	0.084	12	0.760	0.635
Riboflavin	mg	0.323	0.019	12	0.275	0.229
Niacin	mg	5.231	0.188	11	4.446	3.714
Pantothenic acid	mg	0.746	0.025	6	0.634	0.530
Vitamin B-6	mg	0.400	0.038	4	0.340	0.284
Folate	µg	9		1	8	6
Vitamin B-12	µg	0.70	0.031	12	0.60	0.50
Vitamin A	IU	6		1	5	4
Vitamin A, RE	µg	2		1	2	1
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	3.570		0	3.034	2.535
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010		15	0.009	0.007
12:0	g	0.010		15	0.009	0.007
14:0	g	0.130		15	0.111	0.092
15:0	g					
16:0	g	2.230		15	1.896	1.583
17:0	g					
18:0	g	1.140		15	0.969	0.809
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.600		0	3.910	3.266
14:1	g					
16:1	g	0.350		15	0.298	0.248
18:1	g	4.120		15	3.502	2.925
20:1	g	0.090		15	0.077	0.064
22:1	g					
Polyunsaturated, total	g	0.640		0	0.544	0.454
18:2	g	0.540		15	0.459	0.383
18:3	g	0.010		15	0.009	0.007
18:4	g					
20:4	g	0.040		15	0.034	0.028
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	81	1.861	15	69	58
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.374		0	0.318	0.266
Threonine	g	1.345		0	1.143	0.955
Isoleucine	g	1.379		0	1.172	0.979
Leucine	g	2.364		0	2.009	1.678
Lysine	g	2.649		0	2.252	1.881
Methionine	g	0.780		0	0.663	0.554
Cystine	g	0.376		0	0.320	0.267
Phenylalanine	g	1.176		0	1.000	0.835
Tyrosine	g	1.026		0	0.872	0.728
Valine	g	1.598		0	1.358	1.135
Arginine	g	1.831		0	1.556	1.300
Histidine	g	1.177		0	1.000	0.836
Alanine	g	1.716		0	1.459	1.218
Aspartic acid	g	2.732		0	2.322	1.940
Glutamic acid	g	4.612		0	3.920	3.275
Glycine	g	1.399		0	1.189	0.993
Proline	g	1.183		0	1.006	0.840
Serine	g	1.217		0	1.034	0.864
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 113 g; yields excluding refuse

NDB No. 10201

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 66g	Measure 3*
Proximates:						
Water	g	60.86	0	51.73	40.17	
Energy	kcal	224	0	190	148	
Energy	kJ	937	0	796	618	
Protein (N x 5.95)	g	27.68	0	23.53	18.27	
Total lipid (fat)	g	11.80	0	10.03	7.79	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.24	0	1.05	0.82	
Sugars, total	g					
Minerals:						
Calcium	mg	5	0	4	3	
Iron	mg	0.78	0	0.66	0.51	
Magnesium	mg	27	0	23	18	
Phosphorus	mg	237	0	201	156	
Potassium	mg	454	0	386	300	
Sodium	mg	52	0	44	34	
Zinc	mg	2.14	0	1.82	1.41	
Copper	mg	0.069	0	0.059	0.046	
Manganese	mg	0.007	0	0.006	0.005	
Selenium	µg	45.4	0	38.6	30.0	
Vitamins:						
Ascorbic acid	mg	0.3	0	0.3	0.2	
Thiamin	mg	0.761	0	0.647	0.502	
Riboflavin	mg	0.340	0	0.289	0.224	
Niacin	mg	5.115	0	4.348	3.376	
Pantothenic acid	mg	0.778	0	0.661	0.513	
Vitamin B-6	mg	0.388	0	0.330	0.256	
Folate	µg	8	0	7	5	
Vitamin B-12	µg	0.61	0	0.52	0.40	
Vitamin A	IU	6	0	5	4	
Vitamin A, RE	µg	2	0	2	1	
Vitamin E, α-TE	mg	0.260	0	0.221	0.172	
Lipids:						
Saturated, total	g	4.300	0	3.655	2.838	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.009	0.007	
12:0	g	0.010	0	0.009	0.007	
14:0	g	0.150	0	0.128	0.099	
15:0	g					
16:0	g	2.680	0	2.278	1.769	
17:0	g					
18:0	g	1.390	0	1.182	0.917	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.310	0	4.513	3.505
14:1	g				
16:1	g	0.370	0	0.315	0.244
18:1	g	4.830	0	4.106	3.188
20:1	g	0.100	0	0.085	0.066
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.490	0	1.266	0.983
18:2	g	1.340	0	1.139	0.884
18:3	g	0.110	0	0.094	0.073
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.034	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	70	0	60	46
Phytosterols	mg	3	0	3	2
Amino acids:					
Tryptophan	g	0.352	0	0.299	0.232
Threonine	g	1.264	0	1.074	0.834
Isoleucine	g	1.296	0	1.102	0.855
Leucine	g	2.221	0	1.888	1.466
Lysine	g	2.489	0	2.116	1.643
Methionine	g	0.733	0	0.623	0.484
Cystine	g	0.353	0	0.300	0.233
Phenylalanine	g	1.105	0	0.939	0.729
Tyrosine	g	0.964	0	0.819	0.636
Valine	g	1.502	0	1.277	0.991
Arginine	g	1.721	0	1.463	1.136
Histidine	g	1.106	0	0.940	0.730
Alanine	g	1.612	0	1.370	1.064
Aspartic acid	g	2.567	0	2.182	1.694
Glutamic acid	g	4.333	0	3.683	2.860
Glycine	g	1.314	0	1.117	0.867
Proline	g	1.112	0	0.945	0.734
Serine	g	1.143	0	0.972	0.754
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 113 g; yields excluding refuse

NDB No. 10202

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 283g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	60.61	0.723	15	171.53	51.52
Energy	kcal	214		0	606	182
Energy	kJ	895		0	2533	761
Protein (N x 5.95)	g	28.81	0.466	15	81.53	24.49
Total lipid (fat)	g	10.13	0.460	15	28.67	8.61
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.14	0.031	15	3.23	0.97
Sugars, total	g					
Minerals:						
Calcium	mg	6	0.558	5	17	5
Iron	mg	1.00	0.052	5	2.83	0.85
Magnesium	mg	24	0.649	5	68	20
Phosphorus	mg	222	5.177	5	628	189
Potassium	mg	363	7.466	5	1027	309
Sodium	mg	50	2.188	5	142	43
Zinc	mg	2.83	0.173	5	8.01	2.41
Copper	mg	0.012	0.004	5	0.034	0.010
Manganese	mg	0.011		0	0.031	0.009
Selenium	µg	43.2	5.282	5	122.3	36.7
Vitamins:						
Ascorbic acid	mg	0.4		0	1.1	0.3
Thiamin	mg	0.639		0	1.808	0.543
Riboflavin	mg	0.312		0	0.883	0.265
Niacin	mg	5.355		0	15.155	4.552
Pantothenic acid	mg	0.581		0	1.644	0.494
Vitamin B-6	mg	0.400		0	1.132	0.340
Folate	µg	9		0	25	8
Vitamin B-12	µg	0.55		0	1.56	0.47
Vitamin A	IU	8		0	23	7
Vitamin A, RE	µg	2		0	6	2
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	3.540		0	10.018	3.009
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010		15	0.028	0.009
12:0	g	0.010		15	0.028	0.009
14:0	g	0.120		15	0.340	0.102
15:0	g					
16:0	g	2.200		15	6.226	1.870
17:0	g					
18:0	g	1.120		15	3.170	0.952
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.490		0	12.707	3.817
14:1	g					
16:1	g	0.330		15	0.934	0.281
18:1	g	4.020		15	11.377	3.417
20:1	g	0.090		15	0.255	0.077
22:1	g					
Polyunsaturated, total	g	0.850		0	2.406	0.723
18:2	g	0.730		15	2.066	0.620
18:3	g	0.020		15	0.057	0.017
18:4	g					
20:4	g	0.060		15	0.170	0.051
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	83	3.503	15	235	71
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.366		0	1.036	0.311
Threonine	g	1.316		0	3.724	1.119
Isoleucine	g	1.349		0	3.818	1.147
Leucine	g	2.312		0	6.543	1.965
Lysine	g	2.591		0	7.333	2.202
Methionine	g	0.763		0	2.159	0.649
Cystine	g	0.367		0	1.039	0.312
Phenylalanine	g	1.150		0	3.254	0.977
Tyrosine	g	1.004		0	2.841	0.853
Valine	g	1.563		0	4.423	1.329
Arginine	g	1.791		0	5.069	1.522
Histidine	g	1.151		0	3.257	0.978
Alanine	g	1.678		0	4.749	1.426
Aspartic acid	g	2.672		0	7.562	2.271
Glutamic acid	g	4.510		0	12.763	3.833
Glycine	g	1.368		0	3.871	1.163
Proline	g	1.157		0	3.274	0.983
Serine	g	1.190		0	3.368	1.011
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10203

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	63.49	0	18.00	287.99	
Energy	kcal	241	0	68	1093	
Energy	kJ	1008	0	286	4572	
Protein (N x 5.95)	g	16.99	0	4.82	77.07	
Total lipid (fat)	g	18.71	0	5.30	84.87	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	0.87	0	0.25	3.95	
Sugars, total	g					
Minerals:						
Calcium	mg	27	0	8	122	
Iron	mg	0.89	0	0.25	4.04	
Magnesium	mg	18	0	5	82	
Phosphorus	mg	173	0	49	785	
Potassium	mg	302	0	86	1370	
Sodium	mg	58	0	16	263	
Zinc	mg	2.56	0	0.73	11.61	
Copper	mg	0.067	0	0.019	0.304	
Manganese	mg	0.011	0	0.003	0.050	
Selenium	µg	28.2	0	8.0	127.9	
Vitamins:						
Ascorbic acid	mg	0.7	0	0.2	3.2	
Thiamin	mg	0.706	0	0.200	3.202	
Riboflavin	mg	0.247	0	0.070	1.120	
Niacin	mg	3.880	0	1.100	17.600	
Pantothenic acid	mg	0.668	0	0.189	3.030	
Vitamin B-6	mg	0.411	0	0.117	1.864	
Folate	µg	4	0	1	18	
Vitamin B-12	µg	0.75	0	0.21	3.40	
Vitamin A	IU	8	0	2	36	
Vitamin A, RE	µg	2	0	1	9	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	6.490	0	1.840	29.439	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.003	0.045	
12:0	g	0.020	0	0.006	0.091	
14:0	g	0.230	0	0.065	1.043	
15:0	g					
16:0	g	4.040	0	1.145	18.325	
17:0	g					
18:0	g	2.120	0	0.601	9.616	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	8.340	0	2.364	37.830
14:1	g				
16:1	g	0.530	0	0.150	2.404
18:1	g	7.650	0	2.169	34.700
20:1	g	0.140	0	0.040	0.635
22:1	g				
Polyunsaturated, total	g	2.000	0	0.567	9.072
18:2	g	1.670	0	0.473	7.575
18:3	g	0.130	0	0.037	0.590
18:4	g				
20:4	g	0.110	0	0.031	0.499
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	69	0	20	313
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.205	0	0.058	0.930
Threonine	g	0.760	0	0.215	3.447
Isoleucine	g	0.773	0	0.219	3.506
Leucine	g	1.345	0	0.381	6.101
Lysine	g	1.515	0	0.430	6.872
Methionine	g	0.436	0	0.124	1.978
Cystine	g	0.211	0	0.060	0.957
Phenylalanine	g	0.673	0	0.191	3.053
Tyrosine	g	0.572	0	0.162	2.595
Valine	g	0.911	0	0.258	4.132
Arginine	g	1.086	0	0.308	4.926
Histidine	g	0.649	0	0.184	2.944
Alanine	g	1.004	0	0.285	4.554
Aspartic acid	g	1.550	0	0.439	7.031
Glutamic acid	g	2.586	0	0.733	11.730
Glycine	g	0.941	0	0.267	4.268
Proline	g	0.756	0	0.214	3.429
Serine	g	0.702	0	0.199	3.184
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb

NDB No. 10204

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 235g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	53.75	0	126.31	45.69	
Energy	kcal	296	0	696	252	
Energy	kJ	1238	0	2909	1052	
Protein (N x 5.95)	g	23.87	0	56.09	20.29	
Total lipid (fat)	g	21.50	0	50.52	18.27	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.26	0	2.96	1.07	
Sugars, total	g					
Minerals:						
Calcium	mg	29	0	68	25	
Iron	mg	1.22	0	2.87	1.04	
Magnesium	mg	17	0	40	14	
Phosphorus	mg	167	0	392	142	
Potassium	mg	328	0	771	279	
Sodium	mg	59	0	139	50	
Zinc	mg	3.56	0	8.37	3.03	
Copper	mg	0.093	0	0.219	0.079	
Manganese	mg	0.012	0	0.028	0.010	
Selenium	µg	39.7	0	93.3	33.7	
Vitamins:						
Ascorbic acid	mg	0.7	0	1.6	0.6	
Thiamin	mg	0.511	0	1.201	0.434	
Riboflavin	mg	0.256	0	0.602	0.218	
Niacin	mg	3.845	0	9.036	3.268	
Pantothenic acid	mg	0.611	0	1.436	0.519	
Vitamin B-6	mg	0.327	0	0.768	0.278	
Folate	µg	3	0	7	3	
Vitamin B-12	µg	0.69	0	1.62	0.59	
Vitamin A	IU	8	0	19	7	
Vitamin A, RE	µg	2	0	5	2	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	8.010	0	18.823	6.809	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.020	0	0.047	0.017	
12:0	g	0.010	0	0.024	0.009	
14:0	g	0.280	0	0.658	0.238	
15:0	g					
16:0	g	4.860	0	11.421	4.131	
17:0	g					
18:0	g	2.680	0	6.298	2.278	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	9.280	0	21.808	7.888
14:1	g				
16:1	g	0.590	0	1.387	0.501
18:1	g	8.420	0	19.787	7.157
20:1	g	0.170	0	0.400	0.145
22:1	g				
Polyunsaturated, total	g	1.910	0	4.488	1.623
18:2	g	1.710	0	4.018	1.454
18:3	g	0.060	0	0.141	0.051
18:4	g				
20:4	g	0.050	0	0.118	0.043
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	87	0	204	74
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.285	0	0.670	0.242
Threonine	g	1.062	0	2.496	0.903
Isoleucine	g	1.078	0	2.533	0.916
Leucine	g	1.883	0	4.425	1.601
Lysine	g	2.123	0	4.989	1.805
Methionine	g	0.608	0	1.429	0.517
Cystine	g	0.295	0	0.693	0.251
Phenylalanine	g	0.944	0	2.218	0.802
Tyrosine	g	0.798	0	1.875	0.678
Valine	g	1.275	0	2.996	1.084
Arginine	g	1.535	0	3.607	1.305
Histidine	g	0.902	0	2.120	0.767
Alanine	g	1.414	0	3.323	1.202
Aspartic acid	g	2.168	0	5.095	1.843
Glutamic acid	g	3.608	0	8.479	3.067
Glycine	g	1.363	0	3.203	1.159
Proline	g	1.084	0	2.547	0.921
Serine	g	0.985	0	2.315	0.837
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10205

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 241g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	50.87	0.847	15	122.60	43.24
Energy	kcal	328		0	790	279
Energy	kJ	1372		0	3307	1166
Protein (N x 5.95)	g	23.40	0.384	15	56.39	19.89
Total lipid (fat)	g	25.34	1.130	15	61.07	21.54
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.05	0.021	15	2.53	0.89
Sugars, total	g					
Minerals:						
Calcium	mg	25		0	60	21
Iron	mg	1.06		0	2.55	0.90
Magnesium	mg	23		0	55	20
Phosphorus	mg	226		0	545	192
Potassium	mg	344		0	829	292
Sodium	mg	52		0	125	44
Zinc	mg	2.36		0	5.69	2.01
Copper	mg	0.053		0	0.128	0.045
Manganese	mg	0.003		0	0.007	0.003
Selenium	µg	37.1		0	89.4	31.5
Vitamins:						
Ascorbic acid	mg	0.3		0	0.7	0.3
Thiamin	mg	0.889		0	2.142	0.756
Riboflavin	mg	0.344		0	0.829	0.292
Niacin	mg	4.317		0	10.404	3.669
Pantothenic acid	mg	0.750		0	1.808	0.637
Vitamin B-6	mg	0.444		0	1.070	0.377
Folate	µg	5		0	12	4
Vitamin B-12	µg	0.79		0	1.90	0.67
Vitamin A	IU	9		0	22	8
Vitamin A, RE	µg	3		0	7	3
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	9.210		0	22.196	7.829
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.020		0	0.048	0.017
12:0	g	0.020		0	0.048	0.017
14:0	g	0.330		0	0.795	0.281
15:0	g					
16:0	g	5.570		0	13.424	4.735
17:0	g					
18:0	g	3.080		0	7.423	2.618
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	11.010		0	26.534	9.358
14:1	g					
16:1	g	0.730		0	1.759	0.620
18:1	g	9.940		0	23.955	8.449
20:1	g	0.220		0	0.530	0.187
22:1	g					
Polyunsaturated, total	g	2.010		0	4.844	1.708
18:2	g	1.780		0	4.290	1.513
18:3	g	0.060		0	0.145	0.051
18:4	g					
20:4	g	0.080		0	0.193	0.068
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	92	0.948	15	222	78
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.297		0	0.716	0.252
Threonine	g	1.069		0	2.576	0.909
Isoleucine	g	1.096		0	2.641	0.932
Leucine	g	1.878		0	4.526	1.596
Lysine	g	2.104		0	5.071	1.788
Methionine	g	0.620		0	1.494	0.527
Cystine	g	0.298		0	0.718	0.253
Phenylalanine	g	0.934		0	2.251	0.794
Tyrosine	g	0.815		0	1.964	0.693
Valine	g	1.269		0	3.058	1.079
Arginine	g	1.455		0	3.507	1.237
Histidine	g	0.935		0	2.253	0.795
Alanine	g	1.363		0	3.285	1.159
Aspartic acid	g	2.170		0	5.230	1.844
Glutamic acid	g	3.663		0	8.828	3.114
Glycine	g	1.111		0	2.678	0.944
Proline	g	0.940		0	2.265	0.799
Serine	g	0.967		0	2.330	0.822
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10206

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	71.80	0.337	15	20.36	325.68
Energy	kcal	157		0	45	712
Energy	kJ	657		0	186	2980
Protein (N x 5.95)	g	19.27	0.344	17	5.46	87.41
Total lipid (fat)	g	8.25	0.463	15	2.34	37.42
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.00	0.028	13	0.28	4.54
Sugars, total	g					
Minerals:						
Calcium	mg	23	0.925	5	7	104
Iron	mg	1.02	0.049	17	0.29	4.63
Magnesium	mg	21	0.263	5	6	95
Phosphorus	mg	191	3.368	5	54	866
Potassium	mg	340	6.602	16	96	1542
Sodium	mg	67	1.173	16	19	304
Zinc	mg	2.95	0.078	16	0.84	13.38
Copper	mg	0.075	0.003	16	0.021	0.340
Manganese	mg	0.013		0	0.004	0.059
Selenium	µg	32.6	3.054	5	9.2	147.9
Vitamins:						
Ascorbic acid	mg	0.8		0	0.2	3.6
Thiamin	mg	0.808	0.046	12	0.229	3.665
Riboflavin	mg	0.279	0.009	13	0.079	1.266
Niacin	mg	4.324	0.259	13	1.226	19.614
Pantothenic acid	mg	0.757		0	0.215	3.434
Vitamin B-6	mg	0.490		1	0.139	2.223
Folate	µg	4		0	1	18
Vitamin B-12	µg	0.84	0.055	11	0.24	3.81
Vitamin A	IU	7		0	2	32
Vitamin A, RE	µg	2		0	1	9
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	2.850		0	0.808	12.928
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010		73	0.003	0.045
12:0	g	0.010		75	0.003	0.045
14:0	g	0.100		378	0.028	0.454
15:0	g					
16:0	g	1.820		378	0.516	8.256
17:0	g					
18:0	g	0.890		378	0.252	4.037
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	3.730	0	1.057	16.919
14:1	g				
16:1	g	0.260	378	0.074	1.179
18:1	g	3.390	378	0.961	15.377
20:1	g	0.060	71	0.017	0.272
22:1	g				
Polyunsaturated, total	g	0.890	0	0.252	4.037
18:2	g	0.720	378	0.204	3.266
18:3	g	0.030	190	0.009	0.136
18:4	g				
20:4	g	0.100	315	0.028	0.454
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	64	1.290	11	18
Phytosterols	mg				290
Amino acids:					
Tryptophan	g	0.245	0	0.069	1.111
Threonine	g	0.880	0	0.249	3.992
Isoleucine	g	0.902	0	0.256	4.091
Leucine	g	1.546	0	0.438	7.013
Lysine	g	1.733	0	0.491	7.861
Methionine	g	0.510	0	0.145	2.313
Cystine	g	0.246	0	0.070	1.116
Phenylalanine	g	0.769	0	0.218	3.488
Tyrosine	g	0.671	0	0.190	3.044
Valine	g	1.045	0	0.296	4.740
Arginine	g	1.198	0	0.340	5.434
Histidine	g	0.770	0	0.218	3.493
Alanine	g	1.123	0	0.318	5.094
Aspartic acid	g	1.787	0	0.507	8.106
Glutamic acid	g	3.017	0	0.855	13.685
Glycine	g	0.915	0	0.259	4.150
Proline	g	0.774	0	0.219	3.511
Serine	g	0.796	0	0.226	3.611
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb

NDB No. 10207

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 198g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	59.44	0	117.69	50.52	
Energy	kcal	234	0	463	199	
Energy	kJ	979	0	1938	832	
Protein (N x 5.95)	g	26.04	0	51.56	22.13	
Total lipid (fat)	g	13.60	0	26.93	11.56	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.35	0	2.67	1.15	
Sugars, total	g					
Minerals:						
Calcium	mg	25	0	50	21	
Iron	mg	1.38	0	2.73	1.17	
Magnesium	mg	18	0	36	15	
Phosphorus	mg	168	0	333	143	
Potassium	mg	345	0	683	293	
Sodium	mg	63	0	125	54	
Zinc	mg	3.99	0	7.90	3.39	
Copper	mg	0.101	0	0.200	0.086	
Manganese	mg	0.014	0	0.028	0.012	
Selenium	µg	44.1	0	87.3	37.5	
Vitamins:						
Ascorbic acid	mg	0.8	0	1.6	0.7	
Thiamin	mg	0.546	0	1.081	0.464	
Riboflavin	mg	0.283	0	0.560	0.241	
Niacin	mg	4.090	0	8.098	3.476	
Pantothenic acid	mg	0.665	0	1.317	0.565	
Vitamin B-6	mg	0.364	0	0.721	0.309	
Folate	µg	3	0	6	3	
Vitamin B-12	µg	0.74	0	1.47	0.63	
Vitamin A	IU	7	0	14	6	
Vitamin A, RE	µg	2	0	4	2	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	4.940	0	9.781	4.199	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.020	0.009	
12:0	g	0.010	0	0.020	0.009	
14:0	g	0.180	0	0.356	0.153	
15:0	g					
16:0	g	2.990	0	5.920	2.542	
17:0	g					
18:0	g	1.650	0	3.267	1.403	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.910	0	11.702	5.024
14:1	g				
16:1	g	0.390	0	0.772	0.331
18:1	g	5.340	0	10.573	4.539
20:1	g	0.120	0	0.238	0.102
22:1	g				
Polyunsaturated, total	g	1.070	0	2.119	0.910
18:2	g	0.950	0	1.881	0.808
18:3	g	0.030	0	0.059	0.026
18:4	g				
20:4	g	0.040	0	0.079	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	86	0	170	73
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.331	0	0.655	0.281
Threonine	g	1.189	0	2.354	1.011
Isoleucine	g	1.219	0	2.414	1.036
Leucine	g	2.089	0	4.136	1.776
Lysine	g	2.342	0	4.637	1.991
Methionine	g	0.689	0	1.364	0.586
Cystine	g	0.332	0	0.657	0.282
Phenylalanine	g	1.039	0	2.057	0.883
Tyrosine	g	0.907	0	1.796	0.771
Valine	g	1.413	0	2.798	1.201
Arginine	g	1.619	0	3.206	1.376
Histidine	g	1.040	0	2.059	0.884
Alanine	g	1.517	0	3.004	1.289
Aspartic acid	g	2.415	0	4.782	2.053
Glutamic acid	g	4.076	0	8.070	3.465
Glycine	g	1.236	0	2.447	1.051
Proline	g	1.046	0	2.071	0.889
Serine	g	1.076	0	2.130	0.915
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10208

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 193g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	58.20	0.390	15	112.33	49.47
Energy	kcal	247		0	477	210
Energy	kJ	1033		0	1994	878
Protein (N x 5.95)	g	26.60	0.371	15	51.34	22.61
Total lipid (fat)	g	14.81	0.558	15	28.58	12.59
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.18	0.019	15	2.28	1.00
Sugars, total	g					
Minerals:						
Calcium	mg	29	1.704	5	56	25
Iron	mg	1.29	0.021	16	2.49	1.10
Magnesium	mg	24	0.355	5	46	20
Phosphorus	mg	221	3.587	5	427	188
Potassium	mg	349	1.299	16	674	297
Sodium	mg	29	8.540	16	56	25
Zinc	mg	3.81	0.101	16	7.35	3.24
Copper	mg	0.086	0.006	16	0.166	0.073
Manganese	mg	0.013		0	0.025	0.011
Selenium	µg	42.3	4.472	5	81.6	36.0
Vitamins:						
Ascorbic acid	mg	0.3		0	0.6	0.3
Thiamin	mg	0.574	0.037	11	1.108	0.488
Riboflavin	mg	0.342	0.020	11	0.660	0.291
Niacin	mg	4.664	0.170	11	9.002	3.964
Pantothenic acid	mg	0.528		0	1.019	0.449
Vitamin B-6	mg	0.440		1	0.849	0.374
Folate	µg	5		0	10	4
Vitamin B-12	µg	0.80	0.059	11	1.54	0.68
Vitamin A	IU	8		0	15	7
Vitamin A, RE	µg	2		0	4	2
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	5.310		0	10.248	4.513
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010		21	0.019	0.009
12:0	g	0.010		21	0.019	0.009
14:0	g	0.190		32	0.367	0.161
15:0	g					
16:0	g	3.210		32	6.195	2.729
17:0	g					
18:0	g	1.780		32	3.435	1.513
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.460		0	12.468	5.491
14:1	g					
16:1	g	0.440		32	0.849	0.374
18:1	g	5.810		32	11.213	4.938
20:1	g	0.140		15	0.270	0.119
22:1	g					
Polyunsaturated, total	g	1.100		0	2.123	0.935
18:2	g	0.960		32	1.853	0.816
18:3	g	0.030		32	0.058	0.026
18:4	g					
20:4	g	0.050		32	0.097	0.043
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	93	0.862	15	179	79
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.338		0	0.652	0.287
Threonine	g	1.215		0	2.345	1.033
Isoleucine	g	1.246		0	2.405	1.059
Leucine	g	2.135		0	4.121	1.815
Lysine	g	2.392		0	4.617	2.033
Methionine	g	0.704		0	1.359	0.598
Cystine	g	0.339		0	0.654	0.288
Phenylalanine	g	1.062		0	2.050	0.903
Tyrosine	g	0.927		0	1.789	0.788
Valine	g	1.443		0	2.785	1.227
Arginine	g	1.654		0	3.192	1.406
Histidine	g	1.063		0	2.052	0.904
Alanine	g	1.550		0	2.992	1.317
Aspartic acid	g	2.468		0	4.763	2.098
Glutamic acid	g	4.165		0	8.038	3.540
Glycine	g	1.263		0	2.438	1.074
Proline	g	1.069		0	2.063	0.909
Serine	g	1.099		0	2.121	0.934
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10209

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 454g	Measure 2* 104g	Measure 3*
Proximates:						
Water	g	71.93	0	326.27	74.81	
Energy	kcal	145	0	658	151	
Energy	kJ	607	0	2753	631	
Protein (N x 5.95)	g	20.57	0	93.31	21.39	
Total lipid (fat)	g	6.31	0	28.62	6.56	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.06	0	4.81	1.10	
Sugars, total	g					
Minerals:						
Calcium	mg	13	0	59	14	
Iron	mg	0.85	0	3.86	0.88	
Magnesium	mg	25	0	113	26	
Phosphorus	mg	214	0	971	223	
Potassium	mg	361	0	1637	375	
Sodium	mg	50	0	227	52	
Zinc	mg	1.81	0	8.21	1.88	
Copper	mg	0.068	0	0.308	0.071	
Manganese	mg	0.014	0	0.064	0.015	
Selenium	µg	32.4	0	147.0	33.7	
Vitamins:						
Ascorbic acid	mg	0.9	0	4.1	0.9	
Thiamin	mg	1.058	0	4.799	1.100	
Riboflavin	mg	0.286	0	1.297	0.297	
Niacin	mg	4.321	0	19.600	4.494	
Pantothenic acid	mg	0.809	0	3.670	0.841	
Vitamin B-6	mg	0.611	0	2.771	0.635	
Folate	µg	5	0	23	5	
Vitamin B-12	µg	0.68	0	3.08	0.71	
Vitamin A	IU	7	0	32	7	
Vitamin A, RE	µg	2	0	9	2	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	2.180	0	9.888	2.267	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.045	0.010	
12:0	g	0.010	0	0.045	0.010	
14:0	g	0.080	0	0.363	0.083	
15:0	g					
16:0	g	1.380	0	6.260	1.435	
17:0	g					
18:0	g	0.700	0	3.175	0.728	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.830	0	12.837	2.943
14:1	g				
16:1	g	0.190	0	0.862	0.198
18:1	g	2.590	0	11.748	2.694
20:1	g	0.050	0	0.227	0.052
22:1	g				
Polyunsaturated, total	g	0.680	0	3.084	0.707
18:2	g	0.560	0	2.540	0.582
18:3	g	0.040	0	0.181	0.042
18:4	g				
20:4	g	0.060	0	0.272	0.062
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	64	0	290	67
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.259	0	1.175	0.269
Threonine	g	0.936	0	4.246	0.973
Isoleucine	g	0.959	0	4.350	0.997
Leucine	g	1.647	0	7.471	1.713
Lysine	g	1.848	0	8.383	1.922
Methionine	g	0.542	0	2.459	0.564
Cystine	g	0.261	0	1.184	0.271
Phenylalanine	g	0.820	0	3.720	0.853
Tyrosine	g	0.713	0	3.234	0.742
Valine	g	1.114	0	5.053	1.159
Arginine	g	1.285	0	5.829	1.336
Histidine	g	0.816	0	3.701	0.849
Alanine	g	1.201	0	5.448	1.249
Aspartic acid	g	1.903	0	8.632	1.979
Glutamic acid	g	3.207	0	14.547	3.335
Glycine	g	1.002	0	4.545	1.042
Proline	g	0.840	0	3.810	0.874
Serine	g	0.850	0	3.856	0.884
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb

Measure 2: 1 raw chop with refuse, 113 g; yields excluding refuse

NDB No. 10210

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 82g	Measure 3*
Proximates:						
Water	g	63.60	0	54.06	52.15	
Energy	kcal	189	0	161	155	
Energy	kJ	791	0	672	649	
Protein (N x 5.95)	g	26.54	0	22.56	21.76	
Total lipid (fat)	g	8.38	0	7.12	6.87	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.38	0	1.17	1.13	
Sugars, total	g					
Minerals:						
Calcium	mg	13	0	11	11	
Iron	mg	1.09	0	0.93	0.89	
Magnesium	mg	21	0	18	17	
Phosphorus	mg	181	0	154	148	
Potassium	mg	352	0	299	289	
Sodium	mg	46	0	39	38	
Zinc	mg	2.34	0	1.99	1.92	
Copper	mg	0.088	0	0.075	0.072	
Manganese	mg	0.014	0	0.012	0.011	
Selenium	µg	41.7	0	35.4	34.2	
Vitamins:						
Ascorbic acid	mg	0.8	0	0.7	0.7	
Thiamin	mg	0.685	0	0.582	0.562	
Riboflavin	mg	0.275	0	0.234	0.226	
Niacin	mg	3.911	0	3.324	3.207	
Pantothenic acid	mg	0.679	0	0.577	0.557	
Vitamin B-6	mg	0.434	0	0.369	0.356	
Folate	µg	3	0	3	2	
Vitamin B-12	µg	0.57	0	0.48	0.47	
Vitamin A	IU	7	0	6	6	
Vitamin A, RE	µg	2	0	2	2	
Vitamin E, α-TE	mg	0.260	0	0.221	0.213	
Lipids:						
Saturated, total	g	3.030	0	2.575	2.485	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.009	0.008	
12:0	g	0.010	0	0.009	0.008	
14:0	g	0.100	0	0.085	0.082	
15:0	g					
16:0	g	1.870	0	1.590	1.533	
17:0	g					
18:0	g	0.980	0	0.833	0.804	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	3.660	0	3.111	3.001
14:1	g				
16:1	g	0.250	0	0.213	0.205
18:1	g	3.310	0	2.814	2.714
20:1	g	0.070	0	0.060	0.057
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.750	0	0.637	0.615
18:2	g	0.660	0	0.561	0.541
18:3	g	0.020	0	0.017	0.016
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.034	0.033
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	81	0	69	66
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.334	0	0.284	0.274
Threonine	g	1.206	0	1.025	0.989
Isoleucine	g	1.235	0	1.050	1.013
Leucine	g	2.123	0	1.805	1.741
Lysine	g	2.382	0	2.025	1.953
Methionine	g	0.698	0	0.593	0.572
Cystine	g	0.337	0	0.286	0.276
Phenylalanine	g	1.058	0	0.899	0.868
Tyrosine	g	0.918	0	0.780	0.753
Valine	g	1.436	0	1.221	1.178
Arginine	g	1.660	0	1.411	1.361
Histidine	g	1.050	0	0.893	0.861
Alanine	g	1.551	0	1.318	1.272
Aspartic acid	g	2.453	0	2.085	2.011
Glutamic acid	g	4.129	0	3.510	3.386
Glycine	g	1.306	0	1.110	1.071
Proline	g	1.091	0	0.927	0.895
Serine	g	1.096	0	0.932	0.899
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 113 g; yields excluding refuse

NDB No. 10211

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 74g	Measure 3*
Proximates:						
Water	g	60.11	0.756	14	51.09	44.48
Energy	kcal	208		0	177	154
Energy	kJ	870		0	740	644
Protein (N x 5.95)	g	30.52	0.588	14	25.94	22.58
Total lipid (fat)	g	8.60	0.472	14	7.31	6.36
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.32	0.032	14	1.12	0.98
Sugars, total	g					
Minerals:						
Calcium	mg	18		0	15	13
Iron	mg	1.21		0	1.03	0.90
Magnesium	mg	27		0	23	20
Phosphorus	mg	243		0	207	180
Potassium	mg	372		0	316	275
Sodium	mg	56		0	48	41
Zinc	mg	2.62		0	2.23	1.94
Copper	mg	0.053		0	0.045	0.039
Manganese	mg	0.003		0	0.003	0.002
Selenium	µg	50.5		0	42.9	37.4
Vitamins:						
Ascorbic acid	mg	0.4		0	0.3	0.3
Thiamin	mg	1.009		0	0.858	0.747
Riboflavin	mg	0.393		0	0.334	0.291
Niacin	mg	4.697		0	3.992	3.476
Pantothenic acid	mg	0.883		0	0.751	0.653
Vitamin B-6	mg	0.526		0	0.447	0.389
Folate	µg	6		0	5	4
Vitamin B-12	µg	0.83		0	0.71	0.61
Vitamin A	IU	8		0	7	6
Vitamin A, RE	µg	2		0	2	1
Vitamin E, α-TE	mg	0.260		0	0.221	0.192
Lipids:						
Saturated, total	g	2.880		0	2.448	2.131
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.010		0	0.009	0.007
12:0	g	0.010		0	0.009	0.007
14:0	g	0.100		0	0.085	0.074
15:0	g					
16:0	g	1.790		0	1.522	1.325
17:0	g					
18:0	g	0.890		0	0.757	0.659
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	3.750	0	3.188	2.775
14:1	g				
16:1	g	0.280	0	0.238	0.207
18:1	g	3.350	0	2.848	2.479
20:1	g	0.080	0	0.068	0.059
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.690	0	0.587	0.511
18:2	g	0.560	0	0.476	0.414
18:3	g	0.020	0	0.017	0.015
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.060	0.052
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	91	3.838	14	77
Phytosterols	mg				67
Amino acids:					
Tryptophan	g	0.388	0	0.330	0.287
Threonine	g	1.394	0	1.185	1.032
Isoleucine	g	1.429	0	1.215	1.057
Leucine	g	2.449	0	2.082	1.812
Lysine	g	2.745	0	2.333	2.031
Methionine	g	0.808	0	0.687	0.598
Cystine	g	0.389	0	0.331	0.288
Phenylalanine	g	1.218	0	1.035	0.901
Tyrosine	g	1.063	0	0.904	0.787
Valine	g	1.656	0	1.408	1.225
Arginine	g	1.897	0	1.612	1.404
Histidine	g	1.219	0	1.036	0.902
Alanine	g	1.778	0	1.511	1.316
Aspartic acid	g	2.831	0	2.406	2.095
Glutamic acid	g	4.778	0	4.061	3.536
Glycine	g	1.449	0	1.232	1.072
Proline	g	1.226	0	1.042	0.907
Serine	g	1.261	0	1.072	0.933
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 113 g; yields excluding refuse

NDB No. 10212

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 315g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	60.48	0	190.51	51.41	
Energy	kcal	207	0	652	176	
Energy	kj	866	0	2728	736	
Protein (N x 5.95)	g	28.50	0	89.78	24.23	
Total lipid (fat)	g	9.43	0	29.70	8.02	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.48	0	4.66	1.26	
Sugars, total	g					
Minerals:						
Calcium	mg	16	0	50	14	
Iron	mg	1.17	0	3.69	0.99	
Magnesium	mg	26	0	82	22	
Phosphorus	mg	252	0	794	214	
Potassium	mg	402	0	1266	342	
Sodium	mg	56	0	176	48	
Zinc	mg	2.51	0	7.91	2.13	
Copper	mg	0.094	0	0.296	0.080	
Manganese	mg	0.016	0	0.050	0.014	
Selenium	µg	42.5	0	133.9	36.1	
Vitamins:						
Ascorbic acid	mg	1.0	0	3.1	0.9	
Thiamin	mg	0.881	0	2.775	0.749	
Riboflavin	mg	0.374	0	1.178	0.318	
Niacin	mg	5.077	0	15.993	4.315	
Pantothenic acid	mg	0.728	0	2.293	0.619	
Vitamin B-6	mg	0.467	0	1.471	0.397	
Folate	µg	5	0	16	4	
Vitamin B-12	µg	0.75	0	2.36	0.64	
Vitamin A	IU	7	0	22	6	
Vitamin A, RE	µg	2	0	6	2	
Vitamin E, α-TE	mg	0.260	0	0.819	0.221	
Lipids:						
Saturated, total	g	3.420	0	10.773	2.907	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.032	0.009	
12:0	g	0.010	0	0.032	0.009	
14:0	g	0.120	0	0.378	0.102	
15:0	g					
16:0	g	2.110	0	6.646	1.793	
17:0	g					
18:0	g	1.110	0	3.497	0.944	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.120	0	12.978	3.502
14:1	g				
16:1	g	0.280	0	0.882	0.238
18:1	g	3.720	0	11.718	3.162
20:1	g	0.080	0	0.252	0.068
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.850	0	2.678	0.723
18:2	g	0.750	0	2.362	0.637
18:3	g	0.020	0	0.063	0.017
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.126	0.034
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	86	0	271	73
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.360	0	1.134	0.306
Threonine	g	1.298	0	4.089	1.103
Isoleucine	g	1.329	0	4.186	1.130
Leucine	g	2.282	0	7.188	1.940
Lysine	g	2.560	0	8.064	2.176
Methionine	g	0.751	0	2.366	0.638
Cystine	g	0.362	0	1.140	0.308
Phenylalanine	g	1.136	0	3.578	0.966
Tyrosine	g	0.988	0	3.112	0.840
Valine	g	1.544	0	4.864	1.312
Arginine	g	1.778	0	5.601	1.511
Histidine	g	1.132	0	3.566	0.962
Alanine	g	1.663	0	5.238	1.414
Aspartic acid	g	2.637	0	8.307	2.241
Glutamic acid	g	4.444	0	13.999	3.777
Glycine	g	1.384	0	4.360	1.176
Proline	g	1.162	0	3.660	0.988
Serine	g	1.177	0	3.708	1.000
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10213

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 10214 Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw

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

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 454g	Measure 2* 101g	Measure 3*
Proximates:						
Water	g	73.55	0.244	14	333.62	74.29
Energy	kcal	128		0	581	129
Energy	kJ	536		0	2431	541
Protein (N x 5.95)	g	21.06	0.351	11	95.53	21.27
Total lipid (fat)	g	4.22	0.201	14	19.14	4.26
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.09	0.026	11	4.94	1.10
Sugars, total	g					
Minerals:						
Calcium	mg	13	2.308	5	59	13
Iron	mg	0.87	0.044	16	3.95	0.88
Magnesium	mg	26	0.383	13	118	26
Phosphorus	mg	218	2.020	13	989	220
Potassium	mg	370	5.052	36	1678	374
Sodium	mg	51	1.315	36	231	52
Zinc	mg	1.85	0.057	16	8.39	1.87
Copper	mg	0.069	0.005	16	0.313	0.070
Manganese	mg	0.014		0	0.064	0.014
Selenium	µg	33.2	3.551	5	150.6	33.5
Vitamins:						
Ascorbic acid	mg	0.9		0	4.1	0.9
Thiamin	mg	1.086	0.082	15	4.926	1.097
Riboflavin	mg	0.292	0.015	15	1.325	0.295
Niacin	mg	4.407	0.222	16	19.990	4.451
Pantothenic acid	mg	0.828		0	3.756	0.836
Vitamin B-6	mg	0.630		1	2.858	0.636
Folate	µg	5		0	23	5
Vitamin B-12	µg	0.69	0.041	10	3.13	0.70
Vitamin A	IU	7		0	32	7
Vitamin A, RE	µg	2		0	9	2
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	1.460		0	6.623	1.475
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.000		73	0.000	0.000
12:0	g	0.000		75	0.000	0.000
14:0	g	0.050		378	0.227	0.051
15:0	g					
16:0	g	0.930		378	4.218	0.939
17:0	g					
18:0	g	0.460		378	2.087	0.465
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.910	0	8.664	1.929
14:1	g				
16:1	g	0.130	378	0.590	0.131
18:1	g	1.730	378	7.847	1.747
20:1	g	0.030	71	0.136	0.030
22:1	g				
Polyunsaturated, total	g	0.450	0	2.041	0.455
18:2	g	0.370	378	1.678	0.374
18:3	g	0.020	190	0.091	0.020
18:4	g				
20:4	g	0.050	315	0.227	0.051
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	63	0.965	11	286
Phytosterols	mg				64
Amino acids:					
Tryptophan	g	0.268	0	1.216	0.271
Threonine	g	0.962	0	4.364	0.972
Isoleucine	g	0.986	0	4.472	0.996
Leucine	g	1.690	0	7.666	1.707
Lysine	g	1.894	0	8.591	1.913
Methionine	g	0.558	0	2.531	0.564
Cystine	g	0.269	0	1.220	0.272
Phenylalanine	g	0.841	0	3.815	0.849
Tyrosine	g	0.734	0	3.329	0.741
Valine	g	1.143	0	5.185	1.154
Arginine	g	1.309	0	5.938	1.322
Histidine	g	0.841	0	3.815	0.849
Alanine	g	1.227	0	5.566	1.239
Aspartic acid	g	1.953	0	8.859	1.973
Glutamic acid	g	3.297	0	14.955	3.330
Glycine	g	1.000	0	4.536	1.010
Proline	g	0.846	0	3.837	0.854
Serine	g	0.870	0	3.946	0.879
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb
- Measure 2: 1 raw chop with refuse, 113 g; yields excluding refuse

NDB No. 10214

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 80g	Measure 3*
Proximates:						
Water	g	64.90	0	55.17	51.92	
Energy	kcal	175	0	149	140	
Energy	kJ	732	0	622	586	
Protein (N x 5.95)	g	27.00	0	22.95	21.60	
Total lipid (fat)	g	6.60	0	5.61	5.28	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.40	0	1.19	1.12	
Sugars, total	g					
Minerals:						
Calcium	mg	13	0	11	10	
Iron	mg	1.11	0	0.94	0.89	
Magnesium	mg	22	0	19	18	
Phosphorus	mg	182	0	155	146	
Potassium	mg	356	0	303	285	
Sodium	mg	46	0	39	37	
Zinc	mg	2.37	0	2.01	1.90	
Copper	mg	0.089	0	0.076	0.071	
Manganese	mg	0.014	0	0.012	0.011	
Selenium	µg	42.6	0	36.2	34.1	
Vitamins:						
Ascorbic acid	mg	0.9	0	0.8	0.7	
Thiamin	mg	0.696	0	0.592	0.557	
Riboflavin	mg	0.281	0	0.239	0.225	
Niacin	mg	3.955	0	3.362	3.164	
Pantothenic acid	mg	0.690	0	0.587	0.552	
Vitamin B-6	mg	0.444	0	0.377	0.355	
Folate	µg	3	0	3	2	
Vitamin B-12	µg	0.57	0	0.48	0.46	
Vitamin A	IU	7	0	6	6	
Vitamin A, RE	µg	2	0	2	2	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	2.340	0	1.989	1.872	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.080	0	0.068	0.064	
15:0	g					
16:0	g	1.450	0	1.232	1.160	
17:0	g					
18:0	g	0.750	0	0.637	0.600	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.900	0	2.465	2.320
14:1	g				
16:1	g	0.200	0	0.170	0.160
18:1	g	2.610	0	2.219	2.088
20:1	g	0.060	0	0.051	0.048
22:1	g				
Polyunsaturated, total	g	0.570	0	0.484	0.456
18:2	g	0.500	0	0.425	0.400
18:3	g	0.010	0	0.009	0.008
18:4	g				
20:4	g	0.030	0	0.026	0.024
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	81	0	69	65
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.343	0	0.292	0.274
Threonine	g	1.233	0	1.048	0.986
Isoleucine	g	1.264	0	1.074	1.011
Leucine	g	2.166	0	1.841	1.733
Lysine	g	2.428	0	2.064	1.942
Methionine	g	0.715	0	0.608	0.572
Cystine	g	0.344	0	0.292	0.275
Phenylalanine	g	1.078	0	0.916	0.862
Tyrosine	g	0.941	0	0.800	0.753
Valine	g	1.465	0	1.245	1.172
Arginine	g	1.678	0	1.426	1.342
Histidine	g	1.079	0	0.917	0.863
Alanine	g	1.573	0	1.337	1.258
Aspartic acid	g	2.504	0	2.128	2.003
Glutamic acid	g	4.227	0	3.593	3.382
Glycine	g	1.282	0	1.090	1.026
Proline	g	1.085	0	0.922	0.868
Serine	g	1.115	0	0.948	0.892
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 113 g; yields excluding refuse

NDB No. 10215

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 71g	Measure 3*
Proximates:						
Water	g	61.43	0.720	14	52.22	43.62
Energy	kcal	193		0	164	137
Energy	kJ	808		0	687	574
Protein (N x 5.95)	g	31.13	0.470	14	26.46	22.10
Total lipid (fat)	g	6.67	0.360	14	5.67	4.74
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.37	0.034	14	1.16	0.97
Sugars, total	g					
Minerals:						
Calcium	mg	18	4.602	5	15	13
Iron	mg	1.24	0.038	5	1.05	0.88
Magnesium	mg	27	0.790	5	23	19
Phosphorus	mg	246	7.269	5	209	175
Potassium	mg	377	11.977	5	320	268
Sodium	mg	56	2.980	5	48	40
Zinc	mg	2.66	0.104	5	2.26	1.89
Copper	mg	0.053	0.019	5	0.045	0.038
Manganese	mg	0.010		0	0.009	0.007
Selenium	µg	51.6	5.420	5	43.9	36.6
Vitamins:						
Ascorbic acid	mg	0.4		0	0.3	0.3
Thiamin	mg	1.030		0	0.876	0.731
Riboflavin	mg	0.402		0	0.342	0.285
Niacin	mg	4.764		0	4.049	3.382
Pantothenic acid	mg	0.906		0	0.770	0.643
Vitamin B-6	mg	0.540		0	0.459	0.383
Folate	µg	6		0	5	4
Vitamin B-12	µg	0.84		0	0.71	0.60
Vitamin A	IU	8		0	7	6
Vitamin A, RE	µg	2		0	2	1
Vitamin E, α-TE	mg	0.260		0	0.221	0.185
Lipids:						
Saturated, total	g	2.220		0	1.887	1.576
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		14	0.000	0.000
12:0	g	0.000		14	0.000	0.000
14:0	g	0.070		14	0.060	0.050
15:0	g					
16:0	g	1.380		14	1.173	0.980
17:0	g					
18:0	g	0.690		14	0.587	0.490
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.910	0	2.474	2.066
14:1	g				
16:1	g	0.220	14	0.187	0.156
18:1	g	2.600	14	2.210	1.846
20:1	g	0.060	14	0.051	0.043
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.530	0	0.451	0.376
18:2	g	0.430	14	0.366	0.305
18:3	g	0.010	14	0.009	0.007
18:4	g	0.000	0	0.000	0.000
20:4	g	0.060	14	0.051	0.043
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	92	4.032	14	78
Phytosterols	mg				65
Amino acids:					
Tryptophan	g	0.395	0	0.336	0.280
Threonine	g	1.422	0	1.209	1.010
Isoleucine	g	1.458	0	1.239	1.035
Leucine	g	2.498	0	2.123	1.774
Lysine	g	2.799	0	2.379	1.987
Methionine	g	0.824	0	0.700	0.585
Cystine	g	0.397	0	0.337	0.282
Phenylalanine	g	1.243	0	1.057	0.883
Tyrosine	g	1.085	0	0.922	0.770
Valine	g	1.689	0	1.436	1.199
Arginine	g	1.935	0	1.645	1.374
Histidine	g	1.244	0	1.057	0.883
Alanine	g	1.814	0	1.542	1.288
Aspartic acid	g	2.887	0	2.454	2.050
Glutamic acid	g	4.873	0	4.142	3.460
Glycine	g	1.478	0	1.256	1.049
Proline	g	1.251	0	1.063	0.888
Serine	g	1.286	0	1.093	0.913
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 113 g; yields excluding refuse

NDB No. 10216

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 308g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	61.28	0	188.74	52.09	
Energy	kcal	198	0	610	168	
Energy	kJ	828	0	2550	704	
Protein (N x 5.95)	g	28.85	0	88.86	24.52	
Total lipid (fat)	g	8.27	0	25.47	7.03	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.49	0	4.59	1.27	
Sugars, total	g					
Minerals:						
Calcium	mg	17	0	52	14	
Iron	mg	1.19	0	3.67	1.01	
Magnesium	mg	27	0	83	23	
Phosphorus	mg	254	0	782	216	
Potassium	mg	405	0	1247	344	
Sodium	mg	56	0	172	48	
Zinc	mg	2.53	0	7.79	2.15	
Copper	mg	0.095	0	0.293	0.081	
Manganese	mg	0.016	0	0.049	0.014	
Selenium	µg	43.1	6.207	5	132.7	36.6
Vitamins:						
Ascorbic acid	mg	1.0	0	3.1	0.9	
Thiamin	mg	0.893	0	2.750	0.759	
Riboflavin	mg	0.380	0	1.170	0.323	
Niacin	mg	5.131	0	15.803	4.361	
Pantothenic acid	mg	0.737	0	2.270	0.626	
Vitamin B-6	mg	0.475	0	1.463	0.404	
Folate	µg	5	0	15	4	
Vitamin B-12	µg	0.76	0	2.34	0.65	
Vitamin A	IU	7	0	22	6	
Vitamin A, RE	µg	2	0	6	2	
Vitamin E, α-TE	mg	0.260	0	0.801	0.221	
Lipids:						
Saturated, total	g	2.970	0	9.148	2.525	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.031	0.009	
12:0	g	0.010	0	0.031	0.009	
14:0	g	0.100	0	0.308	0.085	
15:0	g					
16:0	g	1.840	0	5.667	1.564	
17:0	g					
18:0	g	0.950	0	2.926	0.808	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	3.620	0	11.150	3.077
14:1	g				
16:1	g	0.250	0	0.770	0.213
18:1	g	3.270	0	10.072	2.780
20:1	g	0.070	0	0.216	0.060
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.730	0	2.248	0.620
18:2	g	0.640	0	1.971	0.544
18:3	g	0.020	0	0.062	0.017
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.123	0.034
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	86	0	265	73
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.366	0	1.127	0.311
Threonine	g	1.317	0	4.056	1.119
Isoleucine	g	1.351	0	4.161	1.148
Leucine	g	2.315	0	7.130	1.968
Lysine	g	2.594	0	7.990	2.205
Methionine	g	0.764	0	2.353	0.649
Cystine	g	0.368	0	1.133	0.313
Phenylalanine	g	1.152	0	3.548	0.979
Tyrosine	g	1.005	0	3.095	0.854
Valine	g	1.565	0	4.820	1.330
Arginine	g	1.793	0	5.522	1.524
Histidine	g	1.152	0	3.548	0.979
Alanine	g	1.681	0	5.177	1.429
Aspartic acid	g	2.676	0	8.242	2.275
Glutamic acid	g	4.516	0	13.909	3.839
Glycine	g	1.370	0	4.220	1.165
Proline	g	1.159	0	3.570	0.985
Serine	g	1.192	0	3.671	1.013
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10217

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	73.38	0	20.80	332.85	
Energy	kcal	136	0	39	617	
Energy	kJ	569	0	161	2581	
Protein (N x 5.95)	g	20.54	0	5.82	93.17	
Total lipid (fat)	g	5.41	0	1.53	24.54	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.71	0	0.48	7.76	
Sugars, total	g					
Minerals:						
Calcium	mg	5	0	1	23	
Iron	mg	1.20	0	0.34	5.44	
Magnesium	mg	25	0	7	113	
Phosphorus	mg	222	0	63	1007	
Potassium	mg	359	0	102	1628	
Sodium	mg	49	0	14	222	
Zinc	mg	1.99	0	0.56	9.03	
Copper	mg	0.048	0	0.014	0.218	
Manganese	mg	0.015	0	0.004	0.068	
Selenium	µg	32.4	0	9.2	147.0	
Vitamins:						
Ascorbic acid	mg	0.9	0	0.3	4.1	
Thiamin	mg	0.951	0	0.270	4.314	
Riboflavin	mg	0.275	0	0.078	1.247	
Niacin	mg	4.347	0	1.232	19.718	
Pantothenic acid	mg	0.884	0	0.251	4.010	
Vitamin B-6	mg	0.505	0	0.143	2.291	
Folate	µg	5	0	1	23	
Vitamin B-12	µg	0.79	0	0.22	3.58	
Vitamin A	IU	6	0	2	27	
Vitamin A, RE	µg	2	0	1	9	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	1.870	0	0.530	8.482	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.010	0	0.003	0.045	
14:0	g	0.070	0	0.020	0.318	
15:0	g					
16:0	g	1.180	0	0.335	5.352	
17:0	g					
18:0	g	0.600	0	0.170	2.722	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.420	0	0.686	10.977
14:1	g				
16:1	g	0.160	0	0.045	0.726
18:1	g	2.210	0	0.627	10.025
20:1	g	0.040	0	0.011	0.181
22:1	g				
Polyunsaturated, total	g	0.580	0	0.164	2.631
18:2	g	0.480	0	0.136	2.177
18:3	g	0.030	0	0.009	0.136
18:4	g				
20:4	g	0.050	0	0.014	0.227
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	66	0	19	299
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.259	0	0.073	1.175
Threonine	g	0.935	0	0.265	4.241
Isoleucine	g	0.958	0	0.272	4.345
Leucine	g	1.644	0	0.466	7.457
Lysine	g	1.844	0	0.523	8.364
Methionine	g	0.541	0	0.153	2.454
Cystine	g	0.261	0	0.074	1.184
Phenylalanine	g	0.819	0	0.232	3.715
Tyrosine	g	0.712	0	0.202	3.230
Valine	g	1.112	0	0.315	5.044
Arginine	g	1.282	0	0.363	5.815
Histidine	g	0.815	0	0.231	3.697
Alanine	g	1.199	0	0.340	5.439
Aspartic acid	g	1.900	0	0.539	8.618
Glutamic acid	g	3.202	0	0.908	14.524
Glycine	g	0.999	0	0.283	4.531
Proline	g	0.838	0	0.238	3.801
Serine	g	0.848	0	0.240	3.847
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb

NDB No. 10218

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:						
Water	g	61.06	1.176	12	17.31	69.00
Energy	kcal	263		0	75	297
Energy	kJ	1100		0	312	1243
Protein (N x 5.95)	g	16.88		0	4.79	19.07
Total lipid (fat)	g	21.19	1.549	12	6.01	23.94
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	0.87		1	0.25	0.98
Sugars, total	g					
Minerals:						
Calcium	mg	14	2.550	5	4	16
Iron	mg	0.88	0.026	5	0.25	0.99
Magnesium	mg	19	0.771	5	5	21
Phosphorus	mg	175	6.266	5	50	198
Potassium	mg	287	9.739	5	81	324
Sodium	mg	56	0.553	5	16	63
Zinc	mg	2.20	0.067	5	0.62	2.49
Copper	mg	0.045	0.004	5	0.013	0.051
Manganese	mg	0.010		1	0.003	0.011
Selenium	µg	24.6	4.548	5	7.0	27.8
Vitamins:						
Ascorbic acid	mg	0.7		1	0.2	0.8
Thiamin	mg	0.732		1	0.208	0.827
Riboflavin	mg	0.235		1	0.067	0.266
Niacin	mg	4.338		1	1.230	4.902
Pantothenic acid	mg	0.668		1	0.189	0.755
Vitamin B-6	mg	0.383		1	0.109	0.433
Folate	µg	5		1	1	6
Vitamin B-12	µg	0.70		1	0.20	0.79
Vitamin A	IU	7		1	2	8
Vitamin A, RE	µg	2		0	1	2
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	7.870		0	2.231	8.893
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010		13	0.003	0.011
12:0	g	0.020		13	0.006	0.023
14:0	g	0.330		13	0.094	0.373
15:0	g					
16:0	g	4.770		13	1.352	5.390
17:0	g					
18:0	g	2.550		13	0.723	2.882
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	9.440	0	2.676	10.667
14:1	g				
16:1	g	0.650	13	0.184	0.735
18:1	g	8.500	13	2.410	9.605
20:1	g	0.160	13	0.045	0.181
22:1	g				
Polyunsaturated, total	g	1.910	0	0.541	2.158
18:2	g	1.670	13	0.473	1.887
18:3	g	0.070	13	0.020	0.079
18:4	g				
20:4	g	0.080	13	0.023	0.090
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	72	1	20	81
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.214	0	0.061	0.242
Threonine	g	0.771	0	0.219	0.871
Isoleucine	g	0.790	0	0.224	0.893
Leucine	g	1.354	0	0.384	1.530
Lysine	g	1.518	0	0.430	1.715
Methionine	g	0.447	0	0.127	0.505
Cystine	g	0.215	0	0.061	0.243
Phenylalanine	g	0.674	0	0.191	0.762
Tyrosine	g	0.588	0	0.167	0.664
Valine	g	0.916	0	0.260	1.035
Arginine	g	1.049	0	0.297	1.185
Histidine	g	0.674	0	0.191	0.762
Alanine	g	0.983	0	0.279	1.111
Aspartic acid	g	1.566	0	0.444	1.770
Glutamic acid	g	2.642	0	0.749	2.985
Glycine	g	0.802	0	0.227	0.906
Proline	g	0.678	0	0.192	0.766
Serine	g	0.697	0	0.198	0.788
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 4 oz

NDB No. 10219

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 313g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	52.75	0.678	13	165.11	44.84
Energy	kcal	297		0	930	252
Energy	kJ	1243		0	3891	1057
Protein (N x 5.95)	g	25.69	0.484	13	80.41	21.84
Total lipid (fat)	g	20.77	0.975	13	65.01	17.65
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.29	0.152	13	4.04	1.10
Sugars, total	g					
Minerals:						
Calcium	mg	22	4.083	5	69	19
Iron	mg	1.29	0.034	5	4.04	1.10
Magnesium	mg	24	0.542	5	75	20
Phosphorus	mg	226	5.513	5	707	192
Potassium	mg	362	8.274	5	1133	308
Sodium	mg	73	2.225	4	228	62
Zinc	mg	3.21	0.209	5	10.05	2.73
Copper	mg	0.044	0.017	5	0.138	0.037
Manganese	mg	0.011		0	0.034	0.009
Selenium	µg	35.4	5.085	5	110.8	30.1
Vitamins:						
Ascorbic acid	mg	0.7		0	2.2	0.6
Thiamin	mg	0.706		0	2.210	0.600
Riboflavin	mg	0.220		0	0.689	0.187
Niacin	mg	4.206		0	13.165	3.575
Pantothenic acid	mg	0.520		0	1.628	0.442
Vitamin B-6	mg	0.391		0	1.224	0.332
Folate	µg	6		0	19	5
Vitamin B-12	µg	0.54		0	1.69	0.46
Vitamin A	IU	8		0	25	7
Vitamin A, RE	µg	2		0	6	2
Vitamin E, α-TE	mg	0.260		0	0.814	0.221
Lipids:						
Saturated, total	g	7.720		0	24.164	6.562
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.010		13	0.031	0.009
12:0	g	0.010		13	0.031	0.009
14:0	g	0.330		13	1.033	0.281
15:0	g					
16:0	g	4.670		13	14.617	3.970
17:0	g					
18:0	g	2.500		13	7.825	2.125
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	9.250		0	28.953	7.862
14:1	g					
16:1	g	0.630		13	1.972	0.536
18:1	g	8.330		13	26.073	7.080
20:1	g	0.150		13	0.470	0.128
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.870		0	5.853	1.590
18:2	g	1.640		13	5.133	1.394
18:3	g	0.070		13	0.219	0.060
18:4	g	0.000		0	0.000	0.000
20:4	g	0.080		13	0.250	0.068
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	94	1.921	13	294	80
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.326		0	1.020	0.277
Threonine	g	1.173		0	3.671	0.997
Isoleucine	g	1.203		0	3.765	1.023
Leucine	g	2.061		0	6.451	1.752
Lysine	g	2.310		0	7.230	1.964
Methionine	g	0.680		0	2.128	0.578
Cystine	g	0.328		0	1.027	0.279
Phenylalanine	g	1.025		0	3.208	0.871
Tyrosine	g	0.895		0	2.801	0.761
Valine	g	1.394		0	4.363	1.185
Arginine	g	1.597		0	4.999	1.357
Histidine	g	1.026		0	3.211	0.872
Alanine	g	1.497		0	4.686	1.272
Aspartic acid	g	2.383		0	7.459	2.026
Glutamic acid	g	4.022		0	12.589	3.419
Glycine	g	1.220		0	3.819	1.037
Proline	g	1.032		0	3.230	0.877
Serine	g	1.061		0	3.321	0.902
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 lb raw yields
 Measure 2: 3 oz

NDB No. 10220

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 76g	Measure 3*
Proximates:						
Water	g	61.09	0	51.93	46.43	
Energy	kcal	201	0	171	153	
Energy	kJ	841	0	715	639	
Protein (N x 5.95)	g	29.86	0	25.38	22.69	
Total lipid (fat)	g	8.11	0	6.89	6.16	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	2.49	0	2.12	1.89	
Sugars, total	g					
Minerals:						
Calcium	mg	5	0	4	4	
Iron	mg	1.39	0	1.18	1.06	
Magnesium	mg	35	0	30	27	
Phosphorus	mg	290	0	247	220	
Potassium	mg	444	0	377	337	
Sodium	mg	64	0	54	49	
Zinc	mg	2.89	0	2.46	2.20	
Copper	mg	0.067	0	0.057	0.051	
Manganese	mg	0.012	0	0.010	0.009	
Selenium	µg	47.7	0	40.5	36.3	
Vitamins:						
Ascorbic acid	mg	1.0	0	0.9	0.8	
Thiamin	mg	0.968	0	0.823	0.736	
Riboflavin	mg	0.378	0	0.321	0.287	
Niacin	mg	5.054	0	4.296	3.841	
Pantothenic acid	mg	0.899	0	0.764	0.683	
Vitamin B-6	mg	0.515	0	0.438	0.391	
Folate	µg	6	0	5	5	
Vitamin B-12	µg	0.98	0	0.83	0.74	
Vitamin A	IU	7	0	6	5	
Vitamin A, RE	µg	2	0	2	2	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	2.930	0	2.490	2.227	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.009	0.008	
12:0	g	0.010	0	0.009	0.008	
14:0	g	0.100	0	0.085	0.076	
15:0	g					
16:0	g	1.790	0	1.522	1.360	
17:0	g					
18:0	g	0.970	0	0.825	0.737	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	3.340	0	2.839	2.538
14:1	g				
16:1	g	0.230	0	0.196	0.175
18:1	g	3.010	0	2.559	2.288
20:1	g	0.060	0	0.051	0.046
22:1	g				
Polyunsaturated, total	g	0.740	0	0.629	0.562
18:2	g	0.650	0	0.553	0.494
18:3	g	0.020	0	0.017	0.015
18:4	g				
20:4	g	0.040	0	0.034	0.030
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	94	0	80	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.376	0	0.320	0.286
Threonine	g	1.358	0	1.154	1.032
Isoleucine	g	1.390	0	1.182	1.056
Leucine	g	2.389	0	2.031	1.816
Lysine	g	2.680	0	2.278	2.037
Methionine	g	0.786	0	0.668	0.597
Cystine	g	0.379	0	0.322	0.288
Phenylalanine	g	1.190	0	1.011	0.904
Tyrosine	g	1.034	0	0.879	0.786
Valine	g	1.616	0	1.374	1.228
Arginine	g	1.866	0	1.586	1.418
Histidine	g	1.182	0	1.005	0.898
Alanine	g	1.744	0	1.482	1.325
Aspartic acid	g	2.760	0	2.346	2.098
Glutamic acid	g	4.648	0	3.951	3.532
Glycine	g	1.463	0	1.244	1.112
Proline	g	1.224	0	1.040	0.930
Serine	g	1.233	0	1.048	0.937
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 113 g; yields excluding refuse

NDB No. 10221

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 340g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	65.44	0	222.50	55.62	
Energy	kcal	173	0	588	147	
Energy	kJ	724	0	2462	615	
Protein (N x 5.95)	g	27.81	0	94.55	23.64	
Total lipid (fat)	g	6.05	0	20.57	5.14	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.28	0	4.35	1.09	
Sugars, total	g					
Minerals:						
Calcium	mg	6	0	20	5	
Iron	mg	1.45	0	4.93	1.23	
Magnesium	mg	27	0	92	23	
Phosphorus	mg	257	0	874	218	
Potassium	mg	433	0	1472	368	
Sodium	mg	55	0	187	47	
Zinc	mg	2.60	0	8.84	2.21	
Copper	mg	0.048	0	0.163	0.041	
Manganese	mg	0.038	0	0.129	0.032	
Selenium	µg	47.4	0	161.2	40.3	
Vitamins:						
Ascorbic acid	mg	0.4	0	1.4	0.3	
Thiamin	mg	0.927	0	3.152	0.788	
Riboflavin	mg	0.384	0	1.306	0.326	
Niacin	mg	4.663	0	15.854	3.964	
Pantothenic acid	mg	0.679	0	2.309	0.577	
Vitamin B-6	mg	0.414	0	1.408	0.352	
Folate	µg	6	0	20	5	
Vitamin B-12	µg	0.55	0	1.87	0.47	
Vitamin A	IU	7	0	24	6	
Vitamin A, RE	µg	2	0	7	2	
Vitamin E, α-TE	mg	0.260	0	0.884	0.221	
Lipids:						
Saturated, total	g	2.140	0	7.276	1.819	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.034	0.009	
12:0	g	0.010	0	0.034	0.009	
14:0	g	0.070	0	0.238	0.060	
15:0	g					
16:0	g	1.310	0	4.454	1.114	
17:0	g					
18:0	g	0.710	0	2.414	0.603	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.460	0	8.364	2.091
14:1	g				
16:1	g	0.180	0	0.612	0.153
18:1	g	2.210	0	7.514	1.878
20:1	g	0.050	0	0.170	0.043
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.540	0	1.836	0.459
18:2	g	0.470	0	1.598	0.400
18:3	g	0.010	0	0.034	0.009
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.136	0.034
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	79	0	269	67
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.351	0	1.193	0.298
Threonine	g	1.266	0	4.304	1.076
Isoleucine	g	1.297	0	4.410	1.102
Leucine	g	2.227	0	7.572	1.893
Lysine	g	2.497	0	8.490	2.122
Methionine	g	0.733	0	2.492	0.623
Cystine	g	0.353	0	1.200	0.300
Phenylalanine	g	1.109	0	3.771	0.943
Tyrosine	g	0.964	0	3.278	0.819
Valine	g	1.506	0	5.120	1.280
Arginine	g	1.735	0	5.899	1.475
Histidine	g	1.104	0	3.754	0.938
Alanine	g	1.623	0	5.518	1.380
Aspartic acid	g	2.573	0	8.748	2.187
Glutamic acid	g	4.335	0	14.739	3.685
Glycine	g	1.351	0	4.593	1.148
Proline	g	1.134	0	3.856	0.964
Serine	g	1.148	0	3.903	0.976
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10222

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 85g	Measure 2* 73g	Measure 3*
Proximates:						
Water	g	62.30	0	52.95	45.48	
Energy	kcal	187	0	159	137	
Energy	kJ	782	0	665	571	
Protein (N x 5.95)	g	30.42	0	25.86	22.21	
Total lipid (fat)	g	6.33	0	5.38	4.62	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	2.55	0	2.17	1.86	
Sugars, total	g					
Minerals:						
Calcium	mg	5	0	4	4	
Iron	mg	1.43	0	1.22	1.04	
Magnesium	mg	36	0	31	26	
Phosphorus	mg	295	0	251	215	
Potassium	mg	451	0	383	329	
Sodium	mg	65	0	55	47	
Zinc	mg	2.95	0	2.51	2.15	
Copper	mg	0.068	0	0.058	0.050	
Manganese	mg	0.012	0	0.010	0.009	
Selenium	µg	51.6	0	43.9	37.7	
Vitamins:						
Ascorbic acid	mg	1.0	0	0.9	0.7	
Thiamin	mg	0.988	0	0.840	0.721	
Riboflavin	mg	0.387	0	0.329	0.283	
Niacin	mg	5.135	0	4.365	3.749	
Pantothenic acid	mg	0.917	0	0.779	0.669	
Vitamin B-6	mg	0.528	0	0.449	0.385	
Folate	µg	6	0	5	4	
Vitamin B-12	µg	1.00	0	0.85	0.73	
Vitamin A	IU	7	0	6	5	
Vitamin A, RE	µg	2	0	2	1	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	2.240	0	1.904	1.635	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.009	0.007	
12:0	g	0.010	0	0.009	0.007	
14:0	g	0.070	0	0.060	0.051	
15:0	g					
16:0	g	1.370	0	1.165	1.000	
17:0	g					
18:0	g	0.740	0	0.629	0.540	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.580	0	2.193	1.883
14:1	g				
16:1	g	0.190	0	0.161	0.139
18:1	g	2.310	0	1.964	1.686
20:1	g	0.050	0	0.043	0.037
22:1	g				
Polyunsaturated, total	g	0.560	0	0.476	0.409
18:2	g	0.490	0	0.417	0.358
18:3	g	0.010	0	0.009	0.007
18:4	g				
20:4	g	0.040	0	0.034	0.029
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	94	0	80	69
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.386	0	0.328	0.282
Threonine	g	1.389	0	1.181	1.014
Isoleucine	g	1.424	0	1.210	1.040
Leucine	g	2.441	0	2.075	1.782
Lysine	g	2.736	0	2.326	1.997
Methionine	g	0.805	0	0.684	0.588
Cystine	g	0.388	0	0.330	0.283
Phenylalanine	g	1.214	0	1.032	0.886
Tyrosine	g	1.060	0	0.901	0.774
Valine	g	1.650	0	1.403	1.204
Arginine	g	1.891	0	1.607	1.380
Histidine	g	1.215	0	1.033	0.887
Alanine	g	1.772	0	1.506	1.294
Aspartic acid	g	2.822	0	2.399	2.060
Glutamic acid	g	4.762	0	4.048	3.476
Glycine	g	1.444	0	1.227	1.054
Proline	g	1.222	0	1.039	0.892
Serine	g	1.257	0	1.068	0.918
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 113 g; yields excluding refuse

NDB No. 10223

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	67.05	0	19.01	304.14	
Energy	kcal	191	0	54	866	
Energy	kJ	799	0	227	3624	
Protein (N x 5.95)	g	20.24	0	5.74	91.81	
Total lipid (fat)	g	11.61	0	3.29	52.66	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	0.91	0	0.26	4.13	
Sugars, total	g					
Minerals:						
Calcium	mg	19	0	5	86	
Iron	mg	0.71	0	0.20	3.22	
Magnesium	mg	21	0	6	95	
Phosphorus	mg	202	0	57	916	
Potassium	mg	390	0	111	1769	
Sodium	mg	43	0	12	195	
Zinc	mg	1.54	0	0.44	6.99	
Copper	mg	0.055	0	0.016	0.249	
Manganese	mg	0.009	0	0.003	0.041	
Selenium	µg	30.0	0	8.5	136.1	
Vitamins:						
Ascorbic acid	mg	0.3	0	0.1	1.4	
Thiamin	mg	0.793	0	0.225	3.597	
Riboflavin	mg	0.251	0	0.071	1.139	
Niacin	mg	4.709	0	1.335	21.360	
Pantothenic acid	mg	0.714	0	0.202	3.239	
Vitamin B-6	mg	0.427	0	0.121	1.937	
Folate	µg	6	0	2	27	
Vitamin B-12	µg	0.51	0	0.14	2.31	
Vitamin A	IU	6	0	2	27	
Vitamin A, RE	µg	2	0	1	9	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	4.020	0	1.140	18.235	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.003	0.045	
12:0	g	0.010	0	0.003	0.045	
14:0	g	0.140	0	0.040	0.635	
15:0	g					
16:0	g	2.510	0	0.712	11.385	
17:0	g					
18:0	g	1.310	0	0.371	5.942	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.180	0	1.469	23.496
14:1	g				
16:1	g	0.330	0	0.094	1.497
18:1	g	4.750	0	1.347	21.546
20:1	g	0.090	0	0.026	0.408
22:1	g				
Polyunsaturated, total	g	1.240	0	0.352	5.625
18:2	g	1.030	0	0.292	4.672
18:3	g	0.080	0	0.023	0.363
18:4	g				
20:4	g	0.070	0	0.020	0.318
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	59	0	17	268
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.251	0	0.071	1.139
Threonine	g	0.915	0	0.259	4.150
Isoleucine	g	0.934	0	0.265	4.237
Leucine	g	1.613	0	0.457	7.317
Lysine	g	1.812	0	0.514	8.219
Methionine	g	0.528	0	0.150	2.395
Cystine	g	0.255	0	0.072	1.157
Phenylalanine	g	0.805	0	0.228	3.651
Tyrosine	g	0.694	0	0.197	3.148
Valine	g	1.091	0	0.309	4.949
Arginine	g	1.275	0	0.361	5.783
Histidine	g	0.791	0	0.224	3.588
Alanine	g	1.187	0	0.337	5.384
Aspartic acid	g	1.862	0	0.528	8.446
Glutamic acid	g	3.125	0	0.886	14.175
Glycine	g	1.038	0	0.294	4.708
Proline	g	0.855	0	0.242	3.878
Serine	g	0.836	0	0.237	3.792
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb

NDB No. 10224

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	71.92	0.295	13	20.39	326.23
Energy	kcal	141		0	40	640
Energy	kJ	590		0	167	2676
Protein (N x 5.95)	g	21.80	0.330	53	6.18	98.88
Total lipid (fat)	g	5.28	0.358	13	1.50	23.95
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	0.98	0.013	49	0.28	4.45
Sugars, total	g					
Minerals:						
Calcium	mg	21	0.924	5	6	95
Iron	mg	0.76	0.019	60	0.22	3.45
Magnesium	mg	23	0.786	26	7	104
Phosphorus	mg	215	0.705	5	61	975
Potassium	mg	421	2.539	146	119	1910
Sodium	mg	45	1.077	164	13	204
Zinc	mg	1.64	0.020	48	0.46	7.44
Copper	mg	0.058	0.002	60	0.016	0.263
Manganese	mg	0.010	0.003	2	0.003	0.045
Selenium	µg	32.5	2.811	10	9.2	147.4
Vitamins:						
Ascorbic acid	mg	0.3	0.211	3	0.1	1.4
Thiamin	mg	0.856	0.032	49	0.243	3.883
Riboflavin	mg	0.268	0.007	52	0.076	1.216
Niacin	mg	5.036	0.299	11	1.428	22.843
Pantothenic acid	mg	0.766	0.082	4	0.217	3.475
Vitamin B-6	mg	0.470	0.033	4	0.133	2.132
Folate	µg	7	1.450	4	2	32
Vitamin B-12	µg	0.53	0.044	11	0.15	2.40
Vitamin A	IU	6		1	2	27
Vitamin A, RE	µg	2		1	1	9
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	1.820		0	0.516	8.256
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.000		73	0.000	0.000
12:0	g	0.010		75	0.003	0.045
14:0	g	0.070		378	0.020	0.318
15:0	g					
16:0	g	1.160		378	0.329	5.262
17:0	g					
18:0	g	0.570		378	0.162	2.586
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.390		0	0.678	10.841
14:1	g					
16:1	g	0.170		378	0.048	0.771
18:1	g	2.170		378	0.615	9.843
20:1	g	0.040		71	0.011	0.181
22:1	g					
Polyunsaturated, total	g	0.570		0	0.162	2.586
18:2	g	0.460		378	0.130	2.087
18:3	g	0.020		190	0.006	0.091
18:4	g					
20:4	g	0.060		315	0.017	0.272
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	55	1.054	58	16	249
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.277		0	0.079	1.256
Threonine	g	0.995		0	0.282	4.513
Isoleucine	g	1.021		0	0.289	4.631
Leucine	g	1.749		0	0.496	7.933
Lysine	g	1.960		0	0.556	8.891
Methionine	g	0.577		0	0.164	2.617
Cystine	g	0.278		0	0.079	1.261
Phenylalanine	g	0.870		0	0.247	3.946
Tyrosine	g	0.760		0	0.215	3.447
Valine	g	1.183		0	0.335	5.366
Arginine	g	1.355		0	0.384	6.146
Histidine	g	0.871		0	0.247	3.951
Alanine	g	1.270		0	0.360	5.761
Aspartic acid	g	2.022		0	0.573	9.172
Glutamic acid	g	3.413		0	0.968	15.481
Glycine	g	1.035		0	0.293	4.695
Proline	g	0.876		0	0.248	3.974
Serine	g	0.900		0	0.255	4.082
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb

NDB No. 10225

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	66.83	0	18.95	303.14	
Energy	kcal	200	0	57	907	
Energy	kJ	837	0	237	3797	
Protein (N x 5.95)	g	19.53	0	5.54	88.59	
Total lipid (fat)	g	12.90	0	3.66	58.51	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	0.96	0	0.27	4.35	
Sugars, total	g					
Minerals:						
Calcium	mg	19	0	5	86	
Iron	mg	0.82	0	0.23	3.72	
Magnesium	mg	21	0	6	95	
Phosphorus	mg	195	0	55	885	
Potassium	mg	352	0	100	1597	
Sodium	mg	51	0	14	231	
Zinc	mg	1.87	0	0.53	8.48	
Copper	mg	0.059	0	0.017	0.268	
Manganese	mg	0.011	0	0.003	0.050	
Selenium	µg	28.3	0	8.0	128.4	
Vitamins:						
Ascorbic acid	mg	0.6	0	0.2	2.7	
Thiamin	mg	0.892	0	0.253	4.046	
Riboflavin	mg	0.253	0	0.072	1.148	
Niacin	mg	4.492	0	1.273	20.376	
Pantothenic acid	mg	0.729	0	0.207	3.307	
Vitamin B-6	mg	0.456	0	0.129	2.068	
Folate	µg	5	0	1	23	
Vitamin B-12	µg	0.63	0	0.18	2.86	
Vitamin A	IU	7	0	2	32	
Vitamin A, RE	µg	2	0	1	9	
Vitamin E, α-TE	mg	0.290	0	0.082	1.315	
Lipids:						
Saturated, total	g	4.470	0	1.267	20.276	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.003	0.045	
12:0	g	0.010	0	0.003	0.045	
14:0	g	0.160	0	0.045	0.726	
15:0	g					
16:0	g	2.790	0	0.791	12.655	
17:0	g					
18:0	g	1.460	0	0.414	6.623	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.750	0	1.630	26.082
14:1	g				
16:1	g	0.370	0	0.105	1.678
18:1	g	5.270	0	1.494	23.905
20:1	g	0.100	0	0.028	0.454
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.370	0	0.388	6.214
18:2	g	1.140	0	0.323	5.171
18:3	g	0.090	0	0.026	0.408
18:4	g	0.000	0	0.000	0.000
20:4	g	0.080	0	0.023	0.363
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	64	0	18	290
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.242	0	0.069	1.098
Threonine	g	0.882	0	0.250	4.001
Isoleucine	g	0.900	0	0.255	4.082
Leucine	g	1.556	0	0.441	7.058
Lysine	g	1.748	0	0.496	7.929
Methionine	g	0.508	0	0.144	2.304
Cystine	g	0.246	0	0.070	1.116
Phenylalanine	g	0.776	0	0.220	3.520
Tyrosine	g	0.668	0	0.189	3.030
Valine	g	1.052	0	0.298	4.772
Arginine	g	1.233	0	0.350	5.593
Histidine	g	0.761	0	0.216	3.452
Alanine	g	1.146	0	0.325	5.198
Aspartic acid	g	1.795	0	0.509	8.142
Glutamic acid	g	3.011	0	0.854	13.658
Glycine	g	1.011	0	0.287	4.586
Proline	g	0.830	0	0.235	3.765
Serine	g	0.807	0	0.229	3.661
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb

NDB No. 10226

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 261g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	56.68	0	147.93	48.18	
Energy	kcal	252	0	658	214	
Energy	kJ	1054	0	2751	896	
Protein (N x 5.95)	g	27.78	0	72.51	23.61	
Total lipid (fat)	g	14.76	0	38.52	12.55	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.14	0	2.98	0.97	
Sugars, total	g					
Minerals:						
Calcium	mg	24	0	63	20	
Iron	mg	0.99	0	2.58	0.84	
Magnesium	mg	24	0	63	20	
Phosphorus	mg	227	0	592	193	
Potassium	mg	362	0	945	308	
Sodium	mg	57	0	149	48	
Zinc	mg	2.62	0	6.84	2.23	
Copper	mg	0.051	0	0.133	0.043	
Manganese	mg	0.007	0	0.018	0.006	
Selenium	µg	41.6	0	108.6	35.4	
Vitamins:						
Ascorbic acid	mg	0.3	0	0.8	0.3	
Thiamin	mg	0.849	0	2.216	0.722	
Riboflavin	mg	0.324	0	0.846	0.275	
Niacin	mg	4.960	0	12.946	4.216	
Pantothenic acid	mg	0.667	0	1.741	0.567	
Vitamin B-6	mg	0.404	0	1.054	0.343	
Folate	µg	6	0	16	5	
Vitamin B-12	µg	0.74	0	1.93	0.63	
Vitamin A	IU	8	0	21	7	
Vitamin A, RE	µg	2	0	5	2	
Vitamin E, α-TE	mg	0.260	0	0.679	0.221	
Lipids:						
Saturated, total	g	5.300	0	13.833	4.505	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.010	0	0.026	0.009	
12:0	g	0.010	0	0.026	0.009	
14:0	g	0.180	0	0.470	0.153	
15:0	g					
16:0	g	3.270	0	8.535	2.780	
17:0	g					
18:0	g	1.710	0	4.463	1.454	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.550	0	17.096	5.567
14:1	g				
16:1	g	0.470	0	1.227	0.400
18:1	g	5.880	0	15.347	4.998
20:1	g	0.130	0	0.339	0.111
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.180	0	3.080	1.003
18:2	g	1.020	0	2.662	0.867
18:3	g	0.030	0	0.078	0.026
18:4	g	0.000	0	0.000	0.000
20:4	g	0.060	0	0.157	0.051
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	86	0	224	73
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.351	0	0.916	0.298
Threonine	g	1.266	0	3.304	1.076
Isoleucine	g	1.297	0	3.385	1.102
Leucine	g	2.226	0	5.810	1.892
Lysine	g	2.496	0	6.515	2.122
Methionine	g	0.733	0	1.913	0.623
Cystine	g	0.353	0	0.921	0.300
Phenylalanine	g	1.108	0	2.892	0.942
Tyrosine	g	0.965	0	2.519	0.820
Valine	g	1.505	0	3.928	1.279
Arginine	g	1.731	0	4.518	1.471
Histidine	g	1.105	0	2.884	0.939
Alanine	g	1.620	0	4.228	1.377
Aspartic acid	g	2.572	0	6.713	2.186
Glutamic acid	g	4.336	0	11.317	3.686
Glycine	g	1.340	0	3.497	1.139
Proline	g	1.127	0	2.941	0.958
Serine	g	1.147	0	2.994	0.975
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10227

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	72.23	0	20.48	327.64	
Energy	kcal	144	0	41	653	
Energy	kJ	602	0	171	2731	
Protein (N x 5.95)	g	21.23	0	6.02	96.30	
Total lipid (fat)	g	5.88	0	1.67	26.67	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.05	0	0.30	4.76	
Sugars, total	g					
Minerals:						
Calcium	mg	17	0	5	77	
Iron	mg	0.88	0	0.25	3.99	
Magnesium	mg	23	0	7	104	
Phosphorus	mg	209	0	59	948	
Potassium	mg	384	0	109	1742	
Sodium	mg	54	0	15	245	
Zinc	mg	1.99	0	0.56	9.03	
Copper	mg	0.065	0	0.018	0.295	
Manganese	mg	0.012	0	0.003	0.054	
Selenium	µg	32.4	0	9.2	147.0	
Vitamins:						
Ascorbic acid	mg	0.6	0	0.2	2.7	
Thiamin	mg	0.980	0	0.278	4.445	
Riboflavin	mg	0.272	0	0.077	1.234	
Niacin	mg	4.825	0	1.368	21.886	
Pantothenic acid	mg	0.789	0	0.224	3.579	
Vitamin B-6	mg	0.510	0	0.145	2.313	
Folate	µg	5	0	1	23	
Vitamin B-12	µg	0.66	0	0.19	2.99	
Vitamin A	IU	7	0	2	32	
Vitamin A, RE	µg	2	0	1	9	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	2.030	0	0.576	9.208	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.003	0.045	
12:0	g	0.010	0	0.003	0.045	
14:0	g	0.070	0	0.020	0.318	
15:0	g					
16:0	g	1.290	0	0.366	5.851	
17:0	g					
18:0	g	0.640	0	0.181	2.903	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.660	0	0.754	12.066
14:1	g				
16:1	g	0.190	0	0.054	0.862
18:1	g	2.410	0	0.683	10.932
20:1	g	0.040	0	0.011	0.181
22:1	g				
Polyunsaturated, total	g	0.630	0	0.179	2.858
18:2	g	0.510	0	0.145	2.313
18:3	g	0.020	0	0.006	0.091
18:4	g				
20:4	g	0.070	0	0.020	0.318
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	60	0	17	272
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.270	0	0.077	1.225
Threonine	g	0.970	0	0.275	4.400
Isoleucine	g	0.994	0	0.282	4.509
Leucine	g	1.704	0	0.483	7.729
Lysine	g	1.909	0	0.541	8.659
Methionine	g	0.562	0	0.159	2.549
Cystine	g	0.271	0	0.077	1.229
Phenylalanine	g	0.848	0	0.240	3.847
Tyrosine	g	0.740	0	0.210	3.357
Valine	g	1.152	0	0.327	5.225
Arginine	g	1.320	0	0.374	5.988
Histidine	g	0.848	0	0.240	3.847
Alanine	g	1.237	0	0.351	5.611
Aspartic acid	g	1.969	0	0.558	8.931
Glutamic acid	g	3.324	0	0.942	15.078
Glycine	g	1.008	0	0.286	4.572
Proline	g	0.853	0	0.242	3.869
Serine	g	0.877	0	0.249	3.978
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb

NDB No. 10228

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1* 236g	Measure 2* 85g	Measure 3*
Proximates:						
Water	g	60.30	0	142.31	51.26	
Energy	kcal	211	0	498	179	
Energy	kJ	883	0	2084	751	
Protein (N x 5.95)	g	29.47	0	69.55	25.05	
Total lipid (fat)	g	9.44	0	22.28	8.02	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.19	0	2.81	1.01	
Sugars, total	g					
Minerals:						
Calcium	mg	22	0	52	19	
Iron	mg	1.07	0	2.53	0.91	
Magnesium	mg	26	0	61	22	
Phosphorus	mg	234	0	552	199	
Potassium	mg	377	0	890	320	
Sodium	mg	57	0	135	48	
Zinc	mg	2.87	0	6.77	2.44	
Copper	mg	0.053	0	0.125	0.045	
Manganese	mg	0.015	0	0.035	0.013	
Selenium	µg	45.4	0	107.1	38.6	
Vitamins:						
Ascorbic acid	mg	0.4	0	0.9	0.3	
Thiamin	mg	0.873	0	2.060	0.742	
Riboflavin	mg	0.344	0	0.812	0.292	
Niacin	mg	5.251	0	12.392	4.463	
Pantothenic acid	mg	0.692	0	1.633	0.588	
Vitamin B-6	mg	0.435	0	1.027	0.370	
Folate	µg	6	0	14	5	
Vitamin B-12	µg	0.75	0	1.77	0.64	
Vitamin A	IU	7	0	17	6	
Vitamin A, RE	µg	2	0	5	2	
Vitamin E, α-TE	mg					
Lipids:						
Saturated, total	g	3.340	0	7.882	2.839	
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010	0	0.024	0.009	
12:0	g	0.010	0	0.024	0.009	
14:0	g	0.120	0	0.283	0.102	
15:0	g					
16:0	g	2.070	0	4.885	1.759	
17:0	g					
18:0	g	1.070	0	2.525	0.910	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.220	0	9.959	3.587
14:1	g				
16:1	g	0.310	0	0.732	0.264
18:1	g	3.780	0	8.921	3.213
20:1	g	0.090	0	0.212	0.077
22:1	g				
Polyunsaturated, total	g	0.710	0	1.676	0.603
18:2	g	0.610	0	1.440	0.518
18:3	g	0.020	0	0.047	0.017
18:4	g				
20:4	g	0.050	0	0.118	0.043
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	85	0	201	72
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.374	0	0.883	0.318
Threonine	g	1.346	0	3.177	1.144
Isoleucine	g	1.380	0	3.257	1.173
Leucine	g	2.364	0	5.579	2.009
Lysine	g	2.650	0	6.254	2.252
Methionine	g	0.780	0	1.841	0.663
Cystine	g	0.376	0	0.887	0.320
Phenylalanine	g	1.176	0	2.775	1.000
Tyrosine	g	1.027	0	2.424	0.873
Valine	g	1.599	0	3.774	1.359
Arginine	g	1.832	0	4.324	1.557
Histidine	g	1.177	0	2.778	1.000
Alanine	g	1.717	0	4.052	1.459
Aspartic acid	g	2.733	0	6.450	2.323
Glutamic acid	g	4.613	0	10.887	3.921
Glycine	g	1.399	0	3.302	1.189
Proline	g	1.184	0	2.794	1.006
Serine	g	1.217	0	2.872	1.034
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw with refuse, yields, excluding refuse
- Measure 2: 3 oz

NDB No. 10229

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	71.80				
Energy	kcal	149	0			
Energy	kJ	623	0			
Protein (N x 5.95)	g	18.84	1			
Total lipid (fat)	g	7.62	1			
Carbohydrate, by difference	g	0.00	0			
Fiber, total dietary	g	0.0	0			
Ash	g	3.50	1			
Sugars, total	g					
Minerals:						
Calcium	mg	6	1			
Iron	mg	0.85	1			
Magnesium	mg	21	1			
Phosphorus	mg	292	1			
Potassium	mg	281	1			
Sodium	mg	1155	1			
Zinc	mg	2.23	1			
Copper	mg	0.114	1			
Manganese	mg	0.047	0			
Selenium	µg	19.8	0			
Vitamins:						
Ascorbic acid	mg	23.3	1			
Thiamin	mg	0.530	1			
Riboflavin	mg	0.238	1			
Niacin	mg	3.553	1			
Pantothenic acid	mg	0.873	1			
Vitamin B-6	mg	0.256	1			
Folate	µg	3	0			
Vitamin B-12	µg	1.41	1			
Vitamin A	IU	0	1			
Vitamin A, RE	µg	0	1			
Vitamin E, α-TE	mg	3.527	1			
Lipids:						
Saturated, total	g	1.701	1			
4:0	g	0.000	1			
6:0	g	0.000	1			
8:0	g	0.004	1			
10:0	g	0.010	1			
12:0	g	0.006	1			
14:0	g	0.055	1			
15:0	g					
16:0	g	1.112	1			
17:0	g					
18:0	g	0.451	1			
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.864	1
14:1	g		
16:1	g	0.190	1
18:1	g	2.625	1
20:1	g	0.046	1
22:1	g	0.000	1
Polyunsaturated, total	g	0.747	1
18:2	g	0.595	1
18:3	g	0.034	1
18:4	g	0.000	1
20:4	g	0.077	1
20:5	g	0.000	1
22:5	g	0.000	1
22:6	g	0.005	1
Cholesterol	mg	73	1
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg	0	0
Theobromine	mg	0	0
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 10802

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	57.08	1			
Energy	kcal	265	0			
Energy	kJ	1109	0			
Protein (N x 5.95)	g	23.55	1			
Total lipid (fat)	g	18.19	1			
Carbohydrate, by difference	g	0.00	0			
Fiber, total dietary	g	0.0	0			
Ash	g	1.19	1			
Sugars, total	g					
Minerals:						
Calcium	mg	8	1			
Iron	mg	1.51	1			
Magnesium	mg	23	1			
Phosphorus	mg	231	1			
Potassium	mg	311	1			
Sodium	mg	76	1			
Zinc	mg	3.59	1			
Copper	mg	0.131	1			
Manganese	mg	0.010	0			
Selenium	µg	35.4	0			
Vitamins:						
Ascorbic acid	mg	2.3	1			
Thiamin	mg	0.598	1			
Riboflavin	mg	0.247	1			
Niacin	mg	3.597	1			
Pantothenic acid	mg	0.923	1			
Vitamin B-6	mg	0.167	1			
Folate	µg	6	0			
Vitamin B-12	µg	2.30	1			
Vitamin A	IU	15	1			
Vitamin A, RE	µg	5	1			
Vitamin E, α-TE	mg	0.895	1			
Lipids:						
Saturated, total	g	5.515	1			
4:0	g	0.000	1			
6:0	g	0.000	1			
8:0	g	0.005	1			
10:0	g	0.025	1			
12:0	g	0.014	1			
14:0	g	0.181	1			
15:0	g					
16:0	g	3.623	1			
17:0	g					
18:0	g	1.505	1			
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	9.141	1
14:1	g		
16:1	g	0.556	1
18:1	g	8.435	1
20:1	g	0.139	1
22:1	g	0.002	1
Polyunsaturated, total	g	2.337	1
18:2	g	2.034	1
18:3	g	0.089	1
18:4	g	0.000	1
20:4	g	0.110	1
20:5	g	0.003	1
22:5	g	0.000	1
22:6	g	0.008	1
Cholesterol	mg	105	1
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg	0	0
Theobromine	mg	0	0
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 10803

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	72.42				
Energy	kcal	133	1			
Energy	kJ	556	0			
Protein (N x 5.95)	g	17.44	0			
Total lipid (fat)	g	6.16	1			
Carbohydrate, by difference	g	0.69	1			
Fiber, total dietary	g	0.0	0			
Ash	g	3.29	0			
Sugars, total	g		1			
Minerals:						
Calcium	mg	7				
Iron	mg	1.07	1			
Magnesium	mg	20	1			
Phosphorus	mg	278	1			
Potassium	mg	272	1			
Sodium	mg	1210	1			
Zinc	mg	2.30	1			
Copper	mg	0.111	1			
Manganese	mg	0.031	0			
Selenium	µg	16.4	0			
Vitamins:						
Ascorbic acid	mg	22.7				
Thiamin	mg	0.534	1			
Riboflavin	mg	0.187	1			
Niacin	mg	2.525	1			
Pantothenic acid	mg	0.659	1			
Vitamin B-6	mg	0.229	1			
Folate	µg	4	0			
Vitamin B-12	µg	0.68	1			
Vitamin A	IU	5	1			
Vitamin A, RE	µg	2	0			
Vitamin E, α-TE	mg	3.485	1			
Lipids:						
Saturated, total	g	1.673				
4:0	g	0.000	1			
6:0	g	0.000	1			
8:0	g	0.000	1			
10:0	g	0.011	1			
12:0	g	0.006	1			
14:0	g	0.057	1			
15:0	g					
16:0	g	1.068	1			
17:0	g					
18:0	g	0.444	1			
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.655	1
14:1	g		
16:1	g	0.174	1
18:1	g	2.437	1
20:1	g	0.040	1
22:1	g	0.000	1
Polyunsaturated, total	g	0.777	1
18:2	g	0.595	1
18:3	g	0.029	1
18:4	g	0.082	1
20:4	g	0.004	1
20:5	g	0.000	1
22:5	g	0.011	1
22:6	g	0.011	1
Cholesterol	mg	71	1
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 10804

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

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	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	64.46	1			
Energy	kcal	221	0			
Energy	kJ	925	0			
Protein (N x 5.95)	g	15.41	0			
Total lipid (fat)	g	17.18	1			
Carbohydrate, by difference	g	0.00	0			
Fiber, total dietary	g	0.0	0			
Ash	g	0.79	0			
Sugars, total	g					
Minerals:						
Calcium	mg	14	0			
Iron	mg	0.91	0			
Magnesium	mg	20	0			
Phosphorus	mg	181	0			
Potassium	mg	297	0			
Sodium	mg	58	0			
Zinc	mg	2.28	0			
Copper	mg	0.047	0			
Manganese	mg	0.010	0			
Selenium	µg	24.6	0			
Vitamins:						
Ascorbic acid	mg	0.6	0			
Thiamin	mg	0.668	0			
Riboflavin	mg	0.214	0			
Niacin	mg	3.959	0			
Pantothenic acid	mg	0.610	0			
Vitamin B-6	mg	0.350	0			
Folate	µg	5	0			
Vitamin B-12	µg	0.64	0			
Vitamin A	IU	6	0			
Vitamin A, RE	µg	2	0			
Vitamin E, α-TE	mg	1.377	0			
Lipids:						
Saturated, total	g	6.379	0			
4:0	g	0.000	0			
6:0	g	0.000	0			
8:0	g	0.008	0			
10:0	g	0.008	0			
12:0	g	0.016	0			
14:0	g	0.267	0			
15:0	g					
16:0	g	3.866	0			
17:0	g					
18:0	g	2.067	0			
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	7.651	0
14:1	g		
16:1	g	0.527	0
18:1	g	6.889	0
20:1	g	0.130	0
22:1	g	0.000	0
Polyunsaturated, total	g	1.548	0
18:2	g	1.354	0
18:3	g	0.057	0
18:4	g	0.000	0
20:4	g	0.065	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	58	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 10805

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

**NDB No. 51604 RIB-B-Q, Flame Broiled LEAN MAGIC Pork Rib-B-Q WONDERBITES
DIPPERS with Barbecue Sauce, product code 1809**

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 21g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	57.09	0	11.99		
Energy	kcal	222	0	47		
Energy	kJ	929	0	195		
Protein (N x 5.95)	g	17.26	0	3.62		
Total lipid (fat)	g	12.44	0	2.61		
Carbohydrate, by difference	g	10.15	0	2.13		
Fiber, total dietary	g	1.6	0	0.3		
Ash	g	3.36	0	0.71		
Sugars, total	g	6.51	0	1.37		
Minerals:						
Calcium	mg	51	0	11		
Iron	mg	2.08	0	0.44		
Magnesium	mg	36	0	8		
Phosphorus	mg	287	0	60		
Potassium	mg	376	0	79		
Sodium	mg	676	0	142		
Zinc	mg	4.79	0	1.01		
Copper	mg	0.190	0	0.040		
Manganese	mg					
Selenium	µg					
Vitamins:						
Ascorbic acid	mg	1.9	0	0.4		
Thiamin	mg	0.693	0	0.146		
Riboflavin	mg	0.253	0	0.053		
Niacin	mg	4.034	0	0.847		
Pantothenic acid	mg	0.760	0	0.160		
Vitamin B-6	mg	0.372	0	0.078		
Folate	µg	4	0	1		
Vitamin B-12	µg	1.13	0	0.24		
Vitamin A	IU	194	0	41		
Vitamin A, RE	µg					
Vitamin E, α-TE	mg	0.076	0	0.016		
Lipids:						
Saturated, total	g	4.566	0	0.959		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g	1.506	0	0.316		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.381	0	1.130
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22:1	g			
Polyunsaturated, total	g	1.228	0	0.258
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	48	0	10
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 piece

NDB No. 51604

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 51611 PIERRE, Country Fried Pork Patty, product code 1920

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:						
Water	g	42.90	0	36.47		
Energy	kcal	328	0	279		
Energy	kJ	1372	0	1166		
Protein (N x 5.95)	g	16.58	0	14.09		
Total lipid (fat)	g	22.04	0	18.73		
Carbohydrate, by difference	g	16.17	0	13.74		
Fiber, total dietary	g	1.3	0	1.1		
Ash	g	2.14	0	1.82		
Sugars, total	g	0.62	0	0.53		
Minerals:						
Calcium	mg	45	0	38		
Iron	mg	2.67	0	2.27		
Magnesium	mg	28	0	24		
Phosphorus	mg	265	0	225		
Potassium	mg	311	0	264		
Sodium	mg	508	0	432		
Zinc	mg	3.11	0	2.64		
Copper	mg	0.156	0	0.133		
Manganese	mg					
Selenium	µg					
Vitamins:						
Ascorbic acid	mg	0.1	0	0.1		
Thiamin	mg	0.592	0	0.503		
Riboflavin	mg	0.324	0	0.275		
Niacin	mg	4.289	0	3.646		
Pantothenic acid	mg	0.644	0	0.547		
Vitamin B-6	mg	0.265	0	0.225		
Folate	µg	43	0	37		
Vitamin B-12	µg	1.00	0	0.85		
Vitamin A	IU	120	0	102		
Vitamin A, RE	µg					
Vitamin E, α-TE	mg	1.873	0	1.592		
Lipids:						
Saturated, total	g	5.907	0	5.021		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g	1.646	0	1.399		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	7.392	0	6.283
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22:1	g			
Polyunsaturated, total	g	7.052	0	5.994
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	35	0	30
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 piece

NDB No. 51611

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 51612 PIERRE, Cooked Breaded Pork Nugget, product code 1929

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 14g	Measure 2*	Measure 3*
Proximates:						
Water	g	49.49	0	7.03		
Energy	kcal	295	0	42		
Energy	kJ	1234	0	175		
Protein (N x 5.95)	g	16.27	0	2.31		
Total lipid (fat)	g	19.73	0	2.80		
Carbohydrate, by difference	g	12.46	0	1.77		
Fiber, total dietary	g	1.0	0	0.1		
Ash	g	2.05	0	0.29		
Sugars, total	g	0.58	0	0.08		
Minerals:						
Calcium	mg	33	0	5		
Iron	mg	1.73	0	0.25		
Magnesium	mg	22	0	3		
Phosphorus	mg	194	0	28		
Potassium	mg	276	0	39		
Sodium	mg	436	0	62		
Zinc	mg	3.53	0	0.50		
Copper	mg	0.169	0	0.024		
Manganese	mg					
Selenium	µg					
Vitamins:						
Ascorbic acid	mg	0.4	0	0.1		
Thiamin	mg	0.478	0	0.068		
Riboflavin	mg	0.258	0	0.037		
Niacin	mg	3.550	0	0.504		
Pantothenic acid	mg	0.484	0	0.069		
Vitamin B-6	mg	0.204	0	0.029		
Folate	µg	32	0	5		
Vitamin B-12	µg	0.75	0	0.11		
Vitamin A	IU	35	0	5		
Vitamin A, RE	µg					
Vitamin E, α-TE	mg	1.712	0	0.243		
Lipids:						
Saturated, total	g	5.133	0	0.729		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g					
17:0	g					
18:0	g	1.593	0	0.226		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.615	0	0.939
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22:1	g			
Polyunsaturated, total	g	6.363	0	0.904
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	46	0	7
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 piece

NDB No. 51612

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 51620 PIERRE, Country Fried Pork Steak, product code 3700, contains USDA commodity meat

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 109g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	52.84	0	57.60		
Energy	kcal	269	0	293		
Energy	kJ	1125	0	1226		
Protein (N x 5.95)	g	14.81	0	16.14		
Total lipid (fat)	g	17.16	0	18.70		
Carbohydrate, by difference	g	13.62	0	14.85		
Fiber, total dietary	g	0.4	0	0.4		
Ash	g	1.89	0	2.06		
Sugars, total	g	0.52	0	0.57		
Minerals:						
Calcium	mg	25	0	27		
Iron	mg	1.84	0	2.01		
Magnesium	mg	10	0	11		
Phosphorus	mg	200	0	218		
Potassium	mg	208	0	227		
Sodium	mg	443	0	483		
Zinc	mg	2.23	0	2.43		
Copper	mg	0.100	0	0.109		
Manganese	mg					
Selenium	µg					
Vitamins:						
Ascorbic acid	mg	0.4	0	0.4		
Thiamin	mg	0.515	0	0.561		
Riboflavin	mg	0.304	0	0.331		
Niacin	mg	3.666	0	3.996		
Pantothenic acid	mg	0.373	0	0.407		
Vitamin B-6	mg	0.129	0	0.141		
Folate	µg	34	0	37		
Vitamin B-12	µg	0.49	0	0.53		
Vitamin A	IU	5	0	5		
Vitamin A, RE	µg					
Vitamin E, α-TE	mg	1.645	0	1.793		
Lipids:						
Saturated, total	g	4.554	0	4.964		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g	1.415	0	1.542		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.811	0	6.334
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22:1	g			
Polyunsaturated, total	g	5.313	0	5.791
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	42	0	46
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 piece

NDB No. 51620

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 51621 PIERRE, Country Fried Pork Patty, product code 3701, contains USDA commodity meat

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 88g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	50.27	0	44.24		
Energy	kcal	274	0	241		
Energy	kJ	1146	0	1008		
Protein (N x 5.95)	g	15.52	0	13.66		
Total lipid (fat)	g	17.00	0	14.96		
Carbohydrate, by difference	g	15.13	0	13.31		
Fiber, total dietary	g	1.2	0	1.1		
Ash	g	2.05	0	1.80		
Sugars, total	g	0.58	0	0.51		
Minerals:						
Calcium	mg	44	0	39		
Iron	mg	2.63	0	2.31		
Magnesium	mg	25	0	22		
Phosphorus	mg	236	0	208		
Potassium	mg	275	0	242		
Sodium	mg	482	0	424		
Zinc	mg	3.60	0	3.17		
Copper	mg	0.165	0	0.145		
Manganese	mg					
Selenium	µg					
Vitamins:						
Ascorbic acid	mg	0.3	0	0.3		
Thiamin	mg	0.514	0	0.452		
Riboflavin	mg	0.324	0	0.285		
Niacin	mg	4.035	0	3.551		
Pantothenic acid	mg	0.633	0	0.557		
Vitamin B-6	mg	0.210	0	0.185		
Folate	µg	40	0	35		
Vitamin B-12	µg	1.06	0	0.93		
Vitamin A	IU	110	0	97		
Vitamin A, RE	µg					
Vitamin E, α-TE	mg	1.420	0	1.250		
Lipids:						
Saturated, total	g	4.458	0	3.923		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g	1.201	0	1.057		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.771	0	5.078
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22:1	g			
Polyunsaturated, total	g	5.452	0	4.798
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	34	0	30
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 piece

NDB No. 51621

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 51622 PIERRE, Oriental Crunch Pork WONDERBITES DIPPER, product code 3702, contains USDA commodity meat

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 28g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	45.57	0	12.76		
Energy	kcal	310	0	87		
Energy	kJ	1297	0	363		
Protein (N x 5.95)	g	14.30	0	4.00		
Total lipid (fat)	g	21.01	0	5.88		
Carbohydrate, by difference	g	17.39	0	4.87		
Fiber, total dietary	g	1.2	0	0.3		
Ash	g	1.73	0	0.48		
Sugars, total	g	2.76	0	0.77		
Minerals:						
Calcium	mg	30	0	8		
Iron	mg	1.62	0	0.45		
Magnesium	mg	14	0	4		
Phosphorus	mg	207	0	58		
Potassium	mg	234	0	66		
Sodium	mg	511	0	143		
Zinc	mg	2.59	0	0.73		
Copper	mg	0.132	0	0.037		
Manganese	mg					
Selenium	µg					
Vitamins:						
Ascorbic acid	mg	0.4	0	0.1		
Thiamin	mg	0.424	0	0.119		
Riboflavin	mg	0.235	0	0.066		
Niacin	mg	3.051	0	0.854		
Pantothenic acid	mg	0.377	0	0.106		
Vitamin B-6	mg	0.149	0	0.042		
Folate	µg	22	0	6		
Vitamin B-12	µg	0.56	0	0.16		
Vitamin A	IU	24	0	7		
Vitamin A, RE	µg					
Vitamin E, α-TE	mg	2.028	0	0.568		
Lipids:						
Saturated, total	g	5.060	0	1.417		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g	1.547	0	0.433		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.627	0	1.856
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22:1	g			
Polyunsaturated, total	g	7.349	0	2.058
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	42	0	12
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 piece

NDB No. 51622

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 51634 RIB-B-Q, Flame Broiled Lower Fat Pork Rib-B-Q WONDERBITES DIPPER, product code 3730, contains USDA commodity meat

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 17g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	59.70	0	10.15		
Energy	kcal	203	0	35		
Energy	kJ	849	0	144		
Protein (N x 5.95)	g	21.74	0	3.70		
Total lipid (fat)	g	10.66	0	1.81		
Carbohydrate, by difference	g	4.57	0	0.78		
Fiber, total dietary	g	1.7	0	0.3		
Ash	g	3.33	0	0.57		
Sugars, total	g	2.88	0	0.49		
Minerals:						
Calcium	mg	43	0	7		
Iron	mg	2.10	0	0.36		
Magnesium	mg	42	0	7		
Phosphorus	mg	347	0	59		
Potassium	mg	441	0	75		
Sodium	mg	581	0	99		
Zinc	mg	4.69	0	0.80		
Copper	mg	0.182	0	0.031		
Manganese	mg					
Selenium	µg					
Vitamins:						
Ascorbic acid	mg	1.9	0	0.3		
Thiamin	mg	0.696	0	0.118		
Riboflavin	mg	0.283	0	0.048		
Niacin	mg	4.533	0	0.771		
Pantothenic acid	mg	0.662	0	0.113		
Vitamin B-6	mg	0.419	0	0.071		
Folate	µg	3	0	1		
Vitamin B-12	µg	0.98	0	0.17		
Vitamin A	IU	153	0	26		
Vitamin A, RE	µg					
Vitamin E, α-TE	mg	0.165	0	0.028		
Lipids:						
Saturated, total	g	3.944	0	0.670		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g	1.306	0	0.222		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.440	0	0.755
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22:1	g			
Polyunsaturated, total	g	1.048	0	0.178
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	54	0	9
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 piece

NDB No. 51634

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 51635 RIB-B-Q, Flame Broiled Lower Fat Pork Rib-B-Q, product code 3731, contains USDA commodity meat

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 69g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	59.70	0	41.19		
Energy	kcal	203	0	140		
Energy	kJ	849	0	586		
Protein (N x 5.95)	g	21.74	0	15.00		
Total lipid (fat)	g	10.66	0	7.36		
Carbohydrate, by difference	g	4.57	0	3.15		
Fiber, total dietary	g	1.7	0	1.2		
Ash	g	3.33	0	2.30		
Sugars, total	g	2.88	0	1.99		
Minerals:						
Calcium	mg	43	0	30		
Iron	mg	2.10	0	1.45		
Magnesium	mg	42	0	29		
Phosphorus	mg	347	0	239		
Potassium	mg	441	0	304		
Sodium	mg	581	0	401		
Zinc	mg	4.69	0	3.24		
Copper	mg	0.182	0	0.126		
Manganese	mg					
Selenium	µg					
Vitamins:						
Ascorbic acid	mg	1.9	0	1.3		
Thiamin	mg	0.696	0	0.480		
Riboflavin	mg	0.283	0	0.195		
Niacin	mg	4.533	0	3.128		
Pantothenic acid	mg	0.662	0	0.457		
Vitamin B-6	mg	0.419	0	0.289		
Folate	µg	3	0	2		
Vitamin B-12	µg	0.98	0	0.68		
Vitamin A	IU	153	0	106		
Vitamin A, RE	µg					
Vitamin E, α-TE	mg	0.165	0	0.114		
Lipids:						
Saturated, total	g	3.944	0	2.721		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g	1.306	0	0.901		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.440	0	3.064
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22:1	g			
Polyunsaturated, total	g	1.048	0	0.723
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	54	0	37
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 piece

NDB No. 51635

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 51638 RIB-B-Q, Flame Broiled Pork Rib-B-Q, product code 3734, contains USDA commodity meat

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 68g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	57.59	0	39.16		
Energy	kcal	225	0	153		
Energy	kJ	941	0	640		
Protein (N x 5.95)	g	22.70	0	15.44		
Total lipid (fat)	g	12.64	0	8.60		
Carbohydrate, by difference	g	3.98	0	2.71		
Fiber, total dietary	g	1.1	0	0.7		
Ash	g	3.27	0	2.22		
Sugars, total	g	2.88	0	1.96		
Minerals:						
Calcium	mg	32	0	22		
Iron	mg	1.75	0	1.19		
Magnesium	mg	34	0	23		
Phosphorus	mg	350	0	238		
Potassium	mg	413	0	281		
Sodium	mg	587	0	399		
Zinc	mg	3.63	0	2.47		
Copper	mg	0.123	0	0.084		
Manganese	mg					
Selenium	µg					
Vitamins:						
Ascorbic acid	mg	1.9	0	1.3		
Thiamin	mg	0.732	0	0.498		
Riboflavin	mg	0.299	0	0.203		
Niacin	mg	4.329	0	2.944		
Pantothenic acid	mg	0.628	0	0.427		
Vitamin B-6	mg	0.387	0	0.263		
Folate	µg	4	0	3		
Vitamin B-12	µg	0.77	0	0.52		
Vitamin A	IU	124	0	84		
Vitamin A, RE	µg					
Vitamin E, α-TE	mg	0.196	0	0.133		
Lipids:						
Saturated, total	g	4.690	0	3.189		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g	1.556	0	1.058		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.280	0	3.590
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22:1	g			
Polyunsaturated, total	g	1.224	0	0.832
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	64	0	44
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 piece

NDB No. 51638

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 51639 RIB-B-Q, Flame Broiled Pork Rib-B-Q WONDERBITES DIPPER, product code 3735, contains USDA commodity meat

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 16g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	57.59	0	9.21		
Energy	kcal	225	0	36		
Energy	kJ	941	0	151		
Protein (N x 5.95)	g	22.70	0	3.63		
Total lipid (fat)	g	12.64	0	2.02		
Carbohydrate, by difference	g	3.98	0	0.64		
Fiber, total dietary	g	1.1	0	0.2		
Ash	g	3.27	0	0.52		
Sugars, total	g	2.88	0	0.46		
Minerals:						
Calcium	mg	32	0	5		
Iron	mg	1.75	0	0.28		
Magnesium	mg	34	0	5		
Phosphorus	mg	350	0	56		
Potassium	mg	413	0	66		
Sodium	mg	587	0	94		
Zinc	mg	3.63	0	0.58		
Copper	mg	0.123	0	0.020		
Manganese	mg					
Selenium	µg					
Vitamins:						
Ascorbic acid	mg	1.9	0	0.3		
Thiamin	mg	0.732	0	0.117		
Riboflavin	mg	0.299	0	0.048		
Niacin	mg	4.329	0	0.693		
Pantothenic acid	mg	0.628	0	0.100		
Vitamin B-6	mg	0.387	0	0.062		
Folate	µg	4	0	1		
Vitamin B-12	µg	0.77	0	0.12		
Vitamin A	IU	124	0	20		
Vitamin A, RE	µg					
Vitamin E, α-TE	mg	0.196	0	0.031		
Lipids:						
Saturated, total	g	4.690	0	0.750		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g	1.556	0	0.249		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.280	0	0.845
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22:1	g			
Polyunsaturated, total	g	1.224	0	0.196
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	64	0	10
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 piece

NDB No. 51639

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 51652 PIERRE, Country Fried Pork Steak, product code 3800

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 109g	Measure 2*	Measure 3*
Proximates:						
Water	g	42.61	0	46.44		
Energy	kcal	339	0	370		
Energy	kJ	1418	0	1546		
Protein (N x 5.95)	g	17.22	0	18.77		
Total lipid (fat)	g	22.98	0	25.05		
Carbohydrate, by difference	g	15.30	0	16.68		
Fiber, total dietary	g	0.4	0	0.4		
Ash	g	2.08	0	2.27		
Sugars, total	g	0.58	0	0.63		
Minerals:						
Calcium	mg	22	0	24		
Iron	mg	1.90	0	2.07		
Magnesium	mg	14	0	15		
Phosphorus	mg	249	0	271		
Potassium	mg	267	0	291		
Sodium	mg	488	0	532		
Zinc	mg	1.45	0	1.58		
Copper	mg	0.071	0	0.077		
Manganese	mg					
Selenium	µg					
Vitamins:						
Ascorbic acid	mg	0.2	0	0.2		
Thiamin	mg	0.670	0	0.730		
Riboflavin	mg	0.318	0	0.347		
Niacin	mg	4.177	0	4.553		
Pantothenic acid	mg	0.374	0	0.408		
Vitamin B-6	mg	0.218	0	0.238		
Folate	µg	38	0	41		
Vitamin B-12	µg	0.33	0	0.36		
Vitamin A	IU	7	0	8		
Vitamin A, RE	µg					
Vitamin E, α-TE	mg	1.916	0	2.088		
Lipids:						
Saturated, total	g	6.268	0	6.832		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g	1.963	0	2.140		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	7.678	0	8.369
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22:1	g			
Polyunsaturated, total	g	7.016	0	7.647
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	52	0	57
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 piece

NDB No. 51652

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 51653 PIERRE, Country Fried Pork Patty, product code 3801

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 88g	Measure 2*	Measure 3*
Proximates:						
Water	g	50.08	0	44.07		
Energy	kcal	275	0	242		
Energy	kJ	1151	0	1013		
Protein (N x 5.95)	g	15.73	0	13.84		
Total lipid (fat)	g	17.07	0	15.02		
Carbohydrate, by difference	g	14.99	0	13.19		
Fiber, total dietary	g	1.2	0	1.1		
Ash	g	2.00	0	1.76		
Sugars, total	g	0.58	0	0.51		
Minerals:						
Calcium	mg	40	0	35		
Iron	mg	2.50	0	2.20		
Magnesium	mg	26	0	23		
Phosphorus	mg	248	0	218		
Potassium	mg	293	0	258		
Sodium	mg	471	0	414		
Zinc	mg	2.91	0	2.56		
Copper	mg	0.137	0	0.121		
Manganese	mg					
Selenium	µg					
Vitamins:						
Ascorbic acid	mg	0.1	0	0.1		
Thiamin	mg	0.565	0	0.497		
Riboflavin	mg	0.306	0	0.269		
Niacin	mg	4.033	0	3.549		
Pantothenic acid	mg	0.599	0	0.527		
Vitamin B-6	mg	0.253	0	0.223		
Folate	µg	39	0	34		
Vitamin B-12	µg	0.92	0	0.81		
Vitamin A	IU	109	0	96		
Vitamin A, RE	µg					
Vitamin E, α-TE	mg	1.413	0	1.243		
Lipids:						
Saturated, total	g	4.606	0	4.053		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g	1.259	0	1.108		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.751	0	5.061
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22:1	g			
Polyunsaturated, total	g	5.354	0	4.712
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	32	0	28
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 piece

NDB No. 51653

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 51654 WONDERBITES DIPPERS, Oriental Crunch Pork WONDERBITES DIPPER, product code 3802

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:						
Water	g	43.14	0	12.23		
Energy	kcal	319	0	90		
Energy	kJ	1335	0	378		
Protein (N x 5.95)	g	13.91	0	3.94		
Total lipid (fat)	g	21.72	0	6.16		
Carbohydrate, by difference	g	19.37	0	5.49		
Fiber, total dietary	g	1.8	0	0.5		
Ash	g	1.86	0	0.53		
Sugars, total	g	2.96	0	0.84		
Minerals:						
Calcium	mg	42	0	12		
Iron	mg	1.96	0	0.56		
Magnesium	mg	25	0	7		
Phosphorus	mg	232	0	66		
Potassium	mg	302	0	86		
Sodium	mg	542	0	154		
Zinc	mg	3.36	0	0.95		
Copper	mg	0.175	0	0.050		
Manganese	mg					
Selenium	µg					
Vitamins:						
Ascorbic acid	mg	0.3	0	0.1		
Thiamin	mg	0.558	0	0.158		
Riboflavin	mg	0.224	0	0.064		
Niacin	mg	3.600	0	1.021		
Pantothenic acid	mg	0.520	0	0.147		
Vitamin B-6	mg	0.257	0	0.073		
Folate	µg	23	0	7		
Vitamin B-12	µg	0.79	0	0.22		
Vitamin A	IU	54	0	15		
Vitamin A, RE	µg					
Vitamin E, α-TE	mg	1.817	0	0.515		
Lipids:						
Saturated, total	g	5.648	0	1.601		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g	1.756	0	0.498		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	7.128	0	2.021
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22:1	g			
Polyunsaturated, total	g	6.872	0	1.948
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	35	0	10
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 piece

NDB No. 51654

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

**NDB No. 51666 RIB-B-Q, Flame Broiled LEAN MAGIC Pork Rib-B-Q WONDERBITES
DIPPER, product code 3830**

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 17g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	57.73	0	9.81		
Energy	kcal	230	0	39		
Energy	kJ	962	0	164		
Protein (N x 5.95)	g	19.97	0	3.39		
Total lipid (fat)	g	14.45	0	2.46		
Carbohydrate, by difference	g	4.88	0	0.83		
Fiber, total dietary	g	1.7	0	0.3		
Ash	g	3.34	0	0.57		
Sugars, total	g	2.89	0	0.49		
Minerals:						
Calcium	mg	53	0	9		
Iron	mg	2.18	0	0.37		
Magnesium	mg	42	0	7		
Phosphorus	mg	337	0	57		
Potassium	mg	440	0	75		
Sodium	mg	600	0	102		
Zinc	mg	5.61	0	0.95		
Copper	mg	0.222	0	0.038		
Manganese	mg					
Selenium	µg					
Vitamins:						
Ascorbic acid	mg	2.2	0	0.4		
Thiamin	mg	0.812	0	0.138		
Riboflavin	mg	0.296	0	0.050		
Niacin	mg	4.727	0	0.804		
Pantothenic acid	mg	0.890	0	0.151		
Vitamin B-6	mg	0.436	0	0.074		
Folate	µg	5	0	1		
Vitamin B-12	µg	1.33	0	0.23		
Vitamin A	IU	154	0	26		
Vitamin A, RE	µg					
Vitamin E, α-TE	mg	0.089	0	0.015		
Lipids:						
Saturated, total	g	5.335	0	0.907		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g	1.766	0	0.300		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.255	0	1.063
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22:1	g			
Polyunsaturated, total	g	1.388	0	0.236
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	57	0	10
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 piece

NDB No. 51666

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 51667 RIB-B-Q, Flame Broiled LEAN MAGIC Pork Rib-B-Q, product code 3831

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 69g	Measure 2*	Measure 3*
Proximates:						
Water	g	60.78	0	41.94		
Energy	kcal	192	0	132		
Energy	kJ	803	0	554		
Protein (N x 5.95)	g	22.14	0	15.28		
Total lipid (fat)	g	9.17	0	6.33		
Carbohydrate, by difference	g	4.87	0	3.36		
Fiber, total dietary	g	1.7	0	1.2		
Ash	g	3.35	0	2.31		
Sugars, total	g	2.89	0	1.99		
Minerals:						
Calcium	mg	41	0	28		
Iron	mg	2.13	0	1.47		
Magnesium	mg	43	0	30		
Phosphorus	mg	350	0	242		
Potassium	mg	446	0	308		
Sodium	mg	582	0	402		
Zinc	mg	4.72	0	3.26		
Copper	mg	0.182	0	0.126		
Manganese	mg					
Selenium	µg					
Vitamins:						
Ascorbic acid	mg	1.9	0	1.3		
Thiamin	mg	0.711	0	0.491		
Riboflavin	mg	0.290	0	0.200		
Niacin	mg	4.588	0	3.166		
Pantothenic acid	mg	0.672	0	0.464		
Vitamin B-6	mg	0.426	0	0.294		
Folate	µg	4	0	3		
Vitamin B-12	µg	0.98	0	0.68		
Vitamin A	IU	153	0	106		
Vitamin A, RE	µg					
Vitamin E, α-TE	mg	0.145	0	0.100		
Lipids:						
Saturated, total	g	3.369	0	2.325		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g	1.114	0	0.769		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	3.800	0	2.622
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.898	0	0.620
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	53	0	37
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 piece

NDB No. 51667

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 51670 RIB-B-Q, Flame Broiled Pork Rib-B-Q, product code 3834

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 68g	Measure 2*	Measure 3*
Proximates:						
Water	g	57.79	0	39.30		
Energy	kcal	224	0	152		
Energy	kJ	937	0	637		
Protein (N x 5.95)	g	21.04	0	14.31		
Total lipid (fat)	g	13.28	0	9.03		
Carbohydrate, by difference	g	4.87	0	3.31		
Fiber, total dietary	g	1.7	0	1.2		
Ash	g	3.31	0	2.25		
Sugars, total	g	2.89	0	1.97		
Minerals:						
Calcium	mg	45	0	31		
Iron	mg	2.05	0	1.39		
Magnesium	mg	42	0	29		
Phosphorus	mg	343	0	233		
Potassium	mg	432	0	294		
Sodium	mg	580	0	394		
Zinc	mg	4.63	0	3.15		
Copper	mg	0.182	0	0.124		
Manganese	mg					
Selenium	µg					
Vitamins:						
Ascorbic acid	mg	1.9	0	1.3		
Thiamin	mg	0.669	0	0.455		
Riboflavin	mg	0.271	0	0.184		
Niacin	mg	4.437	0	3.017		
Pantothenic acid	mg	0.646	0	0.439		
Vitamin B-6	mg	0.406	0	0.276		
Folate	µg	3	0	2		
Vitamin B-12	µg	0.98	0	0.67		
Vitamin A	IU	153	0	104		
Vitamin A, RE	µg					
Vitamin E, α-TE	mg	0.200	0	0.136		
Lipids:						
Saturated, total	g	4.957	0	3.371		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g	1.644	0	1.118		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.570	0	3.788
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22:1	g			
Polyunsaturated, total	g	1.313	0	0.893
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	54	0	37
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 piece

NDB No. 51670

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 51671 RIB-B-Q, Flame Broiled Pork Rib-B-Q WONDERBITES DIPPER, product code 3835

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 16g	Measure 2*	Measure 3*
Proximates:						
Water	g	55.11	0	8.82		
Energy	kcal	257	0	41		
Energy	kJ	1075	0	172		
Protein (N x 5.95)	g	19.14	0	3.06		
Total lipid (fat)	g	17.90	0	2.86		
Carbohydrate, by difference	g	4.88	0	0.78		
Fiber, total dietary	g	1.7	0	0.3		
Ash	g	3.30	0	0.53		
Sugars, total	g	2.89	0	0.46		
Minerals:						
Calcium	mg	55	0	9		
Iron	mg	2.10	0	0.34		
Magnesium	mg	41	0	7		
Phosphorus	mg	331	0	53		
Potassium	mg	427	0	68		
Sodium	mg	596	0	95		
Zinc	mg	5.41	0	0.87		
Copper	mg	0.217	0	0.035		
Manganese	mg					
Selenium	µg					
Vitamins:						
Ascorbic acid	mg	2.2	0	0.4		
Thiamin	mg	0.756	0	0.121		
Riboflavin	mg	0.276	0	0.044		
Niacin	mg	4.559	0	0.729		
Pantothenic acid	mg	0.837	0	0.134		
Vitamin B-6	mg	0.414	0	0.066		
Folate	µg	4	0	1		
Vitamin B-12	µg	1.28	0	0.20		
Vitamin A	IU	154	0	25		
Vitamin A, RE	µg					
Vitamin E, α-TE	mg	0.152	0	0.024		
Lipids:						
Saturated, total	g	6.677	0	1.068		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g	2.214	0	0.354		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	7.719	0	1.235
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22:1	g			
Polyunsaturated, total	g	1.742	0	0.279
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	57	0	9
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 piece

NDB No. 51671

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 51699 RIB-B-Q, Flame Broiled Pork Rib-B-Q, product code 9800

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 74g	Measure 2*	Measure 3*
Proximates:						
Water	g	55.01	0	40.71		
Energy	kcal	249	0	184		
Energy	kJ	1042	0	771		
Protein (N x 5.95)	g	21.83	0	16.15		
Total lipid (fat)	g	15.88	0	11.75		
Carbohydrate, by difference	g	4.26	0	3.15		
Fiber, total dietary	g	1.5	0	1.1		
Ash	g	3.26	0	2.41		
Sugars, total	g	2.10	0	1.55		
Minerals:						
Calcium	mg	50	0	37		
Iron	mg	2.02	0	1.49		
Magnesium	mg	41	0	30		
Phosphorus	mg	339	0	251		
Potassium	mg	414	0	306		
Sodium	mg	597	0	442		
Zinc	mg	4.85	0	3.59		
Copper	mg	0.191	0	0.141		
Manganese	mg					
Selenium	µg					
Vitamins:						
Ascorbic acid	mg	2.9	0	2.1		
Thiamin	mg	0.637	0	0.471		
Riboflavin	mg	0.259	0	0.192		
Niacin	mg	4.890	0	3.619		
Pantothenic acid	mg	0.652	0	0.482		
Vitamin B-6	mg	0.418	0	0.309		
Folate	µg	3	0	2		
Vitamin B-12	µg	1.09	0	0.81		
Vitamin A	IU	263	0	195		
Vitamin A, RE	µg					
Vitamin E, α-TE	mg	0.252	0	0.186		
Lipids:						
Saturated, total	g	5.930	0	4.388		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g	1.935	0	1.432		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.864	0	5.079
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22:1	g			
Polyunsaturated, total	g	1.545	0	1.143
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	58	0	43
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 piece

NDB No. 51699

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 51704 RIB-B-Q, Flame Broiled Pork Rib-B-Q WONDERBITES DIPPER (w/100 Serving Trays), product code 9968

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 18g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water	g	53.71	0	9.67		
Energy	kcal	276	0	50		
Energy	kJ	1155	0	208		
Protein (N x 5.95)	g	18.81	0	3.39		
Total lipid (fat)	g	20.27	0	3.65		
Carbohydrate, by difference	g	4.25	0	0.77		
Fiber, total dietary	g	1.5	0	0.3		
Ash	g	3.28	0	0.59		
Sugars, total	g	2.10	0	0.38		
Minerals:						
Calcium	mg	54	0	10		
Iron	mg	2.20	0	0.40		
Magnesium	mg	40	0	7		
Phosphorus	mg	335	0	60		
Potassium	mg	432	0	78		
Sodium	mg	609	0	110		
Zinc	mg	5.35	0	0.96		
Copper	mg	0.217	0	0.039		
Manganese	mg					
Selenium	µg					
Vitamins:						
Ascorbic acid	mg	3.2	0	0.6		
Thiamin	mg	0.738	0	0.133		
Riboflavin	mg	0.274	0	0.049		
Niacin	mg	4.683	0	0.843		
Pantothenic acid	mg	0.815	0	0.147		
Vitamin B-6	mg	0.406	0	0.073		
Folate	µg	4	0	1		
Vitamin B-12	µg	1.26	0	0.23		
Vitamin A	IU	264	0	48		
Vitamin A, RE	µg					
Vitamin E, α-TE	mg	0.192	0	0.035		
Lipids:						
Saturated, total	g	7.628	0	1.373		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g	2.519	0	0.453		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	8.740	0	1.573
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22:1	g			
Polyunsaturated, total	g	2.027	0	0.365
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	58	0	10
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 piece

NDB No. 51704

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 51716 RIB-B-Q, Flame Broiled Pork Rib-B-Q WONDERBITES DIPPER, product code 9966

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 18g	Measure 2*	Measure 3*
Proximates:						
Water	g	56.16	0	10.11		
Energy	kcal	245	0	44		
Energy	kJ	1025	0	185		
Protein (N x 5.95)	g	20.57	0	3.70		
Total lipid (fat)	g	16.00	0	2.88		
Carbohydrate, by difference	g	4.25	0	0.77		
Fiber, total dietary	g	1.5	0	0.3		
Ash	g	3.29	0	0.59		
Sugars, total	g	2.10	0	0.38		
Minerals:						
Calcium	mg	45	0	8		
Iron	mg	2.16	0	0.39		
Magnesium	mg	41	0	7		
Phosphorus	mg	346	0	62		
Potassium	mg	436	0	78		
Sodium	mg	594	0	107		
Zinc	mg	4.63	0	0.83		
Copper	mg	0.184	0	0.033		
Manganese	mg					
Selenium	µg					
Vitamins:						
Ascorbic acid	mg	2.9	0	0.5		
Thiamin	mg	0.657	0	0.118		
Riboflavin	mg	0.269	0	0.048		
Niacin	mg	4.571	0	0.823		
Pantothenic acid	mg	0.638	0	0.115		
Vitamin B-6	mg	0.398	0	0.072		
Folate	µg	3	0	1		
Vitamin B-12	µg	0.98	0	0.18		
Vitamin A	IU	264	0	48		
Vitamin A, RE	µg					
Vitamin E, α-TE	mg	0.237	0	0.043		
Lipids:						
Saturated, total	g	6.040	0	1.087		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g	1.993	0	0.359		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.755	0	1.216
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22:1	g			
Polyunsaturated, total	g	1.631	0	0.294
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	55	0	10
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 piece

NDB No. 51716

Food Group 10 Pork Products
USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 51721 RIB-B-Q, Ready To Cook Pork Rib-B-Q, product code 1190

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 74g	Measure 2*	Measure 3*
Proximates:						
Water	g	52.25	0	38.66		
Energy	kcal	303	0	224		
Energy	kJ	1268	0	938		
Protein (N x 5.95)	g	13.88	0	10.27		
Total lipid (fat)	g	25.33	0	18.74		
Carbohydrate, by difference	g	5.45	0	4.03		
Fiber, total dietary	g	1.4	0	1.0		
Ash	g	3.42	0	2.53		
Sugars, total	g	3.11	0	2.30		
Minerals:						
Calcium	mg	48	0	36		
Iron	mg	1.94	0	1.44		
Magnesium	mg	34	0	25		
Phosphorus	mg	295	0	218		
Potassium	mg	339	0	251		
Sodium	mg	592	0	438		
Zinc	mg	3.89	0	2.88		
Copper	mg	0.169	0	0.125		
Manganese	mg					
Selenium	µg					
Vitamins:						
Ascorbic acid	mg	4.3	0	3.2		
Thiamin	mg	0.542	0	0.401		
Riboflavin	mg	0.192	0	0.142		
Niacin	mg	3.907	0	2.891		
Pantothenic acid	mg	0.614	0	0.454		
Vitamin B-6	mg	0.347	0	0.257		
Folate	µg	2	0	1		
Vitamin B-12	µg	0.97	0	0.72		
Vitamin A	IU	350	0	259		
Vitamin A, RE	µg					
Vitamin E, α-TE	mg	0.545	0	0.403		
Lipids:						
Saturated, total	g	8.702	0	6.439		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g					
17:0	g					
18:0	g	2.878	0	2.130		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	11.019	0	8.154
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22:1	g			
Polyunsaturated, total	g	2.750	0	2.035
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	53	0	39
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 piece

NDB No. 51721

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 51722 RIB-B-Q, Ready To Cook Pork Rib-B-Q, product code 1330

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:						
Water	g	51.21	0	43.53		
Energy	kcal	314	0	267		
Energy	kJ	1314	0	1117		
Protein (N x 5.95)	g	13.58	0	11.54		
Total lipid (fat)	g	26.68	0	22.68		
Carbohydrate, by difference	g	5.45	0	4.63		
Fiber, total dietary	g	1.4	0	1.2		
Ash	g	3.39	0	2.88		
Sugars, total	g	3.11	0	2.64		
Minerals:						
Calcium	mg	49	0	42		
Iron	mg	1.92	0	1.63		
Magnesium	mg	34	0	29		
Phosphorus	mg	292	0	248		
Potassium	mg	334	0	284		
Sodium	mg	591	0	502		
Zinc	mg	3.86	0	3.28		
Copper	mg	0.168	0	0.143		
Manganese	mg					
Selenium	µg					
Vitamins:						
Ascorbic acid	mg	4.3	0	3.7		
Thiamin	mg	0.527	0	0.448		
Riboflavin	mg	0.189	0	0.161		
Niacin	mg	3.852	0	3.274		
Pantothenic acid	mg	0.601	0	0.511		
Vitamin B-6	mg	0.337	0	0.286		
Folate	µg	2	0	2		
Vitamin B-12	µg	0.96	0	0.82		
Vitamin A	IU	350	0	298		
Vitamin A, RE	µg					
Vitamin E, α-TE	mg	0.562	0	0.478		
Lipids:						
Saturated, total	g	9.166	0	7.791		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15.0	g					
16:0	g					
17:0	g					
18:0	g	3.034	0	2.579		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	11.609	0	9.868
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22:1	g			
Polyunsaturated, total	g	2.892	0	2.458
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	53	0	45
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 piece

NDB No. 51722

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)

NDB No. 51723 RIB-B-Q, Flame Broiled Pork Rib-B-Q, product code 1830

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 64g	Measure 2*	Measure 3*
Proximates:						
Water	g	48.18	0	30.84		
Energy	kcal	323	0	207		
Energy	kJ	1351	0	865		
Protein (N x 5.95)	g	17.80	0	11.39		
Total lipid (fat)	g	25.32	0	16.20		
Carbohydrate, by difference	g	5.45	0	3.49		
Fiber, total dietary	g	1.4	0	0.9		
Ash	g	3.44	0	2.20		
Sugars, total	g	3.11	0	1.99		
Minerals:						
Calcium	mg	52	0	33		
Iron	mg	2.02	0	1.29		
Magnesium	mg	36	0	23		
Phosphorus	mg	329	0	211		
Potassium	mg	397	0	254		
Sodium	mg	599	0	383		
Zinc	mg	4.24	0	2.71		
Copper	mg	0.177	0	0.113		
Manganese	mg					
Selenium	µg					
Vitamins:						
Ascorbic acid	mg	4.1	0	2.6		
Thiamin	mg	0.553	0	0.354		
Riboflavin	mg	0.224	0	0.143		
Niacin	mg	4.207	0	2.692		
Pantothenic acid	mg	0.565	0	0.362		
Vitamin B-6	mg	0.342	0	0.219		
Folate	µg	2	0	1		
Vitamin B-12	µg	0.93	0	0.60		
Vitamin A	IU	352	0	225		
Vitamin A, RE	µg					
Vitamin E, α-TE	mg	0.363	0	0.232		
Lipids:						
Saturated, total	g	9.647	0	6.174		
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g	3.188	0	2.040		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	10.758	0	6.885
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22:1	g			
Polyunsaturated, total	g	2.587	0	1.656
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	57	0	36
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 piece

NDB No. 51723

Food Group 10 Pork Products
 USDA Nutrient Database for Standard Reference, Release 12 (1998)